

karen horney self analysis

Karen Horney's Self-Analysis: Unpacking the Foundations of Neurosis

Introduction:

Are you fascinated by the complexities of the human psyche and the roots of neurosis? Do you want to understand how self-perception shapes our lives and relationships? Then delve into the profound self-analysis undertaken by Karen Horney, a pioneering figure in psychoanalytic theory. This comprehensive exploration will unravel the core tenets of Horney's self-analysis, revealing her insights into the impact of childhood experiences, cultural pressures, and interpersonal dynamics on the development of personality. We'll examine her groundbreaking work, its lasting influence on psychology, and how her self-reflective journey continues to offer valuable perspectives on understanding ourselves and others. This post will serve as your guide to navigating the intricacies of Horney's self-analysis, providing clarity and context for her groundbreaking contributions to the field of psychoanalysis.

1. The Early Life and Influences Shaping Horney's Self-Analysis:

Karen Horney's life was far from idyllic. Born in Germany in 1885, she experienced a cold and distant relationship with her parents, which significantly impacted her later theories. Her father, a stern sea captain, prioritized his career over his family, leaving young Karen feeling neglected and insecure. This early sense of isolation and the struggle for validation became pivotal in shaping her understanding of the development of neurosis. Horney's self-analysis wasn't a solitary introspection; it was a continuous process interwoven with her professional development and her own therapeutic journey. Her experiences as both patient and analyst informed her unique perspective on the therapeutic process and the importance of self-understanding. This section will dissect the key aspects of her early life that shaped her later psychoanalytic views.

1. Horney's Critique of Freudian Theory and the Development of Her Own Perspective:

While initially trained in the Freudian tradition, Horney eventually diverged from Freud's predominantly biological and deterministic views. She challenged his emphasis on the Oedipus complex and the inherent sexual drives as primary motivators of human behavior. Horney believed that societal and cultural factors played a far more significant role in shaping personality and neurosis. She highlighted the impact of societal structures, particularly gender roles, in creating feelings of inadequacy and anxiety. Her self-analysis led her to formulate concepts like "basic anxiety" – a feeling of isolation and helplessness stemming from early childhood experiences – and "neurotic needs" – maladaptive coping mechanisms developed to manage basic anxiety. This section will delve into her key disagreements with Freud and explain the foundation of her distinct

approach.

1. The Concept of "Basic Anxiety" and its Manifestations:

Central to Horney's theory is the concept of "basic anxiety," which she viewed as a pervasive feeling of insecurity and isolation. She argued that this anxiety originates in early childhood, arising from a lack of warmth, affection, and security from parents or caregivers. Children experiencing this anxiety may develop various coping mechanisms, which can become ingrained patterns of behavior later in life. Horney's self-analysis allowed her to understand how basic anxiety manifests differently in individuals, shaping their relationships, career choices, and overall sense of self. This part will unpack the dynamics of basic anxiety, its origins, and its profound influence on personality development.

1. Neurotic Needs and Coping Mechanisms: Understanding Maladaptive Behaviors:

Horney identified ten "neurotic needs," representing maladaptive ways of coping with basic anxiety. These needs, while providing a temporary sense of security, ultimately hinder personal growth and healthy relationships. They range from the need for affection and approval to the need for power and prestige. Horney's self-analysis helped her identify these needs in herself and others, understanding how they contribute to neurotic patterns of behavior. This section will detail the ten neurotic needs and illustrate how they function as defense mechanisms against the overwhelming feeling of basic anxiety.

1. The Importance of Self-Realization and the "Real Self" in Horney's Theory:

Horney believed that despite the influence of neurosis, individuals possess an inherent potential for growth and self-realization. She posited the existence of a "real self," a core of inherent potential and vitality often obscured by neurotic needs and self-defeating behaviors. Horney's self-analysis provided her with a roadmap for understanding the process of reclaiming the real self. She emphasized the importance of self-acceptance, authenticity, and the pursuit of self-realization as essential elements in overcoming neurosis. This section will explore the concept of the "real self" and its importance in Horney's therapeutic approach.

1. The Impact of Culture and Society on Personality Development:

Horney's self-analysis was inextricably linked to her critical examination of societal influences on

personality. She challenged the notion that psychological distress is primarily an individual problem. She argued that societal structures, cultural norms, and gender roles often contribute significantly to the development of neurosis. Horney's awareness of the impact of cultural pressures on women's psychological well-being informed her feminist perspective and significantly influenced her understanding of human development. This will analyze the role of culture and societal structures in shaping the development of neurosis according to Horney.

1. The Lasting Legacy of Karen Horney's Self-Analysis and its Relevance Today:

Horney's work has had a lasting impact on the fields of psychology and psychotherapy. Her emphasis on cultural influences, the importance of self-understanding, and the potential for self-realization continues to inform contemporary therapeutic approaches. Her self-analysis serves as a powerful testament to the importance of honest introspection and the ability to overcome adversity through self-awareness and personal growth. Her ideas continue to resonate with practitioners and individuals seeking a deeper understanding of themselves and the world around them.

1. A Book Outline: "Understanding Karen Horney: A Self-Analysis"

Introduction: A brief overview of Karen Horney's life and the significance of her self-analysis.

Chapter 1: Early Life and Family Dynamics: The Shaping of Basic Anxiety.

Chapter 2: The Critique of Freud and the Emergence of Horney's Unique Perspective.

Chapter 3: Basic Anxiety: Its Origins, Manifestations, and Impact on Personality.

Chapter 4: Neurotic Needs: Exploring Maladaptive Coping Mechanisms.

Chapter 5: The Real Self vs. The Idealized Self: The Pursuit of Self-Realization.

Chapter 6: The Role of Culture and Society in Shaping Personality.

Chapter 7: Horney's Therapeutic Approach and its Lasting Legacy.

Conclusion: The enduring relevance of Horney's insights for understanding the human psyche.

1. Detailed Explanation of the Book Outline:

Each chapter in the proposed book would delve deeper into the specific areas outlined above. For instance, Chapter 1 would meticulously examine Horney's childhood experiences, analyzing how her relationship with her parents and siblings contributed to her feelings of insecurity and the development of basic anxiety. Chapter 4 would provide a comprehensive analysis of each of the ten neurotic needs, exploring their underlying motivations and their impact on interpersonal relationships and overall well-being. The concluding chapter would synthesize the key elements of Horney's self-analysis and its lasting contributions to the field of psychology, highlighting the relevance of her theories to modern-day challenges and therapeutic practices.

FAQs:

1. What is the core concept of Karen Horney's self-analysis? Horney's self-analysis centered on understanding the origins and impact of "basic anxiety," a feeling of insecurity and helplessness stemming from early childhood experiences.
1. How did Horney's self-analysis differ from Freud's approach? Horney challenged Freud's emphasis on biological determinism, emphasizing the role of cultural and societal factors in shaping personality and neurosis.
1. What are "neurotic needs" according to Horney? Neurotic needs are maladaptive coping mechanisms developed to manage basic anxiety, often hindering personal growth and healthy relationships.
1. What is the "real self" in Horney's theory? The "real self" represents an individual's inherent potential and vitality, often obscured by neurotic needs and self-defeating behaviors.
1. How does Horney's work contribute to feminist psychology? Horney's focus on the impact of societal and cultural pressures on women's psychological well-being significantly advanced feminist perspectives in psychology.
1. What is the significance of Horney's self-analysis in modern psychology? Horney's self-analysis continues to inform contemporary therapeutic approaches by emphasizing self-understanding, cultural influences, and the potential for self-realization.
1. How can we apply Horney's concepts to our own lives? By understanding basic anxiety and neurotic needs, we can gain insights into our own behaviors and work towards healthier coping mechanisms and self-realization.
1. What are some criticisms of Horney's theories? Some critics argue that Horney's emphasis on cultural factors sometimes overshadows the role of individual differences and biological influences.

1. Where can I find more information about Karen Horney's work? You can explore her books, such as "Self-Analysis," "Our Inner Conflicts," and numerous scholarly articles and books analyzing her contributions to psychoanalysis.

Related Articles:

1. Basic Anxiety: The Foundation of Horney's Psychoanalytic Theory: This article provides a detailed examination of Horney's concept of basic anxiety, its origins, and its implications for personality development.
1. Neurotic Needs: Understanding Maladaptive Coping Mechanisms: A deeper dive into Horney's ten neurotic needs, explaining their functions and their impact on mental health.
1. The Real Self vs. The Idealized Self: A Horneyan Perspective: An exploration of Horney's concept of the real self and its relationship to the idealized self, emphasizing the importance of self-acceptance.
1. Horney's Critique of Freud: A Comparative Analysis: A comparative analysis of Freud's and Horney's psychoanalytic theories, highlighting their key differences and similarities.
1. The Role of Culture in Shaping Personality: A Horneyan Approach: An examination of Horney's emphasis on the impact of cultural factors on the development of neurosis.
1. Horney's Therapeutic Approach: A Focus on Self-Realization: A discussion of Horney's therapeutic techniques and their emphasis on fostering self-awareness and personal growth.
1. Karen Horney and Feminist Psychology: A Historical Perspective: An exploration of Horney's contributions to feminist psychology and her critique of traditional gender roles.

1. Comparing Horney and Jung: Similarities and Differences: A comparison of Horney's and Jung's psychoanalytic approaches, emphasizing their unique perspectives on the human psyche.

1. Applying Horney's Theory in Modern Psychotherapy: This article demonstrates the practical application of Horney's insights in contemporary therapeutic settings, illustrating their relevance to modern-day challenges.

karen horney self analysis: Self-Analysis Karen Horney, 1999 First Published in 1999. Psychoanalysis first developed as a method of therapy in the strict medical sense. Freud had discovered that certain circumscribed disorders that have no discernible organic basis-such as hysterical convulsions, phobias, depressions, drug addictions, functional stomach upsets --can be cured by uncovering the unconscious factors that underlie them. In the course of time disturbances of this kind were summarily called neurotic. Therefore humility as well as hope is required in any discussion of the possibility of psychoanalytic self-examination. It is the object of this book to raise this question seriously, with all due consideration for the difficulties involved.

karen horney self analysis: Neurosis and Human Growth Karen Horney, 2013-09-13 In *Neurosis and Human Growth*, Dr. Horney discusses the neurotic process as a special form of the human development, the antithesis of healthy growth. She unfolds the different stages of this situation, describing neurotic claims, the tyranny or inner dictates and the neurotic's solutions for relieving the tensions of conflict in such emotional attitudes as domination, self-effacement, dependency, or resignation. Throughout, she outlines with penetrating insight the forces that work for and against the person's realization of his or her potentialities. First Published in 1950. Routledge is an imprint of Taylor & Francis, an informa company.

karen horney self analysis: *The Collected Works of Karen Horney: Self analysis. Neurosis and human growth* Karen Horney, 1950

karen horney self analysis: *A Mind of Her Own: The Life of Karen Horney* Susan Quinn, 2019-08-16 Karen Horney (1885-1952) is one of the great figures in psychoanalysis, an independent thinker who dared to take issue with Freud's views on women. One of the first female medical students in Germany, and one of the first doctors in Berlin to undergo psychoanalytic training, she emigrated to the United States in 1932 and became a leading figure in American psychoanalysis. She wrote several important books, including *Neurosis and Human Growth* and *Our Inner Conflicts*. Horney was a brilliant psychologist of women, whose work anticipated current interest in the narcissistic personality. An excellent book, sophisticated in its judgments, and with a candor that does justice to [Quinn's] courageous subject. — Phyllis Grosskurth, *The New York Review of Books* A richly contexted, thoroughly informed, and admirably forthright account of Horney's development and contribution. — Justin Kaplan Excellent, sympathetic but not adulatory, clear about the theories and factions... rich in anecdotes. — Rosemary Dinnage, *The New York Times Book Review* The whole book is wonderfully balanced. A terrific achievement. — Anton O. Kris, *Boston Psychoanalytic Institute*

karen horney self analysis: *Self-Analysis* Horney, Karen, 2013-09-13 First Published in 1999. Psychoanalysis first developed as a method of therapy in the strict medical sense. Freud had discovered that certain circumscribed disorders that have no discernible organic basis-such as hysterical convulsions, phobias, depressions, drug addictions, functional stomach upsets --can be cured by uncovering the unconscious factors that underlie them. In the course of time disturbances

of this kind were summarily called neurotic. Therefore humility as well as hope is required in any discussion of the possibility of psychoanalytic self-examination. It is the object of this book to raise this question seriously, with all due consideration for the difficulties involved.

karen horney self analysis: Are You Considering Psychoanalysis? Karen Horney, 1946 Explains the nature, schools, procedures, and goals of psychoanalysis to assist the prospective patient in understanding, accepting, and successfully experiencing the therapeutic process.

karen horney self analysis: Final Lectures Karen Horney, 1991 This book presents the lectures Karen Horney gave her class on psychoanalytic technique during the last year of her life. One of the most original psychoanalysts after Freud. Karen Horney was also a great teacher, with a profound influence on the training of psychoanalysts through the American Institute for Psychoanalysis which she co-founded.

karen horney self analysis: The Neurotic Personality Of Our Time Horney, Karen, 2013-11-05 Topics range from the neurotic need for affection, to guilt feelings and the quest for power, prestige and possession. First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

karen horney self analysis: Principles of Psychotherapy Irving B. Weiner, Robert F. Bornstein, 2009-03-09 Generations of clinicians have valued Principles of Psychotherapy for its breadth of coverage and accessibility and the author's ability to gather many elements into a unified presentation. The Third Edition presents the conceptual and empirical foundations of evidence-based practice perspectives of psychodynamic theory. It also offers case examples illustrating what a therapist might say and do in various circumstances. In addition, it includes discussion of broader psychodynamic perspectives on short-term therapy. Mental health professionals will benefit from the revised edition's inclusion of empirically based guidelines for conducting effective psychotherapy.

karen horney self analysis: Feminine Psychology Karen Horney, 1993 In this collection of papers, Karen Horney brings to the subject of femininity her acute clinical observations and rigorous testing of hypotheses. The topics she discusses include frigidity, maternal conflicts, distrust between the sexes and feminine masochism.

karen horney self analysis: Imagined Human Beings Bernard J. Paris, 1997-10 One of literature's greatest gifts is its portrayal of realistically drawn characters--human beings in whom we can recognize motivations and emotions. In Imagined Human Beings, Bernard J. Paris explores the inner conflicts of some of literature's most famous characters, using Karen Horney's psychoanalytic theories to understand the behavior of these characters as we would the behavior of real people. When realistically drawn characters are understood in psychological terms, they tend to escape their roles in the plot and thus subvert the view of them advanced by the author. A Horneyan approach both alerts us to conflicts between plot and characterization, rhetoric and mimesis, and helps us understand the forces in the author's personality that generate them. The Horneyan model can make sense of thematic inconsistencies by seeing them as the product of the author's inner divisions. Paris uses this approach to explore a wide range of texts, including Antigone, The Clerk's Tale, The Merchant of Venice, A Doll's House, Hedda Gabler, Great Expectations, Jane Eyre, The Mayor of Casterbridge, Wuthering Heights, Madame Bovary, The Awakening, and The End of the Road.

karen horney self analysis: A Psychological Approach to Fiction Bernard J. Paris, 2017-07-05 Psychology helps us to talk about what the novelist knows, but fiction helps us to know what the psychologist is talking about. So writes the author of this brilliant study. The chief impulse of realistic fiction is mimetic; novels of psychological realism call by their very nature for psychological analysis. This study uses psychology to analyze important characters and to explore the consciousness of the author and the work as a whole. What is needed for the interpretation of realistic fiction is a psychological theory congruent with the experience portrayed. Emerging from Paris' approach are wholly new and illuminating interpretations of Becky Sharp, William Dobbin, Amelia Sedley, Julien Sorel, Madame de Renal, Mathilde de la Mole, Maggie Tulliver, the underground man, Charley Marlow, and Lord Jim. The psychological approach employed by Paris helps the reader not only to grasp the intricacies of mimetic characterization, but also to make sense

of thematic inconsistencies which occur in some of the books under consideration. For students of human behavior as well as students of literature, the great figures of realistic fiction provide a rich source of empathic understanding and psychological insight.

karen horney self analysis: Aggression in Personality Disorders and Perversions Otto F. Kernberg, 1992-01-01 In this important new book, Dr. Otto F. Kernberg, one of the world's foremost psychoanalysts, explores the role of aggression in severe personality disorders and in normal and perverse sexuality, integrating new developments in psychoanalytic theory with findings from clinical work with severely regressed patients. The book also integrates Dr. Kernberg's recent studies of the descriptive, structural, and psychodynamic features of problems stemming from pathological aggression with the vicissitudes of their psychoanalytic treatment. Finally, Dr. Kernberg demonstrates the importance of differential diagnosis for effective psychoanalytically inspired treatment of these disorders, providing a rich variety of clinical illustrations. The book begins by relating the dual-drive theory of libido and aggression to contemporary developments in affect theory. Dr. Kernberg then applies this general theory of affects to aggression, which in its pathological form centers on the affect of hatred. He analyzes sado-masochistic, hysterical-hysteroid, and narcissistic-antisocial spectrums of personality disorders, emphasizing how aggression is structured in each group. Dr. Kernberg next describes and updates the theoretical frame underlying his approach to the treatment of these disorders, outlines their clinical manifestations, and illustrates their diagnosis and treatment, ranging from standard psychoanalysis with infantile personalities, to psychoanalytic psychotherapy with borderline personalities, to the psychotherapeutic approach to the treatment of psychosis and hospital milieu treatment in the management of highly regressed patients. In the final section, Dr. Kernberg links the findings from psychoanalytic approaches to personality disorders with those from the psychoanalytic study of sexual perversions.

karen horney self analysis: 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.

karen horney self analysis: The Therapeutic Process Karen Horney, 1975-01-01 Renowned for her contributions as a psychoanalytic theorist, Karen Horney was also a gifted clinician and teacher of analysts. She included chapters on therapy in several of her books, wrote essays on clinical issues throughout her career, and was preparing to write a book on analytic technique at the time of her death. The lectures collected here constitute a version of that book. This volume provides the most complete record to date of Karen Horney's ideas about the therapeutic process. It offers valuable insight into a little-known aspect of her work and fresh understanding of issues that continue to be of concern to clinicians. Well ahead of her time, Karen Horney viewed therapy as a collaborative enterprise in which the open, frank, and supportive therapist grows along with the patient. She discusses countertransference phenomena and the ways in which a therapist's personality can influence the healing process. She offers much wisdom and practical advice based on her own rich experience.

karen horney self analysis: Perfectionism Paul L. Hewitt, Gordon L. Flett, Samuel F. Mikail, 2017-03-29 Grounded in decades of influential research, this book thoroughly examines perfectionism: how it develops, its underlying mechanisms and psychological costs, and how to target it effectively in psychotherapy. The authors describe how perfectionistic tendencies--rooted in early relational and developmental experiences--make people vulnerable to a wide range of clinical problems. They present an integrative treatment approach and demonstrate ways to tailor interventions to the needs of individual clients. A group treatment model is also detailed. State-of-the-art assessment tools are discussed (and provided at the companion website). Throughout the book, vivid clinical illustrations make the core ideas and techniques concrete.ÿ ÿ

karen horney self analysis: New Ways in Psychoanalysis Karen Horney, MD M.D.,
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karen horney self analysis: *Personality Theory in a Cultural Context* Mark D. Kelland,
2010-07-19

karen horney self analysis: *Adolescent Diaries* K Horney Karen Horney, 1980-11-13 Horney, Karen / Tagebücher.

karen horney self analysis: *Psychoanalysis* Janet Malcolm, 2011-06-08 From the author of In the Freud Archives and The Journalist and the Murderer comes an intensive look at the practice of psychoanalysis through interviews with "Aaron Green," a Freudian analyst in New York City. Malcolm is accessible and lucid in describing the history of psychoanalysis and its development in the United States. It provides rare insight into the contradictory world of psychoanalytic training and treatment and a foundation for our understanding of psychiatry and mental health. Janet Malcom has managed somehow to peer into the reticent, reclusive world of psychoanalysis and to report to us, with remarkable fidelity, what she has seen. When I began reading I thought condescendingly, 'She will get the facts right, and everything else wrong.' She does get the facts right, but far more pressive, she has been able to capture and convey the claustal atmosphere of the profession. Her book is journalism become art. —Joseph Andelson, The New York Times Book Review

karen horney self analysis: *Karen Horney and Character Disorder* Irving Solomon, 2006
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karen horney self analysis: *The Art of Drawing Poses for Beginners* Ken Goldman, Stephanie Goldman, 2022-10-04 The Art of Drawing Poses for Beginners combines step-by-step pencil lessons and additional graphite portrait examples to demonstrate how to accurately render the human form in a variety of realistic poses.

karen horney self analysis: *Freud and Beyond* Stephen A. Mitchell, Margaret J. Black, 2016-05-10 The classic, in-depth history of psychoanalysis, presenting over a hundred years of thought and theories Sigmund Freud's concepts have become a part of our psychological vocabulary: unconscious thoughts and feelings, conflict, the meaning of dreams, the sensuality of childhood. But psychoanalytic thinking has undergone an enormous expansion and transformation since Freud's death in 1939. With Freud and Beyond, Stephen A. Mitchell and Margaret J. Black make the full scope of twentieth century psychoanalytic thinking—from Harry Stack Sullivan to Jacques Lacan; D.W. Winnicott to Melanie Klein—available for the first time. Richly illustrated with case examples, this lively, jargon-free introduction makes modern psychoanalytic thought accessible at last.

karen horney self analysis: *Theories of Personality* Duane P. Schultz, Sydney Ellen Schultz, 2001 This revision of the Schultz's popular text surveys the field, presenting theory-by-theory coverage of the major theorists who represent the psychoanalytic, neopsychoanalytic, life-span, trait, humanistic, cognitive, behavioral, and social-learning approaches, as well as clinical and experimental work. Where warranted, the authors show how the development of certain theories was influenced by events in a theorist's personal and professional life. This thoroughly revised Seventh Edition now incorporates more examples, tables, and figures to help bring the material to

life for students. The new content in this edition reflects the dynamism in the field. The text explores how race, gender, and culture issues figure in the study of personality and in personality assessment. In addition, a final integrative chapter looks at the study of personality theories and suggests conclusions that can be drawn from the many theorists' work.

karen horney self analysis: Karen Horney Jack L. Rubins, 1978 Two decades after her death, Karen Horney's views on feminine psychology have finally been incorporated into orthodox psychoanalytic thought. Her historical importance is at last recognized. During her lifetime, however, she was a center of controversy. Karen Horney was among the first women admitted to medical school in Germany. Early in her psychoanalytic career she challenged Freud himself on his theories about female sexuality. Settling in the United States in the early 1930s, she stirred debate in the psychoanalytic community here and ultimately set up her own independent organization. Her vibrant, charismatic personality aroused admiration and loyalty in friends, colleagues, lecture audiences, students, and patients; but the strength with which she defended her convictions brought her opposition as well. Dr. Rubin's biography is the first full-length, authoritative account of Karen Horney's life. It gives vivid insight into the relationships among Freud's followers in Berlin in the early decades of the century; the development of psychoanalysis as a profession in Chicago, Baltimore, and New York in the 1930s and 1940s; and the disputes that led Horney and her followers to break with the establishment. He recognizes the significance of Karen Horney's full personal life in perceptive descriptions of her childhood, marriage, and raising of her three daughters who became achievers in their own right. Rubins's treatment of Horney's intense friendships with many of the intellectual and artistic leaders of her time, such as Paul Tillich and Erich Fromm, gives further dimension to this thoughtful and warmly written biography--

karen horney self analysis: Self analysis. Neurosis and human growth Karen Horney, 1963

karen horney self analysis: In a Different Voice Carol Gilligan, 1993-07 This is the little book that started a revolution, making women's voices heard, in their own right and with their own integrity, for virtually the first time in social scientific theorizing about women. Its impact was immediate and continues to this day, in the academic world and beyond. Translated into sixteen languages, with more than 700,000 copies sold around the world, *In a Different Voice* has inspired new research, new educational initiatives, and political debate—and helped many women and men to see themselves and each other in a different light. Carol Gilligan believes that psychology has persistently and systematically misunderstood women—their motives, their moral commitments, the course of their psychological growth, and their special view of what is important in life. Here she sets out to correct psychology's misperceptions and refocus its view of female personality. The result is truly a tour de force, which may well reshape much of what psychology now has to say about female experience.

karen horney self analysis: The Unknown Karen Horney Karen Horney, MD M.D., Karen Horney, 2000-01-01 Contains previously unpublished and uncollected works of Karen Horney.

karen horney self analysis: Karen Horney Bernard J. Paris, 1996-08-26 Karen Horney is regarded by many as one of the most important psychoanalytic thinkers of the 20th century. This book argues that Horney's inner struggles, in particular her compulsive need for men, induced her to embark on a search for self-understanding.

karen horney self analysis: Narcissism Alexander Lowen, 2012-08-21 A groundbreaking, "thoughtful and provocative" (Los Angeles Times) study of narcissism that will relieve hidden anxieties and heal the tension between mind, body, and feelings. Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be:

- More concerned with how they appear than what they feel
- Seductive and manipulative, striving for power and control
- Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity
- Without a solid sense of self, which leads them to experience life as empty and meaningless

In this

groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

karen horney self analysis: I was a German Ernst Toller, 1934

karen horney self analysis: Private Myths Anthony Stevens, 1995 Discusses the development of theories relating to dreams and the techniques used for discovering their meaning, reviews the findings of dream science in the areas of psychology, neurology, and biology, looks at how dreams are formed, and provides advice on how to decipher them.

karen horney self analysis: Overcoming Destructive Beliefs, Feelings, and Behaviors

Albert Ellis, 2010-05-01 First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world. Its founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally recognized creator will be of inestimable value to professionals and laypersons alike.

karen horney self analysis: The Relationship Code David Reiss, Research Professor in Behavioural Genetics Robert Plomin, University of Pennsylvania, E Mavis Hetherington, 2009-06-01 The Relationship Code is the report of a longitudinal study, conducted over a ten-year period, of the influence of family relationships and genetic factors on competence and psychopathology in adolescent development. The sample for this landmark study included 720 pairs of same-sex adolescent siblings--including twins, half siblings, and genetically unrelated siblings--and their parents. Using a clear expressive style, David Reiss and his coinvestigators identify specific mechanisms that link genetic factors and the social environment in psychological development. They propose a striking hypothesis: family relationships are crucial to the expression of genetic influences on a broad array of complex behaviors in adolescents. Moreover, this role of family relationships may be very specific: some genetic factors are linked to mother-child relationships, others to father-child relations, some to relationship warmth, while others are linked to relationship conflict or control. The specificity of these links suggests that family relationships may constitute a code for translating genetic influences into the ontogeny of behaviors, a code every bit as important for behavior as DNA-RNA.

karen horney self analysis: The Real Self James F. Masterson, M.D., 2013-08-21 First Published in 1985. This informative volume examines the clinical research linking normal separation-individuation with object relations theory and developmental psychopathology. It focuses on the core problem--the lack of a concept of the self-integrated with object relations theory. By adding a theory of the self to object relations theory, the book both enlarges and more acutely focuses the therapeutic perspective, thereby enhancing work with patients. It also further enables therapists to clarify their own real selves. Dr. Masterson's thesis is that, for the real self to finally emerge from the symbiotic union and assume its full capacities, identification, acknowledgment, and support are required from the mother and father in early development and from the therapist in psychotherapy. Dr. Masterson describes and illustrates the therapeutic technique of communicative matching and provides the necessary acknowledgment while maintaining therapeutic neutrality. Part I reviews psychoanalytic theory of the ego and the emerging real self; its structure, function, development, and its psychopathology and treatment. Part II explores the relationship between

maternal libidinal acknowledgment and the development of the real self by a crosscultural comparison of child raising in Japan, Israel, and the United States. It then describes the influence of social and cultural factors on the functioning of the real self in the United States. Part III on Creativity and the Real Self draws upon fairy tales, Jean Paul Sartre, Edvard Munch, and the life and work of the novelist Thomas Wolfe to show how for some artists creativity becomes a crucial vehicle in their search to establish a real self. This section illuminates the nature of personal and artistic creativity and describes how a professional interest in the functioning of the real self leads inevitably to an interest in the ultimate of self-expression-creativity. Of special interest are the numerous case illustrations drawn from Masterson's extensive clinical work showing how acknowledgment and support enable the real self to fully emerge from the symbiotic union and to assume its full capacities.)

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