



THE DEFENDER OF SANITY

**A professional Figure with a Variety of Specializations
(Psychoanalysis and others) ¹**

Document developed according to Italian Law No. 4, January 14, 2013

The Association “Defender of Sanity” is currently being constituted

Articles

1°

The Category “The Defender of Sanity”

The term “Defender of Sanity” entails first of all a category of thinking², a set of acts commonly carried out by anyone as part of the ordinary faculties of defense.

Premise: “Sanity” defines here the concept of well being as opposed to discomfort (a.k.a. discontent):

the concept includes as one of its particular cases (albeit quite broad) the pair health/pathology in its medical and psychological sense.

Defender of Sanity is, first of all, the act of thinking performed by each individual, and nothing more:

it is the act of thinking that is entitled, and competent at the same time, to conceive the idea of providing for its own health. It is also competent and entitled to rely on others - such as doctors, lawyers or even advisors (in the broadest sense) - considered dependable in helping to achieve the objective.

In exercising this inalienable right, each individual has at her disposal acts and means (thinking and language) that are generic, in the sense of being freely available to humanity as a whole, without the need for any authorization or certification:

any law authorizing faculties and capabilities that are already inalienable would be unfair by definition.

¹ Author: Giacomo B. Contri. Translators: Bernardo Contri and Luca Flabbi.

² Once upon a time, we would have said “Category of Spirit”



However, there may be cases (notice the plural) in which – even if the single individual remains entitled with the defense of her own health through thinking – the individual competence to exercise such entitlement is momentarily suspended or is not yet properly oriented:

such is the case in the psychological disorientation or psychological stalemate; in the lack of orientation in a social context (professional, academic, familiar, judicial or medical); or even in the case of a not yet constituted orientation (childhood).

In all of the above-mentioned cases of suspension of individual competence, a “Defender of Sanity”³ can vicariously and temporarily take over not to substitute the individual competence but to help in solving the temporary incompetence:

this category is generic (from the Latin *genus*, as distinct from *species*) and open to any human intellect, without the need to assume any specific actions, means, or training.

Up to this point, the couple well-being/discomfort remains generic and all-inclusive, allowing for any possible case, including the couple health/psychopathology with its nosology:

this nosology remains for us the Freudian nosology (neurosis, psychosis, perversion, to which we added premature psychopathology), with its relative causal doctrine (there is causality and causality). In this, we are in opposition with the Diagnostic and Statistical Manual of Mental Disorders (DSM), which refuses it on principle.

Several juridical acts - available to anyone, such as acts of confidential talking and counseling, acts of listening and judging - concur to the action of counseling-orientation of someone's thinking, an action lasting until there is a demand for it. As such, these acts do not require regulations, which would limit the individual freedom constitutionally asserted:

they are all acts moving from one individual thought to another, thanks to the action of a speaking mouth and a listening ear.

2°

Professions and Specializations of the “Defender of Sanity”

The “genius” in Freud is in having transformed ordinary and free human actions (thinking and talking) in specialized professions and technique, up to being able to cure thinking (any psychopathology is an act of thinking) by thinking itself:

the first “defender of sanity” was Freud:

the ordinary and generic human act of defense may become a professional and specialized activity, but without ever losing the link with the ordinary and generic human faculty at its origin.

³ Since 1996, we have used the expression “Lawyer for Sanity”: during the *Society Friends of Thinking Sigmund Freud (SAP)* Council meeting on the 1st of January 2013, it was proposed and accepted to substitute the word “Lawyer” with the word “Defender”.



In this professional activity of counseling-orientation the specialization is different from other professions:

the best comparison is the medical specialization of acts and means (pharmaceutical therapy, surgery, etc.), which is not made of acts available to all of humanity, but only to a defined category of professionals:

even though the analogy between an attorney and a doctor does not hold, it is known that a lawyer uses knowledge and procedures that are not familiar to most men, who therefore cannot use them effectively.

Differently from these professions, the Defender of Sanity – especially the psychoanalyst – has no other acts or means at her disposal than those (thought and language) available to the whole humanity and that are, as such, not subject to any authorization.

The difference is the following:

the specialization of the medical doctor is positive in acts and means while the specialization of the Defender of Sanity is only negative:

it is negative in the sense of self-limiting one's own acts and means (identical to those of any citizen) only to those consistent with the defense just described, that is without introducing any personal needs, foremost pathological needs (in particular, the psychoanalyst is not a confidant nor a persuader nor an educator), or, in other words, without conflict of interests.

Very few know how to operate without such a conflict (a conflict commonly articulated in politics but not in everyday life).

The Defender of Sanity has integrated within himself as Constitution the entitlement and the competence common to all in the defense of sanity:

in this sense he does not apply any psychotherapy, meaning that he does not exert (as a medical doctor does) any direct action on the pathology or discomfort.

Any profession that corresponds to the above mentioned categories pertains to the professional figure Defender of Sanity, starting with the profession of psychoanalyst.

It goes without saying that the Defender of Sanity treats cases that are strictly personal, excluding group therapies.

It is convenient to remind that the essence of a profession is not determined by the delivery of a compensation (for example, a non-doctor, a non-lawyer, a non-engineer cannot exercise the corresponding profession even when willing to do it for free)

3° Training

The training as Defender of Sanity must be very demanding.



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The negative specialization articulated above is not spontaneous nor common, quite the opposite:

usually, personal needs infiltrate all human relationships; needs that are quite legitimate but that become polluting, so much so as to make the relationship impossible, in those cases resulting from the demand of a specific individual to defend the sanity of his own thinking. In these cases they act as conflict of interests.

As specific training we list the following.

First of all, psychoanalysis (we reject the distinction between personal psychoanalysis and psychoanalytic training) and psychoanalytic supervision.

Second, but correlated with the first, participation to seminars, symposia, and conferences, directly or indirectly related to the objective of the profession.

Third, schooling and academic degrees, without specific privileges assigned to any of them.

Fourth, different “experiences” as long as properly motivated and included in a personal curriculum (for example, working as a teacher or a social worker in a community).

Last but not least, any means of personal enrichment, first of all reading.

The acquired training is documented in the curriculum, which is self-certified subject to sanction:

it must be said that a well-done curriculum is the best of proofs, susceptible of being evaluated.

In other words, just like thinking, training is of competence of the individual:

after that, it will be the curriculum, supported by credible documentation, which will be the object of selective judgment, avoiding the bureaucratic automatism in which we have settled with respect to “training” in the last few decades.

Starting from the claim that the defense of sanity is part of the individual constitution and it is of original and inalienable competence of the single individual with her thinking and language;

And that the temporary demand for help appeals to the same resources in another individual;

Then the training of the receiver of this demand for help can only be of her individual competence:

she is the one in charge of showing the documentation supporting the curriculum constituting her training (including academic records and the whole variety of her experiences).

Those considering the curricula will exercise the rigor that is expected of them, rigor which may result being particularly strict:

none of us is in favor of a Centralized Test administered by the State (a draconian approach that everyone has tried to avoid so far) as final result of the weak and equivocal “training” requested today in the “Psycho” field.

The “Friends of Thought Society” refutes to take the burden of the training necessary and sufficient to these professions, simply because the construction of a curriculum may only be a personal endeavor:



we do however consider all the Society's activities as continuing education and training; they can be included in the curriculum of each individual participant.

4°

Professional Varieties

The variety of situations susceptible of treatment from the Defender of Sanity is wide:

Psychopathological disorientation (as in the case of the psychoanalyst).

Minors under trial (with reference to the Strasbourg Convention).

Minors and Families.

Minors and School.

Workers and Employees at any hierarchical level.

Patients affected by physical pathologies lacking existential scope and orientation.

Patients affected by psychiatric pathologies lacking social and professional scope and orientation.

Lack of scope and orientation in the professional life.

5°

Common Structure

Mandate, either verbal or written;

Professional practice;

Preliminary interviews for the evaluation of the situation;

Follow-up interviews, depending on the selected goals case by case;

Information to the client (including this document), with special reference to the privacy, the code of ethical conduct and the protection of the client;

Additional interviews with individuals relevant in the case;

Compensation⁴.

6°

Titles

The Defender of Sanity will be able to associate this title to the one of psychoanalyst, of psychoanalytic consultant, or of personal consultant.

To use the title “Defender of Sanity” he will have to subscribe this document, without obligation to wait for a reply.

⁴ See the last paragraph of Article 2°.



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Postscript

The statute of the professional association of the Defender of Sanity, close to being constituted, will comply with any other requisites formally requested by Italian Law No. 4, January 14, 2013.

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