

# Humberto Nágera, MD (1927–2016)

## The Life and Work of a Cuban-American Psychoanalyst

Daniel Benveniste

With contributions from Frances Marton, Michael Poff,

Francisco Diaz, and María Eugenia Rangel

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Humberto Nágera was a Cuban psychoanalyst who studied at the London Institute of Psycho-Analysis and at the Hampstead Clinic with Anna Freud. He became Miss Freud's heir apparent, but after ten years in London he relocated to the United States, where he had a distinguished career in Ann Arbor, Michigan, and Tampa, Florida. Of the nine books and numerous articles he contributed to the psychoanalytic literature, he is perhaps best known for the four volumes that he edited on basic psychoanalytic concepts, which have been used for years in research and in psychoanalytic training around the world.

His father, Evaristo Nágera (Najera) Valiente, was a Spaniard born on July 2, 1902, in Orense, Spain. When Evaristo was about ten-years-old he and his family emigrated to Cuba. There he grew up to become a butcher and later entered the real estate business, constructing apartment buildings. Evaristo's wife, Humberto's mother, was Emilia Perez de Nágera, born August 6, 1902.<sup>1</sup> Their son, Humberto, was born in Cuba on March 23, 1927.

As an infant Humberto contracted whooping cough, and his parents took him to Spain for treatment. As a child, he nearly drowned on one occasion, and it was his father who saved his life. The young boy often played in the sandbox with the son of the cleaning lady who came to the house once a week to help his mother. One day his playmate didn't show up. He had taken ill and died suddenly.

Humberto was raised in Catholic schools, where he was a good student, but it was also there that he developed a distaste for religion of any kind. He began reading the works of Freud when he was twelve or thirteen years old. Around that same time, he met Gloria M. Hernandez-Fernandez (b. August 17, 1927), the middle school sweetheart he would later marry and with whom he would raise a family. Gloria had a brother who was a close friend of Humberto. That friend died of a brain tumor at age fourteen. When Humberto was an adolescent, another one of his friends died while riding a motorcycle. These were among several tragedies in Humberto's early life that deeply affected him and influenced the choice of his career.

Humberto's father was a strict and difficult man who did not approve of toys but encouraged educational pursuits. He would give Humberto money for books but not for beverages, toys, transportation, and other things the boy wanted. Thus, Humberto became entrepreneurial and found ways to sell beverages and snacks at a local club.

Humberto attended high school at the Maristas School in Havana from 1939 to 1943. He also did his undergraduate work there and graduated in 1945 at the age of eighteen with a Bachelor of Science degree. He played the violin, formally studied music from 1944 to 1950, and

even considered a career in music. His childhood friend, Francisco Diaz, remembered him as studious and as one of the best students in the school. In 1945 Humberto went on to the University of Havana Medical School to begin his medical studies. It was the same year that another young Cuban began his law studies at the University of Havana—Fidel Castro (1926-2016). While studying during the same time-period and on the same campus, Humberto witnessed, from a distance, the first steps of a well-known gangster on his rise toward eventual totalitarian rule over Cuba.

Dr. Nágera graduated from medical school in 1952, married his childhood sweetheart, Gloria, on September 8, 1952, and completed his residency in psychiatry in 1955. He had always had a large capacity for work, so it is not surprising that while training to be a psychiatrist he also ran a construction company, from which he earned enough to pay for his education, start his family, and save for his future analytic training. In the late 1950s, as Nágera was already doing research and writing, Castro was preparing for his violent takeover of Cuba with considerable popular support.

Nágera's first publication, on the use of psychotherapy with schizophrenics, appeared in 1954, when he was just twenty-seven years old. During the next five years he would publish fourteen articles on topics including hypnotism, electroshock treatment, alcoholism, and themes related to early infantile sexuality. He also began tracing the development of psychoanalytic concepts through the course of Freud's work and writing them up. Gloria and Humberto's daughter, Lisette M. Nágera, was born March 29, 1954, and their son Humberto "Phillip" Nágera was born May 26, 1955.

In 1957 Nágera went to London to be interviewed as part of his application for candidacy at the British Psycho-Analytic Institute. Upon being accepted to the institute, in 1958, he and his family moved to London, where he began his training.

His training analyst was Willi Hoffer, and he attended seminars led by luminary analysts such as D. W. Winnicott, Melanie Klein, and Anna Freud. When Nágera showed a friend some of the work he had done on Freud's psychoanalytic concepts back in Cuba, the friend showed it to Anna Freud who was impressed. That paper served as his introduction to Anna Freud and the Hampstead Clinic. In 1959 he began his parallel training at the Hampstead Clinic, became a trusted colleague of Anna Freud, and collaborated with her for the next ten years as one of her closest associates during one of the most productive periods of her life.

As Nágera began his training, all was going well for this bright and talented thirty-one-year-old, who was studying with the giants in his field, enjoying his family, and doing it all with the money he had saved in his Cuban bank account from his construction company. While Nágera was away in London, Fidel Castro launched his revolution and rose to power in Cuba, leaving the fate of the country dynamic and uncertain. In early 1960 Nágera received a threatening letter from the Cuban government saying that to continue taking money out of his own bank account, he would need to send his wife and children back to Cuba for a time. It was an odd stipulation by all appearances, and it forced him to weigh some difficult options. Nágera would never forget the prescient observation that Willi Hoffer offered to him during one of his

analytic sessions at that time. Hoffer, a Jew from Vienna, who had only recently lost most of his family in the Holocaust, said, “Dr. Nágera, you do what you want, but if you send your family, you will never see them again.” Nágera said, “What do you mean?” And Hoffer replied, “Well, that’s a totalitarian style of government. I don’t know what is happening there, but it’s not what it looks like. That’s a totalitarian regime. [If] you send your family back, you will never see them again. They are not going to send you your money or anything. This is it.”<sup>2</sup>

Nágera decided not to send his family back, Castro took his money, and the analytic community in London rallied. Nágera’s supervisors and analyst continued to work with him and waived their fees or allowed him to delay payment until he could figure out a new strategy. He was in England on a student visa, could not work for money, and all his money in the bank in Cuba had just been stolen. Nágera had already become a particularly important student and assistant to Anna Freud. The two of them were loyal to Sigmund Freud, very bright, direct in their communication, and extremely hardworking. In this sense, they were very much kindred spirits. At the time of the crisis in Cuba, Nágera was working on Anna Freud’s developmental profile, and Jenny Waelder-Hall, a distinguished analyst and friend of Anna, came to London for a visit. Nágera was assigned to show her around the clinic and introduce her to the developmental profile work. Waelder-Hall was impressed, and when she learned of Nágera’s financial difficulties, she offered to help. She introduced him to her husband, an Australian who had been involved in the League of Nations (before the United Nations) and had many connections in the British government. When Mr. Hall saw the threatening letter from the Castro government, he got down to business working his connections in the British government on behalf of Nágera. Within two to three weeks Nágera was given residency in England, permitting him to work and earn money. Anna Freud hired him as a lecturer and leader of research at the Hampstead Clinic.

Nágera’s parents left Cuba and settled in Miami penniless, and his mother-in-law and father-in-law came to live in London to help the young family. On September 6, 1962, the Nágeras’ second son, Daniel, was born in London, and by 1964, at age thirty-seven, Nágera was a training analyst and supervisor at the Hampstead Clinic.

Supervised by Hedwig Hoffer (wife of Willi Hoffer), Ilse Hellman, and Heddy Schwartz, Nágera was an outstanding clinician and theoretician who participated in the senior clinical meetings in the Freud home. He worked closely with Anna on the administration of the clinic and was deeply involved with many of the research projects there. He worked on Anna Freud’s personality profile, and in collaboration with her and her nephew, W. Ernest Freud, he wrote the article “Metapsychological Assessment of the Adult Personality: The Adult Profile.”<sup>3</sup> Nágera did the writing, but the main ideas were Anna Freud’s, so he put her name on it as the first author, with his name second, and W. Ernest Freud’s third. When W. Ernest Freud was eighteen months old, he was the object of Sigmund Freud’s child observation of the game of *fort-da*. He was Freud’s oldest grandson, his only grandchild to become an analyst, and an active member of the Hampstead Clinic staff. He was in on the meetings with Humberto and Anna Freud in working up the Adult Profile. Ernest and Humberto were colleagues and friends for the rest of their lives.

The Hampstead Clinic was a hotbed of clinical work, community support, and clinical and conceptual research. Nágera led the study group exploring the development of basic psychoanalytic concepts throughout Freud's lifetime. This study group included Sheila Baker, Alice Colonna, Eleanor Dansky, Rose Edgecumbe, Elsa First, Audrey Gavshon, Alex Holder, Gladys Jones, Maria Kawenoka, Lottie Kearney, Ehud Koch, Moses Laufer, Cecily Legg, Dale Meers, Lily Neurath, Pat Radford, and Katherine Rees. They met for years, planning their course of studies and developing a methodology for tracing Freud's basic psychoanalytic concepts throughout his writings. They assigned concepts for each member of the group to study, presented their summaries to one another, edited the materials, and culminated their work in the publication of the four-volume set on *Basic Psychoanalytic Concepts*. Two volumes were published in 1969 and the other two in 1970. They were translated into German, Italian, Spanish, Japanese, and Portuguese.<sup>4</sup>



Humberto Nágera reading to children at the Hampstead Clinic.

The association between “Dr. Nágera” and “Miss Freud,” which was how they referred to each other, was formal and respectful but not devoid of personal warmth. Anna Freud's warmth and appreciation for Nágera is exemplified in the following vignette. At Christmastime of 1964, when the clinic was closed for the holiday, Nágera received a small box from Miss Freud. In it

was a remarkable gift accompanied by a note reading, “A small token from my father’s collection to sit as a protective goddess on your desk. With best wishes for Christmas and the new year, Annafreud.”<sup>5</sup> The “small token” was the mounted head and neck of an ancient Greek goddess from Sigmund Freud’s collection of antiquities!



A topic of long-standing interest for Sigmund Freud, Anna Freud, and Humberto Nágera was obsessional neurosis. In the early 1960s Nágera began a systematic study of this topic in Sigmund Freud’s and Anna Freud’s writings, in combination with subsequent contributions to the literature by others and observations of obsessional phenomena in children at the clinic. In 1965 his manuscript “Obsessional Neurosis: Developmental Psychopathology” was distributed to colleagues, who then came together to discuss it on a panel at the Twenty-fourth Congress of the International Psychoanalytical Association in Amsterdam.<sup>6</sup> The discussants were Dr. Arthur Valenstein, Dr. Joseph J. Michaels, Dr. Paul Myerson, Dr. Philip Weissman, Dr. Max Schur, Miss Charlotte Balkanyi, and Miss Anna Freud. The monograph of 1965 was subsequently expanded as a book and included material from the Amsterdam congress and later developments, under the title *Obsessional Neuroses: Developmental Psychopathology*.<sup>7</sup> Additionally, Nágera’s paper “Obsessional Characters and Obsessional Neuroses” was included in *Essential Papers on Character Neurosis and Treatment*, published in 1989.<sup>8</sup>

Nágera talked frequently of his experiences at the British Institute and the Hampstead Clinic from 1958 to 1968, which brought him into contact with Anna Freud, D. W. Winnicott, Melanie Klein, Dorothy Burlingham, Willi Hoffer, and many others. He recalled the unusual climate of excellence there:

This was a unique group of people that worked together for many, many years, and they were outstanding. I can't think of anyone there that wasn't pretty remarkable. That was a unique time. . . . It had a lot to do with what happened in Nazi Germany and all that—they emigrated there. But there was a group of distinguished people in England at that point, and particularly at the Hampstead Clinic, though the Institute was not short on distinguished people either. It was a remarkable time. I think it would be difficult to put together a similar group of people ever again.<sup>9</sup>

In the mid-1960s Nágera was working on his ideas about psychological difficulties in childhood and their manifestations in adulthood. It was then that he introduced his concept of the “developmental interference,” about which Anna Freud wrote to him, “Some of your formulations, especially the one about the ‘developmental interferences’ are almost constantly in my mind.”<sup>10</sup> Nágera defined this concept as follows:

A “developmental interference” can be defined as whatever disturbs the typical unfolding of development. The term may be reserved to describe those situations that involve gross external (environmental) interference with certain needs and rights of the child, or situations in which unjustified demands are made of the child. In making such demands the environment frequently does not take into account the child's lack of ego capacity to comply or cope with them. The disturbance thus introduced may sometimes affect development in positive ways but usually affects it in negative ways.<sup>11</sup>

Nágera wrote a monograph on childhood disturbances and adult disturbances, which was significantly influenced by his work at the Hampstead Clinic. He recalled:

In it I discussed some of the Kleinians' ideas, particularly the fact that Melanie Klein, not having a medical background, was not fully cognizant that some of the things that she attributed to the cognitive abilities of infants that were a few weeks old are simply not possible at that stage of development. It's not that what she said is wrong. If she moved the timetable upwards, she probably was right, but certainly not at the age of development that she was thinking of. In any case, I wrote this monograph and discussed some aspects of Melanie Klein's work because I was talking about the early childhood disturbances, and I sent it to

Winnicott, who at one time had been very attached to Klein and then became an independent. He wrote back a very pleasant letter. He loved the monograph, incidentally; he thought it was terrific. He said maybe I should soften my criticism of Melanie Klein, because though I was right in what I was saying, she had done other things that were useful, which was certainly true.<sup>12</sup>

Nágera's work on this subject culminated in the 1966 publication of *Early Childhood Disturbances, the Infantile Neurosis, and the Adulthood Disturbances: Problems of a Developmental Psychoanalytic Psychology*.<sup>13</sup>

Between 1966 and 1968 Nágera was a visiting lecturer at the University of Leiden in Holland. On flights to and from this lectureship he did research on the life and art of Vincent van Gogh, whose paintings had always impressed him. His research took him to visit the van Gogh paintings at museums in Amsterdam and brought him into direct contact with the van Gogh family. His book-length biography, *Vincent van Gogh: A Psychological Study*, was published in 1967 and has been translated into French, German, Spanish and Dutch.<sup>14</sup>

After ten years of extensive clinical work, research, writing, and teaching at the Hampstead Clinic and assuming many of Anna Freud's own administrative and grant-writing responsibilities, Nágera was deeply honored by her request that he carry on her work as director of the clinic. Yet, once again, the fate of Nágera's homeland, Cuba, would be a determining factor in his decisions. He had recently undertaken the financial responsibility of his elderly parents, in addition to that of his wife's parents, all four of whom had to escape penniless from Castro's communism and were now living in the United States. The British economy and the financial exigencies of providing for his wife and children in addition to his refugee family abroad made staying in London a practical impossibility. Nágera was forced to begin making plans for a move to the United States, and he soon found fertile ground at the University of Michigan, in Ann Arbor.

Anna Freud, Dorothy Burlingham, and W. Ernest Freud all wrote letters of recommendation to the Michigan Psychoanalytic Institute in support of Nágera's application. At the end of Anna Freud's lengthy and glowing letter of recommendation, she wrote:

I can only say that I found in Dr. Nágera a very welcome combination of clinical skill, capacity for theoretical abstraction and extensive as well as intensive knowledge of our psychoanalytical literature. This, as we all know, is rare. I feel sure that his immense capacity for work, and pleasure in work, will be in the service of psychoanalysis wherever he finds himself.

Yours sincerely

Annafreud, LL.D., Sc.D.<sup>15</sup>

In May 1968 Nágera, his wife, and their three children left London to move to the United States. Before leaving, Nágera met with Anna Freud, who gave him a unique parting gift. It was

her own jade letter opener—the very one that her father had given to her upon her graduation as an analyst in 1922. (In those days a letter opener was necessary just to read the literature. Scholarly books were often bound with the pages folded in such a way that one needed to cut them on the side or at the top, for example, just to open and read them.) W. Ernest Freud also presented Nágera with parting gifts—two photographic portraits: one of Sigmund Freud taken by Ernest’s father and signed by Sigmund Freud, and the other of Willi Hoffer, the analyst whom Nágera and W. Ernest Freud had shared. As the latter would say, “We were couch brothers.”<sup>16</sup> Nágera recalled that Hoffer, with his characteristic sense of humor and irony, once grouched to him—during an analytic hour—about Miss Freud’s and W. Ernest’s generosity with gifts to others of antiquities and heirlooms associated with Freud. “If they keep giving those things away, there won’t be anything left of the collection!” Hoffer grumbled.<sup>17</sup>



The parting gift from Anna Freud to Humberto Nágera – a jade letter opener.

At the Michigan Psychoanalytic Institute and Society, Nágera became a training analyst and supervisor. He was director of the Child Analytic Study Program, at the Children’s Psychiatric Hospital in the Department of Psychiatry at the University of Michigan, as well as professor of psychiatry and chief and director of Youth Services in the department, from May 1973 to July 1979. The Youth Services program included teaching child psychiatry to child fellows, medical students, social workers, and psychology students. It also entailed outpatient services, day-care services, and a child analytic study program, as well as a 112-bed inpatient psychiatric hospital for children and adolescents. It was called the Children Psychiatric Hospital and Adolescent Unit of the Department of Psychiatry, University of Michigan.

In Michigan Nágera did research and clinical and administrative work and taught extensively. The books written on the basic psychoanalytic concepts at the Hampstead Clinic were not published until he was already in Michigan. They were eagerly greeted by the psychoanalytic world and were used extensively in training and by senior analysts who used them to fortify their understandings and develop their ideas for presentation in lectures and writing. The published series included the following: *Basic Psychoanalytic Concepts on the Libido Theory*; *Basic Psychoanalytic Concepts on the Theory of Dreams*; *Basic Psychoanalytic Concepts on the Theory of Instincts*; and *Basic Psychoanalytic Concepts on Metapsychology, Conflicts, Anxiety, and Other Subjects*.<sup>18</sup> Through the 1970s and ’80s Nágera’s productivity

blazed. In 1975 he published *Female Sexuality and the Oedipus Complex*, and in 1976 his book *Obsessional Neuroses: Developmental Psychopathology* was published.<sup>19</sup>

Five of Dr. Nágera's individually authored books and the four-volume series *Basic Psychoanalytic Concepts* all contain forewords written by Anna Freud. In 1981 Nágera published a massive volume on what he called the "developmental approach to child psychopathology."<sup>20</sup> It was a continuation of his work with Anna Freud, but by that time Miss Freud was regrettably too old, frail, and unable to contribute a foreword.

In 1979 Dr. Nágera helped Dr. María Eugenia Rangel from Monterrey, México, to create the Mental Health Institute of Nuevo León. It is a nonprofit organization with a three-year training program in child and adolescent psychotherapy modeled after Anna Freud's Hampstead Clinic with the appropriate modifications for Mexican culture. The trainees they started with were ten psychologists, two psychiatrists, and Dr. Rangel as director. Dr. Nágera invited many visiting lecturers to this program, including Drs. James Anthony, Barrie Biven, Efrain Blaiberg, Charles Brenner, Jorge De la Torre, Otto Kernberg, Paulina Kernberg, Cecily Legg, Frances Marton, George Pollock, Werner Prall, Samuel Roll, Charles Socarides, and Robert Stoller. The institute hosted visiting professors every weekend for three years. The three-year program has been offering a master's degree for many years now and benefits not only the trainees but also the welfare of the broader community, specifically the underprivileged children the institute serves.

At the end of 1986 Nágera left his teaching position at the University of Michigan and in 1987 was named professor emeritus. Upon conferring emeritus status to Dr. Nágera, the University of Michigan's Board of Regents said:

Dr. Nágera's contributions and achievements as a clinician, teacher, and researcher have been internationally recognized. He is considered to be one of the foremost scholars of Freud. Among his publications are several chapters in the highly regarded book, *Psychoanalytic Study of the Child*. He has served the department and the field of child psychiatry in a highly dedicated fashion, and has been the inspiration for many clinicians now committed to the study and treatment of problems in children.<sup>21</sup>

In January 1987 Nágera and his wife moved to Tampa, Florida, where he became a professor of psychiatry at the University of South Florida and director of the child and adolescent inpatient units at the university's psychiatry center from 1987 to 1993. From 1993 to 1998 he was director of the university's ADHD clinic and director of the child and adolescent outpatient clinic.

Beginning in 1969, Humberto Nágera became a member of the Cuban Medical Association in Exile. His efforts on behalf of this community were sustained and vigorous for the remainder of his life and included vocal opposition to Fidel Castro's communist totalitarian regime; a psycho-biographical sketch on the psychopathology of Castro titled "Anatomy of a

Tyrant”; and distribution of information on the truth of Cuba before its fall to the Castros as well as the truth about the Cuban people and deterioration of their country since then.<sup>22</sup>



In 2001 Nágera became director of the Carter-Jenkins Center, a nonprofit educational organization partially affiliated with the University of South Florida. At the University of Michigan, University of South Florida, and the Carter-Jenkins Center, Nágera maintained the psychoanalytic spirit of Anna Freud’s Hampstead Clinic in his many functions, including director of clinical treatment, seminar leader, professor, and supervisor. It was also in this spirit that he assisted the Florida Psychoanalytic Society and Institute in becoming independent of the Washington-Baltimore Institute/Society and became a founding member of the Tampa Southwest Florida Psychoanalytic Society and its first president, from 1993 to 1995.

Those who knew Humberto Nágera understood that few things inspired him more than building lasting structures on behalf of psychoanalysis in a manner that honored and carried forward his work with Anna Freud. He was a man of many other talents too. He painted flowers

and portraits; made pencil drawings; wrote an unpublished novel titled “The Eagle’s Council”; hybridized daylilies and hibiscus flowers; and was an apartment builder, an investor, and a collector of violins, watches, music, paintings, and oriental rugs.

On October 17, 2007, Gloria, his wife of sixty-three years, died. In his sorrow for this loss, he characteristically threw himself into a flurry of activity at the Carter-Jenkins Center (CJC), delivering and recording lectures and developing psychoanalytic and psychiatric educational materials on the CJC website. In 2014, in tribute to his wife, Nágera self-published *Versos del alma*, a collection of love poems written to her throughout their many years together.<sup>23</sup>

Tragically, Humberto and Gloria’s son Danny died on February 6, 2012. During the last three years of his own life, Dr. Nágera had suffered a stroke and had difficulties with congestive heart failure. He knew he did not have long to live and devoted himself to assuring the continuation of the Carter-Jenkins Center and seeing to it that the letters Anna Freud had written to him were annotated and published. The letters were published in 2015 in a volume titled *Anna Freud in the Hampstead Clinic: Letters to Humberto Nágera*<sup>24</sup> with a foreword by Humberto Nágera.

Dr. Nágera died from heart failure on November 7, 2016. He had had no illusions about death and was not a religious man, yet the pursuit of truth regarding life’s most fundamental and significant questions was an extraordinarily driving force in him, and he developed a great appreciation for the teachings of Buddhism in his last years. Inspired in part by this affinity to Buddhism, in 2005 Nágera wrote perhaps one of his most interesting psychoanalytic papers, “The Oedipus Complex Revisited: Suggestions for Its Amplifications and Its Role in Later Malignant Acting Out and Conflicts,” in which he applied the Japanese legend of *Ajase* to a reassessment of the Oedipus complex.<sup>25</sup>

Nágera was a man of culture who showed his love through his extraordinary capacity for sensitive and intelligent clinical work, inspired teaching, and highly efficient clinic administration. A man of great complexity, he had an infamous temper (“They say I’m a fiery Cuban.”) and at the same time was a man of principle, not known to be impulsive, erratic, or inconstant. He was a man who pulled few punches, and his capacity to wage an aggressive battle when engaged over causes dear to him—both professional and personal—was widely recognized. One knew where Nágera stood on matters of consequence, and he had little penchant for retreat once engaged in a charge. This indomitable side of his character was matched by an equal capacity for understated yet undeniable acts of love and care; great tenderness and generosity; and unfailing loyalty, dedication, and affection. He was a lovely man who leaves behind his two surviving children, Lizette Nágera and Humberto “Phillip” Nágera; a substantial contribution of scholarly books and articles; many grateful students and supervisees; and numerous admiring and appreciative colleagues.

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<sup>1</sup> Dr. Nágera once explained that his mother's maiden name, Perez, is a common name among Latin American Catholics but is originally of Sephardic Jewish origin.

<sup>2</sup> Daniel Benveniste, ed., *Anna Freud in the Hampstead Clinic: Letters to Humberto Nágera* (New York: International Psychoanalytic Books, 2015), 25.

<sup>3</sup> Anna Freud, Humberto Nágera, and W. Ernest Freud, "Metapsychological Assessment of the Adult Personality: The Adult Profile," *Psychoanalytic Study of the Child* 20 (1965): 9–41; Anna Freud, *The Writings of Anna Freud*, vol. 5: *Research at the Hampstead Child-Therapy Clinic and Other Papers, 1956–1965* (New York: International Universities Press, 1969), 60–75.

<sup>4</sup> Humberto Nágera, ed., *Basic Psychoanalytic Concepts*, vol. 1: *Basic Psychoanalytic Concepts on the Libido Theory* (London: Allen and Unwin, 1969); vol. 2: *Basic Psychoanalytic Concepts on the Theory of Dreams* (New York: Basic Books, 1969); vol. 3: *Basic Psychoanalytic Concepts on the Theory of Instincts* (London: Allen and Unwin, 1970); and vol. 4: *Basic Psychoanalytic Concepts on Metapsychology, Conflicts, Anxiety, and Other Subjects* (New York: Basic Books, 1970).

<sup>5</sup> Anna Freud always signed her name as one word, "Annafreud."

<sup>6</sup> Humberto Nágera, "Obsessional Neurosis: Developmental Psychopathology," paper distributed at the Twenty-fourth Congress of the International Psychoanalytical Association, Amsterdam, Holland, July 1965.

<sup>7</sup> Humberto Nágera, *Obsessional Neuroses: Developmental Psychopathology* (New York: Jason Aronson, 1976).

<sup>8</sup> Humberto Nágera, "Obsessional Characters and Obsessional Neuroses," in *Essential Papers on Character Neurosis and Treatment*, ed. Ruth Lax (New York: New York University Press, 1989).

<sup>9</sup> Quoted in Daniel Benveniste, *The Interwoven Lives of Sigmund, Anna, and W. Ernest Freud: Three Generations of Psychoanalysis* (New York: International Psychoanalytic Books, 2015), 376.

<sup>10</sup> Letter from Anna Freud to Humberto Nágera, December 11, 1969, in Daniel Benveniste ed., *Anna Freud in the Hampstead Clinic*, 172.

<sup>11</sup> Humberto Nágera, *Early Childhood Disturbances, the Infantile Neurosis, and the Adulthood Disturbances: Problems of a Developmental Psychoanalytic Psychology*, Monograph no. 2 of *Psychoanalytic Study of the Child* (New York: International Universities Press, 1966), 28.

<sup>12</sup> Benveniste, *The Interwoven Lives*, 156.

<sup>13</sup> Nágera, *Early Childhood Disturbances*.

<sup>14</sup> Humberto Nágera, *Vincent van Gogh: A Psychological Study* (New York: International Universities Press, 1967).

<sup>15</sup> Benveniste, ed., *Anna Freud in the Hampstead Clinic*, 156.

<sup>16</sup> Personal communication, February 2002.

<sup>17</sup> Personal communication, April 23, 2007.

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<sup>18</sup> See note 4.

<sup>19</sup> Humberto Nágera, *Female Sexuality and the Oedipus Complex* (New York: Jason Aronson, 1975); and Nágera, *Obsessional Neuroses*.

<sup>20</sup> Humberto Nágera, *The Developmental Approach to Child Psychopathology* (New York: Jason Aronson, 1981).

<sup>21</sup> University of Michigan's Board of Regents Presentation of Emeritus status to Professor Dr. Humberto Nágera, Humberto Nágera Papers, Carter-Jenkins Center, Tampa, Florida.

<sup>22</sup> Humberto Nágera, "Anatomy of a Tyrant," Humberto Nágera Papers, Carter-Jenkins Center, Tampa, Florida.

<sup>23</sup> Humberto Nágera, *Versos del alma* (Bloomington, IN: Palibrio, 2014).

<sup>24</sup> Daniel Benveniste, ed., *Anna Freud in the Hampstead Clinic: Letters to Humberto Nágera*. (International Psychoanalytic Books, 2015)

<sup>25</sup> Humberto Nágera, "The Oedipus Complex Revisited: Suggestions for Its Amplifications and Its Role in Later Malignant Acting Out and Conflicts" (online lecture, Carter-Jenkins Center website, 2005). The legend tells of Ajase who, similar to Oedipus, is prophesied to kill his father, King Bimbisara, and become king. Ajase fulfills the prophesy after learning that his father and his mother, Queen Idaikke, tried unsuccessfully to kill him in his infancy after learning of the prophesy. Ajase also wishes to kill his mother in revenge for her betrayal but is persuaded to imprison her instead.

Nágera used this legend to clarify aspects of the Oedipus complex that continue to be excluded or underappreciated in psychoanalytic theory and practice. The paper not only reaffirmed the central organizing role of the complex for normal development but also warned of the potentially endless cycle of human suffering—from neurotic symptoms to international war—stemming from unresolved (unanalyzed) matricidal and filicidal impulses, in addition to patricidal impulses, inherent in the oedipal triangle of childhood.