

Shane Sneyd
101 Tipton Road
Woodsetton
Dudley
DY3 1BZ
01902 823382
shanesneyd@gmail.com

Dear Colleagues,

Last year we explored endings primarily through the lenses of attachment and mourning.

This year we will approach endings from a different perspective. Rather than focusing primarily on attachment and mourning, these papers examine the process of ending itself. The first paper examines the difficult question of when an analysis is sufficiently fruitful to continue and when it may be necessary to consider ending treatment. The second explores the symbolic and imaginal dimensions of endings, paying particular attention to dreams, separation, and the psychological meaning of termination.

Together, the papers invite reflection on the emotional, ethical, and symbolic complexities involved when analytic relationships come to an end.

Both papers are available through PEP Web.

As you read, you may wish to consider the following questions:

- How do we know when therapy is still alive and productive, and when it has reached a plateau?
- What role do countertransference and analyst fatigue play in decisions about continuing or ending treatment?
- How might patients and analysts experience endings differently?
- What dreams, images, or symbolic themes emerge when an ending is approaching?
- What distinguishes a constructive ending from a premature or unresolved one?

Required Reading

Abramovitch, H. (2021). When Is an Analysis Good Enough to Continue? When Is It Bad Enough to Stop? *Journal of Analytical Psychology*, 66(5), 907–924.

Auger, M. (1986). Images of Endings. *Journal of Analytical Psychology*, 31(1), 45–58.

I look forward to seeing you soon.

Best regards,

Shane Sneyd