



The Restoration of the Self

Heinz Kohut

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In his foundational work *The Restoration of the Self*, noted psychoanalyst Heinz Kohut boldly challenges what he called “the limits of classical analytic theory” and the Freudian orthodoxy. Here Kohut proposes a “psychology of the self” as a theory in its own right—one that can stand beside the teachings of Freud and Jung. Using clinical data, Kohut explores issues such as the role of narcissism in personality, when a patient can be considered cured, and the oversimplifications and social biases that unduly influenced Freudian thought. This volume puts forth some of Kohut’s most influential ideas on achieving emotional health through a balanced, creative, and joyful sense of self. “Kohut speaks clearly from his identity as a psychoanalyst-healer, showing that he is more of a psychoanalyst than most, and yet calling for major theoretical revisions including a redefinition of the essence of psychoanalysis.”

The Restoration of the Self Details

Date : Published December 1st 1973 by International Universities Press

ISBN : 9780823658107

Author : Heinz Kohut

Format : Hardcover 345 pages

Genre : Psychology, Psychoanalysis, Nonfiction

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From Reader Review The Restoration of the Self for online ebook

Levantino says

To begin with, this was not an easy read. It contains, though, ample food for thought.

Heinz Kohut offers an alternative to Freud's psychology of drives. In Kohut's theory, the individual is not a helpless subject of her or his drives. Kohut acknowledges the influence of the individual's relations with others on the structure of the self. This intended marriage of psychoanalysis and social factors seems very promising.

Kohut discusses the dynamics of a fragmented and crumbling self with reference to the individual's relations to self-objects. Summarizing his concepts here will take too much of my time now, but let it suffice to say that Kohut really opens up a new phase in the history of psychoanalysis. I think, his model might be used as a less-medicalised version of psychoanalysis and could be used in the analysis of literary characters as well.

Mawr says

Though, unfortunately, this book has the same problem of tortuously wordy, long sentence constructions that I found in Kohut's 'Analysis of the Self', I still found much insight in it for understanding the inner workings of the mind. The 'bipolar self', in which we find the need for mirroring of grandiosity on one side, and the need for an idealized parent on the other, is something I find interesting in how it further develops the psychoanalytic view of the personality as relational, involving psychic bridges, if you will, between the self and others. An illuminating read.

Duodenum says

Sadece içindeki iddialar için değil, bu iddiaların nasıl ortaya konulduğunu anlamak için de okunmalı, bir bilim felsefesi nosyonunun psikanalize uygulanması var burda. Feminist psikanalizden ego psikanalize epistemolojik temelleri sallanan bir dolu ne idi ü belirsiz akıma karışık Kohut bir modelin nasıl kurulacağına ilişkin ne yaptığını çok iyi biliyor. Ne düşündüğün kadar nasıl düşündüğün de önemli.

Çindeki argümanlarsa yıllardır tartışılan da Kohut'un da dediği gibi Kendilik Psikolojisi klasik psikanalize bir alternatif değil bir yeniden yorumlama. İnsan davranışlarına ve özellikle de psişinin kompensasyon mekanizmalarına ilgi duyanlar için birebir.

Micah says

Since the main ideas were fairly easy to grasp, I found this a bit repetitive. Kohut zeroes in on "narcissistic personality disorders," meaning that the analysts are not "too narcissistic" but that they lack healthy narcissism, their selves dissolving into fragments. His theories about an early lack of empathic fusion with self-objects that could structure the self as a center of initiative, composed of ambitions and ideals, are interesting, but somehow a little too pat. Kohut seems to have done what he wanted to do, though: open up a field with some preliminary questions.

Jfish938 says

Not nearly as groundbreaking or interesting as Kohut's earlier 'Analysis of the Self'.
