



## English Summaries

### Intersubjectivity and the Psy-Sciences

#### ESSAYS

#### **KATA DÓRA KISS: Trauma and empathy – A phenomenological analysis of Sándor Ferenczi’s intersubjective technique**

The study establishes a parallel between the notion of intersubjectivity applied by phenomenology and the psychoanalytic work of Sándor Ferenczi. For Ferenczi, the relationship was central to therapy. Nothing proves this more than his intersubjective trauma theory, contrary to the Freudian approach on trauma, which is more like a one-person event. Most phenomenological theories assume that imbalance is necessarily part of all interpersonal events, like in Jean-Paul Sartre’s approach, where one party always necessarily becomes the object of the other’s gaze. This imbalance results in hardship not only in everyday life; it also inherently sabotages the healing therapy. Therefore, the reflection on this inequality has to be central in every psychological procedure. There are numerous attempts throughout Ferenczi’s work, aimed at solving this problem, as he assumed that imbalance itself is the heart of the trauma. The study makes an attempt to read Ferenczi’s intersubjective trauma theory through a phenomenological approach.

**Keywords:** Sándor Ferenczi, trauma, intersubjectivity, phenomenology, psychoanalysis, active technique

#### **DÓRA SZABÓ: Intersubjective aspects of Susan Isaacs’ developmental theory: from the mother-infant relationship to peer group activities**

Object relation theorists made a significant theoretical contribution to the intersubjective turn in psychoanalysis. Analysts such as Melanie Klein, Donald Winnicott, Ronald Fairbairn and Wilfred Bion, focused mostly on the intensive bodily-emotional bond between mother and child. A new perspective was added to this psychoanalytic discourse by Susan Isaacs, who expanded the scene of her observations from the so-called mysterious child room into early childhood educational institutions.

Thanks to her approach, the special dynamics of children's peer relationships could also be a relevant topic for psychoanalytic researches. Isaacs presumed significant psychological functions to the intersubjective relationships, which nursery education could provide: she thought that those special connections did not just facilitate the separation from parents, but also helped to manage the child's destructive intrapsychic phantasies towards the mother figure.

**Keywords:** psychoanalysis, nursery, education, intersubjectivity, Susan, Isaacs, unconscious, phantasy

### **NIKOLETT KANÁSZ: Intersubjectivity and synchronicity in the therapeutic relationship**

The term "synchronicity" was proposed by Jung in a paper published in 1930 to describe a form of connection between events that are not linked by causality, but by temporal simultaneity on the one hand, and a psychologically meaningful pattern on the other. In his clinical work, he observed that synchronistic events tend to appear over and over again in the psychotherapeutic processes, especially during times of crisis and transformation; as he recognised, the unexpected encounter of internal and external realities seemed to induce an integrative healing process in the individual that lead toward psychological completeness. In this study, Jung's ideas about the analytical situation and its contemporary aspects are presented, particularly the concept of an intersubjective matrix generated by the analyst and the analysand, in addition to the potential connections between synchronicity and psychotherapy, as well as synchronicity and intersubjectivity.

**Keywords:** synchronicity, intersubjectivity, analytical psychology, psychotherapy

### **JANKA KORMOS: Kinaesthetic attunement, clashing and mismatches of early interactions and their influence in later development – Theoretical introduction to the Kestenberg Movement Profile**

This paper, which is part of my PHD research on the Kestenberg Movement Profile (KMP), introduces the theoretical foundations of the KMP with specific focus on developmental movement patterns and their influence on early relational patterns. Judith Kestenberg developed a complex method of movement observation and analysis that synthesizes elements of drive theory, ego-psychology, self-psychology and object-relations theory (Kestenberg et al. eds., 2018). The study alludes to Stern's thoughts on vitality affects and affect attunement as a particular form and the kinaesthetic foundation of intersubjectivity (Stern, 1985 [1998]). The paper further discusses issues of intersubjectivity through the lenses of the KMP, looking at clashing, matching and affined qualities of movements between mother and infant with emphasis on the role that these early interactions play in later development and adult life. Within the KMP framework, muscle-tension flow is understood to serve self-regulation, needs-satisfaction and drives discharge, while shape-flow patterns provide the structure for interactions. Affinity between movement patterns within these subsystems are crucial

for the analysis and assessment of intrapsychic and interpersonal processes (Kestenberg and Berlow, 1971).

**Keywords:** movement analysis, early somatic interactions, affect-attunement

### **BÉLA RIDEG: Representations of traumatized women in Sofi Oksanen's Estonian historical novels**

The paper explores *Stalin's Cows* (2003) and *Purge* (2008), two novels by the Finnish-Estonian novelist Sofi Oksanen, examining questions of psychoanalytic and cultural trauma theory. In my research, I address the relationship of the novels to literature and trauma, questions of the linguistic-literary representations of trauma. Oksanen's first novel, *Stalin's Cows* is about three generations of women and their inherited trauma. One of the main characters is Anna, who belonged to the grandchildren's generation. Anna suffered from bulimia-anorexia, in which the unprocessed trauma of the grandparent generation appears. In my essay, I present how "Anna's body becomes the carrier of her mother's fear of social marginalisation in Finland." (Witt-Brattström, 2014) At this time, there was a stereotype in Finland about Estonian women, alleging that they were all only Russian prostitutes. *Purge* is a documentary trauma work, which creates a fiction, based on a true historical atmosphere and elements. In the novel, an objective mode of speech is revived, following the former KGB (Committee for State Security) usage in documents, which became a medium for objectifying the woman's body. Both novels represent the findings of psychological research using the tools of literature: the destructive effects of (unprocessed) traumas for generations. In *Stalin's Cows*, the transmission of transgenerational traumas appears in connection with eating disorders, while in *Purge*, it's connected to sexual exploitation.

**Keywords:** trauma, gender, cultural trauma theory, posttraumatic stress disorder (PTSD), flashback, dictatorship, rape, Literary and Cultural Sciences, Psychology, Psychoanalysis, transgenerational effects

### **KATALIN FALUVÉGI: Psychiatry/psychology and linguistics meeting in a psychoanalytical and developmental psychology framework**

Investigations of mechanisms of thought constitute one of the main topics (perhaps the main one) in Spielrein's whole oeuvre. Although her approach always remained psychoanalytic, she widened it by aspects of both developmental psychology and linguistics. This multidisciplinary approach appeared most definitively during her years in Geneva (1920-1923) and its main issues were published in three comprehensive papers. My article focuses on the chronologically earliest of these texts and aims to present previous and contemporary inspirations for Spielrein's way of thinking and the earliest traces of her collaboration with Piaget.

**Keywords:** linguistics, child language research, language development, stages in language development, development of the I, psychoanalysis, developmental psychology, biologist, Piaget

## ARCHIVES

This 1925 letter of Sándor Ferenczi to his to-be patient, Elizabeth Severn (called R.N. in his *Clinical Diary*) is published for the first time. The therapy of Severn became famous for its experiment with mutual analysis, which was therapeutically controversial, however, led Ferenczi to significant theoretical insights.

## OBITUARY

Our colleague and friend, Kata Lénárd tragically passed away on 18 January 2021, at the age of 47. We commemorate her personality and her important work as a teacher, researcher and expert of NGO-s working for socially vulnerable groups.

\* \* \*