

What neutrality is possible in the analysis of adolescents? author : Ruggero Levy discussant Catalina Bronstein Chair Luis Rodriguez de la Sierra

R. Levy¹, C. Bronstein²

¹ Porto Alegre Psychoanalytical Society (SPPA), Porto Alegre, Brazil

² British Psychoanalytical Society, London, United Kingdom

Abstract Content (EN)

The discussion of neutrality in the analysis of adolescents is very timely, as these patients raise very specific questions in relation to this topic, particularly nowadays. We often experience significant countertransference dilemmas with adolescents. Currently we know, especially since the seminal contributions of Bion and Winnicott and the development of psychoanalytic field theory, that the analyst is not only affected by the patient's emotions, but that his/her subjectivity also interferes in the experiences of the pair. In this sense, particularly with adolescents, how can we maintain a neutral listening and analytical posture, witnessing the adolescent's life experiences, necessary for their subjectivation, when behaviors with some degree of risk of self-destruction are often present? How far should we go in listening, witnessing, understanding, and interpreting, and at what point should we protect the adolescent from dangerous actions? These are some of the dilemmas of neutrality in the analysis of adolescents that I would like to bring to your attention, as we often walk a "tightrope" that requires the analyst to exercise a great deal of containment in the face of strong emotions raised by the analytic field with these patients.