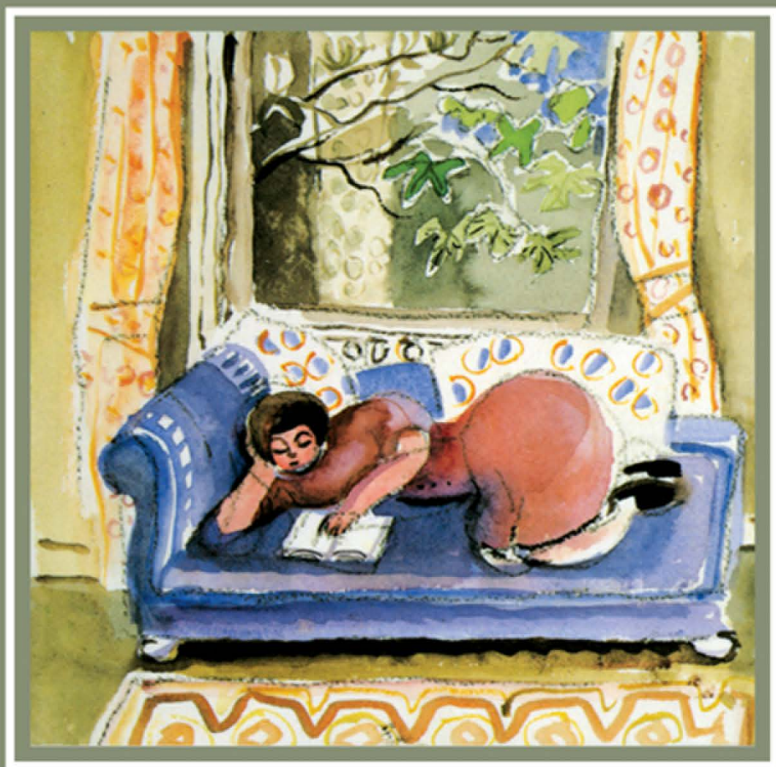


GILDA DE SIMONE

ENDING ANALYSIS

THEORY AND TECHNIQUE

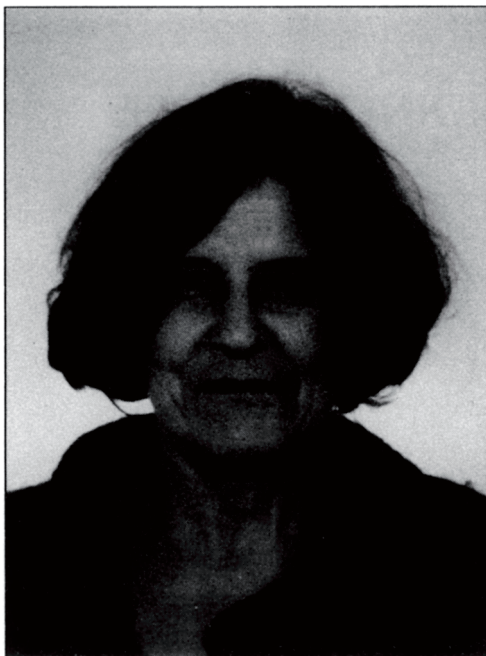


Foreword

Janine Chasseguet-Smirgel

ROUTLEDGE

ENDING ANALYSIS



Gilda de Simone

ENDING ANALYSIS

Theory and Technique

Gilda de Simone

Foreword

Janine Chasseguet-Smirgel

Foreword to the Italian edition

Giuseppe Di Chiara

translated by

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FOREWORD TO THE ENGLISH EDITION

Janine Chasseguet-Smirgel

This brief, clear, precise, and profound book, beyond dealing with the theoretical and technical questions concerning the termination of analysis, gives a picture of the particular nature of the psychoanalytic cure in relation to the therapies that have come forth from psychoanalytic roots.

Gilda de Simone reminds us that the model of psychoanalytic cure commonly in use today tends to draw away from classical instinct or drive theory in favour of an object relations model. Freud's 1937 paper, "Analysis Terminable and Interminable", is concerned mainly with the patient's conflicts, while the more recent theory—to which the author subscribes—is focused on the dynamic within the analyst-patient couple and on its fluctuations. This latter model, which regards the analytic process as an interaction, tends to efface the asymmetry between its two participants—an asymmetry that is nevertheless fruitful, as witness the analytic setting itself: the analyst on a chair, out of sight of the patient, who is on a couch and is invited to associate

freely, thereby being immersed in a regression that is not experienced by the analyst in the same way. Without doubt it would now be useful to integrate the relational model with the Freudian one, which is more reliant on drive theory, as well as with the work of those who take into account the narcissistic regression induced by the analytic situation (Winnicott, Grunberger, and Kohut—the latter unfortunately abandoning the whole of drive theory). Each of these models emphasizes certain crucial aspects of the analytic cure.

Gilda de Simone makes the relational model, which she prefers, work in a creative way. She supports her theoretical reflection with a rich clinical experience. She underlines the problem of separation, which the termination of analysis arouses. All the same, she says that “the experience of separation and separateness could be considered as one of the aims of psychoanalysis”. Or one could say that separation straddles the paradigms of drives, narcissism, and object relations.

The author goes on to accord a central role to the experiencing of time. The analytic setting immerses the subject in a timeless universe wherein, simultaneously, time is controlled strictly. The inflexible rhythm (and duration) of the sessions encourages a cyclical conception of time, whereas the feeling of being directed towards a target and an ending produces a linear conception of time. This awareness of temporality is substantial with the study of the analytic cure conceived as a *process*. Symptoms and their interpretation in the transference, the idea of change—all of these are themselves conceived from a temporal standpoint. The analytic situation has a “chronopoietic” function. The creation of new temporal forms entails the creation of new symbolic forms. And here we revisit the concept of deferred action [*Nachträglichkeit*].

The analytic process—a function of the analytic situation—restarts a process of frozen growth. The analytic process is not, however, identical with the process of growth. It is from her conception of a dual temporality (the patient being, in some sense, placed into two different orbits) that Gilda de Simone

examines the acting-out, as well as the explosion of symptoms and regressive movements, that often accompany the decision to end an analysis: the analytic time that has produced a new order is now abandoned in favour of a different temporality. The transition from the one to the other is the cause of the chaos for as long as the new order is not settled in place.

The emphasis consistently placed here on time and process enables us, it seems to me, to consider more easily the differences between psychoanalytic psychotherapy and psychoanalysis proper. Not that analysis is simply a therapy of greater duration (Gilda de Simone underlines the factors that can lead to an interminable analysis, and also that interruptions in analysis are linked with the existence of unbearable phantasies of interminable analysis), but that analysis allows the use of a working-through process that psychotherapy and its setting only induce to a lesser extent and at a shallower level.

Western man has become impatient. He seems to take as his model the machines that he himself has created, which traverse space and efface time for him. He pushes a button, turns a handle, or works a dial, and he makes his friend a thousand miles away hear his voice, calls up images of Africa before his eyes, boils the coffee, heats the room, and makes it seem as if the treasures of all the world's museums are within range and the most beautiful women are undressing themselves in front of him.

If he suffers from psychic troubles, he believes that, as with an engine, a little oil or some chemical fix will suffice to start things moving again. Perhaps—particularly if the chemical fix does not work—he may submit to psychotherapy, which he will prefer to analysis, which is seen as too long and too astringent (independently of its financial cost). In a way, the difficulties that patients today see in undertaking an analysis are bound up with this general dehumanization. Yet Gilda de Simone's book convinces the reader of the importance of psychic growth and of a deepening knowledge of the internal world which the analytic cure aims to achieve by virtue of its time-bound nature:

How poor are they that have no patience!
What wound would ever heal but by degrees?
Thou know'st we work by wit and not by witchcraft
And wit depends on dilatory time.

[Othello 2. iii. 359–362]

December 1996

FOREWORD TO THE ITALIAN EDITION

Giuseppe Di Chiara

Gilda de Simone has managed to pack into six agile chapters the whole of that vital part of psychoanalytic work that is the theory and technique of the conclusion of analysis. That she can do this with depth and elegance reflects her long career as a psychoanalyst and her specific interest in the subject over the years. Anyone who, like me, has had an opportunity to cooperate directly with the working groups in our psychoanalytic institutes and has followed the progress of Gilda de Simone's research knows full well that this fine book illustrates her ability to coordinate her own experience of psychoanalysis with patients and her exchanges with colleagues at meetings and in teaching—to say nothing of her capacity for thinking things through and communicating them.

A book like this comes at just the right moment. There are plenty of books on general theory and almost too many clinical psychoanalytic case histories, but the same cannot be said of texts on techniques and their underlying theories, even though these are just as important as a basis for practical comparisons