

The 'Point of Non-Disturbance' - A Psychoanalytic Stance within a Psychoanalytic Reality

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Abstract

Psychoanalytical reality unfolds itself through various qualities of time and presence. This lecture will try to meet a unique point in our sensing of reality, within a psychoanalytic process, where the sense of past - present - future is freezing for a moment, just to enable us to enter a reality of potentiality.

In recent years I found myself attuned to those moments as they appear in different aspects of states of 'non-disturbance' which take place during psychoanalytic treatment, and constructed them as a distinct therapeutic stance, which I termed '*The Point of Non-Disturbance*.' This stance entails the therapist mindfully situating himself in a quiet, stable and vanishing centre of his consciousness, constituting a source of inspiration and facilitation that enables the patient to surrender himself into a space of potentiality and emergence.

I would like to propose that the 'point of non-disturbance' occurs and materializes in three psychic spheres and is based on two foundations. The spheres in which the 'point of non-disturbance' could be encountered are: the *sphere of awareness to contents*, the *sphere of sensory being* and the *sphere of affinity to otherness*. The two foundations on which it is based are: the *epistemic-experiential foundation*, which concerns the therapist's readiness to adjust to an open, clear mental state, characterized by intense, albeit effortless, concentration; and the *ethical foundation*, which relates to valuing not-knowing as an infinite psychic wellspring, as well as to the transpersonal dimension in our affinity to the other.

Clinical illustrations from three psychoanalytic cases are presented to demonstrate the proposed conceptualization.