

March 13, 1961.

Dear Dick,

LONG DISCOURSE
ON "ANALYSIS"

Yes, I suppose I must be careful in any reference to "psychotherapy". There is a book recently published called the "Frog Pond", I believe, that gives a lady's experiences with 6 psychoanalysts. One she calls "Silent Simon" & he used to listen & say nothing at all, but take notes. On Thursday he saw a friend who told him what to say on Friday!

I think your observations are very sound & as you say, the "normal" doesn't mean much. You never remove your "aberrations" but you do learn to live with them or to supersede them, "go above them." After three years and \$5,000 there ought to be some results! But after it goes on indefinitely.

Further the analyst may be pretty aberrated & bad-tempered himself and a very confused man. They vary of course & there might be a rare one or two (as in the "Frog Pond", the last two analysts) who has a gift for the job & who makes an art of it. However there are few of them & millions of people in mental trouble.

One thing everybody needs is "love" (in the correct sense - outgoing friendship, asking nothing except to help) & doctors call it TLC (tender, loving care). Many women would therefore be far more capable of helping the mentally troubled but in our society men predominate in most professions.

I regard the method of digging up items by item from the unconscious or subconscious as remunerative (\$\$\$) for the analyst but a long, long way round - the "analytical" instead of the "synthetical". Let me explain

over
please