



Taking Risks from the Unconscious: A Psychoanalysis from Both Sides of the Couch

Donald M. Marcus, Hope

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Hope began her treatment with Dr. Marcus by telling him that her training analysis had been very helpful, but had not enabled her to get to the bottom of her difficulties. She made it clear that if this new analytic journey were to be successful, their true selves would have to meet. This is the story, told from both points of view, of how Hope helped her analyst develop the courage to risk responding directly from his unconscious, allowing their true selves to meet, while still maintaining the analytic frame. Intervening in this way the analyst sang to his patient, told her a dream he had about his daughter, and engaged in a spontaneous psychodrama in which they both expressed feelings of love, lust, frustration, anger and sadness. It was this emotional meeting of their true selves which seemed most responsible for the excellent outcome.

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