
ABSTRACT

The relation between “knowing” and “eating” in eating disorders: Two case studies of psychoanalytic psychotherapy

ISHIBASHI, Hiroki
Kaya Hospital

This paper describes the relationship between “knowing” and “eating” in eating disorders through two psychoanalytic case studies of clients with different pathological states. These clients fear knowing facts, reality, and the truth. Hence, they avoid knowing and also avoid psychic change. At infancy, knowing and eating are indistinguishable. Through emotional experiences, these are divided and develop individually. Therefore, it is suggested that the failure of this stage will have a big influence on individuals with eating disorders because knowing and eating are undifferentiated to them and they refuse to feel emotional experiences by using primitive defense mechanisms. These two case studies suggest that the following clinical processes will make it possible for these individuals to accept the unknown and to be curious: 1) sorting of their confused inner object, 2) internalizing a therapist’s curiosity about the unknown, and 3) maintaining an analytic setting that enables one to endure the uncertain.

Key Words: eating disorder, emotional learning, curiosity, analytic setting
