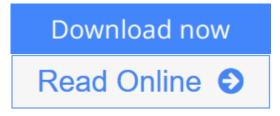


Phantasy (Ideas in Psychoanalysis)

By Julia Segal



Phantasy (Ideas in Psychoanalysis) By Julia Segal

It is through phantasy that we as humans see, recognise and comprehend the world. Phantasy colours and moulds behaviour, thoughts and feelings. Constantly changing, phantasies move and develop with growth and, like dreams, are created through our desires, our hopes, our fears, conflicts and anxieties. Arising from real experience interlaced with emotional reality, with lies we tell ourselves or with a deep knowledge of inescapable truths, phantasies can both enrich and confuse. Phantasy adds not only pleasure and emotional resonance but also fear and anxiety to everyday experience, and as such is a defining characteristic of what it means to be human. It is an essential - and contentiously debated - idea in psychoanalysis, punctuating the dialogue between ourselves and a world that we are forced both to live in and live through.



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Editorial Review

About the Author

Julia Segal works as a counsellor in the NHS. She has written extensively about the use of the ideas of Kleinian psychoanalysts in ordinary settings. She is particularly interested in the effect of parental illness on children.

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Why do we do what we do? Some people insist that they know the answer to this question, that everything they do is rational and sensible. These people never find themselves thinking, 'Whatever got into me?' or 'I know I shouldn't do that; why did I do it again?' - whether 'that' is drinking too much, getting involved with the wrong sort of partner, or letting their mothers upset them. Such people may not be very interested in this book. Neither will those who prefer to put things to the back of their minds for fear of opening cans of worms. However, many people find themselves doing things which take them by surprise, or which they thought they did not want to do. Some wonder what exactly the worms in those cans can look like. These people may also find themselves wondering at the behaviour of others. The concept of phantasy is a tool which allows for quite subtle and complex understanding of behaviour and feelings, even tough many of its ideas might initially seem ridiculous. It is only when these ideas have been observed in action that they begin to seem convincing.

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