



Psychoanalysis and Identity Formation in Fashion

INSTRUCTOR:

GOLZAR SELBE NAGHSHINEH, LP, CGP

Saturday, October 18, 2025, 12 - 2 PM EDT

This seminar explores how fashion influences identity through the lens of heritage—how it is either embraced or rejected in both cultural fashion and in what is passed down/inherited in families. What is inherited can be both a gift and a burden; heirlooms and inherited wardrobes carry meanings and identifications that create the opportunity to keep loved ones alive. The superego demands limitations on aesthetic presentation while culture offers norms that are often reinvented.

Personal narrative will guide the discussion of how the landscape of projections and identifications can contextualize the importance of fashion creating an opportunity to escape mortality. Participants are invited to bring their own fashion story, recollections, and heirlooms that shaped their identity with – or rejection of – fashion to deepen the conversation.

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Registration is required and limited (there is a wait list). Sessions will not be recorded.

Golzar Selbe Naghshineh, LP, CGP is a Training and Supervising Licensed Psychoanalyst, faculty at the Center for Modern Psychoanalytic Studies in New York City and has special expertise in reproductive and maternal mental health. In 2014, she created NAPS - an integrative mental health program for OBGYN offices and fertility clinics - which works with practices in NYC. Naghshineh also attended the Boston Graduate School of Psychoanalysis for her doctorate in Psychoanalysis (ABD), completed her psychoanalytic training at the Center for Modern Psychoanalytic Studies, her group psychotherapy training at the Center for Group Studies, and holds a Masters Degree in Nonprofit Management from the New School University. Naghshineh is a former painter and gilder, current sculptor and a lover of fashion. She believes fashion is a daily extension of her sculpture practice. You can find her on Saturdays walking around Soho in New York City planning her next look. Aesthetically, she is currently in her "Disney Villian" era.