



# Mirroring and Attunement: Self-Realization in Psychoanalysis and Art

*Kenneth Wright*

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## **Mirroring and Attunement: Self-Realization in Psychoanalysis and Art** Kenneth Wright

*Mirroring and Attunement* offers a new approach to psychoanalysis, artistic creation and religion. Viewing these activities from a broadly relational perspective, Wright proposes that each provides a medium for creative dialogue: the artist discovers himself within his self-created forms, the religious person through an internal dialogue with 'God', and the analysand through the inter-subjective medium of the analysis.

Building on the work of Winnicott, Stern and Langer, the author argues that each activity is rooted in the infant's preverbal relationship with the mother who 'holds' the emerging self in an ambience of mirroring forms, thereby providing a 'place' for the self to 'be'. He suggests that the need for subjective reflection persists throughout the life cycle and that psychoanalysis, artistic creation and religion can be seen as cultural attempts to provide the self with resonant containment. They thus provide renewed opportunities for holding and emotional growth.

*Mirroring and Attunement* will provide essential reading for psychoanalysts, psychotherapists, and art therapists and be of interest to anyone working at the interface between psychoanalysis, art and religion.

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