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**THE LIQUID AND  
THE SOLID MIND**  
SAGGI DI PSICOANALISI  
CONTEMPORANEA IN INGLESE





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ISBN  
979-12-5994-886-1

FIRST EDITION  
ROMA II MARCH 2022

*Alla memoria: di mio padre Vincenzo e  
di mia zia Maria Anna Leo (sorella gemella di mia madre)*

*A Giovanna  
In your eyes I mirrored  
In your breast I sheltered  
I fell in love with you  
Samuele Filomena*



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## INTRODUCTION

Psychoanalysis is the science of the mind and like all the other sciences was discovered in the 3<sup>rd</sup> century before Christ, during the Hellenistic period.

Freud in the *Interpretation of Dreams* (1905) in the second chapter, in a foot note mentioned the Doctor Europhile from that era.

For more information I suggest the book *The Forgot Revolution* (L. Russo 2004).

Like all the other sciences, the psychoanalysis disappears with the conqueror of Great Greece from the Roman.

The mind is an emerging function of the body, then we are still in the realm of biology, but in order to investigate the mind we need a different type of science, the queen of science as Abraham and Torok (1994) in the book *The shell and the kernel*.

From a development point of view the mind starts to emerge from the body around the second month of life and it will take 3–4 years to master it.

Then as Freud said we have a body–mind continuity and just two ways of intervention, we can stay on one side of the river or on the other.

With the mind we modify the body, and with the body we modify the mind. Just to be clearer, if a patient takes some medications (substance) the psychiatrist tries to modify his mind. If we use the words, as in analysis we modify the body, the neural connections inside, not just the brain, because the mind is not in the brain but disperses around all the body.

Historically psychoanalysis proceeds in the opposite direction to understand how the mind develops from the body.

In the last one hundred years, since psychoanalysis was rediscovered, Freud started from the Oedipus complex around 3–4 years of age, and Klein went back to six months of age.

What I will do is to start from the beginning, at birth and I will present to you a new metapsychology theory based on some ideas that I will explain to you.

## **Four stages of development**

In order to simplify my description, I will present four stages of development from birth to the dissolution of the Oedipus complex.

At birth the baby has no mind at all, the body is preordained to work and the only preconfigured action is sucking. This is very important because the baby needs to survive and in order to do that, he needs to nourish himself. The development of the oro–gastric trait is intertwined with the four developmental stages described below.

I will use some pictorial images, the first one is the circle O, that represents the self.

The second picture is the self O with an object inside I.

The third picture is the self O with two objects inside it II.

The fourth one is the self O with the two objects cross X

Don't worry I will explain to you the meaning of that, it is simple.

The first acquisition of the baby is the sense of self and this is achieved between 2 and 6 months of age, with the acquisition of the skin as a border between the internal and the external, I want you to understand that the skin is not just the external one but also the internal. The oro-gastric tract for example.

At the beginning there is a mouth that is just sucking the milk, the mouth does not have teeth, and as Freud pointed out in a letter to Marie Bonaparte in Jones (1951) vol 2, all the aggression is outside and all the libido inside, in Winnicott terms we are talking about the environmental mother.

It is not just important the intake here from the mouth, the milk, but also the disposal.

It is very common in babies that when they are eating, they defecate at the same time.

I called this period a liquid mind because there is just intake of liquids and there is no difference in the disposal of urine and faeces.

At six month the baby, that used his mouth to intake milk in order to grow, starts to recognize the mother at the beginning as extraneous and after external, and in order to do that he needs to introject the failure of the mother inside himself to manage the continuity of his life. At the

same time, he started to project some libido to this object, but as a consequence of his de-cathexis of the aggression of the beginning.

I represent in a graph the vicissitude of aggression and libido. The aggression is high at the beginning, let say 1 and the libido is low to 0. With the time passing the aggression will go down and the libido will go up, till the point the two curves cross around the age of the acquisition of the self. Only from there we can talk about projections and introjections and not before. See Appendix Figure 1.

Between six and one year of age the toddler will be able to manage the presence of the mother outside himself, and be able to develop the language and the walking at the beginning of his first year of life.

Now there is a distinction of the liquid and the solid state of mind in the intake and disposal process.

The mouth that was at the beginning just sucking has another function now that is biting the food.

This does not mean that there is a transformation of the mouth, the two mouths will continue to coexist together for the rest of our life, and also the two functions of the mind as pointed out by Gaddini (1992). At the beginning there is an imitation procession and, on this layer, unfold another one, the psycho-oral one, like the mouths.

Between one and two year there is the acquisition of the second object, the father. This is the first object coming from outside, and he is generated as a meiotic process from the mother.

We are here in the realm of the primal scene and the resolution of it will bring us to the last developmental stage that is the acquisition of an internal couple inside the child around the age of three years and more.

The dissolution of the Oedipus complex is the solution to the representation of the couple that is generative and makes the child and the recognition of that and the exclusion of the child from it.

The latency period will put everything on hold till adolescence, from where we start to where we stop. If we follow the figure 1 in appendix, we can imagine that the two curves start to rotate, like a DNA elic and this process will create the space where the thinking and emotions can be contained, an air tube.





## CHAPTER I

# INTERVENTIONS

In classical psychoanalysis the paramount intervention is the interpretation of transference Josph (1985) and I think that it is correct if we are working with a person at the stage O–X, but most of the time this is not possible.

I think the better intervention should be adequate to the level at which we are working and as therapists we need to downgrade most of the time to work at the same level of the patient. In a way we are talking of regression of the patients and of the therapist in order to occur.



## CHAPTER II

# A NEW METAPSYCHOLOGY

Psychoanalysis is the science of development of human beings from an individual point of view and from a society point of view (phylogenesis and ontogenesis).

For this purpose, the discovery of it proceeds in the opposite way of the development of individuals and society.

Freud discovered the Oedipus complex that appears at the age of 5 years old (the dissolution) and coincides with the loss of the tooth's milk.

Klein (1928) went even further at the primal scene, but her mistake was to adopt the same idea of Freud and to retro dated the Oedipus complex.

It is only with Winnicott and Gaddini that we have a rich understanding of the beginning of life and they did not make the mistake of Ms Klein.

If we follow Fairbairn (1952) in the division of the mouth with and without teeth, we can understand the big difference in the way the mind works at these two different stages.

At the beginning of life there is no libido as Freud stated in the letter to Marie Bonaparte in the introduction to *Civilization and its discontent* (1929) or in *Analysis terminable and interminable* (1955), reported also in Jones volume two (1951).

The aggression is the main actor on the scene at the beginning of life and if there is someone that is out there looking after the baby, this aggression from outside goes inside and the libido can be cathected outside to the object, as Ferenczi (1929) stated in his article.

Then what I propose is a metapsychology based on aggression and not on the libido. I know it will sound blasphemous for analysts, but this is an important change that we need now, especially to face the change and the complexity of the current pathologies that we see in our practice.

In this sense we don't need to interpret, and I consider most Kleinian interpretations as an acting out or enactment to the aggression of the patients.

Of course, I will give a pictorial representation in a graph of the vicissitude of the libido and aggression and show the differences between Winnicott's and Gaddini's models.

The mental based organization of Gaddini is based on the distinction between psycho-sensorial and psycho-oral way of function and the interaction between them.

Winnicott made a difference between the pure element's male and female.

Difference between imitation, introjection/projection and identification.

From sensorial to perceptions to thoughts and emotions. (Renata De Benedetti Gaddini)