

by

Leo Rangell, M.D.

Man advances his knowledge in two directions. With the electron microscope and the narrowest view, he looks (deeply) inwards ^{past the} at a cell ^{Tow the mol + atom.} and its nucleus. Standing next to a space ship with the widest angle ever achieved by man, he now can see the earth as a globe. Both views have one thing in common: neither see a man.

Psychoanalysis was the breakthrough which provided a lens to specifically see the size of a man. ~~but~~ ^{sitting} alongside a human mind the psychoanalyst sees in both directions ^{as well,} how a man does, and does not, look inwards, and why he reaches for the sky. (Not the capacities any more than the physics involved but ^{the} the psychology, the strivings which ^{spur} move him on and the inhibitions which stand in their way.

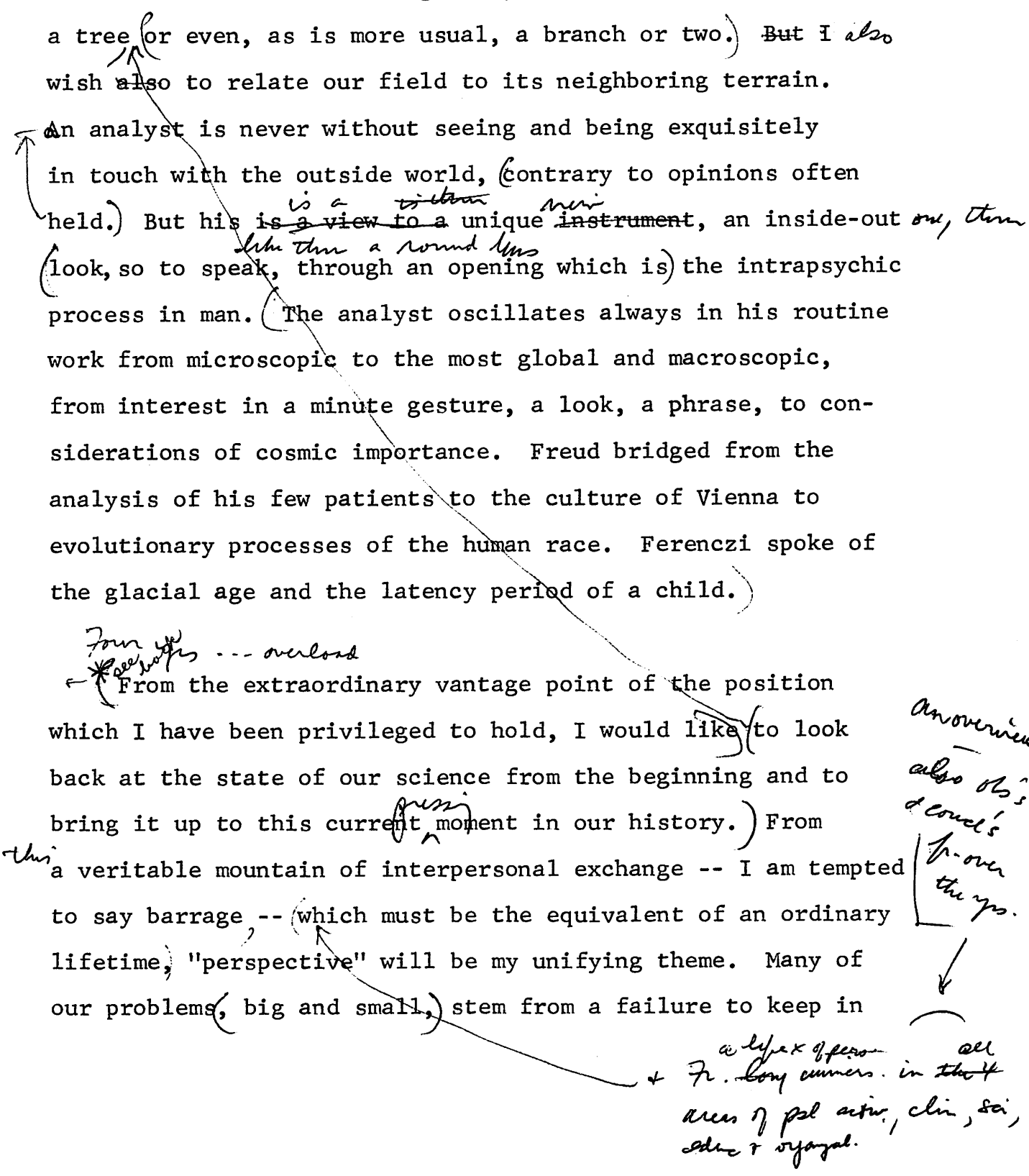
At once we foresee the heart of the matter, the ultimate question of which will win out. What will be man's history? But we are already ahead of ourselves. We will of course in the end shrink from, or at least look also to others for such answers.)

(Four years as President of this International Association results, to put it mildly, in a stimulus overload.) In sifting

out what I would say at the brief moment of this valedictory, I have chosen to take a long view, of the forest rather than a tree (or even, as is more usual, a branch or two.) But I also wish also to relate our field to its neighboring terrain.

An analyst is never without seeing and being exquisitely in touch with the outside world, (contrary to opinions often held.) But his ^{is a} ~~is a~~ ^{vision} ~~view~~ ^{view} to a unique instrument, an inside-out ^{one, then} (look, so to speak, ^{like thru a round lens} through an opening which is) the intrapsychic process in man. (The analyst oscillates always in his routine work from microscopic to the most global and macroscopic, from interest in a minute gesture, a look, a phrase, to considerations of cosmic importance. Freud bridged from the analysis of his few patients to the culture of Vienna to evolutionary processes of the human race. Ferenczi spoke of the glacial age and the latency period of a child.)

^{From the} ~~From the~~ ^{extraordinary} ~~extraordinary~~ ^{vantage point} ~~vantage point~~ of the position which I have been privileged to hold, I would like ^{(to look} back at the state of our science from the beginning and to bring it up to this ^{present} ~~current~~ moment in our history.) From ^{this} a veritable mountain of interpersonal exchange -- I am tempted to say barrage, -- (which must be the equivalent of an ordinary lifetime,) "perspective" will be my unifying theme. Many of our problems, (big and small,) stem from a failure to keep in



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* ¶ In psychoanalysis as in no other science can administrative and personal experiences also be seen through the scientific eye.

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mind sizes, the relative proportions of elements which we observe and study. Perspectives, proportions, and priorities will serve as my guides.

The Analysis of Life

Approaching (now) the end of its first century of existence, psychoanalysis has undergone an uneven, stormy, never-uninteresting history during its eventful life. Stamping its time as "the century of Freud", it shared the history of the Twentieth Century: expansion, diffuse application, use, misuse, explosion, disaster. (But unlike other disciplines during this bursting era, its own irregular fate could not only be understood but was fully consonant with and indeed could have been predicted by its discoveries and theories: the central dualism of man, the ambivalence of the love-hate instincts, the fact that man's desire to know is matched by his desire not to, and, with these, the deterministic effect of man on his environment.

From p. 174. 13

To take a wide look first at clinical practice: Psychoanalysis over the decades has moved both imperceptibly and yet with steady increments from the analysis of symptoms to character to life itself. The relation between the analysis of the Rat Man or the Wolf Man (~~or Little Hans~~) is to a psychoanalysis of today as the relationship of the first electric bulb is to Times Square or Piccadilly -- or of Edison's first

gramophone to a modern sound studio.

In each case there is as much nostalgia for the old and for what was as there is pride and awe in the technological advance. Psychoanalysis has moved from circumscribed, encapsulated and therefore enucleable syndromes to diffuse and amorphous states without boundaries. Patients enter analysis today not with a phobia or obsession but because they are (unhappy ~~xxxx~~ or) "nervous" or (have anxiety or depression or that they don't get along ^{as} well.) One young patient recently ~~put it,~~ explained in his initial interview, "My problems are just in two areas, my work and with girls."

(During the analytic process it may take years for such complaints to become concrete and their underlying bases identifiable. And, at the end, termination is often equally uncertain, vague, indeterminate, and hard to arrive at. Some think and write that it never ends. Correspondingly, analysis takes not eleven months but more like eleven years.)

To a great extent this expansion in treatment bespeaks the deeper aims and the increased reach of ~~such~~ psychoanalytic technique which itself stems from an increased knowledge of the complexities of mental functioning. The crucial change

in the theory of anxiety and the fuller understanding of the role of the ego in intrapsychic conflict went along with an extension of the reach of psychoanalysis beyond the understanding of a finite symptom or dream to its role in a general theory of human behavior.

The anxiety mechanism is not confined to a brief period preceding symptom formation but is a constant filter which influences the actions and moods of everyday life. There are no "Freudian slips" limited to some -- a misconception of the public and concurred in by some analysts. All slips are Freudian as are all psychic expressions which avoid slipping. Psychoanalytic theory applies to successes as well as to failures, to creativity as to neuroses.

(There is a tendency of discoveries to diffuse out, to extend over a wider area.) Psychic trauma is not limited to the primal scene or to beatings or rebukes in childhood. The stimulus barrier can be bent as well as rent.

(On the historic occasion of the Vienna Congress, I paid homage to the oedipus complex and added to it the role of aggression. This was only symbolic and was chosen because of its pre-eminence. We can add a whole series of original discoveries which have become so absorbed in our vocabulary

that they tend to be overlooked as continually operative and constantly used: the genetic point of view, the impact of childhood, the role of sexuality in the neuroses, the parsimonious and monumentally illuminating concepts of separation and castration anxiety, the crowning achievement of the structural view. However, much these have been added to, they remain timeless in their explanatory value. They apply equally to the alienated syndromes of the culture of today as they did to the hysterics in Freud's Vienna.)

Analysts -- and others -- who stress repeatedly that analysis has not made a significant discovery in the last 30 years usually are the same who equally ignore what took place in the 50 years before that. (Freud's original insights

apply but have also been multiplied geometrically in their applicability.) Imprinting from the outset occurs not only

in the first weeks of life and only to the feeding figure

but to all animate and inanimate objects which people the child's early world. (Later) the Poetzl-Fisher tachistoscopic

experiments on subliminal perception apply not only to the experimental situations but to the continuous movie frames

of the daily waking existence of each living human. The result

is that each individual has his unique style of perceptual

distortion burned in like a tattoo. The Rashomon phenomenon --

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demonstrated to a single fictional event -- is a universal phenomenon to all perceptual intake. This plays a major role in the cacophony and universal discord of human relations.

The number of neurons in the human brain is matched only by the number of memories in the psychic system. Freud observed that the associations to any dream, as voluminous as they may be, converge in their background and dwindle off into a "nexus of obscurity." ^{The same obtains to any symptom or to the free associations of any hr.} Putting it all together, ^{APP-} we should keep the following proportion in mind: an interpretation is like pointing a flashlight into the Grand Canyon! With this perspective as a background reference point, it is amusing to listen to a clinical presentation where the interpretation is given and the class -- or audience -- await the cure. If not, the teacher and then the class ask what went wrong.

The need is for humility and a sense of proportions. ^{the pinch --} The theory of multiple function with its centrifugal spokes, ^{that as well as why?} the theory of overdetermination relating to centripetal influences, and the theory of the complementary series -- a sleeper among our theories, first enunciated in response to bisexuality but which applies to much more -- all attest to ^{as has happened since.}

the complexity and multiplicity of psychic functioning. States of consciousness, for example, which incidentally was originally to be one of the two panels of this Congress, are not sharply divided but merge imperceptibly one into the other. Even sleep and wakefulness are polarities between which there is a continuum. There are periods of lesser and greater alertness during sleep and there are mini-sleeps during the day. The dream work has its comparable day work, and a nightmare can be matched by a daymare when a daydream or fantasy fails and anxiety ensues.

But these advances in theory and understanding, just as technologic advances, bring with them complications and a need to maintain clarity. With the increasing diffusion and ambiguity every final product has a little of this and a little of that and it becomes increasingly difficult to pin down the fact, the truth, the reality. While there are false polarities, there are also defensive continua. It is still necessary to distinguish differences, to be aware of finiteness and lines of differentiation. ^(see back) In a paper on "Similarities and Differences Between Psychoanalysis and Dynamic Psychotherapy" I pointed out that there is night and there is day, although there is dusk. And, while there are many similarities, there are also ~~discrete~~ ^{discrete} ~~discrete and~~ distinct differences between psychoanalysis

and psychotherapy.

Returning ~~now~~ to the clinical situation with the geometric extension in technique and expectations which I have described, (I believe that) analysts may ^{similarly} equally fall into the trap of failing to see the line which delineates the area beyond the patient and unwittingly move~~d~~ into a prolonged indeterminate and unjustified waiting period. (It is crucial with the increased responsibility that analysts distinguish between true advances of psychoanalytic possibilities and the pitfalls of stagnation. (* see back))

← The analysts' arena is typically, in the struggle between the ego and the id, Reality and the superego are agencies (out there) in the periphery which guide and admonish but are generally not at the center of analytic concern. I shall comment ^{later} ~~at length~~ about the role of the superego. As for reality, it is of vital importance that the analyst bring the line between neurosis and reality ^{to his} clearly into analytic focus.

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reality is more than the patient's unconscious. Waelder, in surveying almost the total history of man, gives a small but I believe indispensable acknowledgement to the role of chance.

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After any number of years of analysis, it would be fruitless and of questionable theoretical validity to wait for a

divorced or widowed woman of 45 to get ^{her} a man, at least in the city in which I practice and I suspect elsewhere as well;

or not to take into consideration the realities surrounding a youth who works in a field in which unemployment and killing rivalries abound.)

The lines must be drawn between the patient's psyche and irreversible or at least uncontrollable external conditions, the average expectable erosions, even (the everyday

tragedies of life, illnesses, deaths, obligations, fortuitous circumstances, near and far societal conditions.)

There are analytic systems which officially teach an ignoring of reality, an attitude as curious as those which give only

reality a place in psychic etiology.

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An analyst must justify a treatment which goes on for an indeterminate number of years by more than rationalizing that the patient would be in a mental hospital without it.

Constant self if not peer review is necessary. (In one city I met an analyst who had been in analysis for 40 years. He had started with child analysis and had some with every

phase. He is now a training analyst. Analysis ^{has come to be} in some places has been allowed ^{can} to become a ^{to} parallel life or even, in some instances, ~~just~~ instead of ordinary life and its responsibilities. This failure to (set limits and) to establish necessary lines of demarcation ^{can} lead to deep concerns and justifiable questions about the practice of psychoanalysis.

The System of Analysis

Which brings me ~~now~~ to the second division of my talk, the effects of "progress" and development, not so much on the objects of our study ~~and our relationships to them~~ as on the observing instrument itself.

Once it survived the initial shock wave and took root, psychoanalysis was confronted from the very beginning by a series of explosions set off within its own ranks ostensibly to be more on the target of truth. Already in the small group which surrounded Freud, after the solidarity which came with the initial impact, strong-minded individuals began to chafe under the domination of a man or even of an idea and to be stirred by needs for independence and their own direction. There then followed the history of psychoanalysis which has