

Winnicott's Theory of the Self

Reading List for Saturday November 21st 2026

Essential Reading

The following papers of Winnicott:

Primitive Emotional Development (1945) in *Through Paediatrics to Psychoanalysis* (1992) London Karnac

Ego Distortion in Terms of True and False Self (1960) in *Maturation Processes and the Facilitating Environment* (1990) London Karnac

On the Basis for Self in Body (1970) in *Psychoanalytic Explorations* (1989) London Karnac (you can read the two additional clinical examples if you wish but this is not essential).

Please read the above Winnicott papers in conjunction with 'Hunt the Slipper' in *The Person who is Me; Contemporary Perspectives on True and False Self*. (Winnicott Studies Monograph Series) Val Richards (ed) London Karnac (can supply paper if not in library, please let me know via Sue).

Additional Further Reading

Playing: Creative Activity and the Search for Self (1971) in *Playing and Reality* (1991) Winnicott D.W Routledge

A Theory for the True Self (1989) in *Forces of Destiny: Psychoanalysis and Human Idiom* Bollas, C Free Association Books

'Looking after the Self' Wright, K in *The Person who is me; Contemporary Perspectives on True and False Self* (Winnicott Studies Monograph Series) Val Richards (ed) London Karnac

I look forward to meeting and working with you.

Sarah Cooke
Sept 2026