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Birmingham Trust
for Psychoanalytic Psychotherapy



**WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY**

***The Digital Superego:
Embodiment Under the
Algorithmic Gaze***

a paper by

Alessandra Lemma

Friday 19th June 2026

1:30pm – 3:30pm

Online

***Brought to you by
BTPP's Adult Modified
Psychoanalytic Training***

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*.

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.

BOOKING

Booking is required for this event. Please email BTPP administration at info@btppp.co.uk to reserve a place.

ALESSANDRA LEMMA

Alessandra Lemma is a Fellow of the British Psychoanalytic Society and a Chartered Clinical and Counselling Psychologist with extensive experience as a clinician, academic, and author. She is currently Visiting Professor in the Psychoanalysis Unit, University College London, A Consultant at the Anna Freud Centre, and Visiting Professor at Centro Winnicott, Rome. Alessandra Lemma has had roles in the past as Head of Psychology and Professor of Psychological Therapies at the Tavistock Clinic (in conjunction with Essex University). She is recognized internationally for contributions to psychoanalysis, trauma, the impact of technology on the psyche, transgender identities, and ethics. She is the recipient of the 2022 Sigourney Award, the 2025 Scharff Award for distinguished contributions to Psychoanalysis and the BPC's 2025 Bernard Rattigan Award for Psychoanalysis and Diversity.



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