



Basic Freud

By Michael Kahn

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Basic Freud By Michael Kahn

In Basic Freud, noted psychologist Michael Kahn shows that even in the age of psychopharmaceuticals and cognitive therapy, Freud's major insights into the unconscious remain unsurpassed tools for understanding our behaviors, motivations, and emotions. Kahn presents key ideas such as the Oedipus complex, the repetition compulsion, guilt, anxiety, and defense mechanisms, along with recent research that has supported or expanded Freud's findings. Kahn also presents real case studies from his own work as a psychotherapist to show how Freudian thought has been instrumental in helping his clients discover who they are and escape from destructive patterns. Lay readers and professional psychotherapists alike will benefit from Kahn's fresh, informed, and unpretentious approach.

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Editorial Review

From Library Journal

Clinical psychologist Kahn (emeritus, Univ. of California, Santa Cruz) believes that psychoanalytic theory is sound despite some flaws. Here he aims to introduce Freud to college-level students, therapists-to-be, and general readers, using a conversational style and brief case examples from his practice. Kahn covers all the usual suspects: the unconscious, psychosexual development, the Oedipus complex, the repetition compulsion, anxiety, defense mechanisms, guilt, dreams, grief, and transference. He also introduces the post-Freudian Heinz Kohut and, in doing so, shows himself to be an empathic, humane therapist. Some of the cases seem too pat, and Kahn's defense of the Oedipus complex includes the dubious Freudian claim that those who don't agree with it are too threatened to admit the truth. Still, this is a good book for academic and public libraries that complements Pamela Thurschwell's *Sigmund Freud* (LJ 11/15/00), which is for literary or general audiences, and Elio Frattaroli's trailblazing *Healing the Soul in the Age of the Brain* (LJ 8/01). E. James Lieberman, George Washington Univ. Sch. of Medicine, Washington, DC
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Review

"A well-written, accessible, and richly anecdotal introduction to Freudian and post-Freudian thinking...." --
Leo Goldberger, Professor of Psychology, New York University

About the Author

Michael Kahn, Ph.D., is Professor Emeritus at the University of California, Santa Cruz, and a clinical psychologist in private practice. He is also director of a counseling center at the California Institute of Integral Studies in San Francisco, where he trains psychotherapists. He is the author of *The Tao of Conversation* and *Between Therapist and Client*. He lives in Mill Valley, California.

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