

CANDIDATURE PRESIDENCY EFPP 2019

Dear fellow delegates of the EFPP:

As you know, at the next Delegates' Meeting in Berlin (March 2019), the position of the presidency will be vacant, after the fruitful mandate of Anne Marie Schlösser.

With this letter I am pleased to communicate that I present my candidacy for the presidency of the EFPP.

As you can see in the Curriculum Vitae, I have been closely linked to this organization since its foundation in London in February 1991. During the last 28 years, I was very actively involved in the development of the national network in Spain (Spanish Association of Psychoanalytic Psychotherapy - AEPP); We are currently working on transforming the national network into one that is more suited to the reality of psychoanalytic psychotherapy in Spain at present, in the form of the Spanish Federation of Psychoanalytic Psychotherapy. I have contributed decisively to the birth and development of the Madrilenian Association of Psychoanalytic Psychotherapy (AMPP), both from the executive and teaching point of view. At European level, I have participated as a delegate and member co-opted by the board of the EFPP for several years. All this has given me an important learning experience, institutional and psychoanalytical knowledge and personal and group emotional growth.

At this moment I encourage myself to take another step in this institutional trajectory, from a deep sense of responsibility, humility, respect for the EFPP and all its members, and the conviction in its principles and objectives.

At present, we live complex times, in an unstable world that tries to sustain itself among the benefits provided by the advances of knowledge, technological, scientific, cultural, economic and social advances, and the convulsion caused by the rapidity of the changes, the immediacy of the information, of the images, of the empty ideas, of the most primitive unconscious fantasies that flow in the network and in reality, transcending borders and differences without limits.

We live in complex times in organizations, affected by this turbulence in the world in which they develop, weakened many times in their role of containment, integration and transformation.

We live complex times in the EFPP, affected also, as it could not be otherwise, by the surrounding waves and the one that emanates from its own internal content, hosting different organizational realities, different training programs models, different levels of development of psychoanalytic psychotherapy, different national networks, different psychoanalytic languages, different state regulations.

From its beginnings, the pioneers of the EFPP tried to build a continent and transforming organizational space in which they could coexist and oscillate the differences and the similarities in a constructive and creative way. It continues to be a primary task of the EFPP, the search for a balance, trying to sustain the internal heterogeneity in the unit, to sustain the cohesion and integration of diversity within a democratic framework.

Following this line of work, I understand that the function of the presidency and the board is one of a binocular observation, understood as a psychoanalytic function, both inside and outside the organization, which allows to know and understand the vicissitudes of each national network in the development of the task that unites us all: the development of psychoanalytic psychotherapy. But also, this observation of the interior must lead to try to understand, as far as possible, the various mental-emotional states oscillating in the organization, those that converge in favour of the construction and growth of the organization and its task, and those anti-growth, which can attack thought, reality and that try to negatively transform the heterogeneity and the differences in fragmentation and isolation. The executive board and its leader, must try to find the right distance to approach the national characteristics, particular to each of the member countries, and then see it from the whole of the European organization.

Binocular observation is also a fluid contact with the outside, that world that from "the scientific", the competition with other types of therapies, the urgency to obtain immediate results, the economic perversions and the ignorance of the psychoanalytic, pressure and in many countries try to corner psychoanalytic psychotherapy. It is an inevitable reality, which affects and disturbs psychoanalytic psychotherapy associations but is a reality with which we have to live together. This coexistence should not be merely defensive, protecting us from attacks, or wanting to be more like other "scientific" therapies. We have to live together from the respect to the differences, and very fundamentally from the respect, the conviction and the growth of our identity.

The EFPP, with the board and the president, but with all its members, must try to maintain a balance between these binocular and kaleidoscopic functions, between centripetal and centrifugal forces, in a dynamic tension that promotes thought and growth.

From the above it is clear that the psychoanalytic world, and specifically psychoanalytic psychotherapy, lives with much uncertainty, not only that which emanates from our task as psychoanalytic psychotherapists, but also that which emerges when contemplating the present and the future of our profession. The EFPP in recent years has tried to promote the development and consolidation of the model of national networks of psychoanalytic associations in each of the sections. I think that the development of national networks as an organizational model is very relevant to contain the turbulence from dialogue, communication, knowledge and mutual learning. The work of building and developing national networks is a very hard one: it means time, effort, mental openness in each of the associations, mourning of narcissistic resignations, unsuccessful attempts, failed developments, integration, but I am convinced that it is the best possible model to sustain the uncertainty and strengthen the institution at a local, national and European.

But I would also like to emphasize that the life of the EFPP can not be conceived without the delegates, the main protagonists of the next meeting in Berlin. The delegate has the function of mutual connection of the national organization with the European one, but his contribution is also essential as an active member in the national networks that have to be developed in light of the minimum criteria agreed upon by the European Federation. The strength of the EFPP, its capacity for resilience, its ability to sustain uncertainty and conflicts, will depend on the functioning of national networks and delegates.

And finally, we find the uncertainty of the future. Psychoanalytic psychotherapists can not take for granted that our profession will endure in the future based on narcissistic and reality-denying fantasies, with the infantile hope that what exists will continue to exist. The hope that illuminates our future must be an introjective hope, built on our psychoanalytic thinking and knowledge, on our daily work, on our ability to transmit it. The future of psychoanalytic psychotherapy depends on all of us, psychoanalytic psychotherapists, on our capacity to defend a space of institutional and social recognition and, very especially, it depends on the best possible training that we can impart. There is no future without quality training, serious, rigorous and sustainable beyond all avatars; a training that

cares and nourishes the essence of our ideas based on the unconscious; a training that guarantees invariance (Bion, 1965), which must remain in order to continue recognizing ourselves as psychoanalytic psychotherapists despite internal and external changes.

With my candidacy for the presidency, I commit myself to work for the consolidation of the present of the EFPP and in the construction of its future.

With my thanks for your attention, receive warm greetings.

María Eugenia Cid Rodríguez
Madrid, December 30, 2018