**The position of the executive board of the Italian Psychoanalytical Society (SPI) on remote analysis**

Remote analysis has been used during the pandemic by most of our members, especially in the areas of our Country which have been hit more by the virus. Some of our members went on with live analysis even during the most difficult moments of the pandemic. The vast majority of our members used remote analysis only during the most dangerous months of the health crisis.

Some of our members had used remote analysis before the pandemic and we had occasionally discussed that on a scientific level. For our Society, remote analysis was and continues to be acceptable (regardless of a state of general emergency) only in circumstances where: a) there is a pressing emotional situation in the patient’s life; b) there are no alternatives of live analysis.

Forms of remote analysis that do not respect these conditions are not recognized by our Society and are based only on the personal responsibility of the analyst who uses them.

Regarding the remote analysis of candidates, the SPI has never recognized it. An exception was made during the pandemic, given the actual danger that the situation involved, but in the future, in a sense of a serious emergency that does not allow personal contact, no form of remote analysis by candidates will be accepted. A transitional situation has been partially tolerated so far but it is time to come back to real life.

Remote supervision was allowed in the past, permission having been given by our Training Institute, in situations where geographic issues made it very difficult to find a supervisor, who at times was hundreds of kilometers from the supervisee’s home. This was only on condition that remote supervision was to be alternated with live supervision. During the pandemic remote supervision has been almost the norm but now we are going back to the normal situation we had in the past.

Although remote analysis can be useful in some emergencies, it never develops the potentialities of a live analysis, and it can be achieved only for a limited and short time. To consider remote analysis as the equivalent of live analysis, using it without a real external necessity, is the same thing as replacing a real relationship with a virtual one. It is the fact that two bodies are “feeling” each other in a common space, that the desires, emotions and thoughts of two people are “breathing” together, and with the rhythms of the entire world around them, which allows a dreaming atmosphere (facilitated by free associations, floating attention, abstinence, suspension of judgment and all forms of the pre-constitution of desire, memory, comprehension, and feelings). This is what inspires a personal way of being in the world. Virtual relationships tend to favour defensive fantasies which manipulate reality and build-up self-referential lives.