

heinz kohut – self psychology

heinz kohut – self psychology represents a groundbreaking approach within psychoanalytic theory that centers on the development and structure of the self. Developed by Heinz Kohut, self psychology emphasizes the importance of empathy and the relational dynamics between the self and others in shaping psychological health. This theory diverges from classical Freudian models by focusing more on the cohesive self and the needs for mirroring, idealization, and twinship experiences. Understanding Heinz Kohut's contributions to self psychology provides valuable insight into personality disorders, therapeutic practices, and the maintenance of self-cohesion. This article explores the core principles of self psychology, its theoretical foundations, clinical applications, and its ongoing influence in contemporary psychotherapy. The following sections outline the key aspects of Kohut's self psychology and its significance in modern psychoanalytic thought.

- Foundations of Heinz Kohut's Self Psychology
- Core Concepts in Self Psychology
- Clinical Applications of Self Psychology
- Influence and Legacy of Heinz Kohut's Work

Foundations of Heinz Kohut's Self Psychology

Heinz Kohut, an Austrian-American psychoanalyst, developed self psychology in the mid-20th century as an alternative framework to traditional psychoanalysis. His work emerged from clinical observations that classical Freudian theories did not fully address the complexities of narcissistic and self-related disorders. Kohut emphasized the role of empathy as a fundamental tool in understanding patients' experiences and the development of the self. Self psychology focuses on how the self is formed through interactions with significant others, particularly caregivers, and how disruptions in these relationships can lead to psychopathology.

Historical Background and Development

Kohut's self psychology originated in response to the limitations he perceived in drive theory and structural models. He introduced a relational perspective, emphasizing the self as a central organizing structure in personality. His seminal works during the 1960s and 1970s laid the foundation for a new psychoanalytic paradigm that prioritized subjective experience and the internalization of self-object relationships.

Empathy as a Method and Concept

Empathy, in Kohut's framework, is both a methodological tool and a therapeutic stance. It allows the analyst to enter the patient's subjective world and understand the nuances of self-experience. This empathetic approach

distinguishes self psychology from other psychoanalytic schools, focusing on the emotional needs of the self rather than solely on unconscious conflicts or drives.

Core Concepts in Self Psychology

Heinz Kohut's self psychology introduces several key concepts that explain how the self develops and maintains cohesion. These principles revolve around the idea that healthy psychological functioning depends on the fulfillment of specific selfobject needs during development. The failure to meet these needs can result in fragmentation, leading to various psychological disturbances.

Self and Selfobjects

The concept of the self is central to Kohut's theory. The self is viewed as a dynamic, cohesive structure that strives for harmony and stability. Selfobjects are external figures or experiences that the self uses to maintain its cohesion, growth, and vitality. These selfobjects perform essential functions such as mirroring, idealizing, and twinship, which support the self's development and repair.

Types of Selfobject Experiences

Kohut identified three primary selfobject experiences crucial for the self's development:

- **Mirroring:** The need to have one's feelings and experiences acknowledged and validated by others.
- **Idealizing:** The need to look up to and merge with someone admired, providing a sense of strength and calm.
- **Twinship or Alter Ego:** The need to feel likeness or sameness with others, fostering a sense of belonging.

Narcissism Reconsidered

Unlike traditional psychoanalytic views that considered narcissism as pathological, Kohut redefined healthy narcissism as essential for self-cohesion. He distinguished between normal narcissistic development and pathological narcissism, which arises from deficits in selfobject experiences. This reconceptualization shifted the understanding of narcissistic personality disorders and influenced therapeutic approaches accordingly.

Clinical Applications of Self Psychology

Heinz Kohut's self psychology has had a profound impact on psychotherapeutic practice, especially in treating narcissistic and borderline personality

disorders. Its emphasis on empathy and relational dynamics provides clinicians with a framework to foster healing through the restoration of damaged self-structures.

Therapeutic Techniques in Self Psychology

Therapy guided by self psychology focuses on creating an empathetic environment where clients' selfobject needs are recognized and met. The therapist functions as a selfobject, offering the mirroring, idealizing, and twinship experiences that patients may have lacked. This approach helps rebuild a cohesive self and addresses the fragmentation often seen in personality disorders.

Applications in Narcissistic Personality Disorder

Self psychology provides a nuanced understanding of narcissistic personality disorder (NPD), framing it as a developmental arrest caused by failures in selfobject relationships. Treatment involves empathic attunement and gradual repair of the self rather than confrontation or interpretation of defenses, which are common in traditional psychoanalysis.

Broader Implications in Psychotherapy

The principles of self psychology extend beyond personality disorders. They inform approaches to trauma, depression, and other conditions where self-cohesion is compromised. By emphasizing empathy and relational needs, self psychology enriches therapeutic alliances and outcomes.

Influence and Legacy of Heinz Kohut's Work

The legacy of Heinz Kohut's self psychology continues to shape contemporary psychoanalytic theory and practice. His innovative ideas challenged established doctrines and opened new pathways for understanding the human psyche. The influence of self psychology is evident in relational psychoanalysis, contemporary developmental psychology, and various modalities of psychotherapy.

Contributions to Psychoanalytic Theory

Kohut's work expanded the psychoanalytic canon by integrating a focus on the self's structure and experience. His theory bridged gaps between object relations, ego psychology, and classical psychoanalysis, creating a more comprehensive understanding of personality and psychopathology.

Impact on Contemporary Psychotherapy

Self psychology's emphasis on empathy and relational dynamics has been incorporated into many therapeutic models, including attachment-based therapies and trauma-informed care. It has provided clinicians with effective strategies to address complex clinical presentations that involve self-

fragmentation and difficulties in interpersonal relationships.

Ongoing Research and Development

Current research continues to explore and expand upon Heinz Kohut's foundational ideas. Scholars and clinicians investigate the neurobiological correlates of selfobject needs, the role of empathy in therapy, and the applications of self psychology in diverse cultural contexts. This ongoing development ensures that Kohut's contributions remain vital in modern mental health care.

Frequently Asked Questions

Who was Heinz Kohut and what is he known for in psychology?

Heinz Kohut was an Austrian-American psychoanalyst best known for developing self psychology, a theory that emphasizes the role of the self and empathic relationships in psychological development and treatment.

What is the core concept of Heinz Kohut's self psychology?

The core concept of self psychology is the development and maintenance of a cohesive and healthy self through empathic interactions with selfobjects—people or things that fulfill essential psychological functions.

How does self psychology differ from classical Freudian psychoanalysis?

Unlike classical Freudian psychoanalysis, which focuses on drives and conflicts, self psychology centers on the self and its need for empathy and mirroring, highlighting the importance of relationships in forming a stable self.

What are selfobjects according to Heinz Kohut's theory?

Selfobjects are external people or objects that individuals experience as part of themselves and rely on to maintain their self-esteem, cohesion, and vitality; they are crucial for psychological development and well-being.

How has Heinz Kohut's self psychology influenced modern psychotherapy?

Kohut's self psychology has influenced modern psychotherapy by promoting empathic understanding and emphasizing the therapeutic relationship as a means to repair and strengthen the self, especially in treating narcissistic and personality disorders.

What role does empathy play in Heinz Kohut's self psychology?

Empathy is fundamental in Kohut's self psychology; it is the method through which therapists understand and respond to patients' self experiences, facilitating self-cohesion and healing.

Additional Resources

1. *The Analysis of the Self*

This foundational work by Heinz Kohut introduces the core concepts of self psychology. Kohut explores the development of the self and the role of narcissism in psychological health. The book emphasizes the importance of empathy in therapeutic practice and lays the groundwork for understanding narcissistic disorders.

2. *The Restoration of the Self*

In this seminal text, Kohut expands on his theories of self psychology, focusing on the process of healing narcissistic injuries. He discusses the therapeutic techniques that help restore a cohesive and healthy self. The book is essential for understanding the dynamics of empathy and the self-object relationship in therapy.

3. *How Does Analysis Cure?*

Kohut delves into the mechanisms behind psychoanalytic healing, proposing that the analyst's empathic engagement is central to cure. This work challenges traditional Freudian views and highlights the restorative function of empathy in treatment. It serves as a critical text for therapists interested in the practical application of self psychology.

4. *The Self Under Siege: A Therapeutic Model for Differentiating Self Disorders*

by Robert W. Firestone, Lisa A. Firestone, and Joyce Catlett
This book builds on Kohut's theories to present a clinical framework for identifying and treating self disorders. It offers practical strategies for therapists to help patients overcome self-related vulnerabilities. The authors integrate self psychology with contemporary therapeutic approaches to enhance treatment outcomes.

5. *Self Psychology and the Humanities: Reflections on a New Psychoanalytic Approach*

edited by Alexander G. Stahl
This edited volume explores the broader implications of Kohut's self psychology beyond clinical practice. Essays examine its influence on literature, philosophy, and cultural studies. The book provides a multidisciplinary perspective on the significance of the self in human experience.

6. *Empathy, Envy, and Gratitude: And Other Works 1946-1963*

by Heinz Kohut
A collection of Kohut's early papers that trace the evolution of his thinking about empathy and narcissism. These essays offer valuable insights into the foundations of self psychology. Readers gain a deeper appreciation of the theoretical and clinical innovations that shaped Kohut's later work.

7. *The Psychology of the Self: A Casebook*

edited by Robert W. Firestone and Lisa A. Firestone
This casebook presents a series of clinical cases illustrating the application of self psychology principles. It provides detailed analyses of therapeutic interventions and outcomes. The book is a practical resource for

clinicians seeking to implement Kohut's theories in real-world settings.

8. *Self Psychology in Clinical Social Work* by David B. Wexler

Wexler offers a comprehensive guide to integrating self psychology into social work practice. The text emphasizes empathy and the therapeutic relationship as key components of effective intervention. It is particularly useful for social workers aiming to deepen their understanding of client self-experience.

9. *Self-States: Their Nature and Significance* by Heinz Kohut

In this work, Kohut explores the concept of self-states and their role in personality organization. He discusses how disruptions in self-states contribute to psychopathology and how therapy can address these disruptions. The book provides important theoretical insights for advanced students and practitioners of self psychology.

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heinz kohut self psychology: Treating the Self Ernest S. Wolf, 2002-09-24 Now available in paper for the first time, this classic text is about how an analyst analyzes. Rooted in the theory of psychoanalytic self psychology as put forth by Heinz Kohut and his colleagues, *Treating the Self* focuses on the application of the self-psychological concept of the psyche to the actual conduct of psychoanalytic treatment. The result is not a how-to approach, but rather a volume that suggests a theory of treatment and offers guidelines for creative ways of thinking about therapy. Written by Ernest Wolf, a close collaborator of Heinz Kohut, this is a personal account of the process of self psychology presented by one of the foremost experts in the field.

heinz kohut self psychology: Empathic Attunement Crayton E. Rowe, David S. MacIsaac, 1989 *Empathic Attunement* captures the essence of Kohut's contributions to self psychology and the mental health field. Straightforward, accurate, and practical, the authors introduce student and experienced clinician alike to the synthesis of Kohut's major concepts and their clinical applications. The authors highlight Kohut's emphasis on the empathic mode of data gathering from within the patient's experiences. Kohut considers empathy--the capacity to think and feel oneself into the inner life of another person--to be the major tool of therapy.

heinz kohut self psychology: Progress in Self Psychology, V. 4 Arnold I. Goldberg, 2013-05-13 The fourth volume in the *Progress in Self Psychology* series continues to explore the theoretical yield and clinical implications of the work of the late Heinz Kohut. *Learning from Kohut* features sections on supervision with Kohut and on the integration of self psychology with classical psychoanalysis. Developmental contributions examine self psychology in relation to constitutional factors in infancy. Clinical presentations focusing on optimum frustration and the therapeutic process and on the self-psychological treatment of a case of intractable depression elicit the animated commentary that makes this volume, like its predecessors, as enlivening as it is instructive.

heinz kohut self psychology: Self Psychology Peter A. Lessem, 2005-05-12 This comprehensive, introductory text makes the concepts of self psychology accessible for students and

clinicians. It begins with an overview of the development of Kohut's ideas, particularly those on narcissism and narcissistic development and explains the self object concept that is at the core of the self psychological vision of human experience. It also includes brief overviews, of the allied theoretical perspectives of intersubjectivity and motivational systems theory. Numerous clinical vignettes are furnished to illustrate theoretical concepts as well as one continuous case vignette that is woven throughout the book.

heinz kohut self psychology: Heinz Kohut and the Psychology of the Self Allen M. Siegel, 2008-02-21 Heinz Kohut's work represents an important departure from the Freudian tradition of psychoanalysis. A founder of the Self Psychology movement in America, he based his practice on the belief that narcissistic vulnerabilities play a significant part in the suffering that brings people for treatment. Written predominantly for a psychoanalytic audience Kohut's work is often difficult to interpret. Siegel uses examples from his own practice to show how Kohut's innovative theories can be applied to other forms of treatment.

heinz kohut self psychology: New Developments in Self Psychology Practice Peter Buirski, Amanda Kottler, 2007-10-23 Since the publication of Heinz Kohut's monumental book, *The Analysis of the Self*, in 1971, self psychology has undergone a vibrant and exciting evolution that has significantly influenced and expanded the range of psychoanalytic thinking. *New Developments in Self Psychology Practice* gives voice to the multiple and diverse perspectives that shape contemporary self psychology, from complexity and attachment theories to treatment of children, and from developments in family and group therapies practices and supervisory process to examination of the role of shame, enactments, and traumatic experience in self-object relatedness and subjective experience.

heinz kohut self psychology: *Heinz Kohut* Paul Tolpin, Marian Tolpin, 2013-05-13 Delivered to advanced candidates at The Chicago Institute for Psychoanalysis in 1974-75, The Chicago Institute Lectures reveal a Kohut in transition, a Kohut wrestling with the creative tension in psychoanalysis between tradition and innovation, between continuity and change, even as he worked toward the psychology of the self in the broad sense that marked his decisive break from traditional psychoanalytic thought. Lightly edited by the Tolpins to preserve their authenticity, these lectures preserve the voice, the intellectual style, and the pedagogical bearing of a gifted creator in the very midst of creation. We find here a casual Kohut, thinking through in a relaxed and conversational way the assumptions that would become foundational to mature self psychology. The developmental trajectory of self-selfobject relationships, the role of selfobject failures in different types of psychopathology, the complex relationship between givens and the psychological environment in pathogenesis, the role of conflict in normal development and in psychopathology--these are among the recurrent themes taken up in these lectures. And there are, as well, Kohut's provocative asides on the child-rearing practices of his day, including the contrast between over- and understimulation, the impact of healthy parental sexuality on child development, and the difference between the normal oedipal phase of the self and the Oedipus complex. The clinical viewpoint of mature self psychology is anticipated in many ways, perhaps no more clearly than in Kohut's powerful reassessment of the perversions. The Chicago Institute Lectures are more than a key historical document in the evolution of psychoanalytic self psychology; they preserve the voice, the intellectual style, and the pedagogical bearing of a gifted creator in the very midst of creation.

heinz kohut self psychology: **Progress in Self Psychology, V. 14** Arnold I. Goldberg, 2013-05-13 Volume 14 of *Progress in Self Psychology*, *The World of Self Psychology*, introduces a valuable new section to the series: publication of noteworthy material from the Kohut Archives of the Chicago Institute for Psychoanalysis. In this volume, *From the Kohut Archives* features a selection of previously unpublished Kohut correspondence from the 1940s through the 1970s. The clinical papers that follow are divided into sections dealing with Transference and Countertransference, Selfobjects and Objects, and Schizoid and Psychotic Patients. As Howad Bacal explains in his introduction, these papers bear witness to the way in which self psychology has increasingly become a relational self psychology - a psychology of the individual's experience in the context of

relatedness. Coburn's reconstrual of countertransference as an experience of self-injury in the wake of unresponsiveness to the analyst's own selfobject needs; Livingston's demonstration of the ways in which dreams can be used to facilitate a playful and metaphorical communication between analyst and patient; Gorney's examination of twinship experience as a fundamental goal of analytic technique; and Lenoff's emphasis on the relational aspects of phantasy selfobject experience are among the highlights of the collection. Enlarged by contemporary perspectives on gender and self-experience and a critical examination of Kohut, Loewald, and the Postmoderns, Volume 14 reaffirms the position of self psychology at the forefront of clinical, developmental, and conceptual advance.

heinz kohut self psychology: Releasing the Self Phil Mollon, 2001-06-08 In the ten years before he died in 1982, Heinz Kohut presented a body of work that created a new conceptual lens, known as self-psychology. Mollon examines Kohut's work, drawing out the true meanings and implications of self-psychology.

heinz kohut self psychology: Kohut's Self Psychology for a Fractured World John Hanwell Riker, 2024-05-20 Drawing from Kohut's conceptualisation of self, Riker sets out how contemporary America's formulation of persons as autonomous, self-sufficient individuals is deeply injurious to the development of a vitalizing self-structure—a condition which lies behind much of the mental illness and social malaise of today's world. By carefully attending to Kohut's texts, Riker explains the structural, functional, and dynamic dimensions of Kohut's concept of the self. He creatively extends this concept to show how the self can be conceived of as an erotic striving for connectedness, beauty, and harmony, separate from the ego. Riker uses this distinction to reveal how social practices of contemporary American society foster skills and traits to advance the aims of the ego for power and control, but tend to suppress the needs of the self to authentically express its ideals and connect with others. The book explores the impact that this view can have on clinical practice, and concludes by imaginatively constructing an ideal self-psychological society, using Plato's Republic as a touchstone. Informed by self psychology and philosophy, this book is essential reading for psychoanalysts, psychotherapists and philosophers, seeking to revisit and revise constructions of both self and humanity.

heinz kohut self psychology: Self Psychology Douglas Detrick, Susan Detrick, Arnold Goldberg, 2014-03-18 This collection of comparisons and contrasts explores Heinz Kohut's self psychology in relation to a wide-ranging group of modern thinkers, both inside and outside of analysis. Separate sections analyze self psychology alongside Freud and the first generation of psychoanalytic dissidents; British object relations theorists; and contemporary theorists like Kernberg, Mahler, Lacan, and Masterson.

heinz kohut self psychology: Progress in Self Psychology, V. 1 Arnold I. Goldberg, 2013-06-17 The premier volume in the Progress in Self Psychology Series was completed two years after Heinz Kohut's death in 1981. Hence, this volume has a unique status in the history of self psychology: it bears the imprint of Kohut while charting a course of theoretical and clinical growth in the post-Kohut era. Biographical reminiscences about Kohut (Strozier, Miller) and commentaries on Kohut's *The Self-Psychological Approach to Defense and Resistance* [chapter seven of *How Does Analysis Cure?*] (M. Shane, P. Tolpin, Brandchaft, Oremland) are juxtaposed with a section of self-psychological reassessments of interpretations (Basch, A. and P. Ornstein, Goldberg). Clinical papers cover the selfobject transferences (Hall, Shapiro), patient compliance (Wolfe), and the self-pity response (Wilson), while theoretical contributions present ideas of Stolorow, Bacal, White, and Detrick that are foundational to their subsequent writings. This volume helped to shape the theoretical and clinical agenda of self psychology in the decades following Kohut's death.

heinz kohut self psychology: The Search for the Self Heinz Kohut, 2011 'The re-issuing of the four volumes of the author's writings is a major publishing event for psychoanalysts who are interested in both the theoretical and the therapeutic aspects of psychoanalysis. These volumes contain the author's pre-self psychology essays as well as those he wrote in order to continue to expand on his groundbreaking ideas, which he presented in *The Analysis of the Self*; the *Restoration*

of the Self; and in How Does Analysis Cure? These volumes of The Search for the Self permit the reader to understand not only the above three basic texts of psychoanalytic self psychology more profoundly, but also to appreciate Kohut's sustained openness to further changes - to dare to present his self psychology as in continued flux, influenced by newly emerging empirical data of actual clinical practice. The current re-issue of the four volumes of The Search for the Self would assure that the younger generation of psychoanalysts would be exposed to a clinical theory that could contribute greatly to solving the therapeutic dilemmas facing psychoanalysis today'

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heinz kohut self psychology: Progress in Self Psychology, V. 10 Arnold I. Goldberg, 2013-09-05 The tenth volume in the Progress in Self Psychology series begins with four timely assessments of the selfobject concept, followed by a section of clinical papers that span the topics of homosexuality, alter ego countertransference, hypnosis, trauma, dream theory, and intersubjective approaches to conjoint therapy. Section III, A Dialogue of Self Psychology, offers Merton Gill's astute appreciation of Heinz Kohut's Self Psychology, followed by commentaries by Leider and Stolorow and Gill's reply. The concluding section offers Stolorow and Atwood's The Myth of the Isolated Mind, followed by discussions by Gehrie and the Shanes. A forum for the kind of spirited, productive exchanges that have long found a home within the self-psychological community, A Decade of Progress builds on the past in responding to the theoretical and clinical challenges of the present.

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heinz kohut self psychology: Psychotherapy After Kohut Ronald R. Lee, J. Colby Martin, 2013-05-13 Hailed as a superb textbook aimed at introducing psychoanalytic self psychology to students of psychotherapy (Robert D. Stolorow), Psychotherapy After Kohut is unique in its grasp of

the theoretical, clinical, and historical grounds of the emergence of this new psychotherapy paradigm. Lee and Martin acknowledge self psychology's roots in Freud's pioneering clinical discoveries and go on to document its specific indebtedness to the work of Sandor Ferenczi and British object relations theory. Proceeding to readable, scholarly expositions of the principal concepts introduced by Heinz Kohut, the founder of self psychology, they skillfully explore the further blossoming of the paradigm in the decade following Kohut's death. In tracing the trajectory of self psychology after Kohut, Lee and Martin pay special attention to the impact of contemporary infancy research, intersubjectivity theory, and recent empirical and clinical findings about affect development and the meaning and treatment of trauma.

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