

PROF. ANTONIO COIMBRA DE MATOS

Coimbra de Matos described his view that “curative psychoanalysis” is based on a new paradigm, a new relationship: a real relationship taking place in the analytic pair rather than on the old paradigm of cure-through-the-transference-countertransference elements of this relationship.

In addition he also noted that there are two distinct purposes of psychoanalysis – purposes that are sometimes melded into only one – and those are:

1. The clinical purpose of psychoanalysis in treating neuroses, psychoses and trauma;
2. The “didactic” nature of psychoanalysis, and in the non-pejorative and truly educational sense of the word — the use of psychoanalytic theory and method to deepen self-knowledge and to deepen one’s understanding, and knowledge, of others.

While relying on object relations theory he brings in elements of a model that can be seen as relational at heart. This is expressed in the term “intrinsic relational style” and “communion of identity”. He believes that the very psychological act of creativity is born of relationship. There is no such thing as an “alleged anobjectal state”. The analytic process recreates “what was but couldn’t become” but instead, or in addition rather, it can also help create in the analysand “what was not but could have been”.

“The analytic intention”, is neither to repair that which suffered narcissistic injury nor to restore that which was lost through objectal trauma, but it is a renewal of the existential journey, with the recovery of the hidden potentialities... It is a new birth, a re-birth.

It is essential and catalytic for the subject inside the object to experience the analyst as having genuine empathy and responsiveness – leaving only very small spaces scored of foggy responsiveness to leave room for creation.