



## **An Introduction to Social Psychology**

### *Introjection*

#### **Ann Phoenix:**

Introjection is about taking inside something that's outside. So making it one's own really, taking in qualities, feelings, emotions and so on, that come from outside one's self. And again, in the process of development, one can see that children do this from their parents sometimes, taking good things and make them their own. Or taking bad qualities and deal with them.

#### **Dr Helen Lucey:**

Melanie Klein's work introduces a kind of passion into our experience which for me was really, really attractive, so that she gave us a way of thinking about envy and hate and love and rage and you know, desire and all those things, which I really appreciate because when you're involved in real world research, actually going and talking to people about their experiences, our experiences are saturated with emotion. It's a turbulent thing, you know. Even if the turbulence isn't felt on the surface, underneath's there's quite a lot going on.

#### **Ann Phoenix:**

People are not aware, they don't have in their conscious minds the sorts of conflicts that they, they experience, or rather that affect them. So that in fact the things that they desire, the ways they feel about other people, various emotions that they might not like to know that are actually affecting their behaviour. Like envy. Like hatred sometimes. Even though they might love somebody but they might also feel hatred. All those things are part of a social psychoanalytic view.

One of the things I love about the approach is that it does allow one to keep in view the person as a person, holistically. And at the same time it doesn't decontextualize people. That is what I love about this approach. That's what seems to me so promising.