



English Summaries

Grief and Psychoanalysis

ESSAYS

KEN ROBINSON: “Too little and too lately known”: the experience of mourning

This paper explores a commonly experienced feeling when a loved one dies: something remains undone or unsaid to the lost one. It discusses the development of Freud's thinking on mourning and inconsolability, taking into account Abraham, in relation to clinical examples of differing responses to death. Using Laplanche on mourning and Winnicott on the incommunicado self it goes on to shed further light on the experience of mourning being an ongoing process that is never completed. It suggests that the other is ultimately unknowable and that this is one important aspect of inconsolability.

Keywords: mourning, object loss, inconsolability, Freud, Abraham, Laplanche, Winnicott

EMÓKE SARUNGI: Disrupted and joined together: the effect of grief on our relationships

In the last decades the inner psychological process was putting in the focus of grief theories, while earlier, grief was a common social phenomenon circled by rituals. From detachment of bonding with the lost one the emphasis was transferred to the continuing, transforming relationship with the inner object. The critics of early grief theories led to new ones, emphasising the relationships of the grievers. Experiences and changes during the bereavement put a focus to the fragility of our relationships, and the article overviews this potential danger of the way of grieving on our relationships.

Keywords: grief theories, attachment and grief, new approaches of grief theories, fragility of relationships in the process of mourning

ERZSÉBET SZÉL: Mentalization in grief work

The mentalizations theory is the integration of psychoanalysis and attachment theory. Mentalized affectivity refers to the reflection of emotion. The aim of this paper is to highlight the characteristics of mentalized affectivity in the process of grief work. The mourner's world of experience can be characterized by extreme emotions and reduced thinking which indicate the dominance of non-mentalizing modes (psychic equivalence, pretence mode, teleological mode). Low level of mentalization hinders individuals from successfully running social relationships. The elimination of the mental state characterized by the exclusivity of internal reference points can be achieved by restoring epistemic trust and regaining mentalization.

Keywords: mentalization, attachment, mentalized affectivity, grief

ANTAL BÓKAY: Grief and melancholy – structures and narratives of the self

From time immemorial, certain experiences, affective states have been enigmatic, disturbingly unforgettable markers, constant concerns, things of care. Love, dreaming, the forces of the unconscious, our anxieties, the evolution and disappearance of desire, our paranoid experiences, our inexplicable hysterical bodily perceptions are all such. And so is grief and its barely separable more comprehensive state, melancholy. Freud wrote a study of these two affective, fate-shaping experiences in 1917. Thinking in terms of its traces, it seems essential that mourning and melancholy are not only strange, sometimes pathological experiences, but also indicate and define the structure of the self, and show the hidden face of the inevitably contradictory formation of the self, the always somewhere problematic construction of the narrative of the person. The common feature of grief and melancholy is that they both present the feeling connected with a loss of an object internalized by introjection processes, a lack formed in the narcissistic coherence of the person. Mourning, however, is the reliving of a real loss, one that the work of mourning can replace over time with other objects. In melancholia, it is not an object that is lost, but the lack is felt as an unsayable, ineffable component of the self.

Keywords: grief, melancholy, Freud, object loss, structure of the self

PETRA KOVÁCS: (In)vulnerability in the frontline

In the current protracted pandemic crisis situation, the vulnerability of helpers and the losses they face by working in the frontline become a considerable topic in psychology. In this paper, I map the special psychological function, the helpers' armour in a symbolic sense, which is adaptive and essential for coping in extreme stress circumstances, but at the same time, makes the caregivers more vulnerable when leaving an emergency situation. By a secondary analysis of interviews conducted with the ambulance personnel, I would like to demonstrate not only the emotionally overwhelming situations and traumas they experienced, but also their potential psychological consequences such as prolonged grief, secondary traumatization and

posttraumatic stress disorder. In addition to individual processing strategies, different psychological interventions in terms of supporting the process of traumas and losses are also presented.

Keywords: helper's armour, vulnerability, grief, trauma processing, emergency health care

ESZTER TÓRIZS: “Ballooning spiders netting me into staminate web”. The melancholy of incorporation. About the farewell poems of Márta Vágó

This paper examines and explores Márta Vágó's two poems with the help of the psychoanalytic mourning and melancholy theories, in which she says farewell to Attila József, and which are the written therapeutic tools for her to battle with mourning and melancholy. Vágó herself emphasizes to her therapist during her session how strongly her poems associate to Attila József's poetry. The exploration of these fields of associations and references can reveal why the poem writing, and the letter writing could be the remedy of the mourning and the growing melancholy. To rhyme to the familiar poetry, to the lines of the beloved Attila József's can simultaneously allow the conversation with the lost one, ensure the channel for the remorse, and create the possibility to unloose the libido from the beloved object.

Keywords: Márta Vágó, Attila József, mourning, work of mourning, melancholy

DÁNIEL NAGY: Music as a substitute for the narrative of grief and trauma in Toni Morrison's *Jazz*

The musical genre in the title of Toni Morrison's 1992 novel, *Jazz* does not merely serve as an imaginary soundscape behind the story taking place in 1920s New York. Rather it is conspicuously attached to one of the novel's major themes, the trauma and grief caused by racial and gender-based violence and their linguistic representation. One of the most important elements of the work's rhetorical strategy is drawing a parallel between the problems of the literary description (*ekphrasis*) of music, and the verbal expression of grief and trauma. The goal of the paper is to understand how the juxtaposition of these two problems operates as a complex metaphor, underlying the interpretation of the text as a meaningful whole, and raising the question of what we can learn from the examination of such literary strategies in regard to the medial aspect of the verbalization and narrativization of grief and trauma.

Keywords: trauma, narrativization, mediality, metaphor, iconicity

SURVEY

Psychotherapists on grief

The Covid-19 pandemic has emerged as an unexpected global stress and has brought about special, previously unknown challenges in a variety of life situations. These challenges include the impact on psychotherapeutic processes, therapeutic spaces,

clients, and therapists. The editorial staff of *Imágó Budapest* wanted to get an idea of the new experiences in therapeutic situations, the changes of emotions, professional dilemmas, therapeutic techniques and relationships. We have received ten responses from psychotherapists and psychologists to our call for professional/subjective reflections. The section was edited by edited by Márta Csabai

OBITUARY

Klára Ajkay's obituary on Ferenc Szakács (1933–2021) recalls the manifold activities of the influential psychologist who took a significant part in the establishment of clinical psychology in Hungary.

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