



Psychological Counseling in Contemporaneity: A Psychoanalytic Perspective

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Authors' contributions

This work was carried out in collaboration among all authors. Authors DPO and EFK designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Authors GAR, ALLSO, LFBM, KAB and KAO managed the analyses of the study. Authors VMOM, TPA, MGO and KSO managed the literature searches. All authors read and approved the final manuscript.

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ABSTRACT

Psychological counseling, as a contemporary clinical practice, presents itself as a modality concerned with the model as if the new psychic demands are configured and, above all, focused on respecting the historical horizon of meaning in which the one who addresses his request for help is inserted. Within the counseling process in the approach of psychoanalysis, through clinical listening, the objective is to make patients rescue their narratives by becoming protagonists of their history, enabling them to enter a desirous world. Thus, it is believed that psychological counseling has been bringing benefits to the community in general, through the expansion of the possibilities of clinical listening, which has become a possible reference in the public service.

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1. INTRODUCTION

The first psychological counseling services appropriate the aspect of Carl Rogers, Person-Centered Theory, where the main objective is the relationship of help between the psychologist and the client, promote learning, assist them in different contexts, such as emotional, professional, and educational, seeking a personal deepening, being able to approach clinical guidance because it also offers help and qualified listening, empathy, welcoming and attentive to psychic suffering, however, without a ready model of service, applicable regardless of the institution and context [1].

Psychological counseling, assumes the objective of empowering the client to master situations of his life in a welcoming way, in this sense, the technique of counseling, is related to problem-solving, decision-making, and self-knowledge, has an educational, preventive, supportive, situational action, focused on problem-solving, deals with conscious material and emphasizes normality, has a short-term relationship, focuses on more aspects of the present and aware, makes use of information and suggestions [2].

Person-centered listening understands that the subject can grow and develop in the direction of his intrinsic potentialities. It is understood that, in the care, these said potentialities can be heard by the subject himself. This approach places the encounter between the counselor and subject and together can make the client more autonomous, to find solutions to their psychological afflictions. In general, the humanist approach seeks a process of helping the person in transition to experience and give meaning to what they experience, believing in their ability to assume new life situations [3].

The theoretical framework predominant in the literature on psychological counseling is configured with the humanist approach of Carl Rogers, a theorist who dedicated his studies to this theory that is organized as a type of clinical intervention that proposes punctual care, performed as close as possible to the client's need, through which one can make, in addition to a reception, also a clarification of the demand of this individual [3].

However, studies show that another approach has been appropriated psychological counseling

because of the importance and relevance of this practice [4]. In this sense, the research intends to discuss the practice of psychological counseling emphasizing of the look and listening in a psychoanalytic perspective.

2. METHODOLOGY

The study is based on a review of the literature on the practice of psychological counseling from a psychoneurotic perspective. This literature review follows as search protocols in reliable databases, to ensure the rigor necessary for the identification of the theme and is used to guide the development of projects, indicating new ones for future investigations. For this work, the search for indexed articles in Pub Med, and Web of Science.

3. RESULTS

3.1 Conceptualization

The term counseling in the Latin verb "*consiliare*" and refers us to "*consilium*", which means with /unity, with/meeting. In its broadest sense, one can refer to a relation between two or more people in the sense of helping them or making one thing with the other, but it does not diminish thinking to the other, ie in the process of counseling the correct is to think with the patient and(client) and deliberate with it [5].

In Brazil, the modality of psychological counseling appears in 1969 at the Counseling Service of the Institute of Psychology of USP (University of São Paulo), based on the principles of the person-centered approach and the phenomenological-existential perspective. Located at IPUSP (Institute of the Psychology University of São Paulo), it is proposed to reconcile the research and learning of students with community service. In addition to welcoming clients, the search for a proper way to meet, the gain of autonomy, and attention to the context of the public service network are encouraged in the students. After customer service, trainees are offered the possibility of supervision, which is configured as a space for the elaboration of professional experience [6].

Psychological counseling, as a contemporary clinical practice, presents itself as a modality concerned with the model as if the new psychic

demands are configured and, above all, focused on respect for the historical horizon of meaning in which the one who addresses his request for help is inserted [7].

It is the commitment to follow the psychic happening and what is of the order of subjective experience no longer seated in the mold of private practices, but concerned with the new challenges faced by Psychology in the context of mental health. It is, then, a practice that demands a political and necessarily ethical positioning. Psychological Counseling does not aim at solving or deepening the person's "problem", but rather a moment of understanding about their suffering [8].

The search for psychological counseling can be the first step towards any possibility of personal and social change and transformation. Questioning, problematizing and talking about what leads to the clinic has shown effective tools for this direction, because it is through the discourse that the subject constructs possibilities of resignification, allowing the insertion of new forms of a conception of the senses, meanings, practices, and self [2].

3.2 Psychological Counseling in Contemporaneity

The contemporary world marked by urgency and excess sometimes distances man from his issues, from his condition of being-in-the-world, putting him adrift and, at times, alienated from himself. In this context, current forms of illness are revealed and, consequently, require new practices and conditions of care [9].

Among these new practices is psychological counseling, aimed at welcoming and clinical listening to the various meanings given to psychic suffering. Space where those who find themselves in an experience of suffering feel welcomed and understood. A welcome that presents itself as a condition of possibility so that the one who suffers can hear, to review, to rewrite [8].

In the current national scenario, psychological counseling has been strengthened by the existence of this modality of care in universities, hospitals, and extension services to the community in general, enabling the provision of help to different people with different complaints and demands [9].

Access to clinical psychology for the needy population is not proportional to the amount of demand that is only increasing every day, the elitist access is consistent with social inequality, which produces an exclusion of the neediest. In other words, those who have financial conditions (rich and/or middle class) have their emergency demands met, while the poorest depend on public services that lack professionals, working in some cases, in precarious conditions, to meet a high population demand [10]. We know that professional support is extremely important for all popuqational classes, as it helps the person to deal with the extreme and conflicting situations of daily life, giving them greater possibilities and conditions to rethink their way of life, seek a quality of life and stay healthy [11].

In this sense, with the psychological counseling service and other modalities of psychologist care, they are very relevant to democratize access to psychology services. And in this case, Psychological Counseling is a modality of clinical care in Psychology very consistent with our liquid contemporaneity, since it allows listening and welcoming the person in his moment of emergency psychological care, actively contributing to the patient's growth, in addition to supporting the demands of the community's glaring [12].

Another reflection is the need for social transformations in the sense that psychological demands are seen as inherent to every individual, regardless of their socio-economic situation. And that access to psychological clinical care composes public health systems as much as medical services [13].

It is noteworthy that the experience of psychological professional counseling has allowed professionals to theme the possibilities of expanding the training of psychology professionals, discussing alternatives of professional activities appropriate to the social demands of the present day, and problematizing the psychological counseling service as a modality of clinical-psychological care, not traditionally structured, which aims to meet demands with an emergency nature, open to the community [11].

3.3 Speech and Listening in Psychoanalysis

Sigmund Freud created psychoanalysis based on the investigation of unconscious mental

processes that produce symptoms in the individual. As for the analytical process, it is understood that "talking" corresponds to a "listening", that is, the analysis speaks what has been forgotten and the analyst listens so that the one who spoke also hears what he/she does not know or does not want to know, seeking to promote therapeutic effects [14].

According to the same authors, the psychoanalytic process is, then, through a relationship between the free associations of the patient and the fluctuating attention of the analyst. About free association, you are asked to report everything that comes to your mind, while saying something that seems insignificant, painful, or shameful to you [14]. As for fluctuating attention, this refers to the detachment of the analyst from his conscious influences, to leave the attention uniformly suspended and listen to the patient without the privilege of any element of his discourse. In this perspective, the analyst's listening presupposes an active act and not a simple perception [15].

Macedo and Falcão [16] mention that Freud with his theory proposes new perspectives and inaugurates the time of the word as a form of access by the man previously unknown to himself and the time of listening to that emphasizes the singularity of meanings of the word enunciated. Words that reveal the existence of another-internal, but that also provide ways of contact with another-external when qualified in their listening.

The authors continue to emphasize that these times in Freud inaugurate the singularity of a situation of communication between patient and analyst. One arrives with words that demand a desire to be understood in his pain, the other listens to the words by seeing in these ways of access to the unknown that inhabits the patient [16]. In this sense, the analytical situation is, par excellence, a communication situation: there are not always logical or easy to decipher demands, but which communicate the desire and the need to be heard [13].

The analytical process is the definition of the analyst's actions, what is mainly up to him is listening, free and "untangled", and it is from it that they will define the tone of the work. Simply, we could say that the listening offered in the analysis lies in the analyst's act of sustaining the patient's association. It is, therefore, necessary that listening is also free [17].

Floating attention is, according to Freud, the counterpart of free association. Keeping a floating listening, the analyst also lets his unconscious associate freely and does not try to memorize or select excerpts from the discourse of the analyzing that consciously seem important to him of prominence. It is this judgment that is dispensed within the technique, after all, when we select what to listen to, we risk not knowing anything other than what we already know, or beyond what we think we already know [18].

Just as the patient must report everything that his self-observation can detect, and prevent all logical and affective objections that seek to induce him to make a selection among them, the analyst should also put himself in a position to make use of everything he is told what is said for interpretation and identify the hidden unconscious material, without replacing his censorship with the selection that the patient gave up. To better form it: it must return its unconscious, as a receiving organ, towards the unconscious transmitter of the patient [14].

3.4 Psychological Counseling with A Psychoanalytic Focus

As we have seen, psychological counseling is based on Carl Rogers' humanist theory, however, it is worth mentioning that the look and interpretation with a psychoanalytic focus in this process can also contribute to the patient's encounter with himself, through speech and singular listening to which psychoanalysis is proposed [4].

So, Daher, et al. [14], psychoanalytic listening stands out as a fundamental issue in psychological counseling care. As in a process of analysis, the trainee academic also has a space that allows him to provide the technique of psychoanalytic listening, assuming that he has an attention to the manifestations of the unconscious, which are presented in the course of the speech of the analyzing.

Listening to the unexpected in psychological counseling, according to Daher, et al. [7], is also the listening of an unspoken discourse of the individual, therefore, in the 4 meetings, brief focal, the trainee should go beyond the symptomatological investigation: when it began and how often this occurs, but rather to look psychoanalytically at that subject who comes to seek care, to the extent that, through psychoanalytic listening, the therapist can listen

to the unconscious, listening to this made possible by the transference established there in that encounter, to produce knowledge together with the subject.

Freud already assumed that there is in the patient a knowledge, which not even he knows he has, but that can be adamant, through the analyst's listening, tied to the rule of free association, understands that "knowledge is in the subject, a knowledge that he does not know he has and that is produced in the relationship", and that the on-call practices "listening to suffering and discovers that it should not eliminate it, but create a new position before its meaning" [19].

Within the counseling process in the approach of psychoanalysis, through clinical listening, the objective is to make patients rescue their narratives by becoming protagonists of their history, enabling them to enter a desiring world [18].

4. CONCLUSION

Thus, it is believed that psychological counseling has been bringing benefits to the community in general, through the expansion of the possibilities of clinical listening, which has become a possible reference in the public service. In this line, he also notes that counseling has benefited individuals in care, allowing the patient to express himself/her from his/her experiences in a comprehensive manner.

From the above, it is understood that it is possible to act based on the psychoanalytic framework in contexts other than an orthodox clinic of specific divans *and settings*. This possibility can be verified from the practice of psychological counseling, from the perspective of psychoanalysis, in which the on-call, as well as in analysis, has a space that allows him to use an important psychoanalytic tool, listening.

Thus, in a psychological counseling service based on a psychoanalytic aspect, the on-call is encountered with listening to the unexpected, with listening to the unconscious that, at the center of repetition, insists that it be heard. It is expected that, at the same time that it is heard by the on-call, the individual who speaks himself is heard and that this listening can somehow contribute to the subject repositioning or resizing the reason that made him seek the psychological counseling service.

The care provided in psychological counseling with a psychoanalytic approach allowed me to demonstrate that psychoanalysis contributes to supporting the professional by giving him/her support with the theory of what psychoanalytic listening *would be in the setting of* psychological counseling, through an interventional listening along with an interpretation of the subject of desire, which is punctuated when it is endorsed in this active listening to the narrative of the care user who is transuded in the unsaid of the subject but listened to by the professional who performs psychological counseling.

It is also worth emphasizing the importance of psychological counseling as a clinical practice of clinical schools, not only consolidates the relationship of academic training with the reality of new demands but, above all, consolidates the fundamental role of the university to establish a dialogue with the community and service focused on quality public health.

Despite the potential for help and promotion of mental health of this type of psychological intervention, because it offers care at the exact moment of its need or very close to it, it is understood that psychological counseling also has its limits. As a post, some situations require a continuous approach, a more extensive therapeutic process, and it is up to the double on-call and person assisted to clarify the demand, from the said listening process, reflecting on the most pertinent referrals for each situation.

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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