



English Summaries

Ecology and Psychoanalysis

ESSAYS

HAROLD F. SEARLES: Unconscious processes in relation to the environmental crisis

In this groundbreaking article Searles is analyzing some deep down psychodynamic factors that can be seen as the causes of not realizing that climate change is a terribly huge and pervasive problem, maybe the greatest that mankind has ever faced. After he is proving his truth by enumerating shocking data about environmental crisis, he is interpreting the underlying unconscious processes that cause apathy towards negative climate changes. His first perspective is classic Freudian psychoanalysis as he is connecting emotional attitudes (like envy and guilty feelings) around environmental crisis to Oedipal and phallic aspects. Following this he is using the concepts of Melanie Klein about early personality development, the ideas of the two positions (depressive and paranoid schizoid) by which he progressively involves environmental factors to the psychoanalytic theory of the infant's development. He believes that primitive attitudes and mechanisms that determine the early experiences of subjective unity with the non-human environment will help us to clarify the nature of anxieties, conflicts and defenses that emerge in the context of environmental crisis.

Keywords: psychoanalysis, unconscious, environmental crisis, Oedipal phase, depressive position, paranoid-schizoid position

THEODORE ROSZAK: Where Psyche meets Gaia

Environmentalism and psychology have been on separate roads so far. Environmentalist base their actions on a very simple and false idea about man, when they are trying to achieve their goals by guilt-inducing and shaming, while psychologists and psychiatrists have constructed their ideas and categories by leaving the dimension of *Umwelt* out of consideration. Ecopsychology is a discipline that might help ecology to apply the results of modern psychology, and can support the necessary "greening" of psychology. The author argues that the deepest level of our self is the "ecological unconscious", because the most original and

primordial way how we connect to life is related to (Mother) Nature. This mode of being is being repressed as we grow up and consolidate the boundaries of the self in a cultural way, leaving nature out of the scope of our love and empathy. We have to reestablish our relationship with nature and the Earth by rearranging these boundaries, which leads to the feeling of spontaneous loyalty and care which we usually hold for ourselves and our love ones and have to utilize ancient knowledge about what he calls “stone age psychiatry”.

Keywords: environmentalism, ecopsychology, Mother Earth, ecological unconscious, stone age psychiatry

JOSEPH DODDS: Eco-anxiety and defence

Ego-defences are coming into being in order to save ourselves from the dread of deep anxieties. The experiences of psychoanalysis have shown us that defences cannot be crashed by direct confrontation, and that is what climate activists have to keep in their minds. By presenting some well known jokes about climate crisis the author is analyzing some typical reactions to climate crisis. He is also trying to clarify the cause of non-acting in this context on individual and social levels: is it related to anxiety and defence or cannot the human mind comprehend the interactions of different factors? In the final part of his writing he explores how the defence mechanisms described by psychoanalysis appear in the communication and behavior concerning climate crisis and eco-anxiety.

Keywords: psychoanalysis, ecopsychology, climate crisis, eco-anxiety, defence, denial, climate jokes

WORKSHOP

ROBERT D. STOLOROW: Planet Earth: Crumbling metaphysical illusion. What can help us face up to the horrors with which climate change threatens us

In this article the author combines his post-Cartesian psychoanalysis with Heideggerian philosophy to shed light on some important psychological aspects of climate crisis. Humans use “metaphysical illusions” to save themselves from the dread of finitude, and the belief that the Earth is something eternal and indestructible is serving the same psychological purpose. Facing the devastation of ecological crisis a special fear seems to appear on the scene that Stolorow calls “apocalyptic anxiety.” To fight this horror we have to establish a new kind of relationship with our Earth. Based on the idea of “dwelling” by Martin Heidegger, the author suggests to introduce the concept of “emotional dwelling” as the only possible way to support each other psychologically in these baleful times.

Keywords: metaphysical illusion, climate crisis, apocalyptic anxiety, Heidegger, dwelling, emotional dwelling, trauma

ÉVA FEDERMAYER: Ecofeminism: Women’s guide to avoid eco-social collapse

In the global risk societies of second modernity, awareness of large-scale social disintegration triggered by ecological catastrophes demands profound civilization changes, involving the radical transformation of relationships between the human and the nonhuman environment, the inside and the outside, the “I” and the “other.” The omnipresent nature of crises at the level of the individual, the social, the cultural and the ecological could as well be an unprecedented chance for unlearning disastrous practices in order to learn new ways of living, thinking and feeling whereby anthropogenic catastrophes can be curbed, even fully avoided. I believe *ecofeminism* has the potentials to provide us with such a chance of survival and renewal. What is to follow offers an overview and interpretation of ecofeminism, contextualized within a socio-cultural and gendered framework wherein it evolved. Based on my situated knowledge, I focus on major movements, thinkers, themes and debates, also seeking to provide Hungarian readers with basic terms, concepts, and ecofeminism’s Hungarian context.

Keywords: gender, global climate change, nature, environment, culture, violence, patriarchy, women’s (reproductive) labor, waste, environmental justice, anthropocene, capitalocene, paradigm shift.

VIOLETTA TÓTH-VARGA, ANDREA DÚLL: The appearance of the socio-physical environment in psychoanalytic infant observations: Localization and the experience of locality

In this study, we present an analysis of psychoanalytic infant observation reports. These were recorded in the subjects’ homes based on an environmental-psychological perspective. Although these observations do not explicitly concern the environment, we presume the material will nevertheless be rich in observations relating to the socio-physical environment. Our aim is to map these socio-physical issues via the Grounded Theory (GT) method of Corbin and Strauss (2008/2015). Using the main categories that emerged by coding the analyzed texts, this study will focus on explaining *Localization and presentation/description of the socio-physical environment* and the *Observer’s experience of locality*. Using examples, we will demonstrate those frequently emerging secondary or latent meanings of observers’ environmental descriptions as they attribute an extra meaning beyond the socio-physical environment itself. Our results show that registering spatial-objective characteristics in these reports

often indicates a – not necessarily conscious – demonstration of interpersonal and/or intrapersonal phenomena.

Keywords: Psychoanalytic infant observation, environmental psychology, experience of locality

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