

Henry Kellerman

The Unconscious Domain

 Springer

The Unconscious Domain

Henry Kellerman

The Unconscious Domain

 Springer

Henry Kellerman
Private Practice
New York, NY, USA

ISBN 978-3-030-35008-6 ISBN 978-3-030-35009-3 (eBook)
<https://doi.org/10.1007/978-3-030-35009-3>

© The Editor(s) (if applicable) and The Author(s), under exclusive license to Springer Nature Switzerland AG 2020

This work is subject to copyright. All rights are solely and exclusively licensed by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

The publisher, the authors and the editors are safe to assume that the advice and information in this book are believed to be true and accurate at the date of publication. Neither the publisher nor the authors or the editors give a warranty, expressed or implied, with respect to the material contained herein or for any errors or omissions that may have been made. The publisher remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

This Springer imprint is published by the registered company Springer Nature Switzerland AG
The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

About the Author

Spanning a 60 year career in the field of mental health, Dr. Henry Kellerman has held professional academic appointments in the psychology doctoral programs at several universities and clinical appointments at several mental hospitals. In addition, Dr. Kellerman was a Training Analyst and Senior Supervisor at the Postgraduate Center for Mental Health—Psychoanalytic Institute.

Dr. Kellerman has published scores of papers in professional clinical and scientific journals, published 35 authored and edited books, and presented papers at local, regional, and national conferences. He has been in the private practice of psychotherapy and psychoanalysis since 1965. He holds Fellow status in the American Psychological Association, the American Group Psychotherapy Association, and the Academy of Psychoanalysis, and is a Diplomate in Clinical Psychology and Psychoanalysis of the American Board of Professional Psychology.

Books by the Author

Authored Books

The Psychoanalysis of Symptoms

Dictionary of Psychopathology

Group Psychotherapy and Personality: Intersecting Structures, 1979 (Reissued with the subtitle: A Theoretical Model, 2015)

Sleep Disorders: Insomnia and Narcolepsy

Curing Psychological Symptoms, (Reissued edition. 2020.) Originally published 2007, as—The 4 Steps to Peace of Mind: The Simple Effective Way to Cure Our Emotional Symptoms (Romanian edition, 2008; Japanese edition, 2011)

Love Is Not Enough: What It Takes to Make It Work

Greedy, Cowardly, and Weak: Hollywood's Jewish Stereotypes

Hollywood Movies on the Couch: A Psychoanalyst Examines 15 Famous Films

Haggadah: A Passover Seder for the Rest of Us

Personality: How it Forms (Korean edition, 2017)

The Discovery of God: A Psycho/Evolutionary Perspective

A Consilience of Natural and Social Sciences: A Memoir of Original Contributions

Anatomy of Delusion

Psychoanalysis of Evil: Perspectives on Destructive Behavior

There's No Handle on My Door: Stories of Patients in Mental Hospitals

Psychotherapeutic Traction: Uncovering the Patient's Power-Theme and Basic Wish

On the Nature of Nature

The Origin of Language

The Unconscious Domain

The Ghost Trilogy

The Making of Ghosts: A Novel

Ghosts of Dreams: A Novel

The Ghost: A Novel

Coauthored Books (with Anthony Burry, Ph.D.)

Psychopathology and Differential Diagnosis: A Primer

Volume 1. History of Psychopathology

Volume 2. Diagnostic Primer

Handbook of Psychodiagnostic Testing: Analysis of Personality in the
Psychological Report. 1st edition, 1981; 2nd edition, 1991;
3rd edition, 1997; 4th edition, 2007 (Japanese edition, 2011).

Edited Books

Group Cohesion: Theoretical and Clinical Perspectives

The Nightmare: Psychological and Biological Foundations

Coedited Books (with Robert Plutchik, Ph.D.)

Emotion: Theory, Research, and Experience

Volume 1. Theories of Emotion

Volume 2. Emotions in Early Development

Volume 3. Biological Foundations of Emotion

Volume 4. The Measurement of Emotion

Volume 5. Emotion, Psychopathology, and Psychotherapy

The Emotions Profile Index: Test and Manual 1974.

To

***Ms. Sharon Panulla, Executive Editor,
Springer Science***

***Ms. Carole Stuart, Former Publisher,
Barricade Books***

***Mr. Evander Lomke, President, American
Mental Health Foundation, Executive Editor,
American Mental Health Foundation Books***

***Dr. Inna Rozentsvit, M.D., Ph.D.
Editor-in-Chief, ORI/Academic Press***

Contents

Preface	xvii
1 Precursors to the Development of the Unconscious	1
Survival	1
Adaptational Processes	6
Tension-Reducing Cognitive Tools	8
Survival, the Psyche, and the Unconscious	13
References	16
2 The Unconscious Realm	19
A Brief History of the Unconscious	19
The Wish System	23
A Clinical Examination of Marital Discord with Respect to Wishes	23
The Husband	24
The Wife	24
The Husband	24
The Wife	25
Both of Them	25
Schemas of the Psyche Within the Unconscious Domain	27
Acceptance/Rejection Schemas	27
Joy/Sorrow Schemas	28
Fear/Anger Schemas	29
Expectation/Surprise Schemas	30
The Contribution of Schemas to the Unconscious	30
The Pleasure-Principle and Tension-Reduction	31
References	33
3 The Psyche	37
Tension-Reduction, and Survival	37
The Amorphous Bombardment of Chaotic Stimuli in the Unconscious Domain	38

- Instrumentalities of the Psyche 39
- The Dream and the Psyche 46
- The Psyche and the Mind 48
- The Repetition-Compulsion 52
- Conclusion 54
- References 55
- 4 Primary Emotions and the Unconscious 57**
 - Language-Meaning and Emotion 57
 - The Language of Primary Emotions 61
 - Primacy of the Emotions 64
 - The Emotion of Anger, and the Defense of Repression: A Reference
to the Architecture of Symptom-Formation in the Unconscious 66
 - The Narrative of Primary Emotions 67
 - Language Meaning and Personality Characteristics of Anger 70
 - References 72
- 5 Basic Behavioral Prototype Categories and Their
Emotion/Personality Correlates 75**
 - Organization of Polarities of the Behavioral and Emotion
Categories 75
 - Incorporation-(Acceptance) and Rejection-(Disgust) 76
 - Acceptance 76
 - Disgust 77
 - The Polarity Between Incorporation-(Acceptance)
and Rejection-(Disgust) 78
 - Reproduction-(Joy) and Deprivation-(Sorrow) 78
 - Joy 78
 - Sorrow 79
 - The Polarity of Reproduction-(Joy) and Deprivation-(Sorrow) 80
 - Exploration-(Expectancy) and Orientation-(Surprise) 81
 - Expectation 81
 - Surprise 81
 - The Polarity of Exploration-(Expectancy) and Orientation-(Surprise) 83
 - Protection-(Fear) and Destruction-(Anger) 83
 - Fear 83
 - Anger 84
 - The Polarity of Protection-(Fear) and Destruction-(Anger) 85
 - The Passive-Aggressive Personality Structure 86
 - Conclusion 86
 - Reference 87
- 6 Instinct 89**
 - Instinct as an Instrument of the Psyche 89

Primacy of Emotion or Instinct in the Evolution
of the Unconscious Doman 91

Primary Emotions and Their Implementing-Instincts 93

Examination of the Unconscious Communicational Structure
as Abstracted in Table 6.1 96

 Incorporation 96

 Rejection 97

 The Polarity of the Incorporation-(Acceptance)
 and Rejection-(Disgust) Categories 99

 Reproduction 99

 Deprivation 100

The Polarity of Reproduction-(Joy) and Deprivation-(Sorrow)
Categories 101

 Exploration 102

 Orientation 102

The Polarity of Exploration-(Expectation) and Orientation-(Surprise)
Categories 103

 Protection 104

 Destruction 105

 The Polarity of Protection-(Fear) and Destruction-(Anger)
 Categories 105

Synopsis 106

Conclusion 106

References 108

Bibliography 109

Glossary 111

References 117

Author Index 119

Subject Index 123

List of Tables

Table 5.1	Correlates of the personality structure Incorporation Dimension: emotions, cognitive correlates, emotion-defense, diagnosis, and basic-wish	76
Table 5.2	Correlates of the personality structure Rejection Dimension: emotions, cognitive correlates, emotion-defense, diagnosis, and basic-wish	77
Table 5.3	Correlates of the personality structure Reproduction Dimension: emotions, cognitive correlates, emotion-defense, and diagnosis	78
Table 5.4	Correlates of the personality structure Reintegration Dimension: emotions, cognitive correlates, emotion-defense, and diagnosis	80
Table 5.5	Correlates of the personality structure Exploration Dimension: emotions, cognitive correlates, emotion-defense, and diagnosis	81
Table 5.6	Correlates of the personality structure Orientation Dimension: emotions, cognitive-correlates, emotion-defense, and diagnosis	82
Table 5.7	Correlates of the personality structure Protection Dimension: emotions, cognitive correlates, emotion-defense, and diagnosis	83
Table 5.8	Basic behavioral prototype categories Destruction Dimension: emotions, cognitive correlates, emotion-defense, diagnosis, and basic-wish	84
Table 6.1	Communicational structure of the unconscious domain	94

Preface

The title of this book, *The Unconscious Domain*, refers to the unconscious mental system as a realm, that is, as a field of influence. The noun “domain” is derived from the Latin word “dominus” meaning “master.” And this is precisely what is meant here by separating the unconscious from all other metapsychological connections—including the Freudian preconscious and conscious realms. Yet, the connection between the unconscious field of influence to the formulation of preconscious and conscious realms will herein also be considered.

In addition, the title of this book is actually meant to focus on the unconscious realm as a complete and absolute system—meaning a system composed of several components as well as containing a communicational network. It is the intention here to enumerate the components of this unconscious realm (or “domain”) and to uncover the proposed communicational network in its operation—a communicational network that is able to link the inherent participating components of this realm. Therefore, this putative communicational network is also considered here as subject to an analysis of that which constitutes such a network—that is to say, to see how it all works within this domain, especially with respect to its components.

A domain also contains a function that provides an output or value for each constituent of the domain. This output value is referred to as a “range.” Therefore, the unconscious domain is also seen as a realm that has a range; that is, a beginning, all the way to an end point—an end point that may also be considered a trajectory toward an objective and not necessarily solely defined as an end point as in a solid end-barrier. Further, the function of such a domain also contains input values upon which the entire domain can be defined. In other words, the aggregate of components of a domain defines the domain—along with the idea that as such an aggregate of components combine, the result can be different than solely the simple additional value or simple sum of such an aggregate.

In this sense and in this volume, the unfolding of analyses and discussion of the unconscious domain is seen as containing *primary constituents* or *issues* regarding such variables. These top-tier constituents or variables are identified as the core variables that can be considered as involved in the genesis of it all—that is, in the gradual evolutionary formation of an unconscious arena.

The following four points are here considered to be essential in such a gradual structural unconscious formation; that is, that these four basic theoretical issues of this entire unconscious realm—this unconscious domain—are theoretical benchmarks in the structural development of the unconscious—as such unconscious structure *began* to crystallize throughout its evolutionary development. These theoretical benchmarks are comprised of:

1. The emotion/evolutionary consideration of survival is a Darwinian focus on survival, and the emotion system in evolution is ultimately designed to protect organisms from a given predator/prey existence. This predator/prey existence is finely characterized in the world as a true characteristic of the world—and by definition as dangerous to one’s survival;
2. Understanding of the ubiquitous pleasure principle relevant to all organisms—even applied to the gratification need of simple single-celled organisms;
3. The critical issue of the inimitable *basic-wish* in a person’s overall mentation—as a function of the operation of the psyche; and
4. The organization of the psyche itself—considered here as the engineering room of the unconscious.

Also included herein are considerations regarding *structure* and *function* of such an unconscious domain including the process of uncovering the nature of the unconscious as it is related to a variety of factors of the unconscious realm proper (along with its derivatives), as well as to more complex features of personality. These more complex features of personality are:

1. The overdetermined phenomenon of acting-out which can touch virtually all concepts in the unconscious dynamic involving the organization of personality—thereby also revealing a psychological understanding of personality;
2. The formation of emotional/psychological symptoms;
3. The issue of *instinct*;
4. The communicational sequence within the unconscious with a focus on its basic definitional algorithm (the message of the person’s basic-wish); and
5. The *spandrel* effect of all such interactions (and phenomena) within this unconscious realm—also with the spandrel effect along with the entire range of the unconscious. The *spandrel* operates in a profound logical and simple manner insofar as it is an unintended consequence of other primary conditions. This means that the basic mechanism enabling the unconscious to communicate with consciousness needs to be identified.

Assuming that such a reciprocal communicational language exists between the unconscious and consciousness, then the questions become: What precisely is this language between the unconscious and consciousness, and, exactly how is such language communicated?

Further, the consideration of newly formulated twenty-first century neuroscience generally, and neuropsychanalysis specifically (Solms, 2003), organized as a body of work, the objective of which is to understand the mind/brain phenomenon as an