



Scham (Analyse der Psyche und Psychotherapie) (German Edition)

Jens L. Tiedemann

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Schamkonflikte belasten Menschen in unterschiedlicher Weise und hemmen Lebensfreude, Selbstwertgefühl und intime Beziehungen grundlegend. In der Scham erfährt das Subjekt eine Infragestellung und Bedrohung der sozialen Akzeptanz und Anerkennung. Scham ist aber nicht nur ein subjektives Gefühl, sondern hat auch eine intersubjektive Dimension, die in der Psychoanalyse in den letzten Jahren zunehmend verstanden und fokussiert wird. Im psychoanalytisch-therapeutischen Prozess ist Scham eine Hauptquelle für Widerstand, Verstrickungen und problematische Übertragungs-Gegenübertragungs-Konstellationen.

In der vorliegenden Einführung werden die zentralen psychoanalytischen Schamkonzepte skizziert und hinsichtlich ihrer klinischen Dimension vorgestellt. Zahlreiche Beispiele verdeutlichen die Relevanz von Schamaffekten und -konflikten in der therapeutischen Behandlung.

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