



English Summaries

Supervision and Psychoanalysis

ESSAYS

RALUCA SOREANU: Supervision for our times: countertransference and the rich legacy of the Budapest School

In this paper I ask what an investigation of the Budapest model of supervision may add to our psychoanalytic imagination. The Budapest model confronts us with a number of crucial questions for contemporary psychoanalysis, including the question of envisioning ways of working on the countertransference of the analyst. I discuss the lack of memory that surrounds the Budapest model, and I read it in relation to the unsettling issues it stirs up, including those of authority, horizontality, and the ethics of psychoanalysis. In the Budapest model, supervision can be seen as a form of “double dreaming” or of “dreaming up of a dream”. In particular, in drawing on the writings of Sándor Ferenczi and Michael Balint, I point to some principles behind the Budapest model and to the epistemic, technical, and ethical implications of their ideas. I also work toward a Ferenczian “translation” of the idea of “parallel process”.

Keywords: Budapest School of psychoanalysis, Sándor Ferenczi, Vilma Kovács, Michael Balint, supervision, countertransference, Budapest model of supervision

MARIANN ITA: The encounter of relational psychoanalysis and the Budapest model

The paper explores the contradictions and inconsistent elements between the Budapest- and Berlin-model of supervision, and then it tries to mitigate these oppositions by rereading them through the conceptual lens of relational psychoanalysis. After a brief problematization, the first part describes the history of relational psychoanalysis’ emergence, and then it sheds light on the relational approach’s specificities in comparison to the classic and interpersonal forms of psychoanalysis. This framework helps to refute certain misunderstandings of the

relational approach. The second section argues that relational psychoanalysis and the Budapest model of supervision are similarly striving to increase the intimacy of therapeutic space as well as the reflections on feelings of countertransference. Following on this argument, the paper draws attention to the dynamics of giving traditional socio-cultural and socio-political masculine and feminine meanings to the two models of supervision, in which framing the Budapest one is considered more “feminine”, while the Berlin as “masculine”. In its last part the paper revisits the concept of “dual parenting” in order to better emphasize the potential benefits of applying the two models of supervision in a parallel way.

Keywords: Budapest/Berlin model of supervision, relational psychoanalysis, dual parenting

GABRIELLA NARANCSIK: The reception of the Budapest model of supervision and the frontlines of orthodoxy/heterodoxy

The essay investigates the history of the psychoanalytic reception of the Budapest model of supervision, with particular reference to the role of “schools”, groups or other informal networks of relationships. In addition to reconstructing specific strands of reception, it examines the broader changes in psychoanalytic theory, practice and education that may have affected the fate of the Budapest model. It argues that its history cannot be understood without considering professional-political groupings and affiliations.

Keywords: Budapest School of psychoanalysis, Budapest model of supervision, reception, psychoanalytic politics, psychoanalytic training, supervision, Sándor Ferenczi, Vilma Kovács, Michael Balint

LÁSZLÓ BOKOR: The analyst’s transference and the patient’s countertransference. Issues of the interpretative framework of the Budapest Supervision Model

Supervision is a fundamental component of psychoanalytic training, playing a crucial role in the professional development and identity formation of practitioners. The Budapest School’s unique theoretical approach offers a distinctive perspective on this training process. The study provides an in-depth analysis of the issues arising during supervision, with particular attention to how therapists can utilize their experiences with patients to consciously shape the therapeutic relationship. Additionally, it explores the historical development, theoretical foundations, and practical application of the supervision model. The paper also addresses the strengths and criticisms of the model, while offering an international comparison. Finally, it proposes suggestions for interpreting and resolving contradictions that may arise during training.

Keywords: supervision, psychoanalytic training, therapeutic relationship, Budapest School, theoretical model

ÁGNES RISKÓ: The beginning of an irregular supervision with Anna, the oncopsychology AI assistant

The oncopsychology AI assistant named Anna has been operating since 2023, providing complex support to cancer patients, their relatives and healthcare professionals. The chatbot was created by AI developer Bence Csernák. The aim of the pilot project is to provide special information, knowledge expansion and emotional support in order to improve the psychosocial quality of life of users. Psychoanalytic oncopsychologist Ágnes Riskó is responsible for the content and the analysis of the entire “question-and-answer” material. Over time, the analytical work developed into “irregular” supervision between Ágnes Riskó and the AI assistant. The author presents this cooperation and its specificities.

Keywords: oncopsychology, new care system, AI-based oncopsychology assistant

JUDIT SZÉKÁCS-WEISZ: The Budapest Method of Supervision

The article was published in 1986 as the text of a congress presentation. Besides recalling the Budapest model of supervision, the author shares her personal experiences with her own supervisor, Tibor Rajka. She also compares the styles of supervision of Imre Hermann and Tibor Rajka and explores the question of the boundaries of supervision in a more general way.

Keywords: Budapest model of supervision, boundaries, Tibor Rajka, Imre Hermann

NOÉMI FORD: Budapest – Berlin – Chicago – Budapest: Supervision, countertransference and the subject

This essay follows my journey in psychoanalytic supervision with four different supervisors during my training at the Chicago Center for Psychoanalysis. It also offers some alternative views on the role of the professional and personal freedoms a candidate can benefit from during such potentially transformative processes. My experiences have brought me to appreciate and benefit from some of Lacan’s views of the importance of analytic listening, the language of the unconscious, the role of human desire and subjectivity in the analytic dyad, and the supervisory relationship. Ultimately, this paper hopes to open up a larger dialogue on the differences in styles of supervision and the reasons and history behind such differences.

Keywords: supervision, candidate, analytic dyad, Lacan, Chicago, Budapest

KATALIN NYERGES: Thoughts on supervisions

The aim of this paper is to reflect on discussions about the different kinds of supervision. I am not taking a stand in favor of any particular approach. However, I am raising questions involved in the supervision situation itself. The significance of the supervisor’s authority depends on the supervision’s organizational structure (the Budapest and the Berlin models). I examine the position of supervision in the analytic

training, its relation to personal analysis. How can we separate transference and countertransference in the supervisory triad? I point out the most important dangers, and the possibilities offered, too.

Keywords: supervisory triad, intersubjective aspect, authority in the supervision, initiation ceremony, inner freedom

DÁNIEL EÖRSI: Do we have to deal with the re-conversion in the Balint Group? I mean, which one?

This paper compares the so-called *Budapest model* of psychoanalytic supervision with the approach of Balint groups. Despite their obvious differences, there is an interesting parallel: in both supervision settings, the context is explored through free association. Moreover, both situations may be characterized by multilevel countertransference relations. In *Budapest model* supervision, the countertransference of the original case is layered with the here-and-now dynamics of the supervisee-supervisor dyad. In contrast, Balint groups involve three layers of countertransference: that of the original case, that of the group in response to the case presenter's narrative, and that of the group leader in relation to the group itself. In Balint groups, the supervisory role is shared: the group leader is responsible for guiding the process, the group directly engages with the presenter's narrative, and the presenter alone has the right to summarize the insights and draw personal conclusions.

Keywords: Balint-group; supervision; control analysis; case presenter; group leader

ARCHIVES

VILMA KOVÁCS: Training- and Control-Analysis

In our Archives section we republish the important early Hungarian analyst, Vilma Kovács's much-cited 1933 work, in which she describes the special features of the Hungarian supervision method and argues for its advantages.