

# **Quand les psys brisent le silence. L'empathie entre thérapeute et patient, l'implication personnelle et les encouragements rendent aujourd'hui le « psy » plus humain et plus proche.**

*Par Christophe André, Cerveau&Psycho - n° 45 mai - juin 2011  
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Bienvenue à une première session de thérapie de groupe dans le Service hospitalo-universitaire de l'Hôpital Sainte-Anne, à Paris. Les patients aujourd'hui réunis souffrent tous de phobie sociale, cette forme de timidité malade et grave, qui les conduit à fuir toute occasion d'échange avec les autres, et à ne jamais prendre le risque de se mettre en avant ou de parler de soi. Avant que les patients ne commencent à se présenter, le psychiatre animateur demande à ses stagiaires psychologues de le faire en premier. Une des stagiaires se lève, et explique qui elle est et pourquoi elle est là. Le rouge lui monte aux joues, devant la quinzaine de personnes qui l'observent et l'écoutent, mais elle continue... Quelques mois plus tard, une fois la thérapie terminée, les patients raconteront à quel point ils ont été réconfortés de découvrir que des thérapeutes aussi pouvaient rougir et être émus ; sans pour autant se dévaloriser ou s'interdire de parler ensuite, puisque la jeune psychologue a activement participé aux échanges et exercices tout le long de la thérapie.

En révélant son émotion, mais en l'assumant ensuite, la jeune fille a soulagé et motivé les patients : il devenait possible pour eux d'être émotifs, de le laisser voir, sans perdre pour autant le droit à la parole ou l'estime des autres. Et il ne s'agit pas d'un cas isolé : de nombreuses recherches ont été conduites sur ce thème méconnu de la révélation de soi (une notion nommée *self-disclosure* en anglais) dans le cadre de la psychothérapie, qui illustrent les évolutions profondes que ce champ connaît.

Pendant longtemps, le modèle imposé par la psychanalyse a été dominant, tant chez les professionnels de la psychothérapie que dans l'esprit du grand public : un thérapeute était forcément un être silencieux et énigmatique, qui ne parlait jamais de lui, mais posait des questions ou observait le silence.

## **En Bref**

- Le modèle du psychothérapeute silencieux, écoutant son patient sans rien dire, s'efface devant une relation d'échange.
- Dans certains cas, le psychothérapeute peut choisir de parler de situations analogues à celles du patient, et qu'il a dû traverser.
- Le patient se sent parfois soulagé en pensant qu'il peut s'en sortir puisqu'un autre l'a fait. Il peut aussi s'inspirer de sa démarche pour aller mieux.

## **Parler donne confiance**

Toutefois, l'irruption de nouvelles formes de soin psychologique, comme les thérapies comportementales et cognitives, a profondément remis ce modèle en question : la psychanalyse est adaptée à certaines formes de souffrance et de demandes, et inadaptée à d'autres. Dans les thérapies comportementales et cognitives, l'attitude du thérapeute diffère profondément de celle du psychanalyste : il explique, répond aux questions du patient, propose, encourage. Et parfois donne son avis ou parle de lui. Les thérapies dites « humanistes » reposent sur le même postulat : la relation d'aide est un processus interpersonnel, dans lequel la bonne alliance entre thérapeute et patient n'exclut pas un certain degré de complicité et d'échanges.

L'étude attentive des processus émotionnels et personnels en jeu dans ces processus d'alliance thérapeutique est aujourd'hui entrée dans une phase scientifique qui devrait nous aider à comprendre qu'il peut exister d'autres modèles de relation que le « transfert » psychanalytique – rappelons que ce concept désigne le processus par lequel

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