



## Time in Practice Analytical Perspectives on the Times of Our Lives

BY MARY LYNNE ELLIS

Price: £19.99

Pbk 230pp January 2009

ISBN: 9781855755611

Cat. No. 25874

BIC: *Psychoanalysis & Psychoanalytic Theory*

*Time In Practice* is an original exploration of how consciously and unconsciously lived experiences of time arise in the analytical relationship. Ellis highlights the problem of the dominance of spatial metaphors and of the emphasis on the past as determinative in the psychoanalytic tradition. Through her discussion of concepts of temporality in modern European philosophical texts, in Eva Hoffman's

autobiographical descriptions, and through lively case examples, Ellis argues for an attentiveness to language and imagination in order to reveal future possibilities for the patient.

'Exceptionally well researched, informative and critical, *Time in Practice* brings new light to bear on psychoanalytic theories of time. In this innovative and thought provoking contribution Mary Lynne Ellis traces writings on time from the major psychoanalytic thinkers of the twentieth century. Interwoven with references to philosophy and feminism the text challenges the traditional developmental emphasis in psychoanalysis. The wide-ranging discourse is illustrated with pertinent vignettes from clinical practice. This welcome addition to the literature will appeal to psychotherapists from many different analytic schools.'

**Professor Joy Schaverien**, Jungian Analyst in Private Practice

Author of *The Dying Patient in Psychotherapy*, Editor of *Gender, Countertransference and the Erotic Transference*

'Time has always been a central issue for psychoanalysis, whether the legendary "Our time is up for today" or (the equally legendary) Lacanian variation of the length of the session. Yet theorization of this key topic has lagged behind. In this book, Mary Lynne Ellis considers the many sorts of time with which psychoanalysts and their patients must engage. She addresses the similarities, differences and plain incommensurabilities between implicit and explicit psychoanalytic and phenomenological theories of time. The result is a work that anyone interested in this protean matter will now have to consult.'

**Muriel Dimen, PhD**, psychoanalyst, author of *Sexuality Intimacy Power*, Editor of *Studies in Gender and Sexuality*

Professor Postdoctoral Program in Psychotherapy and Psychoanalysis, New York University

'The field of psychoanalysis is littered with miscellaneous assumptions about time and temporality – and these assumptions, as Mary Lynne Ellis shows, are often badly flawed. With the help of phenomenological theories of time, together with well-drawn case vignettes, Ellis clears away much of the muddle and offers cogent suggestions for future work, both practical and theoretical. ... Readable, persuasive and well-informed.'

**Jonathan Rée**, philosopher and historian

Author of *Proletarian Philosophers; Philosophical Tales; Heidegger; and I See a Voice*

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### About the Author

**Mary Lynne Ellis** is a psychoanalytic psychotherapist and art therapist in private practice in North London. She has an MA in Modern European Philosophy and has lectured and published widely on phenomenological perspectives of psychoanalysis. She is also a practising artist.