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“Talk Therapy”- also known as the “Talking Cure.”

The process of psychotherapy &/or psychoanalysis is about searching for one’s personal truth in relation to important others in one’s life. This journey toward deeper self-understanding & enhanced clarity about the conscious & unconscious functions of the mind is best accomplished with the aid of a trained professional.

The discovery of “truth” about oneself is important. Just as the body requires nourishment for growth, a realistic appraisal of oneself will feed the healthy development of thought. Many people feel anxious or experience ambivalence about ‘mental growth.’ Fearing change can disrupt the status quo & plunge one into uncertainty.

When a new or creative thought occurs, the mind must accommodate the shift that growth requires. Sometimes people worry about unsettling responses, fearing feelings of disequilibrium as perspectives change & situations or people look differently. It’s like discovering something new in a familiar painting & then feeling excited about seeing things in fresh ways. This change can occur when you’re able to divest in previously held views.

“Personal Truth” can be understood as the emotional meaning one has realized to make sense of one’s life experiences. These reflections can be thought about &/or viscerally felt in the body. Internal conflicts can arise when traces of thoughts & feelings remain unconscious. For complex reasons (that we hope to eventually comprehend) one does not access this information with their conscious mind.

How does that process evolve? Generally, the motivation behind avoiding conflictual feelings is “fear” that memories of unpleasant experiences will cause additional pain & suffering. That is another reason why it is best to work with an analyst for emotional support & guidance. Gradually increasing awareness of these issues in a moderated way helps to avoid becoming overwhelmed. A seasoned therapist can help work through some of the complex defenses that evolve when one believes that not thinking about hurtful experiences would keep one safe.