The Art of Lacanian Psychoanalysis

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The very first approach of Lacanian psychoanalysis treatment begins with â€œWhat is troubling you?â€• It does not matter what the symptom of the condition may be; this question kicks start the invitation to the respondents to express their feelings and conditions.

Symptoms

There are many symptoms which one may feel within the troubled soul. It could be trauma, panic attacks or anxiety which cannot be resolved personally. Such symptoms can lead on to other symptoms or conditions such as depression, sexual problem, loss of motivation, relationship difficulties and work problems as well as feelings of being lost or confused.

Lacanian psychoanalysis focuses not on the problem but the response towards the problem in an attempt to resolve it.

Approach

Psychoanalysis using the Lacanian approach is not a quick-fix solution. There is no promise or guarantee of solutions in a specific time frame. The primary focus is on the individualâ€™s response to the inner suffering being experienced with an identification of value in such a suffering. Symptoms are only windows to the vital truths on the sufferer which reflect the lifestyle and behaviours; symptoms bear some indications about the loves, hates, burdens and desires of the individual sufferer.

The practice of Lacanian psychoanalysis is a dignified study of the truth of the individualâ€™s condition by applying an attentive ear to what the symptom is reflecting. Hence, the qualified psychoanalyst invites the individual to open up and express the personal concerns which allow the individual to view their suffering in the light of working on it and not against it.

Study

The study and practice of Lacanian psychoanalysis is more an orientation than technique. It uses speech and language in a special form of conversation; free association is the fundamental rule of this practice which allows the subject to speak out their concerns regardless of the intensity or triviality of the matter. There are certain psychoanalysis principles and ethics in the analytic threads of this practice.

As the analysts listen intently to each subject, they are trained and experienced to pick up what is important and proceed from the cues offered by the subject with some intervention as and when necessary.

This type of practice can be adopted by those who are interested about the subject or want to assist those who are unable to help themselves in psychological sufferings. Qualified candidates would have undergone the proper course with sufficient exposure to the different types of suffering and success in assisting such needy persons.

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