

The Yearning for Freedom: Revisiting the Curative Factor in Psychoanalysis in the Contemporary Clinic

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The article "The Yearning for Freedom: Revisiting the Curative Factor in Psychoanalysis in the Contemporary Clinic" explores the concept of healing in psychoanalysis, arguing that the therapeutic process can be assisted not merely moving from a closed chamber to an open one, but about facilitating a dynamic internal transformation of the relationship among the internal objects array. After reviewing the history of the Curative factor Drawing on Klein, Meltzer, and Steiner's theories, it is proposed moving beyond traditional understandings of psychoanalytic healing as a linear transition from a closed to an open mental space. Instead, it is suggested focusing on creating dialogue between internal objects and generating a complex, multi-dimensional mental freedom.