

Just today I received a notification from my society's progression committee about the procedures involved in permitting a candidate to see a patient more than twice a week, and to use the couch. The phrase and procedure used is: readiness for control interview.

While I understand the need to protect the public and the institute, I wonder if the militaristic jargon and authoritarian protocol we analysts use is undermining our work and setting a tone antithetical to it.

Psychoanalysis was born in Vienna in the late 1890s and early 1900s. War had been a large part of Vienna's history and the vernacular used by Freud and his followers was surely influenced. The psychoanalytic terminology often implies battle. And the tone is militaristic with unscientifically proven rules and regulations.

I am proposing that all institutes, societies, authors, researchers, and individual psychoanalysts review the history and the tone which includes terminology and more importantly, attitude. If psychoanalysis is to survive I believe that a sea change is necessary.

Words such as: training, control case, resistance, candidate, defense, confrontation, abstinence, neutrality, analyzability all reflect an almost oppositional, and certainly an authoritarian attitude. If we can think about a basic approach in terms of caritas I believe we might be able to make a very important shift. (Shengold, L. (1989). *Soul Murder: The Effect of Childhood Abuse and Deprivation*. New Haven: Yale University Press)

Some suggested substitutions:

training replaced by education  
control case by case in consultation  
resistance as reason to mistrust both self and other  
candidate as a colleague in learning  
defense as protection  
confrontation as explanation  
abstinence as protecting boundaries  
neutrality means not imposing personal opinions  
analyzability to be removed  
training analyst to be replaced by experienced analyst  
termination as finishing or ending or something less dramatic

Respectfully submitted,

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