

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series)

By Alessandra Lemma

Download now

Read Online ➔

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis!

Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary, regardless of whether the process of modification causes pain.

In this book, psychoanalyst Alessandra Lemma draws on her work in the consulting room, as well as films, fiction, art and clinical research to suggest that the motivation for extensively modifying the surface of the body, and being excessively preoccupied with its appearance, comes from the person's internal world – under their skin. Topics covered include:

- body image disturbance
- appearance anxiety
- body dysmorphic disorder
- the psychological function of cosmetic surgery, tattooing, piercing, and scarification.

Under the Skin provides a detailed study of the challenges posed by our embodied nature through an exploration of the unconscious phantasies that underlie the need for body modification, making it essential reading for all clinicians working with those who are preoccupied with their appearance and modify their bodies including psychotherapists, counsellors, psychiatrists and psychologists.

 [**Download** Under the Skin: A Psychoanalytic Study of Body Mod ...pdf](#)

 [**Read Online** Under the Skin: A Psychoanalytic Study of Body M ...pdf](#)

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series)

By Alessandra Lemma

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis!

Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary, regardless of whether the process of modification causes pain.


In this book, psychoanalyst Alessandra Lemma draws on her work in the consulting room, as well as films, fiction, art and clinical research to suggest that the motivation for extensively modifying the surface of the body, and being excessively preoccupied with its appearance, comes from the person's internal world – under their skin. Topics covered include:

- body image disturbance
- appearance anxiety
- body dysmorphic disorder
- the psychological function of cosmetic surgery, tattooing, piercing, and scarification.

Under the Skin provides a detailed study of the challenges posed by our embodied nature through an exploration of the unconscious phantasies that underlie the need for body modification, making it essential reading for all clinicians working with those who are preoccupied with their appearance and modify their bodies including psychotherapists, counsellors, psychiatrists and psychologists.

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma Bibliography

- Sales Rank: #1208147 in Books
- Published on: 2010-03-24
- Released on: 2010-02-17
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .49" w x 6.14" l, .75 pounds
- Binding: Paperback
- 216 pages

 **Download** [Under the Skin: A Psychoanalytic Study of Body Mod ...pdf](#)

 **Read Online** [Under the Skin: A Psychoanalytic Study of Body M ...pdf](#)

Editorial Review

Review

"It is high time for clinicians to recognise that the body matters. This book is a brilliant illustration of how psychoanalytic therapy can illuminate our struggles with the physicality of our being and suggests effective solutions for the clinical management of these. With this book, Alessandra Lemma has established herself as one of the most original and creative contributors to psychoanalytic psychotherapy. The book is replete with arresting clinical insights and provides innovative theoretical integration that the field concerned with the mind in the body has lacked for a generation." - **Peter Fonagy, Freud Memorial Professor of Psychoanalysis, University College London**

"Beautifully written, this book is easily approachable by a large spectrum of readers while also addressing some deeply psychoanalytic and clinical issues. By discussing specific unconscious phantasies and the hatred of reality at work in the compelling need to modify the surface of the body, the book introduces an important psychoanalytic perspective on the complex and delicate role of early maternal responsiveness in development." - **Dana Birksted-Breen, Training Psychoanalyst; Joint Editor-in-Chief International Journal of Psychoanalysis**

"Under the Skin, is unique as an in depth psychoanalytic study of body modification, and needs to be recognized and commended for its insightfulness and the comprehensive integration of psychoanalysis with cultural studies, literature, art, and film. It is a powerful, well written treatise in the growing field of body modification....Lemma's mind, like the bodies she investigates, is worthy of exploring as she takes us on this journey through fascinating terrain." - **Melanie Suchet, Ph.D., DIVISION/Review Vol.1., No. 1**

About the Author

Alessandra Lemma is a psychoanalyst and a clinical and counselling psychologist. She is a Member of the British Psychoanalytic Society, a Senior Member of the British Association of Psychotherapists, and Associate Fellow of the British Psychological Society. She is the Trust-wide Head of Psychology at The Tavistock and Portman NHS Foundation Trust and Honorary Professor of Psychological Therapies at the School of Health and Human Sciences, Essex University. She has published widely on psychotherapy and psychoanalysis.

Users Review

From reader reviews:

Lupita Kirch:

In this 21st one hundred year, people become competitive in each and every way. By being competitive right now, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by surrounding. One thing that at times many people have underestimated this for a while is reading. Yep, by reading a book your ability to survive rises then having a chance to stand than other is high.

For you who want to start reading the book, we give you this Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) book as starter and daily reading publication. Why, because this book is more than just a book.

Tiffany Serna:

The experience that you get from Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) could be the more deep you searching the information that hide inside words the more you get interested in reading it. It doesn't mean that this book is hard to know but Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) giving you thrill feeling of reading. The article author conveys their point in a number of way that can be understood through anyone who read this because the author of this book is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) instantly.

Nona Smith:

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) although doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial contemplating.

Rachel Morris:

Don't be worry in case you are afraid that this book will probably filled the space in your house, you could have it in e-book technique, more simple and reachable. This kind of Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) can give you a lot of pals because by you taking a look at this one book you have factor that they don't and make an individual more like an interesting person. That book can be one of a step for you to get success. This e-book offer you information that might be your friend doesn't know, by knowing more than different make you to be great folks. So , why hesitate? Let's have Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series).

Download and Read Online Under the Skin: A Psychoanalytic

**Study of Body Modification (The New Library of Psychoanalysis
'Beyond the Couch' Series) By Alessandra Lemma
#59TKORCUVF6**

Read Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma for online ebook

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma books to read online.

Online Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma ebook PDF download

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma Doc

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma Mobipocket

Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma EPub

59TKORCUVF6: Under the Skin: A Psychoanalytic Study of Body Modification (The New Library of Psychoanalysis 'Beyond the Couch' Series) By Alessandra Lemma