

# Pain in the Analytic Session: Threat or Opportunity?

This year's theme has emerged from workshops in Vienna and Buenos Aires in 2017. We found ourselves thinking about how our patient's most difficult early experiences get into the sessions. Is there common ground about how they can become transformed or not in psychoanalysis, or if not, what are the lines of divergence?

What struck us about invariably difficult cases was the **intense and sometimes lonely pain** that we thought analysts were experiencing as they were exposed to their patient.

Pain in the analytic session, it seems, known or hidden, is experienced in many and varied ways – sometimes apparently paralysing the analytic process and sometimes becoming transformed to be used as an opportunity for progress.

Some psychoanalysts and their institutions experience profound existential pain: at the institutional level, some think psychoanalysis is endangered because modern economic, social and emotional pressures imply that practice and training needs to be much less "rigid". Others feel this will obliterate any specific distinction between psychoanalysis and psychotherapies. Some analysts have become very unsure if psychoanalysis is the treatment of choice. This can then lead to heroic or special measures to accommodate patients or to adjust the setting. A particular feature of these situations is that group members are absolutely convinced that the adjustment is or is not absolutely necessary and presenters are often surprised at any doubts mentioned in the workshops. Special measures had often not been mentioned ahead of time and were often then defended, as though the analysts were extremely fragile, by others. Clearly, when threats are in the atmosphere, doors get closed and thinking about them, their origin and the alternative ways they might be dealt with, becomes hard.

On the first Friday afternoon, we will attempt a spontaneous roundtable discussion between the moderators to talk about why we chose this theme and to open up what we think may be crucial about it. We think recognising and differentiating when and how one is in pain and when and how the patient is feeling pain, may be crucial if analysts are to seize any opportunity there may be to transform pain into change.

We will be presenting some working papers addressing some of the relevant issues we discover in the working models of psychoanalysis that we have been finding.



## Present in the Workshops.

If you would like to present an analytic case in the workshops or if you have suggestions about how you might like to participate in the project please contact [o.bonard@gmail.com](mailto:o.bonard@gmail.com). If you want to present, it should be an ordinary analytic case progressing in an ordinary way.

Invitation:

25-27 May 2018

The Vienna Psychoanalytic Academy

Join the CCM Association in Vienna for a meeting of moderated small group clinical workshops using the CCM Method originally developed as part of the European Psychoanalytic Federation's Ten Year Scientific Initiative.

Discussion is in steps - ordinary clinical discussion focused on a presenter's work in sessions, close focus on the function of each of the presenter's interventions (Step 1) and construction of the presenter's working model of psychoanalysis (Step 2).

It's a work in progress.

These formulations are then further discussed in the moderators' group some months later and the overall thoughts eventually fed back to the workshop group and the presenter.

FEE: 250 Euro before the 28/2/2018;  
350 Euro thereafter

**Information, Registration and Detailed Timetable:** [CCMmeeting@gmail.com](mailto:CCMmeeting@gmail.com)

<https://sites.google.com/site/ccmethods/viena-2018>