

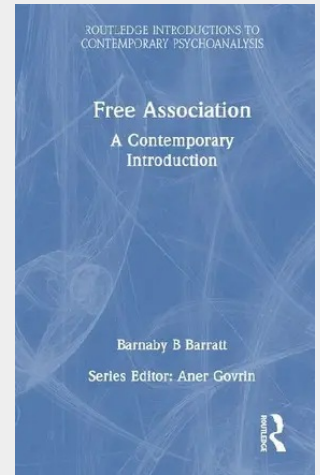
Barratt

Free Association

A Contemporary Introduction

In *Free Association: A Contemporary Introduction*, Barnaby Barratt presents a compelling and much-needed exploration of the method of free association within psychoanalytic treatment. This concise yet comprehensive book examines the historical roots, philosophical implications and transformative impact on the human psyche of free association, making it an essential resource for understanding the deep unconscious forces that shape our lives. Barratt demonstrates how free association uniquely reveals dimensions of the human condition that remain hidden in ordinary therapeutic approaches. Readers will gain insight into the distinctions between psychoanalysis and psychotherapy, the significance of repression and psychic energy, and the profound shifts in being that free association facilitates. Barratt's critical analysis of prevailing theories and alternative methods, such as somatic and shamanic practices, highlights the unparalleled ability of free association to reinvigorate psychic energies and existential freedom. This book is a vital resource for psychoanalysts in training and practice, and anyone deeply curious about the human psyche. It is also a valuable tool for instructors and researchers in psychoanalysis, psychotherapy and related fields.

In *Free Association: A Contemporary Introduction*, Barnaby Barratt presents a compelling and much-needed exploration of the method of free association within psychoanalytic treatment. This concise yet comprehensive book examines the historical roots, philosophical implications and transformative impact on the human psyche of free association, making it an essential resource for understanding the deep unconscious forces that shape our lives. Barratt demonstrates how free association uniquely reveals dimensions of the human condition that remain hidden in ordinary therapeutic approaches. Readers will gain insight into the distinctions between psychoanalysis and psychotherapy, the significance of repression and psychic energy, and the profound shifts in being that free association facilitates. Barratt's critical analysis of prevailing theories and alternative methods, such as somatic and shamanic practices, highlights the unparalleled ability of free association to reinvigorate psychic energies and existential freedom. This book is a vital resource for psychoanalysts in training and practice, and anyone deeply curious about the human psyche. It is also a valuable tool for instructors and researchers in psychoanalysis, psychotherapy and related fields.



185,50 €

185,50 € (zzgl. MwSt.)

*vorbestellbar, Erscheinungstermin ca.
Mai 2026*

Artikelnummer: 9781032904832

Medium: Buch

ISBN: 978-1-032-90483-2

Verlag: Taylor & Francis Ltd

Erscheinungstermin: 13.05.2026

Sprache(n): Englisch

Auflage: 1. Auflage 2026

Serie: Routledge Introductions to
Contemporary Psychoanalysis

Produktform: Gebunden

Gewicht: 400 g

Seiten: 132

Format (B x H): 129 x 198 mm

