

Pickering

Being in Love

Therapeutic Pathways Through Psychological Obstacles to Love

Finding true love is a journey of transformation obstructed by numerous psychological obstacles. Being in Love expands the traditional field of psychoanalytic couple therapy, and explores therapeutic methods of working through the obstacles leading to true love. Becoming who we are is an inherently relational journey: we uncover our truest nature and become most authentically real through the difficult and fearful, yet transformative intersubjective crucibles of our intimate relationships. In this book, Judith Pickering draws comparisons between Bion's concept of becoming in O, and being in love. She searches for pathways that lead away from relational confusion towards the discovery of genuine transformational relationships, and works towards finding better ways of relating to one another. This is achieved by encouraging couples to enjoy the actual presence, humanity, otherness and particularity of each other rather than expecting a partner to conform to our own expectations, projections, desires and presuppositions. Pickering draws on clinical material, contemporary psychoanalysis, cultural themes from the worlds of mythology and literature, and a wealth of therapeutic techniques in this fresh approach to couple therapy. Being in Love will therefore interest students and practitioners of psychoanalysis, psychology, and couple therapy, as well as all of those seeking to be more authentic in their relationships.

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