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A Psychoanalytic Exploration of Female to Male Transition

Serena Heller

Drawing on theory from a range of schools of psychoanalytic thought, this timely book addresses and explores the phenomenon of the increasing number of people who were assigned female at birth and now identify as male, and what might underly the cultural pull to remove femaleness from self and body.

Empathic in its approach and thorough in its conceptualisation, this volume is a vital resource for psychodynamic and psychoanalytic psychotherapists working directly with trans patients, and with those experiencing gender dysphoria and issues of sexual identity.

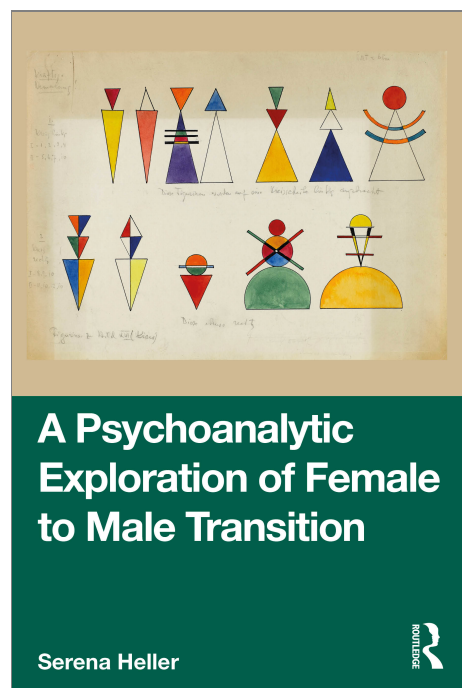
Critics' Reviews:

"Serena Heller offers us a timely gift: a thoughtful, thoroughly researched, and balanced engagement with one of the most controversial subjects in contemporary times: transgender identities. Focusing specifically on trans men and drawing on her own research in this area, Heller manages to strike that difficult balance between the need to 'unstraighten' the classical psychoanalytic understandings of gender whilst remaining firmly rooted in the best that psychoanalytic theory has to offer to help us to make sense of who we are. This is essential reading for all clinicians working with transgender individuals."

Alessandra Lemma, *Fellow British Psychoanalytic Society, Visiting Professor, Psychoanalysis Unit, University College London; Consultant, Anna Freud Centre. Author of: Transgender Identities: A Contemporary Introduction (Routledge).*

"Serena Heller has successfully extended the classical psychoanalytic position of benevolent neutrality and free curiosity from her psychotherapeutic work to her writing. The result is a much-needed book presenting a clear and clinical exploration of the psychic meaning and function of female to male transition. It will be an important source of reflection for any clinician working with transgender individuals."

Lionel Bailly, *Honorary Associate Professor at University College, London, UK and child and adolescent consultant psychiatrist for the NHS.*



Dec 2024: 178pp
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