



La teoría de la maduración personal de D. W. Winnicott (Spanish Edition)

Elsa Oliveira Dias

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A teoria winnicottiana do amadurecimento conceitua e descreve as diferentes tarefas, conquistas e dificuldades que são inerentes ao processo de amadurecer em cada um dos estágios da vida. Ela serve, portanto, de guia prático para a compreensão dos fenômenos da saúde, assim como para a detecção precoce de dificuldades emocionais, podendo ser útil não só para psicanalistas e psicoterapeutas, mas também para mães e pais preocupados em facilitar o amadurecimento pessoal de seus filhos, para os profissionais cujo trabalho afeta, em algum nível, o desenvolvimento emocional de bebês, crianças, adolescentes e adultos e, igualmente, para todos os que foram alertados para a necessidade de se pensar em atividades e políticas de prevenção na área de saúde psíquica. Importante em si mesma, essa teoria é, além disso, o quadro teórico a partir do qual podem ser desenvolvidos vários aspectos do estudo da natureza humana – por exemplo, os que dizem respeito às realizações culturais e todo o domínio da criatividade. Ela constitui, também – tanto na obra de Winnicott como no projeto de estudo no qual este livro se insere –, o fundamento teórico sobre o qual se torna possível explicitar os conceitos relativos aos distúrbios psíquicos em geral, devido à íntima articulação desses distúrbios com os estágios do amadurecimento. A proposta deste livro é estudar e apresentar, de forma unitária, o corpo conceitual da teoriawinnicottiana do amadurecimento, explicitando seus pressupostos e procedendo à descrição organizada dos vários estágios desse processo, com suas respectivas tarefas e conquistas. Tal como na obra de Winnicott, aqui também serão privilegiados os estágios iniciais. Isto se deve ao fato de que, para o autor, são as psicoses, e não as neuroses, o paradigma do adoecer humano. Referidos às tarefas fundamentais do início da vida, os distúrbios psicóticos derivam do fracasso ambiental em favorecer a resolução dessas tarefas, transformando-as em conquistas do amadurecimento. La teoría winnicottiana de la maduración conceptúa y describe las diferentes tareas, conquistas y dificultades inherentes al proceso de madurar en cada uno de los estadios de la vida. Por lo tanto, ella sirve de guía práctica para comprender los fenómenos de la salud, para revelar tempranamente dificultades emocionales puede ser útil a psicoanalistas y psicoterapeutas, así como a madres y padres que desean facilitar la maduración personal de sus hijos también a los profesionales cuyo trabajo afecta, en algún grado, el desarrollo emocional de bebés, niños, adolescentes y adultos sirve igualmente a todos los que fueron advertidos de la necesidad de pensar en actividades y conductas de prevención en el área de salud psíquica. Importante en sí misma, la teoría de la maduración también es el cuadro teórico a partir del que pueden desarrollarse diversos aspectos del estudio de la naturaleza humana – por ejemplo, los que se refieren a las realizaciones culturales y al dominio de la

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