

DAVID APPELBAUM

The Analysand as Consultant: Seeking Guidance from the Source

This panel presents ways of working analytically that emphasize the role of the analysand as a consultant to the analytic process. Factors integral to this process such as the analyst's receptiveness to consultation and specific interpersonal and co-participatory ways of engaging the analysand's supervisory capacities are discussed and illustrated through clinical examples. The presenters argue that given the ambiguity and multiplicity of meanings and intentions in the analytic encounter, a potent source of guidance resides in the analysand's own sense and articulation of what the analyst could best be doing. Historical and contemporary analytic trends that support this position are elaborated upon. The panel also explores challenges posed to the analytic process by attempting to adopt the role of analysand as a consultant.

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