

Psychoanalysis is a lived emotional experience, created and shared between two individuals. To me, this is the essence of our profession. This applies not only to the clinical aspect of psychoanalysis but also to the meaningful exchanges we have with colleagues in seminars, supervisions, and psychoanalytic events, where we can achieve personal growth.

Building meaningful connections between institutes to enhance our shared path in psychoanalysis is one of my key interests. I believe that fostering collaboration across different training institutes enriches our psychoanalytic journey, helping us learn from each other's perspectives and experiences.

From a young age, I eagerly joined every altruistic group at my school, taking part in activities aimed at helping and contributing to society. Through these experiences, I learned how to express myself, communicate effectively, and collaborate with others, as well as plan and organize events—all of which allowed me to build meaningful relationships with many interesting people. My experiences in psychoanalysis have made me realize how much joy and growth one can achieve through interaction with people from different institutes, cultures, and countries. I think that is the reason why I find the dialogue between colleagues around the world of great importance.

Being a student at my institute, since my first training in psychoanalytic psychotherapy, has allowed me to grow both personally and professionally. My personality has helped me create strong and meaningful friendships with colleagues and teachers. I have eagerly participated in all the academic activities I have been able to. Last year, together with a colleague and friend, we created our institute's journal, of which we are both directors and editors. It is a place for sharing psychoanalytic ideas on clinical, theoretical, artistic, and cultural material. It has been an amazing experience, full of long hours of reviewing and editing, but in the end, we are satisfied with the results and everything we learn with each edition.

When I began this journey through psychoanalysis, cautious and excited, I never imagined how far it would take me—having supervision with an analyst in Brazil, attending in academic events with analysts from the United States, India, Argentina, to name a few; being part of the IPSO reviewer's team that evaluates candidates' articles for presentation at psychoanalytic events. Nor did I imagine how deeply it would take me into the human experience—helping me discover aspects of myself I had never known, feel my emotions and thoughts more real and alive, becoming more myself. I couldn't be more excited about where

these experiences will continue to take me, never setting aside my curiosity and courage to continue on this challenging path.

In this position of Editor-Elect, it is one of my interests to contribute to this task and help it go further in our mission to improve our psychoanalytic community. Additionally, I see great potential in improving IPSO's social media platforms to expand our reach, making valuable psychoanalytic discussions and resources more accessible to students worldwide. Enhancing our digital presence will foster engagement, encourage contributions, and ensure that more students benefit from the wealth of knowledge and experiences within our community. In the position of Editor-Elect, my goal will be to work alongside the Editor, learning and carrying out the projects we set out to accomplish.

The task of teaching, learning, and sharing experiences among colleagues is never fully completed. It is a process in constant motion, always evolving. I take great joy in being part of this ongoing journey—for as long as I can, in every way I can contribute.

Andres Juarez