



Wearing My Tutu to Analysis and Other Stories: Learning Psychodynamic Concepts from Life

By Kerry L Malawista, Anne J Adelman, Catherine L Anderson

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There couldn't be a more appropriate method for illustrating the dynamics of psychoanalysis than the vehicle of story. In this book, Kerry L. Malawista, Anne J. Adelman, and Catherine L. Anderson share amusing, poignant, and sometimes difficult stories from their personal and professional lives, inviting readers to explore the complex underpinnings of the psychoanalytic profession and its esoteric theories. Through their narratives, these practicing analysts show how to incorporate psychodynamic concepts and identify common truths at the root of shared experience. Their approach demystifies dense material and the emotional consequences of deep clinical work. The book covers psychodynamic theory, the development of ideas, various techniques, the challenges of treatment, and the experiences of trauma and loss. Each section begins with a brief memoir by one of the authors and leads into a discussion of related concepts. Overall the text follows a developmental trajectory, opening with stories from early childhood and concluding with present encounters. The result is a unique approach enabling the absorption of psychodynamic concepts as they unfold across the life span.

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Editorial Review

Review

Sensitive, accessible, wise, and deeply moving, this book is original and exceptional. The text is expansive and covers a vast range of theoretical territory. The writing is excellent and delightful, featuring stories full of surprise and intrigue. The theoretical explanations complete the package. A must for all who take the journey of self-knowledge and for anyone curious about what makes people tick. Kerry L Malawista, Anne J Adelman, and Catherine L Anderson *Wearing My Tutu to Analysis and Other Stories: Learning Psychodynamic Concepts from Life*

(Jane Hall, New York School for Psychoanalytic Psychotherapy and Psychoanalysis, author of *Roadblocks on the Journey of Psychotherapy*)

The story and analysis are really quite wonderful. I loved reading both and especially enjoyed the way the story unfolds through analysis, which is quite sophisticated and, on a personal level, touching and nicely written.

(Brian Rasmussen, University of British Columbia Okanagan)

This is going to be a book that people will love both students of analysis and the general public. The vignettes are charming and the explanations, which deal with complex concepts, are masterfully simple and clear. The writing is entertaining and a pleasure a fun read and rare, I'm sure, for books on analysis.

(Sara Mansfield Taber, author of *Bread of Three Rivers: The Story of a French Loaf*)

The examples here each of them are little gems, beautifully weaving together theory with life and with much that is illustrated through this.

(Patrick J. Casement, author of *Learning from Life: Becoming a Psychoanalyst* and *Learning from Our Mistakes: Beyond Dogma in Psychoanalysis and Psychotherapy*)

Wearing My Tutu to Analysis and Other Stories is both a delightful title and a very useful and well-written book.

(Barbara Almond *Journal of the American Psychoanalytic Association*)

well-written, informative, and chock-full of wisdom at the same time that it is absolutely delightful and charming.

(Martin A. Silverman *Psychoanalytic Quarterly*)

A lively pick for any psychology collection at either the general or college level.

(Midwest Book Review)

About the Author

Kerry L. Malawista is a training/supervising analyst with the Contemporary Freudian Society. She is co-chair of the New Directions Writing Program and is in private practice in Potomac, Maryland, and McLean, Virginia.

Anne J. Adelman is a clinical psychologist and psychoanalyst with the Contemporary Freudian Society. She is a faculty member of the New Directions Writing Program and maintains a private practice in Chevy Chase, Maryland.

Catherine L. Anderson is a psychologist and psychoanalyst with the Contemporary Freudian Society. She is co-chair of the New Directions Writing Program and practices in Bethesda, Maryland.

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