



# The Enigma of Anna O

*Melinda Guttman*

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The enigma of Anna O. was one of the most famous of the case studies in Sigmund Freud and Joseph Breuer's seminal book, *Studies on Hysteria*. Until 1953 when Freud's Biographer revealed her identity, no one was aware that the real woman behind the anonymous pseudonym was the renowned German Jewish Feminist, Bertha Pappenheim. Born to a wealthy orthodox Jewish family in Vienna, Pappenheim was related to some of the most recognizable names in Jewish society - the Warburgs, Guggenheims and the Goldschmidt-Rothchilds. When her father became ill, the then twenty-one year old developed strange symptoms and was treated by the family physician, Joseph Breuer. The treatment consisted of Bertha relating her dreams and her own fairy tales, a process she termed the talking cure, which later became the basis for Freud's theories of psychoanalysis.

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