



# Creating a Psychoanalytic Mind: A psychoanalytic method and theory

*Fred Busch*

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## Creating a Psychoanalytic Mind: A psychoanalytic method and theory Fred Busch

Bringing a fresh contemporary Freudian view to a number of current issues in psychoanalysis, this book is about a psychoanalytic method that has been evolved by **Fred Busch** over the past 40 years called *Creating a Psychoanalytic Mind*. It is based on the essential curative process basic to most psychoanalytic theories - the need for a shift in the patient's relationship with their own mind. **Busch** shows that with the development of a psychoanalytic mind the patient can acquire the capacity to shift the inevitability of action to the possibility of reflection.

*Creating a Psychoanalytic Mind* is derived from an increasing clarification of how the mind works that has led to certain paradigm changes in the psychoanalytic method. While the methods of understanding the human condition have evolved since Freud, the means of *bringing this understanding to patients in a way that is meaningful* have not always followed. Throughout, **Fred Busch** illustrates that while the analyst's expertise is crucial to the process, the analyst's stance, rather than mainly being an expert in the content of the patient's mind, is primarily one of helping the patient to find his own mind.

*Creating a Psychoanalytic Mind* will appeal to psychoanalysts and psychotherapists interested in learning a theory and technique where psychoanalytic meaning and meaningfulness are integrated. It will enable professionals to work differently and more successfully with their patients.

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