



A Chris Heath, MD

Reactions from Colleagues in the Psychoanalytic Field:

“Chris Heath not only makes psychoanalytic thinking accessible and useful. He makes learning about how we get to be the way we are, fun.

Many people think psychoanalytic principles are arcane. Chris Heath shows the viewer they are vibrant, accessible and useful.

Harriet Wolfe, M.D.

Clinical Professor of Psychiatry, UCSF

Training and Supervising Analyst, SFCP

Immediate Past President, American Psychoanalytic Association

President-elect, International Psychoanalytical Association

“Dr. A Chris Heath has the rare ability to explain the complex topic of psychoanalysis in a way that is understandable, useful, and enjoyable for the layperson and professional therapist alike. His creative Freudalicious videos take the mystery out of the mysterious regarding what goes on in an analytic session and how psychoanalysis “works” to further self-understanding.

Julie Jaffee Nagel, Ph.D.

Author: Melodies of the Mind and Managing Stage Fright

“Many people do not realize that there are many playful aspects to psychoanalysis. Even Freud once referred to the treatment setting as a “playground.” Chris Heath has captured the spirited, fun tradition of psychoanalysis, creating videos that playfully explain complex ideas to a general audience. Worth a watch.

Jack Drescher, MD

Clinical Professor of Psychiatry, Columbia University

Training & Supervising Analyst, W.A. White Institute

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Sample Interview Questions

How does our Unconscious Mind help us?

Our Unconscious is like a friend, a helper. Our Unconscious is where creativity, passion, all that good stuff comes from. We all know it's mysterious. But we can use it, to know ourselves.

How does our Unconscious get in our way?

Our Unconscious is a Trickster. It can make you feel full of shame, or discount everything you do. If we understand what it's saying, it doesn't have to get in our way. Shame and self-talk isn't simply a stop sign; it can be a signal that we feel conflicted, there's something we need to understand.

What is love?

Love is a great example of our unconscious mind steering our life. We don't get to consciously choose who we love, it seems to just happen automatically. Who we love tells us something about ourselves, because our unconscious mind chooses people to love that are a fit with who we are.

Where do dreams come from?

There are many aspects to dreams, they are a complex phenomenon. Most importantly, dreams are a window into our spirit. A dream reflects our experience of the day's events, and what in us resonates with the experience.

Dreams help us understand the direction we need to grow. Dreams can be transformative. They give us a window into our present, opening up into the future.

What is our Unconscious saying?

Our Unconscious lives in the moment. It carries our past, and potential future, but it only exists in the here-and-now. Always, to some degree, what we feel is a reaction. Look at what you were thinking just before you felt a particular way; the thoughts and feelings can inform one another. If you understand the meaning, you will understand your feelings.

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Sample video about the Meaning of Words: <https://youtu.be/4FH7SJGwhwY>

YouTube: HeathMD <https://www.youtube.com/c/FreudaliciousMind>

Twitter: @AChrisHeathMD <https://twitter.com/AChrisHeathMD>

Facebook: Freudalicious Mind <https://www.facebook.com/vinculo productions/>

Instagram: AChrisHeathMD <https://www.instagram.com/achrisheathmd/?hl=en>

Website: <https://freudalicious.com/>

A Chris Heath, MD, a psychiatrist and psychoanalyst in private practice, has dedicated himself to helping people understand their unconscious minds. Whether thru his award-winning videos, speaking engagements, or his clinical work, Dr Heath helps people see the tricks their minds play, towards building an awareness of the mind as a helper and guide.

Dr Heath is a member of the Social Media Editorial Board of the International Psychoanalytical Association, and a member of the Committee for Public Information of the American Psychoanalytic Association. He was awarded a Video Grant from the Psychoanalytic Electronic Publishing Web (PEPWeb) in 2013. His YouTube channel is HeathMD, formerly Freudalicious Mind.

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