

Spaces for psychic freedom in times of extreme cruelty and violence. Psychoanalytic work with children and adolescents and with those who assist them

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Abstract Content (EN)

We can think of psychic freedom in terms of discovering a certain truth about oneself. Is this possible in the middle of a war or a devastating natural catastrophe? It is through dreams and child play, for example, that such freedom is manifested.

Through our work at PACE we try to generate those spaces of internal freedom in the middle of extreme external circumstances. In a mental state of freedom the external destructive oppressions might be withstood. We do not suggest them as an adaptation to violence, but rather as the possibility of continuing to be ourselves.

Emotional or psychic freedom has to do with a subject's capacity to access and manage his or her emotional processes and thoughts in a flexible way, to favor genuine self-expression without becoming trapped in defensive mechanisms.

We will present vignettes of our work with children, adolescents and professionals during one of the wars afflicting Europe, where all their sense of being and existing is at stake and where it seems that everything one 'has been' is fading.

We propose to discuss psychic freedom as a mental state beyond the restrictions Freud imposed on this idea through the work our Committee carries out.