



CHANGING MINDS, SAVING LIVES – PSYCHOANALYTIC INSIGHTS

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

WISDOM WON FROM SUFFERING

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

So suffering is not all bad! If we survive suffering we can become wise!

Analytic psychotherapy seeks to understand the meaning/s of things, feelings and actions and in this endeavour restore the humanity in a person. Of course, one of the most difficult things a person has to overcome is the sense of incapacity and 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.

So even if you do not undertake psychotherapy you can become more aware of your emotional lives and not be a stranger to them.

So suffering is not all bad! If we survive suffering we can become wise!