

What We Do in the Oedipal Shadow

Some concepts enter our clinical imagination as a persistent hunch—something we feel before we can name. For me, the Oedipal Complex has long resided in that shadowy space. It reveals potent structures within the unconscious – desire – mainly forbidden, competition, rivalry, shame, creativity, fragility, and symptom formation.

I will reflect on work with two patients, and the use of supervision overtime. Their struggles—and our shared process—have helped me to see the Oedipal dynamics at play in their inner worlds and mine. I'll explore how this work has shaped a capacity to speak into the unspoken, to tolerate emotional intensity together, and to bring the Oedipal shadows into the therapeutic relationship in a way that deepens understanding, rather than foreclosing it. This is a story of learning to name what was once felt only vaguely, and of how that naming opens space for growth in both patient and therapist.

Sue Morrison

I work in Wellington, I garden in Otaki, I grew up on a farm in the South Island. I have a husband and two adult children. My focus in my work is on the unconscious and how it impacts our everyday life.

