

PSYCHOANALYSIS AND PSYCHOTHERAPY OF ANALYTICAL INSPIRATION...

For whom ?

It is important to know for whom it is meant and for whom it is the most appropriate.

The knowledge of homoeopathy may be helpful in this regard and, in many cases, help, through the contribution of the treatment itself, facilitate not only the course of the talking cure but also the realisations that are linked to it.

Psychoanalysis

Linked to the world of language and words that free, express and set limits, it will attract 'TUBERCULINIQUES'.

Contact with the other, even if it engenders threat, is also synonymous with link and opening to the world and imagination : neither too close nor too distant, out of the risk of the body, group and intimacy of 'presence', it should help (re)structure oneself and restrengthen if not rebuild, as it were, one's mental skeleton.

THIN SULPHURS : NATRUM MUR, SEPIA, PULSATILLA, LYCOPODIUM, SILICEA and CYCLAMEN will link sensations with words (pain).

SYCOTICS : THUJA, MEDORRHINUM... will destroy their conformist shackles and murderous or suffocating injunctions.

But also beware of :

Cold intellectualism from either the patient or the therapist,

The inopportune word... the reminder of all inappropriate, painful and mortiferous words... It often takes a little while to understand and situate depressive silences, obsessive ruminations, anxiety raptus, reminders of the fragility of defences against collapse, doubt, feelings of persecution and of emptiness...

Not everybody can undergo psychoanalysis. The ability of the patient to bear the unforeseen turns of events of it as well as the quality of the therapist to whom they turn should be weighed.

The knowledge of the subject's responding type and what will emerge of the person who will follow their progress about the evolution of many of those who lay on their divan during the exercise of their profession are often helpful. But one must know that the subject also often makes a decision according to what their unconscious happens to dictate to them !

If ARSENICUM ALBUM and especially LYCOPODIUM turn to a very dogmatic analyst who, that is true, is somewhat a caricature of the analyst, this will only reinforce certain of their modes of functioning and be eminently unpleasant for their families and friends. They will be very often inclined to apply the concepts they have discovered to those who surround them and to take very soon the liberty of explaining their behaviours from what they have understood of theory. Either in the hands of or surrounded by such homoeopathic types, NATRUM MUR will only get more hurt, PULSATILLA will let themselves go a little more, SILICEA will shrink into themselves and NUX VOMICA will take the risk of acting out...

To explain to a 'LUETIQUE' who is impatient to rush into it... without taking the time to think and taking into account what great difficulties they will have in bearing the constraints which they will not be allowed to question is essential. To tell them how hard they will find it

to bear the constraints, the unknown, the regular pace which will be difficult to internalise because of their fanciful character, desire to spend their time as they please or doing the things which seem more important to them will be useful for them as well as for the therapist. The latter, if they must 'formulate "the rules" ' at first in this space meant for verbal expression, is not in a position to explain fully why they are so, how useful they are and what is their aim. On the contrary, the doctor can do so without any problem and remind the subject of it when necessary.

Besides finding it difficult to bear the silence, ARGENTUM NITRICUM has trouble submitting to the rules of the analysis. They have great difficulty in accepting this 'waste of time' which reminds them of their basic problems and the way they experience inner emptiness. They thus have trouble facing it. It is important that they should be told about this aspect when they *demand* to undergo one... Besides, this demand is a sign of the lack of knowledge of why they want to try it or what they will get from it. It is not uncommon, and this is the patent illustration of it, for them to ask for a note for the therapist...

To take the time to explain this to them will avoid losing any, as they might rush to the telephone as soon as they experience the first difficulty with anxiety, impatience and the anxious recriminations that characterise them... when the problem is not, for them as for others, the payment of the sessions which arises suddenly whereas the rules had already been explained. A vindictive facet reappears in them as in others, MEDORRHINUM among others :

'I don't understand why it isn't refunded by the health service, I pay my contributions,' their victim facet remarks ; 'That's not normal, society owes that to me,' their rigid facet appears with, sometimes, a trace of paranoia and interpretation ; 'It must be refunded... and then that non-refundable payment isn't normal. Does National Insurance know about all this? ', CALCAREA FLUOR. shows their fear of missing something, ARSENICUM ALBUM shows their fear of losing, being stripped or not mastering what is *really* happening. AURUM and MERCURIUS SOLUBILIS project part of their fears and fantasies on to the outside world.

The doctor should explain and make the patient understand. The intellectual and often superficial knowledge of what psychoanalysis represents sometimes acts as a brake instead of a help, as the subject misunderstands, regardless of their cultural background, what it genuinely constitutes. One can only be surprised at a question like, 'So what's new in analysis?', asked by a colleague who is a well-informed doctor but nevertheless appears to be somewhat off the subject !

This is all the truer as, for these homoeopathic types, support psychotherapy or psychotherapy undergone in more practical forms is often more accessible to them at first. The more flexible rules, the less dangerous unknown, the possibility of being refunded and the approach of the problem in a less restricting context even if limits are indispensable and there are a minimum of rules with which they have to comply are a less difficult experience for them.

The directive, open, non-restrictive and non-limitative 'just what I needed' aspect often reduces anxiety. By reassuring the subject undergoing 'care' which, for them, justifies their need, it makes it possible for the idea that the unconscious imposes its rules and its irruption or constraints appear to generate gradually pain to be internalised. This realisation and, above all, the internalisation of this fact very often have a healing and soothing effect.

Besides, the benchmark embodied by the therapist engenders security for them. It is up to the doctor to see when the subject is capable of going further, if necessary, and above all what is their genuine desire. To refer them to an analyst may permit taking stock.

Analytical psychotherapy often proves more accessible to this type of subject when the 'luétique' element is not too strong and they are ready to accept it. Homoeopathic treatment is most helpful in this case. It makes it possible for them to approach their problems in a more serene way after being able to accept the idea of it.

*It is important to point out that the fact that the origin of a problem is known, and this applies to this case as well as to other types of therapy whose bases are analogous, is not sufficient. All the emotions that are linked to it should be relived and the message should be internalised at the appropriate level, otherwise the intellectual understanding of the disorder will have no healing effect, as if 'at the edges of the being'. The perturbation will remain, unchanged, even if it seems better managed. It is all the more essential to point it out here given the errors currently spreading by way of many of the new approaches. Those errors consist in saying that **to discover the origin of a disorder is enough to cancel out its effects**, whereas the memories or emotions that are linked to it have not been brought out either in their strength or reality...*

***That is only true, here as in many other fields, if the organism assimilates the information at the appropriate level and if it is 'found' and 'experienced' inside.** Given from outside, it is only as an avenue of approach and starting point for a more thorough study that it may engender a healing effect... It, itself, only remains on the surface of the psyche, which continues to function as before without any modification at all.*

The genuine internalisation of the message at the appropriate level will not be done without a perturbing effect. Spottable in the subject's dreams and experiences, it will be accompanied by modifications of their behaviour and perception of events, with all the ensuing consequences.

Psychotherapy 'of analytical inspiration'

It too puts back the above-mentioned subject in a situation of 'Want' and loss. Through the - even partial or negligible - payments it entails, which are the fruits of personal efforts and are not totally financed by their parents, husband or society, it makes it possible to mobilise what is fixed, rigid, outside time and reality...

The face-to-face situation, which is borne more easily, sometimes permits, with the consent of the subject, an analysis to be undergone later, either in the immediate future or later. The doctor, consulted before envisaging it, may have to explain it. The latter may therefore have to give the modalities of each of the approaches, their common features and differences.

The subject will be less surprised by what they experience. They will embark on the adventure, better armed against the unknown that it represents for their usual world and usual rules.

For instance, to explain that the psychoanalyst cannot accept a gift and this needs to be spoken about may in a way help comprehension at first in the face of the surprise that it engenders. The subject will understand better what is genuinely the transference link and its importance in the cure. For certain subjects, who are ill-informed - which is no sign of

their social or cultural backgrounds - this may open up new horizons, as their knowledge had been about something else.

It may be useful to point out that, in this type of cure and unlike what happens in a consultation with a doctor, the missed sessions will have to be paid for. This gives psychotherapeutic work another dimension, which distinguishes it from what they already know. To make them understand that, in that place, absence is a sign of resistance, whose modality of expression on this mode they were not aware of, may lead them to think and understand better what happens in the therapeutic relationship. Their daily life has not prepared them for seeing it like this. Apart from the fact that it prevents them from interpreting it as a sign of the blatant dishonesty of the analyst who has followed their progress, it will also make it possible for their place and reaction to a misunderstood rule or the conventions imposed by someone else and in a different frame of reference to be brought out.

It is obvious that THUJA, ARSENICUM ALBUM, PLATINA or PULSATILLA will not have the same reaction at all in these situations... While the first will comply with the rules and what is recommended to them without daring to call them into question, even sometimes concerning the cost of the sessions which may sometimes be too high for them, the second will react sharply. Besides, it is not uncommon for them to go and ask the doctor if National Insurance knows about the rule, in force most of the time, which consists in paying 'in cash'.

'Queen PLATINA' will very soon believe that the 'upmarket' therapist she had decided to see on the advice of someone she places on a pedestal is not suitable, does not understand anything and is somewhat disappointing or ordinary. In any case, she will leave them after two or three sessions, which will be enough for her to know what her problem, about which she will talk most confidently, is **genuinely**. All things considered, the little confessed reason will not be the real one and will only be a pretext.

The doctor, confronted with such words and calling into question of what had been either clamoured for or very often decided on without taking anyone's advice, should be told about the possible criticisms or questioning.

The knowledge of the patient's responding type may often be an indication of their reaction or difficulty in experiencing the inherent frustrations of therapy.

To be continued...