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五次获诺贝尔和平奖提名

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## 第二课参考文献

### SCREEN MEMORY 屏幕记忆

**This term coined by Sigmund Freud (1899, 1901) to describe the fact that the consciously recalled insignificant details of childhood often stands for emotionally significant experiences that have undergone repression. Such memories are almost invariably visual, and one sees oneself in them.**

这个术语由西格蒙德·弗洛伊德（1899，1901）提出，用来描述这样一个事实：在意识层面回忆起的童年的微不足道的细节，往往代表着受到压抑的情感重要经历。这些记忆几乎无一例外都是可视化的，并且可以在其中看到自己。



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### 1. ISOKOWER PHENOMENON 伊索卡尔现象

A sense that something round is coming nearer and nearer to one's face or something is in the mouth while one is falling asleep. This sort of experience can at times occur during analysis when the patient is recumbent on the couch. It is seen as a regressive reactivation of the infantile experience at the maternal breast.

一个人在睡觉时感觉一个圆的东西越来越靠近自己的脸,或感到有什么东西在嘴里。这种体验有时会在分析期间,当病人卧坐在躺椅上时出现。它被视为对母亲房的婴儿经验的退行重激活。

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### 2. SECOND LOOK 第二眼

After working through internal problems and conflicts in analysis, some patients go to their childhood locations and/or talk with adults who were around during their childhood to collect information to verify their newly gained insights and changes.

在分析中修通内部问题和冲突后,一些病人前往其童年地点和/或与童年时在身边的成年人交谈,以收集信息来验证他们新获得的洞察和变化。

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<https://www.amazon.com/Second-Look-Reconstruction-Psychiatry-Psychoanalysis/d/B0006BU8WI>

### 3. TRANSITIONAL FANTASIES 过渡幻想

Certain daydreams by adults with narcissistic personality organization that are utilized in a manner similar to children playing with their transitional objects, in the service of protecting and maintaining their grandiose selves.

具有自恋人格组织的成年人的某些白日梦,其使用方式类似于儿童与他们的过渡客体玩耍的方式,用于保护和维持他们自大自体。

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#### 4. CRUCIAL JUNCTURE 关键结合

The meeting of loved and hated aspects of self- or object images during a child's psychic development (Klein 1946). It also refers to bringing together the patient's opposite self- and object images so that this patient can begin to mend his or her internal world (Kernberg 1970; Volkan 1995).

在儿童心理发展过程中，自体或客体意象中被爱的方面和被憎恨的方面相遇（克莱因，1946）。它还指将病人的相反自体 and 客体意象汇集在一起，以便该病人可以开始修补他/她的内在世界（科恩伯格，1970；沃尔肯，1995）。

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### 第三课参考文献

**Dr. Daniel Gottlob Moritz Schreber** (1808-1861) was a physician and an instructor in the medical school in Leipzig, Germany. He died the year the American Civil War began.

丹尼尔·戈特洛布·莫里茨·施赖伯医生（1808-1861年）是德国莱比锡医学院的医生和讲师。他在美国内战开始的那一年去世。

Anyone visiting Germany can witness the influence this man had on gardening. Passing through the German countryside by train, for example, a tourist can see certain properties parceled out into small gardens belonging to or rented by different gardeners. The institution known as *Schrebergärten* is widespread.

任何访问德国的人都可以看到这个人对于园艺的影响。例如，乘火车穿过德国乡村，游客可以看到某些地块被分割成属于不同园丁或由不同园丁租用的小花园。这些被称为“施赖伯花园”的设施很常见。

But this same man who supported the people's joy in gardening, is also known as the creator of the "**Schreber movement**" for achieving health, which includes recommendations for child-rearing.

但是，这个给人们带来园艺乐趣的人，也被称为“施赖伯运动”的创造者，旨在促进健康，其中包括对于养育儿童的建议。

Schreber's parenting style was about **unconditional obedience and harsh discipline**.

For example, he recommended that while a child sits on the lap of a nanny, the latter can eat whatever she wants, but should not give a piece of food to the begging child in order to teach the child the art of renouncing. He suggested to force children not to feel bitterness or anger, even when justified.

施赖伯的育儿方针是**无条件服从和严明的纪律**。例如，他建议，当一个孩子坐在保姆的腿上时，保姆可以吃任何她想要吃的，但不应该给乞求的孩子一丁点食物，以便教会孩子放弃的艺术。他建议要强迫孩子不可以感到痛苦或愤怒，即使有正当的原因。

His son **Daniel Paul Schreber** was a German judge who suffered from mental illnesses. His published Memoirs became an influential book **in the history of**

**psychoanalysis thanks to its interpretation by Sigmund Freud.**



他的儿子丹尼尔· 保罗· 施赖伯是一名德国法官，患有精神疾病。他出版的回忆录得到了西格蒙德· 弗洛伊德的解读，而成为精神分析史上一部有影响力的著作。

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当当网购买链接：<http://product.dangdang.com/1066505508.html>

Therapeutic play (therapeutic action)

治疗游戏（治疗行动）

A transference story developed by an analysand that is expressed in actions in order to master repeating maladaptive responses to an unconscious fantasy associated with trauma. The analysand develops new ego functions by ending the story in a new and more adaptive way.

由被分析者发展出来的移情故事，以行动的方式表达出来，以试图掌控重复出现的不适应反应，这些不适应反应与创伤相关的潜意识幻想有关。通过以新的、更具适应性的方式结束故事，被分析者发展出新的自我功能。

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## 第五课参考文献

**SADISM**: Sadism comes from the name of the French writer, the Marquis de Sade (1740-1814).

**施虐**：施虐一词源自一位法国作家的姓名，他是萨特侯爵（1740-1814）。

**MASOCHISM**: This term was coined by Krafft-Ebing (1892) as a generalization for the erotic role of pain and humiliation in the novels of 19<sup>th</sup> century novelist von Sacher-Masoch

**受虐**：这一术语由克拉夫特-埃宾（1892）基于 19 世纪的小说家范·萨克-马索克的名字提出，概括了情爱角色中的痛苦和受辱。

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**AGGRESSIVE TRIUMPHS**: Unlike masochistic individuals with narcissistic personality organization, destructive (sometimes called "malignant") individuals

with narcissistic personality organization utilize excessive and open sadism in order to verify and maintain their grandiose selves. Overtly, they abuse power, control by force, and actually make others victims. From a metapsychological point of view, the objects (people or things) that are targets of such individuals' aggression represent their hungry selves. For such patients, externalizing their hungry selves by placing them onto others may not enough;

the externalized hungry selves have to be beaten up, be rendered to nothingness and/or be murdered. Only through such thoughts and actions can the grandiose self be



protected and maintained. The destructive person with a narcissistic personality organization to one degree or another is doomed to collect "*aggressive triumphs*".

**攻击性地胜利：**与受虐型自恋人格组织不同，具有破坏性（有时称为“恶性”）自恋人格组织的个人利用过度和公开的施虐来验证和维持他们的自大自体。他们明显地滥用权力、以武力控制、实际上导致了他人成为受害者。从元心理学的观点来看，这些个体的攻击性所针对的对象（人或事物）表征着他们的饥饿自体。对于这些病人，通过将他们的饥饿自体外化，放置到其他人身上可能还不够；外化的饥饿自体必须被殴打，被破坏到一无是处和/或被谋杀。只有通过这样的思想和行动，才能保护和维护自大自体。各种程度的具有自恋人格组织的破坏性个体注定要去收集“攻击性地胜利”。

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## 第五、六、七课参考文献

***Six Steps in the Treatment of Borderline Personality Organization.***

治疗边缘人格组织的六个步骤。

### ***1. The Establishment of a Reality Base***

#### **1. 确立一个现实基础**

The first step covers the time between the diagnostic interviews and the establishment





of the core of a therapeutic alliance. Borderline patients cannot be expected to accomplish a therapeutic alliance in the true sense, so we must look for its nucleus—the core that depends upon the patient's recognizing the analyst's own confidence in his technique and his underlying and unspoken commitment to the patient's well-being. The patient senses that the analyst is different from his disturbing internalized object representations. At some point in this first phase, the patient will be asked to use the couch.

第一步涵盖从诊断访谈到建立核心治疗联盟之间的时间。不能指望边缘病人在真正意义上实现治疗联盟，因此我们必须寻找其核心——核心取决于病人认识到分析师对其自身技术的信心，以及他深入、言语之下的对病人福祉的承诺。病人感觉分析师不同于他的那些困扰的内化客体表征。在第一阶段的某个时候，病人将被要求使用躺椅。

## ***2. The First Split Transference***

### ***2. 最初的分裂移情***

The second step involves settling down on the couch and includes a period of relating "chaotically" to the analyst, just as the patient relates to life in general. Manifestations of defensive splitting and related primitive defense mechanisms color the sessions at this time. At a crucial juncture, the patient's opposite self and object units meet, signaling the conclusion of this step.

第二步是在躺椅上安顿下来，这段时期会与分析师有"混乱"的联结，就像病人与生活的通常关联那样。防御性的分裂和相关的原始防御机制的表现形式为此时的会谈渲染上色彩。在关键联结的时刻，病人相对立的自体和客体相遇，标志着这一步的结束。

## ***3. Focalized Psychotic Transference Leading to Reactivated and ansference-Related Transitional Phenomena***

### ***3. 焦点性的精神病性移情，以及后续重新激活的、以移情为基础的过渡现象***

In this phase we see therapeutic regression in which focalized transference psychosis and corresponding counterresponse appear. The patient uses newly activated transitional phenomena to progress away from this regressive state.

在这个阶段，我们看到治疗性退行，其中焦点性的移情精神病和相应的反移情开始出现。病人使用新激活的过渡现象来前行，以摆脱这种退行状态。

## ***4. The Second Split Transference***

### ***4. 第二个分裂移情***

Developmental splitting that leads to the mending of opposing self- and object representations appear in transference here.

在移情中出现发展性分裂，以修复对立的自体和客体表征。

## ***5. The Development of Transference Neurosis***

### ***5. 移情神经症的发展***

A transference neurosis develops, and vicissitudes of the Oedipus complex become evident, genuine in the sense that they are experienced with mended self- and object representations for the first time. The mechanism of repression replaces primitive splitting to a great extent.



移情神经症开始发展，俄狄浦斯情结的产物变得明显，在真正的意义上，他们开始第一次体验到得到修补的自体 and 客体表征。压抑机制在很大程度上取代了原始的分裂。

## 6. *The Third Split Transference and Termination*

### 6. 第三个分裂移情和结束

The last step deals with termination issues. The patient usually reviews, overhauls, and resolves conflicts in his object relations as they are reactivated by knowledge of the impending separation and are unrepessed.

最后一步处理结束的议题。随着临近分离，客体关系中的冲突会被重新激活，而且无法被压抑，病人通常会回顾、修复并解决客体关系中的冲突。

The first two steps concern the time during which the patient is being prepared for therapeutic regression. The third step concerns the therapeutic regression itself; the next two deal with progressive development, and the final step with termination.

前两个步骤涉及病人为治疗性退行所做的准备。第三步涉及治疗性退行本身；接下来的两个步骤处理前行发展，最后一步处理结束。

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## 第六课补充参考文献

### CONCEPTS and REFERENCES

概念与参考

### SATELLITE STATE

卫星状态

The term “satellite state” coined by Vamik Volkan and Robert Corney (1968) refers to the psychological state in which an individual fear both progression and regression in the realm of autonomy and exists as a captive body orbiting within the gravitational field of an intense dependency. Unresolved conflicts involving “separation-individuation” (Mahler and Furer, 1963) underlie such a state.

Vamik Volkan 和 Robert Corney (1968) 所创建的术语“卫星状态”是指个人在自主性的领域，既害怕前进又害怕退行的心理状态，如同在强烈的依赖性所形成的引力场内运行的卫星。涉及分离-个体化的未解决冲突（马勒和富勒，1963）是这种状态的基础。

The satellite (the patient) is suspended, as it were, between engulfment by regression to symbiosis with the mother’s mental representation and annihilation through separation from this representation.

卫星（病人）处在悬置状态，一边是退行到与母亲的心理表征共生的被吞噬状态，另一边是与母亲的心理表征分离所带来的湮灭状态。



## SATELLITE DREAMS

### 卫星的梦

Dream example 1: A moth flying around the flame of a candle. The moth was unable to escape from the dangerous orbiting, and at the end of the dream flew close to the candle that one of its wings caught on fire.

梦的例子 1：在蜡烛的火焰周围飞来飞去的飞蛾。飞蛾无法从危险的轨道上逃走，在梦的结尾，它飞近了蜡烛，它的一只翅膀着火了。

Dream example 2: The patient is flying high above the ground, flapping his wings “like a dove.” He finds this enjoyable experience for a time, but soon his arms become tired and he wishes to come back to earth. He is afraid to come down because he fears that he will “hit the earth too hard.” and be hurt. In the dream he can never come down for fear of injury.

梦的例子 2：病人高高地飞过地面，“像鸽子一样”拍打着翅膀。他一度享受着这种愉快的体验，但很快他的手臂变得疲惫，他希望回到地面。他害怕下降，因为他担心自己会“撞得太厉害”，会受伤。在梦里，他因为害怕受伤而永远不能降落。

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## MAGICAL INANIMATE OBJECTS

### 神奇的非生命对象

#### 1-FETISH

##### 1-恋物

In psychoanalysis this term is used to describe an inanimate object or part of the

human body that a fetishist need in order to attain sexual arousal and orgasm.

在精神分析中，这个术语被用来描述一个非生命的物体，或人体的一部分，恋物者需要通过它来达到性唤起和性高潮。

(Sigmund Freud (1927) stated that the fetish represents in concrete form an unconscious fantasy that defends against the awareness of a woman’s lack of a penis)

（西格蒙德·弗洛伊德（1927）说，恋物癖具体地代表一种潜意识的幻想，防御着对女性缺乏阴茎的觉知。）

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弗洛伊德（1927）未来的错觉



## 2-TRANSITIONAL OBJECT

### 2-过渡客体

Donald Winnicott's (1953) term for an infant's first "not me" possession. A child of about 4-6 to 8-12 months old finds an object (such as a teddy bear) to carry, affectionately cuddle, excitedly mutilate, and to maintain unchangingly an attitude of personal ownership. It preserves the illusion of the comforting mother at times when the mother is unavailable.

唐纳德·温尼科特（1953）的术语，婴儿的第一个“非我”的拥有物。一个从 4-6 到 8-12 个月大的孩子找到一个物体（如泰迪熊），把它带在身边，深情地拥抱，兴奋地肢解，并保持持续如一地个人专属的态度。在母亲不在的时候，它保留了安慰人的母亲的错觉。

## 第七课补充参考文献

### SECOND LOOK

#### 回头看

After working through some internal problems and conflicts in analysis, some patients go to their childhood locations and/or talk with adults who were around during their childhood to collect information to verify their newly gained insights and changes.

在分析中修通一些内部问题和冲突后，一些病人会前往其童年地点和/或与童年时在身边的成年人交谈，以收集信息以验证他们新获得的洞察和变化。

Novey, Samuel. (1968). *The Second Look: The Reconstruction of Personal History in Psychiatry and Psychoanalysis*. Baltimore: Johns Hopkins Press.

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### GENERATIONAL CONTINUITY

#### 代际延续性

A strong sense of belonging to family and culture. Holding on generational continuity increases self-confidence in a healthy way.

对家庭和文化强烈的归属感。保持代际连续性，以健康的方式增强自信。

### REVIEW DREAMS

#### 回顾的梦

Long ago Edward Glover came up with a concept he called "review dreams" (Glover 1955). During analysis, an analysand may have a recurring dream. As the analysis proceeds, one or more crucial aspects of the dream start changing. For example, a patient had dreams about two cowboys, one tall and one small. Initially, the small



cowboy {the patients as an Oedipal child} would escape from the big one {the father} and hide. Later, the two cowboys began facing each other and the little cowboy's bullets were made of rubber. At the termination phase, the patient dreamed about the two cowboys meeting and shaking hands. Since thus patient had a neurotic personality organization it is no wonder his review dream illustrated his difficulties working through his oedipal passage and eventually his resolution of the oedipal conflict.

很久以前，爱德华·格洛弗提出了一个他称之为“回顾的梦”的概念（格洛弗 1955 年）。在分析过程中，受分析者可能出现重复的梦。随着分析的进展，梦的一个或多个关键方面开始改变。例如，一个病人梦见两个牛仔，一个高个子，一个小个子。最初，小个子牛仔（作为俄狄浦斯孩子的病人）会逃离大个子牛仔（父亲）并躲藏起来。后来，两个牛仔开始对峙，小牛仔的子弹是用橡胶做的。在结束阶段，病人梦见两个牛仔见面并握手。由于因此病人拥有了神经症的人格组织，不难看出他的回顾的梦展现了他的困难，他对俄狄浦斯路径的修通，并最终解决他的俄狄浦斯冲突。

Patients with borderline personality organization often have review dreams, starting with their entering into splitting transference that reflects developmental splitting. Such dreams, instead of referring to oedipal issues, reflect these patients' work on mending their opposite self- and object images. During the termination phase a change in the review dream illustrating the ability to mend illustrates a successful analysis.

边缘人格组织的病人往往有回顾的梦，开始于他们进入反映出发展性分裂的分裂移情。这种梦，并不指向俄狄浦斯议题，而是反映了这些病人在修补他们相对立的自体 and 客体意象方面所做的工作。在结束阶段，回顾的梦的变化说明了修补能力，展现出分析的成功。

One patient's review dream was two pieces of a jigsaw puzzle that the patient wanted to put together but could not. At the termination phase the two pieces (opposite self and object images) fitted together nicely. This illuminated the modification of the patient's internal psychological structure (Volkan 2010).

一个病人的回顾的梦是两块拼图，病人想把它们拼凑起来，但没有办法。在结束阶段，两个部分（相对立的自体 and 客体意象）很好地组合在一起。这指示出病人内部心理结构的改变（Volkan, 2010）。

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## CONDENSATION

### 凝缩



This mental mechanism was first described by Sigmund Freud (1900) as being central to the formation of the manifest dream. It primarily refers to fusing disparate elements possessing one common denominator into a composite whole. In other words, a single element in a manifest dream can stand for a large number of latent dream thoughts.

西格蒙德·弗洛伊德（1900）首先描述了这种心理机制，认为它是形成梦的显性部分的核心。它主要指将具有某一共通因素的不同元素融合到一个复合整体中。换句话说，梦的显性部分中的单个元素可以表征着大量的潜在的梦的思考。

Condensation can be observed in jokes, slip of the tongue and even in some actions of our patients.

在笑话、口误，甚至在我们的病人的一些动作中，可以观察到凝缩。

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## 第八课参考文献

### INFANTILE PCHYCHOTIC SELF

#### 婴儿化精神病性自体

In early life, ego deficiencies caused by biological, psychological, and environmental factors interfere with the evolution of self-and object representations and the development of associated ego functions to more mature levels. Under these circumstances a fragile psychic organization, the infantile psychotic self (Volkan 1995), is created and is saturated with unnamable “bad” affects. In our adult language we refer to these “bad” affects with terms such as anaclitic depression, emptiness, or rage.

Tensions in object relations conflicts associated with the infantile psychotic self arise from difficulty in the ability to differentiate self-images from object images and one object image from another.

在早期生活中，由生物、心理和环境因素引起的自我缺陷会干扰自体和客体表征的演化，干扰相关自我功能向更成熟水平的发展。在这种情况下，一个脆弱的精神组织，婴儿精神病性自体（Volkan 1995）被创造出来，饱含着无法被命名的“坏”情感。使用我们成人的语言，我们认为这些“坏”情感是，例如依附性抑郁、空虚、愤怒的情感。与婴儿化精神病性自体相关的客体关系冲突的紧张，源于难以区分自体意象和客体意象、某一客体意象与另一客体意象。

In contrast to a “normal” and ordinary infantile self-representation, the infantile psychotic self does not evolve and reach a more mature level at which the differentiation of self-images from object-images and one object image from another becomes stable, and at which unnamable “bad” affects are tamed.

与“正常”和普通的婴儿化自体表征相反，婴儿化精神病性自体没有演化到达一个更成熟的

水平，即自体意象与客体意象的区分，以及不同客体意象之间的区分变得稳定，并且那些无法被命名的“坏”情感被驯服。



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## ENCAPSULATION

### 封装

This term refers to a patient's separating and isolating a traumatized self-image with its corresponding internalized object images and affects from the rest of more developed self-representation (D. Rosenfeld 1992, H. A. Rosenfeld 1965, Volkan 1995, 2015). Encapsulation may break down, especially when an adult patient becomes involved in an event that closely reflects the theme of the original trauma.

此术语是指病人将创伤性自体意象与其相应的内化客体意象和情感分离和隔绝，远离其它发展较好的自体表征 (D. Rosenfeld 1992, H. A. Rosenfeld 1965, Volkan 1995, 2015) 封装可能会崩溃，特别是当成年病人卷入一个密切映照出原始创伤主题的事件时。

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## ABREACTION vs EMOTIONAL FLOODING

### 疏泄 vs. 情绪洪流

The concept of “abreaction” was introduced by Sigmund Freud. It refers to pent-up emotions associated with a trauma which are discharged by talking about this trauma (Freud 1914).

西格蒙德·弗洛伊德提出了“疏泄”的概念。它是指与创伤相关的被压抑的情绪，通过谈论这些创伤而被排出（Freud 1914）

The first manifestation of emotional flooding is usually an accumulation of memories and fantasies (flooding in the ideational field) that support the same emotion. The patient usually refers to these memories or fantasies only in a kind of “shorthand” – fragmentary sentences, or a single word. He may then begin shattering and lose the power of intelligible speech altogether. The patient may scream and exhibit diffuse motor activity.

情感洪流的第一个表现通常是涉及相同情绪的记忆和幻想的积累（在思维的领域泛滥）病人通常对这些记忆和幻想只有一些“速记”——片段性的句子或一个词。然后，他可能会开始关闭，直至完全失去可供理解的言语能力。病人可能会尖叫并表现出松

散的肢体运动。 In contrast to “abreaction” where observing ego is retained, emotional flooding is associated with the loss of the capacity for self-observation. During an abreaction, the patient can make connections between his emotional and ideational fields of experience while cannot do so during emotional flooding (Volkan 1976).

与之相对的是“疏泄”，疏泄时保持着观察性的自我，而情感洪流与自我观察能力的丧失有关。在疏泄期间，病人可以在体验的情绪和思维领域之间建立联系，而在情绪洪流时不能这样做（Volkan 1976）

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## THE NEED-FEAR DILEMMA

### 需要-恐惧的困境

A patient with full psychosis needs an external structure because he lacks an internal one that provides autonomous control of impulses and object relations. Because this need for others is excessive, the mental images of others have great power over him, and others are accordingly dangerous. So, the patient defends himself either by clinging to them or by avoiding them altogether (Burnham 1969). In their extreme form the two tendencies sometimes manifest themselves in echolalia, echopraxia, automatic obedience or autistic withdrawal, mutism, and stupor or catatonia. The patient may exhibit such manifestations alternately

完全的精神病人需要一个外部结构，因为他缺乏一个内部结构，为他提供自动的冲动控制和客体关系。因为这种对他人的需要是过度的，他人的精神形象对他有着很大的力量，因此他人则很危险。因此，病人通过紧紧黏住他们或完全避开他们来进行防御（Burnham 1969）在极端形式中，这两种倾向有时表现为回声症、复读症、自动服从，或自闭退缩、缄默、恍惚或木僵。病人可能交替表现出这些表现。

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## FREUD's, KLEIN's and BION's IDEAS ON PSYCHOSIS

### 弗洛伊德、克莱因、比昂对精神病的理念

Sigmund Freud (1924) distinguished neuroses from psychosis by declaring that in the former, the ego, in the light of its allegiance to reality, suppresses part of the id, while in psychoses, the ego, in the service of the id, withdraws itself from a part of reality.

西格蒙德·弗洛伊德（1924）区分神经症与精神病，宣称在前者中，自我，鉴于其对现实的效忠，抑制了部分本我；而在精神病中，自我，为本我服务，自我从现实的部分中退出。

Melanie Klein (1946) emphasized the role of the “death instinct” (constitutional aggression), severe annihilation anxiety, and paranoid defenses in psychosis.



梅兰妮·克莱因（1946 年）强调了“死亡本能”（器质性的攻击性）严重湮灭焦虑和偏执防御在精神病中的作用。

Wilford Bion (1957) questioned the completeness of the break from reality in psychosis suggesting that psychotic and non-psychotic parts of the personality often exist together.

威尔福德·比昂（1957 年）质疑精神病状态时是否是完全脱离了现实，认为人格中的精神和非精神病部分往往同时存在。

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《嫉羨与感恩》中文书籍购买链接

<http://product.dangdang.com/23981992.html>

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## GROUNDHOG

### 土拨鼠

The groundhog, also known as a woodchuck, is a rodent. Groundhogs are found in the majority of central and eastern United States, as well as in parts of Alaska and Canada. Groundhogs prefer transitional areas where forest or woodland meets a well-vegetated open field or meadow.

土拨鼠又称木鸡，是啮齿动物。土拨鼠在美国中部和东部大部分地区，以及阿拉斯加和加拿大的部分地区都能找到。土拨鼠更喜欢森林或林地与充分灌溉的开阔地或草地相交的过渡地区。

## GROUNDHOG DAY

### 土拨鼠日

Groundhog Day is a popular tradition celebrated in Canada and the United States on 2 February. It derives from the superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if it does not see its shadow because of cloudiness, spring will arrive early.

2月2日的土拨鼠日是在加拿大和美国流行的庆祝传统。它源于一种迷信，即如果一只土拨鼠在这一天从洞穴中冒出来，由于天气晴朗，它能看到它的影子，它会撤退到它的巢穴，而冬天将再持续六个星期，如果它因为多云而看不到它的影子，那么春天就会提早到来。

The observance of Groundhog Day in the United States first occurred in German communities in Pennsylvania, according to known records.

据已知记录，美国的土拨鼠日首先发生在宾夕法尼亚的德国社区。

## LIBERTY BELL

### 自由钟

The Liberty Bell is an iconic symbol of American independence, located in Philadelphia, Pennsylvania. Once placed in the steeple of the Pennsylvania State House, the bell today is located in the Liberty Bell Center in Independence National Historical Park.

自由钟是美国独立的标志性象征，位于宾夕法尼亚州费城。钟曾经放置在宾夕法尼亚州议会大厦的尖塔，今天位于独立国家历史公园的自由钟中心。

The bell was commissioned in 1752 and was cast with the lettering "Proclaim LIBERTY Throughout all the Land unto all the Inhabitants Thereof"

钟铸造于 1752 年，并铸有“向世界所有的人们宣告自由”的文字。



## 第九课参考文献

### Metapsychology

#### 元心理学

Used by Freud to designate a view beyond conscious experience, literary “beyond psychology” as psychology was understood and applied in his time. 弗洛伊德用来指代意识经验之外的观点，一种“超越”他所在的时代的认知与应用的心理學。

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### Psychoanalysis vs. psychoanalytic psychotherapy

#### 精神分析 vs 精神分析式的心理治疗

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Wallerstein, Robert (1969). Introduction to panel: Psychoanalysis and psychotherapy. *International Journal of Psychoanalysis*, 50: 117-126.

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### Regression in the service of the other

#### 为他人而来的退行

An analyst's regression that entails immersion in the needs of a person with low-level personality organization. Such regression in the service and interest of the other's development is controlled, partial, and reversible. It is concerned not with the analysand's immediate gratifications, but with ultimate ones; not with the myriad secondary effects of frustration, but with the development of tolerance for frustration (Olinick 1980).

分析师的退行，需要贴合低水平人格组织的病人的需求。这种为他人的发展利益而来的退行是可控的、部分的和可逆的。它关注的不是被分析者的即时满足，而是终极的满足；关注的不是挫折的无数种次要结果，而是对挫折的容忍度的发展

(Olinick 1980)。



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Olinick, Stanley. (1980). *The Psychotherapeutic Instrument*. New York: Jason Aronson.  
Olinick, Stanley. (1980). 精神分析式的手段

## Reaching up

### 上探

When individuals with borderline personality organization focus, often in a very open fashion, on oedipal material during their analyses in order to defensively escape from working on hot pre-oedipal issues in the transference (Boyer 1983).

当具有边缘人格组织的个体在分析过程中，以非常开放的方式聚焦于俄狄浦斯材料，以便防御性地逃避，不需要在移情移中处理火热的前俄狄浦斯议题 (Boyer 1983)。

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## Splitting of ego functions

### 自我功能的分裂

Knowing the reality of an event, but behaving as if the event has not taken place, such as a grieving person being aware that a loved one has died, while hearing the footsteps of the deceased

了解事件的现实，但行为就像事件并未发生一样，例如悲伤的人意识到亲人已经死亡，同时听到逝者的脚步声。

## Splitting of self- or object images

### 自体客体意象的分裂

Dividing self- or object images in a manner typical of persons with borderline personality organization

边缘人格组织的个体的典型的分割自体 and 客体意象的方式

## Unconscious actualized fantasy

### 具现化的潜意识幻想

Actualization of an unconscious fantasy develops when the actual trauma during the child's developmental years is very severe or a series of actual traumas are accumulated, and when they interfere with the usual restriction of fantasy connected with such conditions only or mostly to the psychological realm. Such fantasies are felt



as “real” by analysands who have them. During their analyses, these analysands become involved in therapeutic play in order to revisit the conditions which made their unconscious fantasies actualized.

This way they tame the influence actualized unconscious fantasies have on their lives (Volkan & Ast 2001). Kestenberg (1982) uses the term “concretized” in referring to actualized unconscious fantasies.

当儿童发育的年岁里，实际创伤的非常严重或是有一系列实际创伤的累积，并且当它们干扰到通常存在的对相应幻想的限制时——相应的幻想通常由于受到限制，仅会或大部分会维持在心理领域——潜意识幻想的具现化就会发展出来。这种幻想被拥有这些幻想的被分析者视为“真实”的。在他们的分析过程中，这些受分析者参与治疗性游戏，以重新审视使他们的潜意识幻想被具现化的条件。这样，他们驯服了具现化的潜意识幻想对他们的生活的影响（Volkan & Ast 2001）凯斯滕伯格（1982）在提到具现化的潜意识幻想时使用了“具体化”一词。

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Therapeutic play (therapeutic action)

治疗性游戏（治疗性行动）

A transference story developed by an analysand that is expressed in actions in order to master repeating maladaptive responses to an unconscious fantasy associated with trauma. The analysand develops new ego functions by ending the story in a new and more adaptive way (Volkan 1987). Analysands who have actualized unconscious fantasies in analysis need to be involved in therapeutic play in order to tame, modify, and master the influence of concretized beliefs, even when those beliefs are no longer unconscious due to therapeutic work.

由被分析者发展出来的移情故事，以行动的方式表达出来，以试图掌控重复出现的不适应反应，这些不适应反应与创伤相关的潜意识幻想有关。通过以新的、更具适应性的方式结束故事，被分析者发展出新的自我功能（Volkan 1987）。在分析中具现化潜意识幻想的被分析者需要参与到治疗性游戏中，以便驯服、修改和掌控具体化的信念的影响，即使这些信念通过治疗工作已经不再是潜意识。

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International Psychoanalytic Press. Winnicott, Donald (1960). 从真实自体与虚假自  
体论自我的扭曲

“REVIEW DREAMS”

“回顾的梦”

Dreams reported by analysands during certain turning points in their analyses or during  
termination phases that provide summaries of the analytic processes (Glover 1955)

受分析者在其分析的某些转折点上或在终止阶段报告的梦，提供对分析过程摘要  
(Glover 1955)

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“THE BOURNE IDENTITY”

“伯恩的身份/《谍影重重》”

A book (a spy novel) written by Robert Ludlum. (Later also a film).

一本 Robert Ludlum 写的间谍小说，随后拍成了电影。

Please note that in English “Bourn Identity” and “Born Identity” are pronounced in  
similar ways.



请注意，在英语中“伯恩”的发音与“出生”相似，则“伯恩的身份”也是“出生身份”

Dr. VAMIK VOLKAN's books describing psychoanalytic cases from the beginning of the patients' treatments to the termination of their treatments:

VAMIK VOLKAN 博士的著作，描述了从治疗开始到治疗终止的精神分析案例：

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## 关系创伤的动力学治疗 临床全过程及操作技术指导

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