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# Meet the Analyst

## Organized by an IPSO international group

*Paola Solano, Heejung Jordan,  
Silvia Gimeno Siehr, Vanessa  
Elias, Bianca Tiator*

### Cordelia Schmidt-Hellerau

Cordelia Schmidt-Hellerau, Ph.D. has trained in Switzerland and is a Training and Supervising Analyst of the Swiss Psychoanalytic Society as well as -- since her move to Boston in 2000 -- of the Boston Psychoanalytic Society and Institute. She was a Professor for Clinical Psychology at the university of Zurich, Switzerland. Her area of expertise is metapsychology with a particular focus on drive theory. Her monography of Freud's metapsychology, *Life Drive & Death Drive, Libido & Lethe; A formalized consistent model of psychoanalytic drive and structure theory*, was published in German (1995), French (2000), English (2001) and Russian (2002). She has published numerous papers and three books on theoretical and clinical psychoanalysis. Her 2018 publication of *Driven to Survive* was a finalist of the American Board & Academy of Psychoanalysis Book Prize. She has also published two novels, *Rousseaus Traum* (2019), and *Memory's Eyes, A New York Oedius Novel* (2020), and just finished her third novel, *Memento*. Since 2017 she is the chair of the IPA in Culture Committee. She works in private practice in Chestnut Hill, Massachusetts.

## RETHINKING THE DRIVE THEORY

*A dialogue with Cordelia Schmidt-Hellerau*



Aggression is an integral part of all conceptualizations of suicide. Using Freud's economical (quantitative) point of view of metapsychology and her revised drive theory, the author offers a conception of aggression that integrates the assumptions of different psychoanalytic schools. Aggression is understood as the emphatic way to assert one's needs and desires with regard to the object. In economic terms, aggression is conceptualized as the intensified effort (increased energy quantities) of the preservative and/or sexual drives to reach their goals. This view sheds new light on the presuicidal state of mind when an important object (or its substitute) is lost. The extraordinary rise of drive energies, activated in a desperate and unrelenting effort to reach the unreachable object – sometimes in addition to the the power of *Nachträglichkeit* – overwhelm and break the containing function of the structures. Such breach causes the unbearable pain the suicidal person wants to escape from. Some clinical suggestions derive from this conception.

*If you are interested, please write to:*

**IPSOwebinar@gmail.com**

<https://us02web.zoom.us/j/8121212121?pwd=ZlUucUqrTwuHNSgNn590Gws4al-7LHoc1P4>

*New York 08:00*

*Buenos Aires 10:00*

*Rome 14:00*

*Tokyo 21:00*

*Sydney 22:00*

This webinar (lasting 2 hours) is for IPSO members only and will be on the Zoom platform with participants' cameras on.

The Zoom link will be forwarded following registration

**A large part of this session will be a discussion. Recording is not allowed.**

**Registration closes on April 28<sup>th</sup> 2023**