



## Psychoanalysis and Cancer: Psychoanalytic Interpretation of Illness

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### Abstract

This article focuses on issues relating to Psychoanalysis in the treatment of Cancer patients. By working through the traumatic past and emotional conflicts, there is the possibility of recovery and healing. The person with the disease suffers in suffering, who needs acceptance, love, resilience and support. The body's illness lies in unresolved emotional conflicts. Therefore, the importance of analysis as a process of treatment and reframing.

**Keywords:** Cancer; Psychoanalysis; Body; Healing

### Background Information

Bringing psychoanalytic and oncological science together is connecting bridges, for an intersubjective, scientific debate, on the need and importance that cancer represents for its interpretation and analysis as a whole. Psychoanalysis with Sigmund Freud expanded to analyze the human mind, the Unconscious and its expression in the body. Cancer appears when the organism enters a state of conflict, loss of homeostatic balance and recovery capacity. Therefore, the importance of psychoanalytic treatment is added, so that the patient can deal with their traumatic past, give new meaning to their emotional conflicts, and consciously develop their health and well-being. We know the scope of the disease, therefore, the seriousness of studying and researching in the face of a hypermodern, technological society, as well as the aggravating advancement of this pathology.

### Cancer from the perspective of Psychoanalysis: The Suffering Subject

Cancer, over the years, has been understood and analyzed in several fields, only in medicine, as well as in other sciences, including Psychoanalysis. The demand of this disease, and its effects on the body, is the interpretative path of psychoanalytic science. In order to seek the causes and origins, it is necessary to find acceptable answers, thus enabling the patient to strengthen and restore their consciousness and the health of their body.

After all, what is cancer? We can have many hypotheses, or even erroneous diagnoses, however, the true reasons for the growth of the tumor which change healthy cells into abnormal ones. As there is confusion and disorder in the body, which is unable to filter so many emotional toxins, it ends up weakening and giving in to this Death Drive. According to Moritz (2020), "cancer is an indication that the organism is dangerously out of balance and may die from whatever cause has unbalanced it" (p.31) [1]. However, this imbalance and chaos prefigures that the person will suffer in suffering, pain and anguish.

The person who suffers from this disease enters a process of discouragement, despair and depression. He loses the meaning of life, motivation, which contributes to it being consumed, without having the conditions and strength, he will give himself up. Therefore, the need for analysis, which allows you to strengthen, reframe and elaborate the traumatic past. The moment we work and establish awareness, the will to live, the organism strengthens itself, balances itself, in order to cure the evolution of the cancerous tumor. Therefore, doctor Simonton (1987) reinforces, "that active and positive participation can influence the disease, the outcome of the treatment and the person's quality of life" (p.23) [2].

The positive beliefs of cancer patients are extremely important in the treatment and healing process. Many perceive the disease as the end of life, others, however, the opportunity to start over, with

purposes, determination and projects. We believe that this is the way in which you can understand and face it, on a totally different level. For Simonton (1987) [2].

The only active ingredient of the treatment seems to be the power of conviction, the positive experiences, that the patient has to perceive a useful treatment. There they believe that the placebo is useful, because it created positive expectations regarding the results, the treatment actually works, helps (p.32).

By treating emotional conflicts and resistance, the patient opens space in both the mind and body for healing. Cancer only manifests itself in an organism in disorder, disharmony, in collapse. Healing is a conscious path, changing patterns, taking responsibility for your health, believing in the treatment, giving new meaning to beliefs and traumas, strengthening yourself in love, the desire for life, creating positive convictions, there really is a chance, that it can alter the evolution of the disease.

The moment the patient allows it, the mind and body balance themselves, in a single energetic frequency, in order to strengthen and restore the organism. Positive expectations, taking action and awareness, broaden the vision of what we can conceptualize as healing. The traumatic past, magicians, negative resentments, anger, hatred, are toxins that make the body sick. According to Simonton (1987) [2].

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By letting go of resentment, the body is freed from tension and the person feels fulfilled as feelings about old incidents begin to change, gaining a new sense of freedom and control through the discovery that old feelings no longer hold them back. torment [...]. This new attitude will increase the body's ability to eliminate cancer and will surprisingly improve your quality of life (p.161).

To release hurts, fears, suffering, blockages, negative emotions, it is necessary to perform catharsis, that is, talk, listen to yourself, break the barrier of fear. Analysis in the transference process allows the patient to work through emotional wounds, in order to transcend healing.

### The body's psychosomatic processes in the creation of illness

Because it is understood as a terrible, feared and shocking disease, cancer needs to be demystified, that is, it can be covered as a disease that can be recovered and cured. However, it still causes dread, panic and fear. Reflecting as a psychosomatic process, we enter the field of the unconscious and emotions. The body has always been in the settings of Psychoanalysis. The place where what is not spoken, said, elaborated or resignified is expressed. For Jaques Lacan, it is the place of an inscription, which the analyst is responsible for helping the patient to interpret. Therefore, cancer as a psychic, organic and emotional disease, expressed in the body, to present an event, fact, language or conflict.

The body manifests what is not well, unbalanced, chaos, conflicts, fears, repression, traumas, suffering. The field of psychosomatics, that is, the sum of residues of the psyche, which are then released into the organism in the form of symptoms. For McDougall (1996), "the bodily memory of an old psychic trauma, the consequence can be a psychosomatic explosion, as if such circumstances only existed for one body for two" (p.11) [3]. The body as consciousness holds all memories, which are transformed into symbolic representations. These representations, in the psychic body,

can explode into a disease, in this case a tumor.

Thinking about cancer as emotional conflicts makes it possible to delve into psychological suffering, psychosomatization, of residues that have not been elaborated or given new meanings. Always a negative emotion, it will change something in the organism. As a warning, it distorts the organism to wear, loss of energy, and recovery capacity. Emotional imbalance affects both the body and mind. We can say, an explosion of self-destructive energies, which lead to illness and weakening of the potential homeostatic regeneration capacity. Simonton (1987), reinforces.

There is concrete evidence that the progression of the disease in general is affected by emotional problems. Therefore, we as doctors must begin to emphasize treating the patient as a whole, as much as the disease itself. We can learn how to influence the body's general systems and through them modify the neoplasm that resides in the body (1987, p.35) [2].

In fact, when the body is suffering threats, in disarray, which has lost its capacity for recovery and healing, it is the fertile field for the emergence of tumors. This is what Moritz (2020) reinforces: "cancer occurs when cellular imbalance is threatened and the cell has to use radical measures to defend or protect itself" (p.52) [1]. When invaded by so many conflicts and suffering, the cells become confused, lose energy and control, and begin to divide in a disorderly way.

The body somatizes so many toxins that it is unable to recycle and ends up being stored in the cells; for Chopra, (2016), "the cells" [4].

Psychoanalysis as a science that investigates the laws of the functioning of the Unconscious, seeks to understand the origin that triggers this drama, which medicine has not yet found a definitive cure for. As an analytical method of appreciation and symbolic interpretation of Unconscious motivations, which cause changes in the systems of the human organism, or in a specific organ, thus creating a semantic energy that produces this psychic, mental and bodily disorder. Thus, the analytical setting provides this therapeutic approach, which offers space for the patient to elaborate, understand, understand and interpret the causes that made this disharmony possible.

Ultimately, analysis is a healing process, it rescues the desire

for life, willpower, self-esteem, motivation, determination, that is, leaving the State of Unconsciousness, to the State of Consciousness, health, recovery, evolution, self-love, without, however, being linked to this necrophilic desire. The cancer patient feels disillusioned, unmotivated, connects with the Shadow, which can enter a process of death.

By resolving this pain, suffering, anguish, repressed and repressed, we find reasons and reasons to continue desiring life, in its full potential. When this unhealthy pattern changes, we are able to help the patient give new meaning to this (new) style of love and overcoming existence. Thus, the body is able to break down the disease's prolongation through its cells. When working through traumas, looking at the past with awareness, giving new meaning to suffering, organizing and interpreting repressed emotions, therefore, expanding awareness, and being able to determine life in a different way, constitutes the possibility of healing.

### Conclusion

The article's starting point was to bridge the gap between Psychoanalysis and Cancer, enabling a psychoanalytic interpretation of the disease. The objective was, then, given the incidence of so many cases; It will be possible that through analytical listening, enable the expansion of consciousness, to understand and interpret the origin, which can structure the Trauma or even the destructive emotion. This psychic energy can act unconsciously and trigger metastases, leading, then, to the tumor. Therefore, we start from the need to elaborate, reframe, interpret, so that you can move away from this necrophilic energy, towards balance, recovery and healing.

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