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## The Shock of Loss and Damage Control in Old Age: A Contemporary Psychoanalytic Perspective

*The Shock Of Loss And Damage Control In Old Age: A Contemporary Psychoanalytic Perspective*

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### Summary

Contemporary aging presents challenges to the psyche in the face of multiple losses. This work analyzes the elaboration of grief, the shock of losses, and damage control in the subjectivity of old age. The aim is to discuss the effects of these losses on identity and in psychoanalytic practice. The methodology consists of a comprehensive literature review, based on authors such as Freud, Klein, and Winnicott. The results indicate risks of regression to archaic defenses in the face of suffering. It concludes that grief allows for integration and the resumption of libidinal investments.

**Keywords:** aging; grief; identity; psychoanalysis.

### Abstract

Contemporary aging presents challenges to the psyche in the face of multiple losses. This work analyzes the elaboration of grief, the shock of losses, and damage control in the subjectivity of old age. The aim is to discuss the effects of these losses on identity and in psychoanalytic practice. The methodology consists of a comprehensive literature review, based on authors such as Freud, Klein, and Winnicott. The results indicate risks of regression to archaic defenses in the face of suffering. It concludes that grief allows for integration and the resumption of libidinal investments.

**Keywords:** aging; mourning; identity; psychoanalysis.

### 1. Introduction

This article examines coping mechanisms for psychological suffering arising from the multiple demands of processing losses and grief that the psyche of the elderly individual faces summoned in contemporary times. Inserted into the inevitable process of aging and traversed due to narcissistic vulnerabilities and a weakened sense of self-continuity, the subject finds himself confronted with... in a recurring way, with the need to symbolize and process grief of a social and symbolic nature. Among these, the most notable are losses of vitality, physical and financial autonomy, and capacity. productive, from the social positions previously occupied and from significant connections, including people dear ones. When such experiences of loss do not find suitable psychological and environmental conditions sufficient to be processed, the individual may slip into forms of emotional dependency. excessive or, in more serious situations, leading to states of libidinal withdrawal and abandonment of one's own desires. life, both marked by impasses in symbolization and psychic elaboration.

The study proposes a theoretical investigation whose objective is to discuss the effects of these losses on identity formation and the processes of subjectivation in old age, seeking to broaden the understanding of the dynamics of psychic reorganization specific to this stage of life. The aim is, Furthermore, it is important to reflect on the relevance of clinical intervention and listening, in light of psychoanalysis. contemporary, considering the importance of a setting that fosters the processing of grief and the resumption of possible libidinal investments.



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The work also aims to contribute to broadening the debate about the forms contemporary ways of experiencing aging and its repercussions on emotional experiences. of what is called the third age, highlighting the potentially disruptive effects when such These experiences occur in contexts marked by precarious employment relationships, social invisibility, and... Weakening of psychological support networks.

Although briefly, the topic was addressed by Luis Cláudio Figueiredo throughout from the classes of the module *Contemporary Psychoanalysis and the study of the unconscious*, when, in discussing Regarding the mental illnesses that affect individuals today, he stated: "We experience losses." So, we need to be able to do the work of grieving in order to be able to resume life, to resume. Our investments, our hopes, our bets on life, on people. But when that doesn't... "What can be done is melancholy" (Figueiredo, 2023). In the same conference, the speaker highlighted the complexity and plasticity of psychic functioning, highlighting that the mind performs operations that go beyond traditional conscious and unconscious processes. When referring to this functioning, he stated that "a healthy mind is always expanding its capacity to to work, to dream, to make jokes, to create, to grieve for things lost, be they people, be they relationships, be they ideas" (Figueiredo, 2023).

By delving deeper into these issues within the psychoanalytic field – as described by Fernanda Canavez (2023), In his lecture *"Violence, Act and Absence of Word,"* he spoke as part of a broad front and with "many approaches." [...] many perspectives, which are plural, which are different" –, the present study seeks to offer subsidies for clinical practice and the promotion of mental health in the elderly, as well as in a scenario of increasing population aging (IBGE, 2022), contribute to building a perspective A more sensitive and contextualized clinical approach to this phase of life.

The analysis undertaken here is based on the framework of contemporary psychoanalysis, of psychology and human development, opening a dialogue with contemporary authors who They address aging, the processes of loss, and the reconstruction of identity in old age. Of particular note are the contributions of Sigmund Freud on mourning and identification, and of Melanie Martinez Klein regarding the mechanisms of structuring psychic life and Donald Winnicott regarding... The influence of the environment. Similarly, Roosevelt Cassorla contributes to this discussion regarding grief in... Adolescence, Luis Cláudio Figueiredo and Nelson Ernesto Coelho Junior on the structuring of the self. and the symbolization and psychic elaboration of losses. Reflections on are also incorporated. Figueiredo (2023), who highlights the importance of bereavement work for the resumption of investments. libidinal and life, and by Ana Suy (2023), which reinforces the plurality of theoretical perspectives in the field. psychoanalytic.

To support the discussion, a comprehensive literature review was conducted, covering scientific articles, books and conferences that address the impact of losses (body, social roles,



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(bonds) in the identity of the elderly; processes of symbolization and re-signification of experiences of loss; the role of the gaze of the other (social, familial, clinical) in subjectivation in old age; the repercussions Emotional aspects of aging in contexts of precarious employment relationships and weakened social networks. of psychic support.

## 2. Theoretical Framework

From a contemporary psychoanalytic perspective, aging is configured as a dynamic process of intense psychic work in the face of finitude. As Mucida (2014) observes, Although certain core desires remain relatively stable throughout life, the body Aging and the displacement of the subject in their social place impose demands for symbolization. particularly rigorous. The elderly person is called upon to process successive losses and to give new meaning to their life. position in the world, facing the tension between the permanence of desire and the growing fragility of ego.

In this context, the matrices of mental illness in aging are interconnected. above all, regarding the threats of passivity and death of the psyche, as Figueiredo points out. and Coelho Junior (2018). Exposed, the elderly person finds themselves overwhelmed by multiple griefs – real ones, such as death. of peers, and symbolic ones, such as the loss of productivity, recognition, and social prestige – that They intensify primitive anxieties and mobilize various defenses. In his classic text, Freud (1917) It highlights that grief requires arduous work of libidinal disinvestment from the lost object, allowing so that the individual can later reinvest in life. When this process fails, it opens the door. space for melancholy, in which the emptiness does not occur in the external world, but within the self. producing libidinal withdrawal and, in extreme situations, a kind of giving up on life.

Klein (1940) expands on this understanding by emphasizing that working through grief involves restoring Internally, finding good objects and reorganizing the inner world after loss. Symbolization, deepened. In her later writings, Klein (1991) becomes a fundamental axis for the subject to be able to transforming pain into a workable psychic experience. Winnicott (1990), in turn, highlights the role The decisive role of the environment – both internal and external – in sustaining the self and in enabling the subject to... To carry out this grieving process without collapsing. When the environment fails or when the losses... as these experiences accumulate abruptly, the ego may find itself threatened by feelings of helplessness and disintegration, mobilizing defenses to contain an excess of excitement that, according to Figueiredo and Coelho Junior (2018), it can lead to a feeling of annihilation and absolute passivation.

It can be observed, therefore, that while throughout other stages of life grief emerges from Occasional losses, in old age, are mainly characterized by the intensity and frequency of losses. cumulative – symbolic and social – burdens on the elderly person, due to the recognition of the ephemeral nature of their life. existence, due to the difficult relationship with the degradation of their body and the need for their



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Identity reorganization in the face of reduced autonomy and social roles.

In this scenario, psychoanalytic practice plays a fundamental role, offering both a skilled listening, sensitive to the unique needs of the elderly individual, attending to the care that age requires. advanced requirements – given that, as Suy (2023) states in his conference *Psychopathology and In contemporary times*, "the way we approach feelings makes a difference in the very interpretation of..." What is suffering? The way one understands what life is makes a difference in how one interprets it. of what human existence is" – as well as a receptive symbolic space for him to express, to process and give new meaning to their losses, reconstructing the sense of continuity of the self, this "dwelling place". "safe for the subject," as defined by Figueiredo (2022). Psychoanalysis, by welcoming suffering without Reducing it creates conditions for the elderly person to transform the silence of senile depression into spoken words. to the other, recovering their capacity to symbolize and to recognize themselves as a desiring subject.

Maintaining or regaining mental health in old age, as Figueiredo emphasizes. (2022), depends on the mind's ability to expand – to keep working, dreaming and creating even in the face of loss. Contemporary clinical practice (2026) thus proposes a setting that to function as a support for symbolization, combating the social invisibility that weakens the The elderly person's relationships. In short, psychoanalytic intervention in these cases seeks to preserve the... The subject's uniqueness allows them to find new ways of existing, investing, and narrating. their own story, despite the limitations imposed by the inexorable advance of age and by proximity to finitude.

### 3. Methodology

This investigation adopts a qualitative approach of a theoretical-reflective nature. based on the narrative literature review method. The study design is structured as follows starting from the articulation between classical metapsychology and the contributions of contemporary psychoanalysis, aiming to support the discussion on the matrices of illness and healing strategies in aging.

Regarding the materials and their analysis, the bibliographic survey was carried out by means of systematic search in scientific databases, prioritizing publications between 2005 and 2025, to ensure dialogue with the state of the art on the subject. The body of analysis was selected based on the following criteria:

Seminal works by Freud on the work of mourning and melancholia, by Melanie Klein addressing... depression, and Winnicott emphasizing the power of the environment.

Contemporary texts by Luís Claudio Figueiredo and Nelson Ernesto Coelho Junior (2018) focusing on the dynamics of passivity and models of subjectivation; recent talks and conferences by leading figures in psychoanalysis such as Roosevelt Cassorla, Figueiredo, Ana Suy, and others of equal stature.



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importance, with the consolidated literature, delivered throughout the Psychoanalysis and Analysis of the course Contemporary to the PUCRS roster, in the year 2025.

Other texts that address the clinical aspects of aging and symbolization processes in old age include those by Ângela Mucida, focusing on the Freudian approach; and Silvana Maria.

Escorsim offers his perspective on aging in Brazil, and that of Cecília Galetti, Pedro de Alvarenga, Arthur de Andrade and Hermano Tavares assess the influence of games and substances on subjectivity of the elderly, and others.

The study follows the path of ethical and intellectual rigor, ensuring the correct attribution of authorship and the reliability in transcribing fundamental concepts for the promotion of mental health and dignity in old age.

#### 4. Results and Discussion

The accelerated aging of the Brazilian population can be proven by data. Census data from 2022 indicates that Brazil is home to approximately 32.1 million people aged 60 and over years or more, which corresponds to 15.6% of the total population of its territory (IBGE, 2022). When compared to the 20.5 million individuals identified as elderly in the census... According to the previous official demographic survey, IBGE (2010), we observed a growth of 56.0% in just twelve years. These are figures that unequivocally project a significant increase in these rates for the coming years. And, it's no secret to anyone, this is thanks to technological and scientific advancements of research and development in fields as varied as genetics, neuroscience, the Food engineering and psychotropic drugs, among others.

Despite this growth, however, a portion of this elderly population enjoys a quality of life – defined here as an individual's subjective perception of their position in life, considering the cultural context and value systems (WHOQOL GROUP, 1995 *apud* Fleck, 2000) – which places them at a high level of dependence on public authorities with regard to Priority access to health and leisure, a right guaranteed by the Statute of the Elderly Person (Brazil, 2022). Specifically regarding mental health, there are statistics – based on the National Health Survey. (IBGE, 2019) – which indicate that, on average, 14.5% of the elderly suffer from some type of disorder. mental health issues, primarily anxiety and depression.

To corroborate these data and highlight the demand for clinical psychodiagnosis among the elderly, Irani I. de Lima Agimon, Tatiana Quarti Irigaray, and Murilo Ricardo Zibetti write in their text "*Psychodiagnosis of the Elderly: Main Observed Conditions*," in the book *PSYCHODIAGNOSIS*, Organized by Hutz, Bandeira, Trentini, and Krug: "In this age group, the manifestation of the disorder of Generalized anxiety is characterized by the presence of anxiety, exaggerated worries, and fears.



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social issues and depression” (Agimon; Irigaray; Zibetti, 2016, p. 251). Along these lines, the

The same authors argue that, in a therapeutic context, the reduction of autonomy to intervene in Family issues are often cited as a source of distress and worry.

To the consistency of data and observations presented above, it should be added that a good part of Society, particularly the elderly, is affected by a condition of social and economic vulnerability.

politically induced – defined by Butler (2019) as precarization. At the same level of

In our analysis, we find Silvana Escorsim, for whom “the insufficiency of meeting the conditions

Essential to life, the condition of poverty accentuates physical and psychological suffering” (Escorsim, 2021, p.

434), which highlights other, more common and widespread possibilities of suffering for the subject,

especially those elderly people with relatively good cognitive abilities. Broadening the scope of observations,

Agimon et al. (2016) highlight the following factors that contribute to increased vulnerability:

Mental health of the elderly, “emotional states resulting from grief over the loss of a spouse and friends

and by the increased number of physical illnesses. A general reduction in [the following] can also be observed.

activities due to lack of planning and maladjustment to retirement” (Agimon; Irigaray;

Zibetti, 2016, p. 248).

This series of events, which revolve around and threaten the emotional and affective stability of daily lives of these mature adults, with a greater focus on the considerable proportion affected by

In addition to depressive disorders, let's add what we might call an epidemic of gambling.

offered online, which, although seemingly designed for recreation, can lead to addiction.

In their search for entertainment, older people are finding activities online that not only

They squander their financial assets, as well as contributing to the deterioration of their already fragile assets.

a shaken framework of emotions.

In an article published in the *Journal of Clinical Psychiatry* of São Paulo, Galetti et al. (2008) already

They warned: “The development of depressive symptoms can lead the elderly to a greater

susceptibility to engaging in gambling activities which may eventually evolve into

a pathological playing pattern” (Galetti et al., 2008, p. 40). This warning, brought to the current context

social (2026), in which large digital gaming platforms mass-produce their offerings, takes on dimensions

far more serious, as revealed by the results of the PNAD Contínua TIC (IBGE, 2024), published by

Agência Brasil: “Among people over 60 years old, the proportion of those who used the internet in

In 2023, the figure was 66% (22.5 million) [...] In 2016, less than one in four (24.7%) elderly people

“accessed the network.” The research also shows that, among seniors who have internet access, 86.5%

They reported accessing it every day, given that it greatly expands the possibility of addition and of

Losses: financial, social, and health-related.

These multiple and serious events – which follow one another continuously and often

commonplace in everyday life – according to Figueiredo (2022), they increase the degree of suffering and



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mental illness of the individual, in many cases disrupting their ability to work, in others destroying it completely; going further, he warns, "There are adverse situations in life, which can create a true extinction; the subject's mind is devastated, the capacity to is extinguished. to carry out work" (Figueiredo, 2022).

For these elderly individuals, the search for treatment within the field of psychoanalysis for illnesses resulting from the effects of these losses on their identity formation and their processes of Subjectivation – which could become a crusade for the holy grail of reorganization and well-being. psychological – will require the construction of an elaborate therapeutic path that, in a way, will lead to an individual entering the boundaries of the Freudian realm.

Building a road, broadly speaking, consists of establishing a path whose purpose is to create... a road link between two or more points – which requires, *avant tout*, a prior survey of The terrain needs to be modified, perhaps adapted. This stage aims to highlight the obstacles that must be overcome in the process of operationalizing the undertaking. Similarly, Freud (1923/1996), when conceiving Mental functioning as a structure composed of Id, Ego, and Superego, articulated with the At the conscious, preconscious, and unconscious levels, he proposed a gradual and systematic path to his Exploration. Just as an engineer needs to map and remove barriers to allow free movement. Regarding road traffic, the analyst must investigate and confront resistance and defenses that hinder access. to the unconscious, as Freud emphasizes (1914/1996).

It is important to highlight that analytical progress, as well as the development of a work... Road construction does not proceed linearly; there are various advances and retreats until the settlement of a new floor covering, which ultimately amounts to the reconstruction of internal narratives and to the strengthening of the ego, a process described by (Freud, 1923/1996) as fundamental to health. psychic.

A leap in time to the present day (2026) will make us realize that, although the journey Although the therapeutic process still occurs in a manner similar to that described by Freud, the configuration of the treatment Psychoanalysis has become more complex. Regarding this, professor Nelson Coelho Jr (2022) highlights the The emergence of new approaches and concepts over decades of discussions and disputes between... psychoanalysis and other sciences; he points this out in his lecture *Figurability, representation and contemporary times*: "The development of psychoanalysis, starting with Freud, did not happen in a way..." very consensual, easy and simple; the debates are significant, they still exist today both inside and outside of institutions" (Coelho Jr., 2022). In turn, further emphasizing the enormous range of concepts parallel psychoanalytic approaches, but as if to define a vanishing point for them, Suy (2023) proclaims: "No There is 'psychoanalysis' as a distinct entity, a mass; we, too, within the field of In psychoanalysis, you will find many differences in theoretical perspectives" (Suy, 2023). Regarding these new approaches, it should be noted that, for Figueiredo and Coelho Jr (2018), the term 'health



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'Psychic' extends to 'health processes' whose construction and maintenance entails a process.

continuous and relational with the other, with the cultural, with the world, going beyond the biological, with the inclusion of the social and the symbolic.

With regard to the elderly in particular, we are far from and ahead of what is recommended by... Freud (1904), who, in his time, did not conceive of the use of psychoanalytic treatment in patients whose The age was close to or greater than 50 years, because they were considered to be lacking in elasticity. Mental processes, when overloaded with material for analysis, are reasons that, in his view... They would extend the treatment *ad infinitum*. (Freud, 1904/1996)

Indeed, aside from the concept that "aging reflects how one has lived" from childhood to adulthood" (Escorsim, 2021, p. 434), when it comes to emotional overload, it is not He reaches old age with impunity; however, careful observations lead authors like Antonio Carlos Scherer Marques da Rosa and Maria Cristina Garcia Vasconcellos assess that "If we consider the Psychological development is a continuous process, according to which the individual has to... By constantly adapting to internal and external demands, we will have a greater possibility of to understand psychic functioning in old age" (Marques da Rosa; Vasconcellos, 2015, p. 781). Following this observation, we can consider, according to Freud (1917/1996), the following as demands Internal matters relevant to this article include the work of mourning – understood as the process of working through the grief of the deceased. loss, acceptance of reality, and redistribution of libido to new objects – and as external, the aging, loss of status, and the death of loved ones, among other things.

For the individual who aspires to reach old age, however, the journey is long and fraught with challenges. anxieties and losses, which broadens the possibilities for him to experience grief.

Starting from the beginning, therefore, Cassorla (2021), in his text *Theories and motivations of acts suicidal individuals* seek in Melanie Klein's teachings a foundation for understanding the emergence of anxieties. of annihilation in the schizoid-paranoid position, and, discussing the developmental phases of baby and the change in these mechanisms, he concludes: "In the depressive position, one becomes aware of Triangularity, with the frustration of realizing that the object has a life of its own and relates to others. objects. The mind becomes absorbed by grieving processes that will only be possible if there is an internalized good object" (Cassorla, 2021, pp. 144-145). Winnicott (1990), in turn, emphasizes that the constitution of a sufficiently integrated self is an indispensable condition for living of grief; however, for this to happen, it is essential that a supportive environment sustains the baby in its first movements of separation. It is plausible, therefore, to affirm that the first contact of the human being with the The possibility of mourning, in its symbolic form, arises even in the early stages of its existence.

Therefore, continuing the psychic trajectory of the subject, and broadening the understanding of Regarding mental development beyond childhood, Klein (1946/1991) proposes that the positions Schizoid-paranoid and depressive states should not be seen merely as evolutionary stages restricted to...



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not just childhood, but rather configurations of the mind that remain and fluctuate throughout life. adulthood, and can be reactivated in situations of loss and frustration. Contemporary authors, such as Figueiredo (2022) apply this perspective to aging, suggesting that such positions emerge especially when the elderly person faces frustrations arising from family triangles, relational conflicts and loss of meaningful connections, often associated with processes of grief.

This perspective is corroborated by the observations of Cassorla (2023), who, at the conference *O Adolescence in contemporary society* highlights that "the loss of the childhood body represents the first major..." "The grieving process faced by the individual during adolescence." A milestone, therefore, from which others... Grief processes unfold, requiring continuous psychic processing from the individual. The way in which He experiences these losses, however, it depends on the uniqueness of his story and the way his objects... were internalized. In relation to this, Marta Rezende Cardoso, in her lecture "*Listening to...*" excesses, giving importance to the complexity of psychic temporality for the understanding of lived experiences highlight that "the infantile is a category that marks psychic life [...] the infantile as a determination in subjective life, and not as a lived time that, evidently, passes" (Cardoso, 2023).

Thus, faced with significant losses in old age and the grieving process, the elderly person may come to... to experience a regression to more primitive modes of psychic functioning, approaching from the schizoid-paranoid position. It should be emphasized that this is not a process of "infantilization," but of a temporary return to archaic forms of defense when the ego is overwhelmed and tends to resorting to defenses such as splitting – which divides the world into entirely good or entirely evil objects – and projection, as a way of managing intense anxieties, especially those linked to the fear of annihilation (Klein, 1946/1991).

However, the same psychic apparatus that can find itself pressured into these archaic modes of Defense also offers pathways for integration and reparation. The depressive position in old age Adulthood is therefore achieved when the subject manages to integrate the object, that is, to perceive that it A person or situation that frustrates also offers satisfaction, thus helping to cope with guilt and grief. How? As I mentioned in the introduction, the ability to "grieve" (Figueiredo, 2022) is what allows the adult resume your libidinal investments.

In addition, to confirm the approach proposed in this work, it is important to observe the issue of contemporaneity, defined by Agamben (2009, p. 59) as "a singular "Relationship with time itself, adhering to it and, at the same time, distancing oneself from it." This aspect, which I understand as obvious and essential for the elderly person's grieving process, Consider your distance from the present in order to also confront the past.

From this perspective, when discussing the importance of psychic temporality, "a time that



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It repeats itself [...], which has this more special flow where nothing disappears, but everything is given new meaning," Marta Cardoso (2023) highlights the need to give new meaning to these lived experiences – desires and traumas. stored in the unconscious, which do not age or lose strength with the passing of years – which, For her, it's possible not only to give a new purpose to what has been experienced in a story. previous, but also stemming from a renewal of stimuli, encounters, and thoughts.

Finally, considering the horizon of treatment, Luis Cláudio Figueiredo points out in his work, *The analyst's mind*, which, despite the different forms of mental illness, is something that does not The key change in the psychoanalytic approach is "the work of attracting libidinal and aggressive investments, and of elaboration, release and potentiation of psychic work in the direction of the processes of representation and symbolization, which requires a suitable environment – some kind of framework" (Figueiredo, 2025, p. 77). Regarding the installation and maintenance of the analytical condition, according to the author, these They demand the acceptance of our hybrid nature, between the childlike and the adult, the conscious and the unconscious. It is this paradoxical combination that allows the subject to potentiate what the author calls the "dream work, mourning work, humor and creative work, dying work" (Figueiredo, 2025, p. 123).

Thus, returning to what has been discussed throughout this brief study, when confronting the process With aging, the clinical challenge is to help the elderly person overcome withdrawal – which is the paranoid defense mechanism. against pain – for the repair or integration of depression; it is also about recovering the disposition to to symbolize, to relate, and to give new meaning. This psychic reorganization at this stage of life is not It's not an automatic process, but an active construction that involves the work of grieving and reinvesting. libidinal, allowing the "healthy mind to continue expanding" (Lecture 02, PUCRS); in other In other words, restore the ability to broaden the subject's field of possibilities.

## 5. Final Considerations

Aging – described as a process marked by multiple and significant losses. – imposes on the contemporary subject (2026) a constant reconfiguration of their identity. These losses, of bodily vitality, of opportunities and social connections, among others, not only They alter external reality, but they traverse the psychic field, causing shifts in... Subjective narrative and the way the subject recognizes and positions themselves in the world. Thus, old age It presents itself as a unique moment of re-signification, where the subject is called upon to revisit their identifications and to develop new forms of subjectivation in the face of the reality of their losses.

Just to compare the evolution of this moment over almost twenty-one centuries, I dare to highlight the classic work of Marcus Tullius Cicero on old age (44 BC), in which it is Presented as a phase of complete serenity, devoid of passionate conflicts. Quite different,



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therefore, from the current context – seen through the lens of psychoanalysis and contemporary subjectivity –, in which the elderly individual experiences aging under new and varied tensions.

These are tensions that – as we sought to describe in this research – do not exempt the elderly from pain, because Freud's teachings (1917/1996) show us that aging imposes a persistent The work of mourning in the face of the loss of objects and ideals requires the ego to withdraw libido from the object. lost to give it a new purpose. Without this elaboration process, Klein (1990) argues that Such losses, if significant, can trigger primal anxieties linked to separation and dependence. which favors the emergence of melancholic or depressive states.

Indicating the direction for elaboration, Figueiredo and Coelho Junior (2018) point out that the Processes of illness or health depend on the individual's strategies for coping with disruptions. from the clinical and existential field, emphasizing the need to integrate losses so that the Subjectivity should not be paralyzed by emptiness. In other words, it is about processing these losses of in order to transform pain into an experience of integration, avoiding melancholy. Figueiredo (2022) However, it warns of situations in which mental illnesses occur and lead to interruptions. serious impairments in the individual's ability to work, stemming not only from anxieties and attempts to defenses, but also the paralysis that results from them. For him, such cases require a A psychoanalytic strategy of revitalization, which – far from being a simple 'boost of encouragement', or, in In his words, "an animation prosthesis"—it's about offering the subject a new opportunity in life; says the professor: “the work of analysis will have to be, among other things, [...] that of vitalizing, [...] to recreate, let's say, a sufficiently favorable, inviting, supportive environment and continence” (Figueiredo, 2022).

It is thus emphasized once again that clinical listening, in the light of psychoanalysis, becomes essential in this process; and this is not something new. Freud (1917/1996), when discussing mourning and the Melancholy highlights that processing losses is a prerequisite for new investments to become viable. possible. Figueiredo and Coelho Jr. (2018) reinforce that contemporary clinical practice should offer a An ethical and aesthetic space, capable of welcoming suffering and transforming it into an opportunity for creation. promoting awareness of ingrained defense mechanisms and habits.

Therefore, psychic reorganization – essential for a healthy processing of losses in Old age – involves accepting losses without succumbing to disorganization, redefining roles and identity, and Reinventing libidinal investments.

It is important to emphasize that the content developed in this analysis is not self-sufficient. Given that the advancement of research and human curiosity are intrinsically linked, this is just one example. one of the many paths to follow when it comes to identifying and pointing out causes and solutions Regarding the issue of shock from losses and damage control in old age, there is also... There is much to learn about its dynamics of psychic reorganization, and even more to discuss.



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about the effects of losses on their identity formation and on their processes of subjectivation.

In the future, as the civilizing process advances, and depending on the effects that the "The discomfort of the moment" causes to the subjectivity of the aging individual – further tightening the bonds of repression of his instincts, exacerbating the conflicts between him and the society that should welcome him. increasing their suffering – may this article contribute both to broadening the debate on Contemporary ways of experiencing loss and its emotional repercussions in old age. as well as reducing the expectation of uncertainty that hangs on the horizon of aging. I conclude by quoting Nietzsche's provocation (2009, p. 110): "It is likely that we too will still have our virtues, although naturally they will not be those naive, complete virtues by which we have in "High esteem, but also a bit distant, towards our grandparents."

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