
THE

ABANDONED CHILD WITHIN

ON LOSING
AND REGAINING
SELF-WORTH

KATHRIN ASPER



FROMM PSYCHOLOGY

The Abandoned Child Within On Losing And Regaining Self Worth

Joel Pfister, Nancy Schnog



The Abandoned Child Within On Losing And Regaining Self Worth:

The Abandoned Child Within Kathrin Asper,1993 Lack of self worth is an affliction that has become of increasing concern in all industrialized societies It is the main symptom of what psychiatry calls narcissistic disturbance a phenomenon far more widespread than it was when Freud and Jung developed their concepts of depth psychology The lack of commonly held values has contributed to it but is not its cause In this in depth examination Kathrin Asper a noted psychotherapist and president of the Swiss Society for Analytical Psychology addresses the real cause lack of self worth as a direct consequence of physical or emotional abandonment during childhood The wounded inner child lives on in the adult expressing himself in such symptoms as fear of abandonment lack of feeling grandiosity and depression insufficient awareness of one s own life disproportionate rage and unclear needs However those suffering from a lack of self worth tend to forget the early life incidents that hurt their inner self the child within suffers but is mute To heal the early wounds we have to get in touch with the inner child and make her talk In *The Abandoned Child Within* Dr Asper shows how this is accomplished Using concrete case histories from her own practice paintings by patients dreams fairy tales and myths she vividly describes the consequences of abandonment and ways to unleash the creative powers of the unconscious which can initiate a healing transformation *The Abandoned Child Within*

Kathrin Asper,1993 Lack of self worth is an affliction that has become of increasing concern in all industrialized societies It is the main symptom of what psychiatry calls narcissistic disturbance a phenomenon far more widespread than it was when Freud and Jung developed their concepts of depth psychology The lack of commonly held values has contributed to it but is not its cause In this in depth examination Kathrin Asper a noted psychotherapist and president of the Swiss Society for Analytical Psychology addresses the real cause lack of self worth as a direct consequence of physical or emotional abandonment during childhood The wounded inner child lives on in the adult expressing himself in such symptoms as fear of abandonment lack of feeling grandiosity and depression insufficient awareness of one s own life disproportionate rage and unclear needs However those suffering from a lack of self worth tend to forget the early life incidents that hurt their inner self the child within suffers but is mute To heal the early wounds we have to get in touch with the inner child and make her talk In *The Abandoned Child Within* Dr Asper shows how this is accomplished Using concrete case histories from her own practice paintings by patients dreams fairy tales and myths she vividly describes the consequences of abandonment and ways to unleash the creative powers of the unconscious which can initiate a healing transformation *Shame and the Origins of Self-Esteem* Mario Jacoby,2016-08-12 Shame is one of our most central feelings and a universal human characteristic Why do we experience it For what purpose How can we cope with excessive feelings of shame In this elegant exposition informed by many years of helping people to understand feelings of shame leading Jungian analyst Mario Jacoby provided a comprehensive exploration of the many aspects of shame and showed how it occupies a central place in our emotional experience Jacoby demonstrated that a lack of self esteem is often at the root of excessive shame and as well as providing

practical examples of how therapy can help he drew upon a wealth of historical and cultural scholarship to show how important shame is for us in both its individual and social aspects This Classic Edition includes a new foreword by Marco Della Chiesa **The Psychopolitics of Liberation** L. Alschuler,2016-01-19 Explaining changes in the political

consciousness of the oppressed using the ideas of Paulo Freire Albert Memmi and Jungian psychology this original book explores how psychological bonds of oppression are broken and offers a psychopolitical theory for the analysis of the autobiographies of four Native people in Guatemala and Canada **On Wings of Dreams, a Life Completed** Barbara

Bronson,2016-07-23 On Wings of Dreams while simultaneously a deeply personal memoir biography of the writer and her husband is also a sharing of the universal experience of loss and transformation The narrative is woven seamlessly into the psychological framework of Carl Jungs writings Jung wrote of another kind of time not horizontal time the time of clocks and calendars that rule our lives This vertical time is experienced through those shared motifs found in our collective human memory Carl Jung describes this as the collective unconscious the intersection where we experience horizontal time and are connected to the Divine in vertical time Through the un folding of our dreams we are touched and transformed by this connection On Wings of Dreams takes the reader through this transformational journey lighting the way we must all eventually follow Mrs Mary Jane Leone a first reader editor wrote I have never experienced dream journals so completely shared and explained by a loving couple with 40 years of marriage Life and death journeys melded into one Combining Carl Jungs teachings with your world wide experience through reading and living plus your deeply shared religious beliefs is a book completed and ready to be published It is a treasure not to be lost **Jungian Psychotherapy and Contemporary**

Infant Research Mario Jacoby,2003-09-02 Infant research observations and hypotheses have raised serious questions about previous mainstream psychoanalytic theories of earliest childhood development In Jungian Psychotherapy and Contemporary Infant Research Mario Jacoby looks at how these observations are relevant to psychotherapeutic and Jungian analytical practice Using recent findings in infant research along with practical examples from therapeutic practice he shows how early emotional exchange processes though becoming superimposed in adult life by rational control and various defenses remain operative and become reactivated in situations of intimacy Jungian Psychotherapy and Contemporary Infant Research will be of interest to both professionals and students involved in analytical psychology and psychotherapy **The Collected**

Writings Of Murray Stein Volume 4 Murray Stein,2023-11-01 The Practice of Jungian Psychoanalysis is the fourth volume in The Collected Writings of Murray Stein It includes works by the author with special relevance to analytic practice Among them are the Ghost Ranch papers from 1983 1992 essays on transference and types of countertransference the problem of sleepiness in analysis sibling rivalry and envy the aims of analysis the faith of the analyst and reflections on spirituality in analysis Inventing the Psychological Joel Pfister,Nancy Schnog,1997-01-01 Interdisciplinary scholars investigate how

emotions have been shaped by mass media economics domesticity and the arts due to ideological changes in the family race

class gender and sexuality over the past two centuries in America Once Upon a Time There was a Little Girl Marcella Hannon Shields Ph. D.,2008-07 *Once Upon a Time There Was a Little Girl* shares the moving stories of seven women who as young girls experienced the early loss of their mothers through death or physical or emotional abandonment The women explore their personal traumas through their responses to seven fairy tales in which there was no nurturing maternal presence Dr Marcella Shields is a psychologist with over thirty years of experience who reveals the inspiring journeys of these women who eventually triumph over suffering and learn to rely on the bond they have formed with each other to help reclaim their passion for life By exploring seven timeless fairy tales in which the heroine finds her way through the grief of abandonment the women offer a deeper understanding of the significance of the mother daughter bond and the devastating consequences for the daughter if this bond is ruptured early The poignant life stories and dreams courageously offered by these women show how fairy tales allowed them to understand and refashion themselves and provide a source of encouragement and hope for other women who have experienced early maternal loss Fathers raising daughters without a consistent maternal presence will also find the reflections valuable *Stone Child'S Mother* Virginia Nemetz,2012-01-19 At the time of Creation Sky Father united with Earth Mother and from their union was born Stone Child At birth Stone Child knew instinctively that it would be her task to transform herself To this end she stepped onto the Spirit Path Stone Child s Mother is a shared quest for wholeness Written for those who yearn to acquire the necessary life giving mother energy to heal Virginia Nemetz has the unusual gift to write about the mother archetype in its personal and symbolic aspect this beautiful book touched me deeply It is genuine and shares Virginias journey in a generous way Kathrin Asper PhD author of *The Inner Child in Dreams* and *The Abandoned Child Within*

Decoding **The Abandoned Child Within On Losing And Regaining Self Worth**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Abandoned Child Within On Losing And Regaining Self Worth**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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