

# **What Happened to Our Shared Understanding of Mental Health?**

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# Love, Work, Play

- Freud, S.: “*lieben und arbeiten*” (quoted in E. Erikson [1950], *Childhood and Society*, New York: Norton, p. 265)
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# Secure Attachment

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# Autonomy / Sense of Agency

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- Shapiro, D. (1981). *Autonomy and Rigid Character*. New York: Basic Books.
- Mitchell, S. A. (1997). *Influence and Autonomy in Psychoanalysis*. Hillsdale, NJ: The Analytic Press.

# Self and Object Constancy / Identity Integration

- Solnit, A. (1982). Developmental perspectives on self and object constancy. *Psychoanalytic Study of the Child*, 37: 201-220.
- Stern, B. L., Caligor, E., Roose, S. P., & Clarkson, J. F. (2004). The Structured Interview for Personality Organization (STIPO): Reliability and Validity. *Journal of the American Psychoanalytic Association*, 52, 1223-1224.

## • Ego Strength / Resilience

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- Westen, D., & Shedler, J. (2000). A prototype matching approach to diagnosing personality disorders. *Journal of Personality Disorders*, 14, 109-126.

## **Realistic and Reliable Self-Esteem**

- Rogers, C. R. (1961). *On Becoming a Person*. Boston: Houghton-Mifflin.
- Kohut, H. (1977). *The Restoration of the Self*. New York: International Universities Press.

## **Sense of Values / Conscience / Superego**

- Cleckley, H. (1941). *The Mask of Sanity*. St. Louis: Mosby.
- Hare, R. D. (1991). *The Hare Psychopathy Checklist – Revised: Manual*. Toronto: Multi-Health Systems.

# **Affect and Thought Tolerance / Ability to Inhibit Action**

- Tomkins, S. (1962). *Affect, Imagery, Consciousness I: The Positive Affects*. New York: Springer.
- Tomkins, S. (1963). *Affect, Imagery, Consciousness II: The Negative Affects*. New York: Springer.
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## **Insight / Ego-Alien Quality of Symptoms / Reality Testing**

- Fenichel, O. (1945). *The Psychoanalytic Theory of Neurosis*. New York: Norton.
- McWilliams, N. (1994). *Psychoanalytic Diagnosis*. New York: Guilford.

# Mentalization / Theory of Mind / Reflective Functioning

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# Flexibility of Defenses and Coping Styles

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- Shapiro, D. (1965). *Neurotic Styles*. New York: Basic Books.
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## Balance Between Self-Definition and Self-in-Relationship

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- Balint, M. (1959). *Thrills and Regressions*. London: Hogarth Press.
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## **Sense of Vitality / Passion / Meaning-Making**

**Winnicott:** “A person can be normal without being alive.”

McDougall on “normopaths”: “These patients remain, if anything, excessively attached to external reality but on the condition that affective links with others remain severed . . . .By these means the patient may hope to protect himself from intolerable hurt, but at the price of cutting any tie that might draw him into the circuits of desire and the orbit of other people’s wishes, fears, and refusals.”

**Bollas:** “We could say that the psychotic has ‘gone off at the deep end’, the normotic has ‘gone off at the shallow end’.”

## **Acceptance / Capacity to Mourn / Surrender**

**Montaigne:** “He who dreads suffering already suffers what he dreads.”