

Winnicott

Donald Winnicott

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Donald Woods Winnicott (7 April 1896 – 25 January 1971) was an English paediatrician and psychoanalyst who was especially influential in the field of object relations theory and developmental psychology. He was a leading member of the British Independent Group of the British Psychoanalytical Society, President of the British Psychoanalytical Society twice (1956–1959 and 1965–1968), and a close associate of British writer and psychoanalyst Marion Milner.

Winnicott is best known for his ideas on the true self and false self, the "good enough" parent, and he and his second wife, Clare, arguably his chief professional collaborator, worked with the notion of the transitional object. He wrote several books, including *Playing and Reality*, and more than 200 papers.

Winnicott

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Clare Winnicott (1906–1984), an English social worker, civil servant, psychoanalyst, and teacher

Donald Winnicott (1896–1971), an English pediatrician and psychoanalyst

Russell Winnicott (1898–1917), an English aviator

True self and false self

psychological dualism conceptualized by English psychoanalyst Donald Winnicott. Winnicott used "true self" to denote a sense of self based on spontaneous authentic

The true self (also known as real self, authentic self, original self and vulnerable self) and the false self (also known as fake self, idealized self, superficial self and pseudo self) are a psychological dualism conceptualized by English psychoanalyst Donald Winnicott. Winnicott used "true self" to denote a sense of self based on spontaneous authentic experience and a feeling of being alive, having a real self with little to no contradiction. "False self", by contrast, denotes a sense of self created as a defensive facade, which in extreme cases can leave an individual lacking spontaneity and feeling dead and empty behind an inconsistent and incompetent appearance of being real, such as in narcissism.

Clare Winnicott

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Clare Winnicott, OBE (born Clare Nimmo Britton; 30 September 1906 – 17 April 1984) was an English social worker, civil servant, psychoanalyst and teacher. She played a pivotal role in the passing of the Children Act 1948. Alongside her husband, D. W. Winnicott, Clare would go on to become a prolific writer and prominent social worker and children's advocate in 20th century England.

Holding space

mentally without judgement. The concept of "holding" was coined by Donald Winnicott in 1960 in a paper on the relationship of infants and parents and has

Holding space is a psychology concept meaning creating a safe space for someone or something by being present for them, physically, emotionally and mentally without judgement.

The concept of "holding" was coined by Donald Winnicott in 1960 in a paper on the relationship of infants and parents and has since seen evolving use in the field of psychotherapy. The term "holding space" was popularized around 2015 by Heather Plett in a blog post about the concept.

In popular culture, the phrase "holding space" gained a rapid rise in popularity following an interview in November 2024 between journalist Tracy E. Gilchrist and Wicked actresses Cynthia Erivo and Ariana Grande.

Alice Buxton Winnicott

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Alice Buxton Winnicott née Taylor (1891 – 1969) was an English research scientist, painter and ceramicist. Her Upchurch Pottery manufactured Claverdon tableware for Heal's. She was the first wife of the paediatrician and psychoanalyst, D.W. Winnicott.

Russell Winnicott

the youngest son of Alderman Richard Weeks Winnicott and Anne Smith Winnicott of Mannamead, Plymouth. Winnicott was commissioned as a second lieutenant in

Lieutenant Russell Winnicott (24 May 1898 – 6 December 1917) was an English World War I flying ace credited with ten aerial victories.

John Bowlby

Donald Winnicott, who was a pediatrician and child psychoanalyst, had an immense influence on Bowlby's work and career. Bowlby and Winnicott had several

Edward John Mostyn Bowlby (; 26 February 1907 – 2 September 1990) was a British psychiatrist and psychoanalyst, notable for his interest in child development and for his pioneering work in attachment theory. A Review of General Psychology survey, published in 2002, ranked Bowlby as the 49th most cited psychologist of the 20th century.

Good enough parent

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Good enough mother is a concept deriving from the work of Donald Winnicott, in his efforts to provide support for what he called "the sound instincts of normal mothers...stable and healthy families".

An extension of his championship of the "ordinary good mother...the devoted mother", the idea of the good enough mother was designed to defend the ordinary mother and father against what Winnicott saw as the growing threat of intrusion into the family from professional expertise, and to offset the dangers of idealisation built into Kleinian articulations of the 'good object' and 'good mother', by stressing instead the

actual nurturing environment provided by the mothers for the child.

Psychology of self

each other to maintain a balance that is referred to as the Self Donald Winnicott distinguished what he called the "true self" from the "false self" in

The psychology of self is the study of either the cognitive, conative or affective representation of one's identity, or the subject of experience. The earliest form of the Self in modern psychology saw the emergence of two elements, I and me, with I referring to the Self as the subjective knower and me referring to the Self as a subject that is known.

The Self has long been considered as the central element and support of any experience. The Self is not 'permanently stuck into the heart of consciousness'. "I am not always as intensively aware of me as an agent, as I am of my actions. That results from the fact that I perform only part of my actions, the other part being conducted by my thought, expression, practical operations, and so on."

Current views of the Self in psychology position it as playing an integral part in human motivation, cognition, affect, and social identity. It may be the case that we can now successfully attempt to create experiences of the Self in a neural process with cognitive consequences, which will give us insight into the elements that compose the complex selves of modern identity.

Over time, different theorists from multiple schools of thought have created ideas of what makes up the Self. Major theorists in the Clinical and Sociological branches of Psychology have emerged from these schools.

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