



# ABOUT MY TRAINING AND PRACTICE

## What is it? How does it work?

A session is a place where you come to speak to someone else about what troubles you. The analyst offers to listen in a way that no one else can, where you can say things you might not say to anyone else.

The 'analytic rule' is to say whatever is on your mind without censorship, self-judgement, or even the need to make sense. The analyst promises to listen and in this way a relationship begins that allows you to understand the patterns that structure your life.

The kinds of question that people bring to analysis are as many and varied as people themselves. Because suffering is so knotted into the essential nature of our being, so embedded in the stories and contexts of our lives, our troubles always prove resistant to fixes that are imposed on us from outside. This human condition cannot easily be subdued by a universal cure; and this is why psychoanalysis takes time. It takes time to build trust and to find the courage to trace the lines of our love relations and to face painful memories of loss, disappointment or shame. It takes courage to begin an analysis, and those who do so earn respect for themselves.

Someone who takes the trouble to confront their suffering and to take stock of their life will make a difference not only for themselves but also for those who love or depend on them.

If you want to find out more, why not come for an exploratory chat and see if its for you.

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Becoming an analyst requires three kinds of work: a personal analysis, supervised clinical work, and sustained and wide-ranging study.

The analytic session cannot be reduced to a technical procedure and there is no stock routine to fall back on – the experience of psychoanalysis is regulated by the originality of each one of us who undertakes the journey.

The duration of the treatment and the way each session unfolds cannot be predicted in advance. Each is tailor-made. The rule is to respond to each person's particular needs.

To earn the title of psychoanalyst I underwent an academic training; clinical work under supervision; and my own analysis.

As a practitioner I am part of a community that meet regularly, produce journals, run conferences, hold seminars, and who recognise and orient my work. The community supports my ongoing application of study and research and ensures that neither I, nor the field as a whole, stagnates.

I am a member of the London Society of the New Lacanian School (NLS), a practicing analyst of the NLS (part of the World Association of Psychoanalysis), a clinical associate with the Centre for Freudian Analysis and Research (CFAR), and a member of the British Association for Counselling and Psychotherapy (BACP).

[www.janethaney-psychoanalyst.co.uk](http://www.janethaney-psychoanalyst.co.uk)

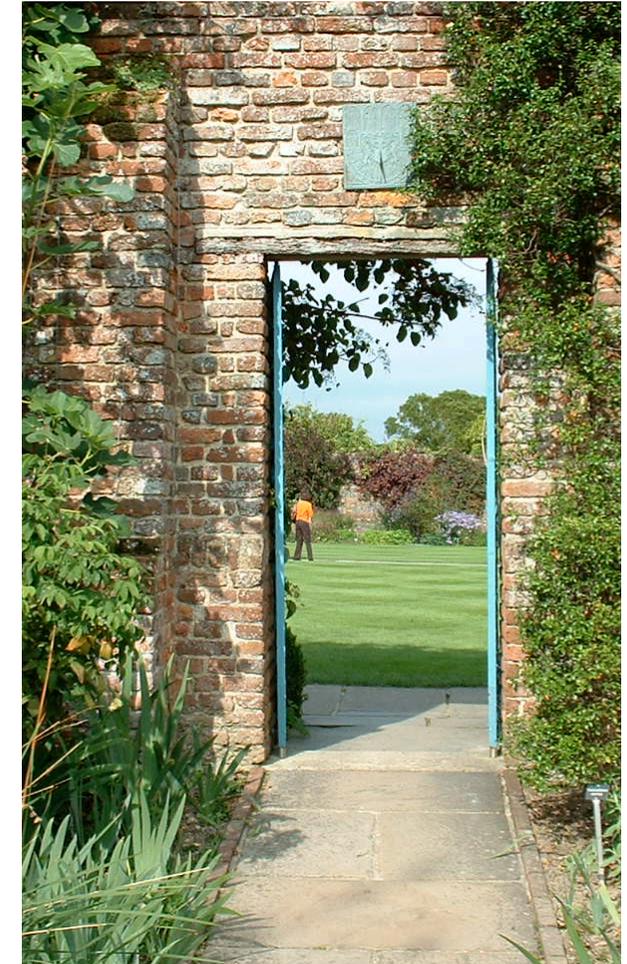
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# CONTEMPORARY PSYCHOANALYSIS

## Conversation in a crisis.

There is usually a critical moment that prompts someone to ask for help: a death, an argument, a failed relationship, the loss of a job, a panic attack, an unexpected intimate encounter, even the achievement of a lifetime ambition can be the trigger. The list is long and varied, but there is always something particular that leads to the first step.

You may be overwhelmed by an unbearable feeling which you can't shake off with your normal routines, your usual friends. This might lead you to ask what has gone wrong.

Envy, jealousy, depression, anger, fear, insomnia, difficulties with sex, inexplicable aches and pains in the body, troubles with love and work – when these reach a peak you might be prompted to find someone who can listen and help you to find a way through.

An analyst is someone who listens without getting in the way, someone who takes their cue from you and knows how to manage things so that you can hear yourself think, find relief, and come to terms with your thoughts or feelings.

## Anxiety – another point of view.

For Freud, anxiety was not an emotion but a primordial state of 'dis-ease'. Anxiety has no ready-made explanation, no obvious solution, and this can make you feel totally helpless.

In the course of analytic work anxiety can be framed and then used to forge new pathways. It can be used to help you get what you want out of your life.

## Symptoms – between body & mind.

For your GP, a symptom is something to be removed, but for a psychoanalyst a symptom is something of great interest, to be given detailed attention, to be understood on its own terms for both function and meaning. For Freud, a **symptom** was something that is fabricated to gain control over anxiety. Most of us do this without knowing it and are confused and baffled when we drink too much yet again, engage in obsessional routines, or lose our temper when we have vowed to be calm. By turning these actions back into words, into a **conversation** with an other, it can be possible to regain control and resume responsibility.

## Depression – a different perspective.

Freud noticed that there was a link between mourning and melancholia – that depression has to do with the loss of a cherished person, a vital object. He also recognised that the pain of mourning did not go away on its own, but that it was necessary to work through it in order to be free of its effects.

When faced with an overwhelming grief or debilitating depression, it is important to find something to speak about, and to find someone who will help in the attempt. There are few who can bear with the extremes this can entail. A psychoanalyst is one of those few.

