

# Reading the Process Notes of Freud and his Psychoanalysis

– Overlap between Freud’s self-analysis and the “Rat Man” case –

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The purpose of this research is to approach Freud and the essence of psychoanalysis by reading his process notes. For that reason, this paper examines the comparison and combination between Freud’s self-analysis and the “Rat Man” case, based on his process notes.

In Chapter 1, I outlined Freud’s writing about the manner of case records and today’s view concerning the function of process notes. First, I summarized Freud’s psychoanalysis technique and gave a detailed account of Freud’s opinion concerning case records. Freud guaranteed a patient’s free association through the fact that he didn’t make recordings during sessions. However, he didn’t argue meanings, and records were made after the session by memory. Today, such case records are called “process notes” and are considered to have the analytic function of notice transference and counter-transference, and they restructure the session and develop the analytic process. In addition, self-analysis is also added. However, process notes and self-analysis are based on receiving training analysis.

Against this backdrop, in Chapter 2, I inspect the “Rat Man” case and argue that Freud’s process notes were functionally disordered because of lack of experience in training analysis. When Freud analyzed the “Rat Man,” Freud’s defense mechanisms worked in order to avoid his unconscious conflicts, such as in self-analysis through correspondence with Fliess. Freud demonstrated that a therapist cannot be an analyst without receiving training analysis. Psychoanalysis was invented by Freud, but it exceeded him without him noticing it.