



**Birmingham Trust**  
for Psychoanalytic Psychotherapy



WEST MIDLANDS  
INSTITUTE OF  
PSYCHOTHERAPY

# Open Lecture

**Date: Friday 19th June 2026**

**Format: Online**

**Alessandra Lemma**

**Time: 14:00 - 16:00**

## **“The Digital Superego: Embodiment Under the Algorithmic Gaze”**

BTPP is pleased to host a talk by Alessandra Lemma. This talk is based on a chapter from Alessandra Lemma's forthcoming book 'Psychotechnical becomings: psychoanalysis, identity, desire and mourning in times of AI and digital mediation'.

### **About Alessandra**

Alessandra is a Fellow of the British Psychoanalytic Society and a Chartered Clinical and Counselling Psychologist. She is Visiting Professor at University College London and Centro Winnicott (Rome), and a Consultant at the Anna



Freud Centre. Formerly Head of Psychology at the Tavistock Clinic, she is internationally recognised for her work on psychoanalysis, trauma, technology and the psyche, transgender identities, and ethics.

She is the recipient of the Sigourney Award (2022), the Scharff Award (2025) and the BPC Bernard Rattigan Award (2025). Her forthcoming books include Psychotechnical Becomings (2026) and Journeying Through Psychoanalysis (2027).

✉ [info@btpplib.co.uk](mailto:info@btpplib.co.uk)

**[Register here](#)**

**Cost: £40**



## **“The Digital Superego: Embodiment Under the Algorithmic Gaze”**

This lecture introduces the concept of the digital superego to conceptualize how algorithmic systems reorganize adolescent embodiment.

Under the algorithmic gaze, the body becomes a monitored surface subjected to perpetual judgment, where recognition is quantified and conditional. Drawing on clinical material, it explores how interoceptive awareness – the felt sense of bodily interiority – is displaced by exteroceptive evaluation, a mode of relating to the body as an object of scrutiny.

Psychoanalytic practice, in turn, is called upon to reclaim the body as a site of uncertainty and relational encounter, resisting the algorithmic conversion of selfhood into performance.

To read beforehand:

Leskauskas, D. (2025). Encounters with totalitarian objects in the superego development of Generation Z adolescents. *International Forum of Psychoanalysis*, 34(1), 9-14.