



September 2015: 188pp

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Kohut's Twinship Across Cultures

The psychology of being human

By Koichi Togashi and Amanda Kottler

"Original and groundbreaking, this book by Togashi and Kottler constitutes the most important contribution to self psychology's theory in many years, and thus expands also the range of relational psychoanalysis. Their focus on experience of otherness in yearning for connection, for the sense of being human among humans, will make this a classic. A great gift for every clinician."

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Kohut's Twinship Across Cultures: The Psychology of Being Human chronicles a 10-year-voyage in which the authors struggled, initially independently, to make sense of Kohut's intentions when he radically re-defined the twinship experience to one of "being human among other human beings".

Commencing with an exploration of Kohut's work on twinship and an illustration of the value of what he left for elaboration, Togashi and Kottler proceed to introduce a new and very different sensitivity to understanding particular psychoanalytic relational processes and ideas about human existential anguish, trauma, and the meaning of life. Together they tackle the twinship concept, which has often been misunderstood and about which little has been written. Uniquely, the book expands and elaborates upon Kohut's final definition, "being human among other human beings." It problematizes this apparently simple concept with a wide range of clinical material, demonstrating the complexity of the statement and the intricacies involved in recognizing and working with traumatized patients who have never experienced this feeling. It asks how a sense of being human, as opposed to being described as human, can be generated and how this might help clinicians to better understand and work with trauma.

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