

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

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Potential competing interests: No potential competing interests to declare.

The article in question is certainly a contribution to the field of teletherapy. According to the abstract, “the authors intend to explore the unconscious effect of coronavirus, by creating a physical distance between the analyst and analysand, on the sense of the passage of time in the analysis session.”

The authors largely rely on one of the co-authors’ (*Ali Panjoohandeh*) works, in which the concepts of transitional time object and phenomenon are posited. Thus, the article seems to be another attempt to further clarify these very concepts and create a sort of theoretical basis for them (the passage of time in particular).

There are certain observations in the article that look interesting, especially to a reader who is not a certified expert in the field of psychoanalysis (the present reviewer is one such reader). Such is the one dealing with the “significant semantic load” that the Persian-speaking analysts and analysand share. The authors make this remark in passing. However, it is there, in the linguistic thinking of the session participants, that a number of the in-depth perspectives on the passage of time may be revealed.

On the whole, though, the article may produce the impression of a text that somewhat lacks certain research depth and focus. Firstly, the part dealing with literature review seems to be mostly rotating around the writings of one of the co-authors, which might provide a less comprehensive view on the problem described.

Referring to the perspective on time in theoretical physics might be a strong multi-discipline move; at the same time, it might also be viewed as less relevant to the topic under discussion.

Speaking about focus, one may notice that the COVID-19 pandemic features not as prominently as it should in the text. It is only at the very end of the article that we learn that “another reason that can be mentioned as a factor influencing the libidinal cathexis of the analysand's ego on the analyst is the cause of this distance, which is the coronavirus pandemic. In addition to creating a gap between the analysand and the analyst, this factor is itself reminiscent of death and destruction, which alone can be a cause of anxiety for individuals”. Again, in therapy sessions this very dimension can be given much more prominence.

In sum, it can be recommended to reconsider the literature review part, thus creating a more formidable grounding for the research. Also, the more somber aspects of the pandemic (powerful factors influencing therapy outcomes in themselves) may be thoroughly included in the discussion.

