

Review of: "Covid-19 and Transitional Time Objects"

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Potential competing interests: No potential competing interests to declare.

The research article, based on its abstract, delves into the effects of the shift from face-to-face psychoanalytic sessions to remote sessions due to the coronavirus pandemic. Here are some key points and an analysis:

Context and Background: The coronavirus pandemic has necessitated a change in many aspects of life, including psychoanalytic sessions. This shift is particularly significant for those who are accustomed to in-person sessions.

Winnicott's Transitional Object and Phenomenon: The article appears to be influenced by D.W. Winnicott's theory of transitional objects and phenomena, which are items or experiences that help an individual transition from a state of complete dependency to a state of relative independence. Winnicott believed these transitional objects (like a child's teddy bear or blanket) play a vital role in development by offering comfort during times of change or stress.

Transitional Time Object and Phenomenon: The abstract references Pajoohandeh's concepts of "transitional time object" and "transitional time phenomenon." While it doesn't provide an in-depth explanation, it suggests that these concepts relate to the perception and experience of time during analysis sessions.

The Unconscious Effect of Physical Distance: One of the central themes of the article is the exploration of how the enforced physical separation due to the pandemic influences the unconscious perceptions of time during analysis. Physical presence can have a grounding effect, potentially influencing perceptions of time's passage. The shift to remote sessions might alter this perception, either making time feel more elongated or compressed, depending on the individual.

Clinical Examples: The abstract mentions that the research provides clinical examples, which suggests that the article uses real-world cases to illustrate and support its findings.

Variability in Perception: The conclusion seems to indicate that there is no singular way in which analysands (patients in analysis) perceive the passage of time in remote sessions. This variability might be influenced by multiple factors, including personal experiences, the nature of their issues, and their level of comfort with remote communication.

Analysis: The research addresses a timely and relevant topic, given the global shift to remote interactions. It combines psychoanalytic theory with the contemporary challenge of the pandemic. The inclusion of clinical examples likely provides depth and practical insight. However, the abstract doesn't specify the methodology or the size and diversity of the sample, which would be crucial for assessing the generalizability of the findings. The exploration of time perception in therapeutic settings, especially in the unique context of a pandemic, offers a fresh perspective on the broader implications of remote interactions.

Rating: 4 out of 5

Reasoning:

Relevance and Timeliness (5/5): The topic is highly relevant given the global shift to remote interactions due to the coronavirus pandemic. The paper addresses a significant change in the psychoanalytic field, which can have implications for the broader realm of telehealth and remote therapy.

Theoretical Foundation (4/5): The article employs established psychoanalytic concepts, such as Winnicott's transitional object and phenomenon, and introduces newer concepts like the "transitional time object and phenomenon." This shows a good blend of classical and contemporary theoretical insights.

Clinical Examples (4/5): The inclusion of clinical examples suggests that the research isn't purely theoretical; it has practical implications and is grounded in real-world observations. However, without details on the depth or diversity of these examples, it's hard to fully evaluate this aspect.

Clarity (3.5/5): The abstract is clear about its main themes and objectives but lacks details about the research's methodology, sample size, and specific findings. This makes it a bit challenging to gauge the robustness of the research.

Originality (4/5): Exploring the unconscious effects of physical distance due to the pandemic on the perception of time in therapeutic settings seems like a unique angle. While the shift to remote sessions has been discussed in various fields, the focus on time perception is distinctive.