

Bourne
toWrite...
creative writing
workshops

From the Couch

A timed exercise

by Steve Brown

There is never a good time to fall
off of your couch, or for that matter
off mine, as Freud observed, amidst the natter
about trauma, complexes, what things appal

us mostly. The consulting room, so civilized,
contained the raging ids, the hidden hate
that consumed the bourgeoisie of the late
lamented Hapsburg era – before it realised

that History had moved elsewhere, made it redundant:
that private horrors could be contained by talk
well before Freud sauntered on his habitual dusk-ward walk;
in parks the flowers were out, music abundant.

So much confidence in the power of words, his word;
a belief so fragile-confident, it now seems absurd!