

El jugar del analista¹

Daniel C. Ripesi

Resumen

En el presente artículo se piensa la posición del analista según su capacidad de permanecer en estado de «no saber» (es decir, de no-integración, de desorientación, etc. Posición con características muy emparentadas con las llamadas angustias de naturaleza psicótica). Dicho estado participa de la misma economía que nutre en el niño su capacidad de jugar (y de poder compartir ese juego con otros, lo que supone un desmedro de sus propias fantasías, pero también un innegable incremento de su riqueza psíquica). Se trata de una posición del analista que habilita su intervención en términos de gesto espontáneo. De modo que, en lo que sigue se pretende abarcar algo de la metapsicología de lo que Winnicott enuncia, afirmando que la psicoterapia debería ser «la superposición de dos áreas de juego» (la del analista y su paciente).

Comenta Winnicott que en sus primeros años de pediatra entró corriendo a su consultorio un niño que, adelantándose a su madre —que había quedado rezagada por los pasillos de acceso—, se plantó frente a él y le dijo: «Doctor, mi mamá me trae porque se queja de un dolor en “mi” panza». Este episodio permaneció en él, para ser retomado en uno de sus primeros escritos psicoanalíticos en el que habla de ciertas madres hipocóndricas a quienes les duelen sus hijos... Con esta temprana experiencia, Winnicott, aprendió —y lo desarrolla en ese trabajo— que nadie puede empezar a vivir su vida si no encuentra su propio sufrimiento y los recursos necesarios para hacerse cargo de él.

En otra ocasión —ahora poco antes de morir—, una muchachita anoréxica le cuenta un sueño: «se ve caminando hacia su madre que está sollozando en un sillón, va hacia ella con el fin de calmarla pero cuando está por llegar, se despierta [...]». Winnicott duda que esto sea realmente un sueño, pero señala que, en todo caso, lo más importante del mismo es que la paciente se despierta «antes de llegar a su madre». Por fin rechaza el hacerse cargo del

sufrimiento de ésta, y Winnicott piensa que quizás ahora, una y otra puedan enfermar realmente. En un extremo y otro de su vida, y en sus desarrollos teórico-clínicos, este tema insiste: nadie puede transformar en un sueño propio las pesadillas ajenas.

Cuando Winnicott recibía a sus pequeños pacientes decía que algunos de ellos venían soñando y que él sólo debía permitir que se fueran del mismo modo: soñando... Sin embargo, otros mostraban necesidad evidente de contarlos, y Winnicott disponía lo necesario para que pudieran hacerlo, no porque pensara que fuera oportuno que recuperaran los dudosos privilegios de la vigilia, sino para que por fin retomaran los propios.

Una buena interpretación, si era necesario hacerla, era aquella que el paciente podía soñar... de boca de su analista. Tanto con niños como con adultos esto era posible si, analista y paciente —en el curso de una cura—, podían jugar juntos. Cuando esto no era posible en el paciente, el terapeuta —decía Winnicott— debía llevarlo de un estado en que no puede jugar, a otro en que pudiera empezar a hacerlo. Pero, cuando es el terapeuta quien no puede jugar, es mejor detener las cosas, comienza lo que Winnicott llama intrusiones de «interpretaciones inteligentes» que impiden que «el paciente se sorprenda a sí mismo».

Cuando no hay juego mutuo, la interpretación es mero adoctrinamiento y produce acatamiento, confusión o, en el mejor de los casos, rechazo.

Para entender esto, es bueno hacer una aclaración que ayude a entender algo esencial de lo que gravita en el pensamiento de Winnicott cuando reivindica un jugar entre paciente y analista: esto parte de una dificultad de traducción que, como decía Pontalis, a menudo encierra una dificultad de orden epistemológico. Lo cierto es que los ingleses disponen de dos palabras para nombrar aquello que nosotros sólo podemos hacer de un solo modo: «jugar». Ellos dicen «play» o bien «game».

El game es el juego reglado, se desarrolla en un espacio-tiempo preestablecido, con un inicio, un desarrollo y una conclusión definida (el ajedrez sería su expresión más acabada). Ordena un

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