



# Ottawa Psychoanalytic Society Société psychanalytique d'Ottawa

## Scientific Meeting Saturday, October 21, 2017

10:30 AM - 12:30 PM

Ottawa Psychoanalytic Society, 223 Main Street (St Paul University), LaFramboise building **Room L120**, Ottawa.

### “Countering Being Envied: the Need for a Witness”

The experience and consequences of being envied are described, and envy is defined as an action, similar to the action of projective identification, rather than being an emotion.

The hallmark of envy is that what is destructively attacked is aliveness and creativity; several examples are given. The need for an internal (an intact enough observing ego) or external witness to counter envy is discussed.

## Dr. Angela Sheppard Southwestern Ontario Psychoanalytic Society

### ***Educational Objectives***

At the end of the session you will be able to:

- 1) To recognize the experience an envious attack has had on another person.
- 2) To recognize the effects of an envious attack on oneself.
- 3) To be able to follow the process once envy has been named.

“This event is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada.”

Some clinical material will be presented but no paper will be distributed.

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