

The Truth Will Set You Free Explorations into psychoanalytic truth and freedom

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Abstract Content (EN)

The desire for freedom is universal and ageless, moving from beginnings in the ancient world to flowering in the present in the form of legal codes, and the importance to protection them. Equally important is personal freedom. This paper will examine a particular path to inner freedom that can be found by seeking both psychic truth and the truth of reality through the psychoanalytic method.

Foremost are Bion's indispensable ideas about truth as psychic food, linking with Freud, Segal, Civitarese, and with philosophers such as Nietzsche, Sartre, Voltaire, that propose to free the mind from psychic suffering, from anxiety, trauma, false narratives and painful repetitions, allowing the individual greater freedom of choice in life. The psychoanalytic process fosters not only a mind that can think freely and in greater contact with reality but a person who can inhabit a world in which there is greater psychic liberty and self-determination, the freedom to speak out, to authentically be oneself, and to be unafraid of things as they are.

I will provide material from two analytic patients whose resistance to and gradual acceptance of revealed unconscious truth, was liberating, enabling them to develop.