

English Summaries

The present issue, edited by József Krékits and Zoltán Kóváry is entitled *Phenomenology and Daseinsanalysis* and includes the following topics.

ESSAYS

GION CONDRAU: *Daseinsanalysis* (excerpts)

This translation contains two chapters from the author's 1998 book under the above title. In the chapter "Introduction" we read a brief historical overview about daseinsanalysis which is a self reflecting account of the development of this trend. The other chapter is mostly focusing on practice-oriented theoretical questions, like the daseinsanalytic approach to dreams, conceptualizing psychosomatic disorders, and philosophical differentiation of sick and healthy existence. It refers to the existential-ontological approach to illness a deficit-phenomenon, and also analyzes the different perspectives on acting out as it appears in psychotherapy. The author is basically focusing on the approach of Medard Boss, the founder of this school, but also refers to other representatives of daseinsanalysis, therefore we can take an overview at the debates within daseinsanalysis and the evolution of the method.

Keywords: *daseinsanalysis, dreams, psychosomatics, illness, health, deficit*

MÁRIA LUBINSZKI: The art of one's own state of being oneself

In daseinsanalysis – deriving from Freudian psychoanalysis and Heidegger's philosophy – the question of how to experience life to the fullest is a complex one. Achieving one's own state of being oneself is closely related to one's relationship with anxiety. The relationship to the possibilities that may reveal themselves through anxiety is ambivalent; the dilemma of fleeing or coping may be resolved by conscience.

Keywords: *Dasein, anxiety, possibility, fleeing for ourselves, conscience*

TAMÁS FAZEKAS: Therapy of the Other. Philosophical foundation of an intercultural psychotherapy

Before working as an intercultural psychotherapist or even before thinking about interculturality as such, we have to consider the difficulties of the term *intercultural*. At first, we have to ask who and what the other is, to understand what another culture might be. What if it's our concept of difference and our construction of culture that makes interculturality seem difficult? Consequently, many pitfalls become obvious, such as treating the other as something or someone exotic, romantic or even pathologic for simply being different. Intercultural psychotherapy must not be a bridge for transportation of pretended culture-specific virtues and views of the world and thus a bridge for neo-colonializing other people by our definitions of health.

Concepts of culture have to be questioned critically in order to separate supposed culture-specific phenomena from universal ones. We have to meet the other one in his own world which is ever since his very own, whether we call it culture or not, and whether we understand it or not. Rather than complete understanding of differences, a borderless openness is required for an adequate therapy of the other.

Keywords: *otherness, being-different, culture, interculturality*

JÓZSEF KRÉKITS: I am my dream. On the daseinanalytical interpretation of dreams

In my study, I would like to present the method of dream analysis in daseinanalytical psychotherapy in both theory and practice. For this purpose, I briefly discuss the phenomenological approach of daseinsanalysis, as well as the system of concepts of the Heideggerian Dasein. I use three case vignettes to demonstrate how the method works in practice, and – by carrying through a metaphor – present the Heideggerian existentials used as the means of analysis. At the same time, I examine how Johnson and Lakoff's conceptual metaphor theory can be accommodated with the phenomenological approach, i.e. how metaphors and metonymies appearing in dreams express the dreamer's most own being-oneself. I would like to point at the metaphoric and metonymic presence of waking experiences, that is, the creative (poetic) function of dreaming. All these certainly serve to deepen the self-knowledge of the individual and being-here in order to freely find their most own potentials for being.

Keywords: *daseinsanalysis, dream analysis, phenomenological approach, conceptual metaphor theory, creative function of dreaming*

WORKSHOP

ZOLTÁN KŐVÁRY: „Existence is essentially historical.” Application of life historical approach in clinical work and in the education of psychologists

There is a huge contradiction between the scientific basis of academic psychology that dominates university education and the scientific background of clinical psychological practice. The former is closer to “natural science psychology” with its theoretical presuppositions and positivist methodology. The latter – explicitly, as an official profession – is trying to assimilate to academic expectations and to psychiatry, while implicitly – if we analyze a clinical psychologist’s activity – it is the applied form of “human science psychology” which is rather idiographic, contextual and belongs to the phenomenological-hermeneutic tradition and not positivism. These contexts are containing intersubjective, interpersonal, social, cultural and historical perspectives, and their investigation help students and psychologists to realize “what is Man” (Jaspers). That is why we have to ask two questions: (1) knowing that most of the psychology students intend to become clinician, is it justifiable that natural science psychology is overrepresented in university education, and (2) institutional practice at psychiatry departments (dominated by biomedical approach) is a proper medium to acquire clinical psychologist’s knowledge and skills? This article suggests two possible solutions for these problems. We have to get students ready that during their institutional practice they shouldn’t identify themselves as a representative of a “softer” science that is subordinated to the “hard science” of biological psychiatry, because the latter’s “superiority” is based on historical traditions and possession of social power and not on scientific facts. In university education we have a chance to integrate psychobiography as a research method to the curriculum. From ontological, epistemological and methodological point of view psychobiography is much closer to everyday psychological practice than academic research, and if a student learns how to use it properly it will help him/her to develop important clinical skills, attitudes and knowledge.

Keywords: *clinical psychology, clinical practice, life historical approach, human science psychology, psychobiography, university education*

PÉTER SÁRKÁNY: The “ability of being” as a resource. The “place” of daseinsanalysis in social helping professions

The paper argues that the daseinsanalytic psychotherapy founded by Ludwig Binswanger and Medard Boss fits well in several respects to the contemporary theoretical and methodological intentions of social helping professions. However, the

professions (social pedagogy, social work) hardly ever refer to daseinsanalysis and the philosophy of Martin Heidegger. The author's interest is how daseinanalysis relates to the theory and practice of social helping professions. Furthermore, he attempts to explain why the social work profession has not discovered daseinsanalysis yet, while several trends of psychotherapy have had a great impact on social casework. The paper examines the connections of social work and dasein-analysis first from a theoretical, then from a methodological point of view. Finally, it formulates some conclusions regarding the relationship of these two fields.

Keywords: *psychotherapy, daseinsanalysis, social work, life world, ability of being (Seinkönnen), freedom*

JUDIT NÓRA PINTÉR, SZILVIA KASSAI, JÓZSEF RÁCZ: The symptom as a co-author of life narrative. The phenomenology of voice hearing

Voice hearers often search for meaning – in ways that can be explained through different frameworks (e.g. intrapersonal, interpersonal, or parapersonal explanations) – until they find the exact explanation of their symptoms. The examination of their meaning construction process in the context of phenomenology may illuminate and promote deeper understanding of the phenomenon. The aim of our study was to examine the experience and the process of the construction of meaning in a voice-hearing person with no current apparent serious mental illness or psychiatric condition. A semi-structured interview has been conducted and analyzed, using a phenomenological approach. The subject of our study was traumatized in her childhood by a dysfunctional family. Later in her life psychotherapy revealed that she had developed voice hearing as a helper in difficult times. Our findings suggest that the perception of voice hearing is a process with interruptions, where the voice hearer suddenly identifies the voices among several perceptions, and starts to understand surrounding events. We can examine this process of voice hearing as a “call of conscience” as Heidegger described it and the subject's story with her voices can be explained as a “calling”. Understanding the voice as a “calling” fits in the process of identity building of life events and the fixation of meaning.

Keywords: *voice hearing, meaning construction process, first person account, semi-structured interview, phenomenology*

In the ARCHIVES section we re-publish the article of writer and journalist Zoltán Szász originally appeared in *Pesti Napló* [Pest Journal] in 1935, entitled “Psychoanalysis pro and contra” that discusses the widespread arguments supporting and criticising psychoanalysis in contemporary public discourse.