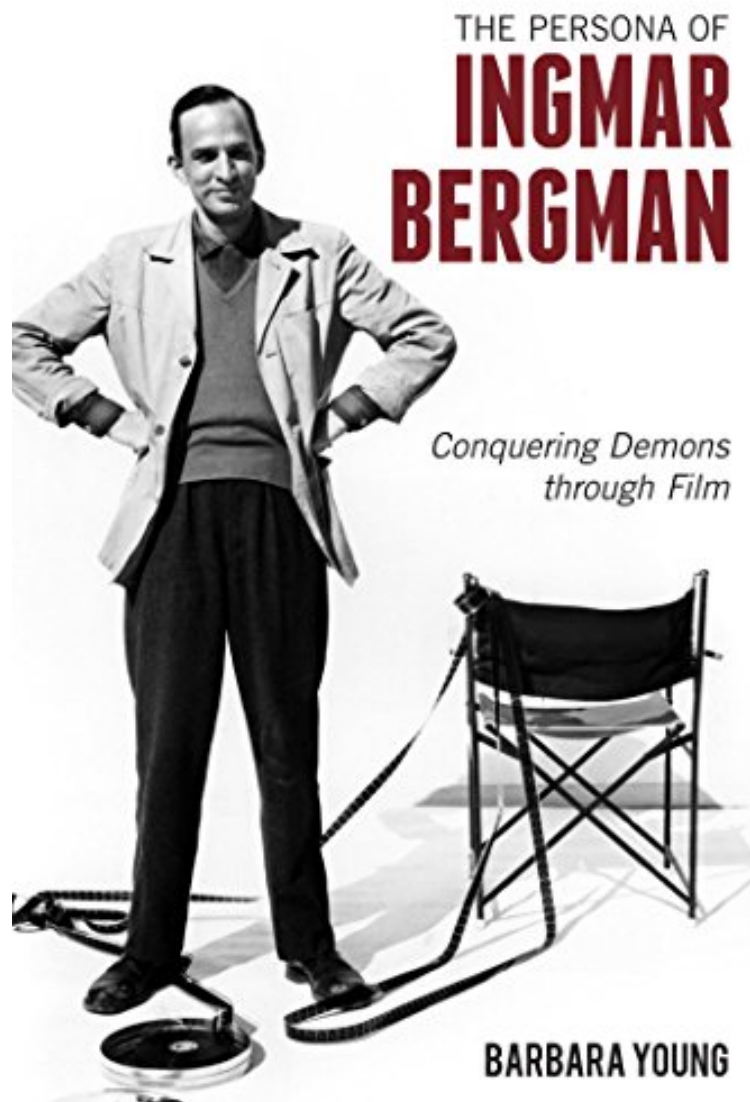


(Pdf free) The Persona of Ingmar Bergman: Conquering Demons through Film

The Persona of Ingmar Bergman: Conquering Demons through Film

Barbara Young

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Barbara Young : The Persona of Ingmar Bergman: Conquering Demons through Film before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Persona of Ingmar Bergman: Conquering Demons through Film:

1 of 1 people found the following review helpful. Conveys a deep understanding of the human condition By David Turetsky Barbara Young uses her deep understanding of the human condition to accompany the reader in revisiting Bergman. With her book in hand, the reader will see his films with a new appreciation. Where before the filmgoer's

experience was one of darkness, a sense of foreboding and troubling confusion, now, in understanding the intertwining of his work with his early traumatic life, the darkness recedes and we marvel at his growth into a richly functioning human being. Here is a thoughtful review by Dr Bennett Simon (Clinical Professor of Psychiatry, Emeritus, Harvard Medical School; Training and Supervising Analyst, Boston Psychoanalytic Society and Institute) Aristotle is alleged to have posed the question, "Why are so many men of genius melancholics?" Barbara Young in *The Persona of Ingmar Bergman* approaches this ancient question with her study of this deeply disturbed genius. He characterized himself at age thirty-one "As a human being I have made an enormous fiasco, therefore I must try and be a very good director." Barbara Young, combining her many years of psychoanalytic practice with her sensitivities as a creative photographer, deepens our appreciation of Bergman's enormous cinematic achievement by unfolding a narrative of how his film-making constituted a self-analysis, a treatment for a life scarred by early trauma, and scarred by many years of traumatizing those closest to him. She skillfully captures, film by film, how the evolution of his craft was interwoven with his efforts at self-cure of his personal "fiasco." Young conveys her awe and admiration for Bergman's labors of self-analysis—how the last four decades of his life were marked by an inner serenity, and a granting of serenity for his loved ones. This book is the author's wonderful gift for all who have been deeply influenced and affected by Bergman's films.

2 of 2 people found the following review helpful. The trauma of early neglect and conflict that Ingmar Bergman ...By Rene J Muller The trauma of early neglect and conflict that Ingmar Bergman experienced at the hands of a distracted and rejecting mother—who was clearly not "good enough" in the Donald Winnicott sense—has elements common to the experience of many people who have been similarly wounded during the earliest stages of their lives. Barbara Young, working mostly within the Freudian paradigm, was keenly aware of this fact as she wrote Bergman's *Persona: Conquering Demons through Film*. Variations of the healing strategies that Bergman employed—making films with themes and characters dramatizing the traumatic insults he had suffered at the hands of the adults he depended on—can be adapted by others who struggle with the kind of psychological deficits that became Bergman's fate. Seeing how Bergman incurred the psychological damage that led to a life dominated by demons which brought him to the brink of suicide and often wrecked his relationships with women and coworkers, offers insight and hope to others who are in similar situations, and provides a model for those willing to authentically engage their own demons, as Bergman did his.

Reneacute; J. Muller, Ph.D. 1 of 1 people found the following review helpful. Self healing By Customer: Lucia -- from Baltimore Let me begin by saying how brilliant and wonderful that the author gives the reader (me) permission to put the book down and digest and sit with the information. I was feeling overwhelmed with the mixed emotions and understanding of the process at that point. It allowed me to breath in the knowledge and process the feelings I felt and how they were affecting me. My take away from this experience is the he was able to find love with his 5th marriage and achieve the self satisfaction that he craved all his life. That gave me a glimmer of hope with my own life struggles for a satisfying relationship after three failed marriages. I was amazed how he was able to work his problems out through the screen and yet I find myself living through the lives of the screens. So, in many ways he not only self healed but allowed others the same benefits. Lucia Adams RN MSN

Born to a mother who did not want him and a father who humiliated him during his upbringing, Ingmar Bergman somehow endured his dysfunctional family to become one of the great artists of the twentieth century. However, the scars left from his early agony affected him both physically and emotionally. He suffered with a disabling psychosomatic gastrointestinal illness and serious problems in his interpersonal relationships. In *The Persona of Ingmar Bergman: Conquering Demons through Film*, Barbara Young looks at how the director's personal life shaped his creative output. A practicing psychiatrist and psychoanalyst, Young probes Bergman's relationships with his parents, his wives, his children, and his colleagues to explore the meanings of his many films. As Bergman gradually began to work through his psychological problems, he accomplished something that few people have ever done—he analyzed himself. The films examined in this study include the majority of his features, including *The Seventh Seal*, *Wild Strawberries*, *The Virgin Spring*, *Through a Glass Darkly*, *The Hour of the Wolf*, *The Passion of Anna*, *Cries and Whispers*, *Face to Face*, *Autumn Sonata*, *Fanny and Alexander*, and *Persona*. Young also draws upon recorded interviews and Bergman's autobiographical novels to provide further insight into the director's creative process. While many books have been written about Bergman and analysts have studied particular films, this volume represents a unique attempt approach to understanding an artist through his art. *The Persona of Ingmar Bergman* will appeal to film and art students, as well as those in the psychotherapy profession, and of course, the director's fans throughout the world.

Merging biography, cinema studies, and psychoanalysis, psychiatrist Young traces the life and career of storied Swedish director Ingmar Bergman and examines how his rocky personal life shaped his films in this sometimes insightful . . . history. Moving chronologically, from Bergman's unhappy childhood (after nearly dying of the Spanish flu shortly after birth, he was raised briefly by his grandmother and never formed a strong bond with his mother) to his promiscuous, illness-riddled adulthood, Young highlights each of the director's films and stage

productions. As a photographer herself—and there is often too much of the author here—she has an eye for Bergman's striking visuals, such as the use of light and shadows in one of his best-known films, *The Seventh Seal*. Young rather repeatedly reminds the reader that Bergman worked to exorcise his inner demons through his art, and his films were often direct reflections of his personal crises; he was married five times and engaged in multiple affairs on and off the set, the details of which worked their way into the screenplays for *Thirst* and *Sawdust and Tinsel*. . . . Bergman's life and work are as rich as ever, and both are as he once described his ideal film: 'I want to give [the audience] a blow in the small of the back, to scorch their indifference, to startle them out of their complacency.' (Publishers Weekly)

About the Author Barbara Young is a psychiatrist and psychoanalyst who has been practicing in the Baltimore, Maryland area for more than 50 years. She has published twenty-five papers on the relationship of therapy and creativity. Young is also an accomplished photographer.