



The Who You Dream Yourself: Playing and Interpretation in Psychotherapy and Theatre

Val Richards

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"At the time of beginning my own therapy, I was teaching drama and theatre studies and became fascinated by the analogies between theatre and therapy, especially by how these set-apart space/times affect the behaviour of meaning-making and the seeming immensity of the therapist's power.'

'... as a trainee psychotherapist, discovering the writings of Winnicott, I realised that his theory of transitional phenomena and his vision of "playing" ... provided a theoretical underpinning to the bond between theatre and therapy, bringing together the three parts of this book." --From the Introduction

The motif of time and space runs as a continual thread through "The Who You Dream Yourself." Val Richards examines the relationship between psychotherapy and the theatre, as underpinned by Winnicott's writings. She supplements her theories with Jung's ideas on self, the writings of Lacan and the prose, drama, and poetry of Yeats--an unusual blend between diverse and often opposing schools of thought. The book itself is divided into three parts. Part one focuses on the workings of language, space, and meaning-making in the settings of infancy, therapy, and theatre. Part two looks at the "struggle between masks," which are used as a metaphor for self and the representation of self. Richards considers how the phenomenon of theatrical "forced masks and free masks" serves as an analogy for the range of positions inadequately covered by the True and False Self dichotomy of Winnicott. Part Three looks at signs and times by showing that space and linear time are one and indivisible: disturbance in one means disturbance in the other. This point is illustrated with an in-depth examination of Yeats's Purgatory. Elsewhere in the book case studies are used to illustrate formulations. This book is highly recommended for analysts, therapists, and trainees, in particular child and Winnicottian therapists, and anyone with an interest in the role theatre plays in the wider world.

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A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity here is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book The Who You Dream Yourself: Playing and Interpretation in Psychotherapy and Theatre it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from your smart phone. The price is not to cover but this book features high quality.

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