



## CHANGING MINDS, SAVING LIVES – PSYCHOANALYTIC INSIGHTS

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Welcome to Pamela Nathan’s psychoanalytic series, taking simple gems from the psychoanalytic dreamtime that may become tools for living...

# THE TOOL BOX

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### Insight and action

*Jilpie* Lear says **wisdom can be won from illness and this wisdom can be practical.**

Analytic psychotherapy seeks to understand the meaning/s of things, feelings and actions and in this practice restore the humanity in a person. Of course, one of the most difficult things a person has to overcome is the sense of incapacity. One of the most difficult things a person has to achieve is to accept responsibility for their life and to lead it.

So as Lear says, psychoanalysis provides insight into suffering and also can exemplify health.

**Psychoanalysis, *jilpie* Lear says, is the activity of thoughtful self-consciousness informing human life.**

**Self-conscious thought comes to understand there can be new creative possibilities for living by creating those possibilities.**

Be aware of your emotional lives and don't be a stranger to them.

**Let's get practical.**

## **The Tool Box**

How to survive, stay safe and alive?

Feeling

Withdrawing projections

Thinking

Knowing

Holding

Understanding

Relating

Loving

Reflecting

Imagining

Protecting

Exploring

Creating

Living

Emotional Intelligence

Forgiving

Dreaming

## **Pack up your troubles**

Pack the tools in your swag and put your troubles away.

Find the tracks of your journey along the Milky Way.

## Container and contained

### Holding

Be mother to yourself.

Mother helps infant bear unmanageable pain. Mother does not dump back anxieties.

Holding is tolerating frustration. Holding is bearing uncertainty. Holding is silent processing.

Holding names the dreaded feelings and anxieties.

Holding is loving and respecting with reverie.

**Find a home for all your feelings – a womb in your mind – and keep them safe.**

**Holding is continuity in being.**

### Standing still

#### The songs of Kaporilya

*“It is Kantjira himself who is sitting without a move.*

*Moveless like a boulder he is sitting;*

*His hair bedewed with the rain he is sitting...*

*Shaking the earth, yes, shaking the earth,*

*Calls the voice of the thunder, the voice of the thunder...*

*A flash of lightning*

*Shocks and terrifies...*

*Moveless like a boulder he is sitting*

*His hair bedewed with rain he is sitting...*

*The power (of the flood) has been broken,*

*It is soaking into the sand.”*

*- Strehlow 1971*

## **Emotional intelligence**

Learn from emotional experience

Develop intelligence about feelings

Attend to feelings

Recognise them

Name them

Feel them

Bear them in yourself and in others

## **Mental boot camp**

Don't be alone.

Share your pain.

- Have a conversation
- Find someone safe to talk to and a safe place
- Talk about your feelings
- Feel your feelings
- Man up? No - Man down, be vulnerable
- Explore your feelings
- Know your feelings
- Forgive
- Dream by the stars
- Tell your stories
- Don't let your untold stories imprison you
- Talk, understand and be understood

Save your life.

Change your mind.

**Find the tools to face the pain, face the losses and find yourselves.**

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This Psychoanalytic Insight, is drawn from 'The Milky Way' an introductory booklet on psychoanalysis by Pamela Nathan.