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Pregnancy and psychosis: A stranger in the strange land.

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Learning Goal:

We want to think about in what conditions pregnancy (felt as something unknown and thus threatening), or phantasies about it can cause psychotic crises. The goal is to show psychosis in the context of bodily roots of identity and phantasies containing images of internal objects.

Abstract Text:

The presentation is an attempt to refer to issues related to pregnancy (real and imagined) and psychotic functioning. We refer to the concepts emphasising the occurrence of psychotic states weakening the relationship of mind with the reality of the body and the progressive withdrawal into phantasies. Phantasies about pregnancy can affect the mind, especially those who find it difficult to endure differences and accept losses - unable to understand and tame an imagined child. We consider several possible variants: those in which the phantasies and fantasies about pregnancy are the starting point, and those in which patients react to the fact of being pregnant.

The first group of situations includes those in which the depressive experience of pregnancy comes to the fore: difficulties in reconciling with multi-dimensional losses included in the situation of the emergence of a new child. We believe that in the case of certain women depressive experience is experienced with a large share of psychotic functioning, which may result in a known phenomenon of perinatal psychosis or episodes of psychotic mania. In some situations, these reactions are a response to actual changes and loss included in the physiological fact of being pregnant, in others - to disturbing phantasies about pregnancy.

The second group includes people in whose functioning areas or more extended periods of psychotic functioning were marked. In such patients, typical for the psychotic functioning, the loosening of clear ties with reality, including the reality of the body, can lead to horror and chaos in the face of sudden transformations entered into pregnancy. Also in this group, the reaction may concern both physiological and emotional transformations in the case of a real pregnancy, as well as emotional reactions to the fantasies of pregnancy.

We will illustrate our considerations with case studies.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**