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Transitions

Redefining Gender

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How can we move away from binaries?

Confining men or women to predetermined roles is a harmful social construct. Serge Hefez describes this “anthropological shift” by illustrating it with accounts from his patients, individuals, couples, or families. What can a psychoanalyst do for those who are torn by ambivalence between sex and gender? Rather than trying to fit into a predefined mold, constructing one's identity is more like assembling a jigsaw puzzle, drawing pieces from one's family and social environment. These pieces can take on varied and sometimes surprising forms. As Serge Hefez shows in this ambitious and accessible work, we must support people during this process, to ensure that putting the pieces together takes place under the happiest conditions.
