



## English Summaries

### Lipót Szondi and faith analysis

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#### ESSAYS

##### **ZOLTÁN KŐVÁRY: Fate, freedom, being. The “existentialist” Lipót Szondi**

Ever since the political system changed in Hungary around 1990, the rediscovery and reevaluation of Lipót Szondi's life-work has been going on. But one can perceive that clinical pragmatism and the actual zeitgeist have a great influence on this process, and determine that which dimensions of Szondi's theory are being integrated in current discourses and which are remaining pretty unreflected. Due to contemporary mainstream psychology's "forgetfulness of being" (Heidegger) there is a real danger of leaving the extremely important philosophical, ethical and religion-psychological aspect out of consideration, and this one-sidedness might narrow the intellectual horizon of this extremely complex and rich concept of man. This article would like to draw attention to the existential philosophical and existential psychological dimensions of Szondi's theory, focusing on the overlaps with Heidegger, Husserl, Löwith and Binswanger, but also analyzes Dostoevsky's influence on fate analysis and the not-so-surprising similarities between the self-concepts of Szondi and Kierkegaard.

*Keywords: Lipót Szondi, fate-analysis, existentialism, philosophy*

**GABRIELLA NARANCSIK: Faith and Mythos – Karl Kerényi’s relationship with Lipót Szondi and C. G. Jung in the 30s and 40s**

The paper discusses the personal and intellectual relationship of Karl Kerényi, Lipót Szondi and C. G. Jung, an important although rarely explored part of the European cultural history. It describes the essential ideas of the three thinkers and identifies the correspondences and mutual influences of their respective theories. It is argued that the personal experience of the horrors of Second World War influenced greatly the development of their oeuvres.

*Keywords: Szondi, Kerényi, Jung, Freud, Mann, humanism, mythos, history of religions, fate analysis*

**DÓRA GARAI: The history of the birth of the fate-analysis and the Szondi-test in the light of contemporary scientific and theoretical trends**

The turns of Szondi Lipót’s professional life are a well known field from the viewpoint of history of science thanks to works of previous scientist interested in his biography (Bürgi-Meyer, 1996; Gordosné Szabó, 1993, 2004; Kiss E., 2014). Less is known on what kind of theoretical and scientific trends had affected the thinking of Szondi, the doctor-biologist that lately came to the conclusion of the theory of fate analysis. In the recent work we make an attempt to explore these effects as an addition to the works of former biographers. Finally, we speak about how the theory of fate-analysis and the Szondi-test lives on in current scientific discourses and on the field of clinical practice.

*Keywords: fate-analysis, Szondi-test, special pedagogy, multidimensional assessment of personality*

**MELINDA REINHARDT: The choice of profession as fate in Szondi’s fate-analysis**

Our study deals with the choice of profession which is one of the most important choice in Leopold Szondi’s fate-analysis. Szondi’s idea about the choice of career is summarized based on two of his works from 1942. He emphasized the free choice of the Ego in one’s important decisions during the main turning points of one’s life beside the imperative family unconscious. In the circle of the genetically determined

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personal fate one can decide freely and consciously what kind of life course, persons, fields of interest and profession(s) he/she chooses. One of the primary ways to gratify our family-determined instincts in a salutary and positive form is the freely and vocationally chosen profession. The study introduces genotropism and ergotropism, as well as the relationship of the choice of career and Szondi's motivational theory.

**Keywords:** *Leopold Szondi, fate-analysis, choice of profession, genotropism, ergotropism, Szondi test*

### **MÁRTA ANTALFAI: The role and significance of the family unconscious in the life-course in the light of literature and case-studies**

The study illustrates the strength of family unconsciousness has been discovered by Lipót Szondi and its effect to the personality, through case examples. The author calls attention based on her psychotherapy experiences to the fact that pathological lifestyles of the forebears impede or in certain cases make for the offsprings impossible to realize qualities of their sole and unrepeatable fates in order to be able to find their own way in life. Beyond details of the cases, through a certain analyses of the Electra-myth, and R. L. Stevenson's Dr Jekyll and Mr Hyde story has been shown the interwoven three-in-one component of the personal, the familiar and the collective unconsciousness, and their role in formation of personality. The author calls the attention that the exploration of actual family histories is needed to be regarded as organic parts of the psychotherapy process. The client must be driven to synchronize himself or herself emotionally to the life or to some exceptional event of the actual ancestor, beyond the need to create a family tree. Dreams and art therapy elements are used in order to uncover the actual family unconsciousness and to facilitate emotional resonance. According to some therapeutic experiences, ancestors' will (which can lead to a forced fate), mainly at the given phases of personal development, or at decisive turning points of life, and in crises should be effective. At the same time, to have knowledge on ancestors' life, and to accept their traumas and shadows are pretensions in order to realize our fate. The study deals with, among others, the family unconsciousness as a shadow carrier element; the correlation of identity crises and family unconsciousness; the context of the fate analyses and the Jungian analytical

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therapy as well. Finally, it devotes special attention to the successional role of familiar unconsciousness in aspects of the archetype in transferring the collective unconsciousness.

*Keywords: family unconsciousness, freely chosen and forced fates, genotropism, decisive role of the ego, weak and strong self-functions, shadow, complexes, archetypes, crises of identity, personal unconsciousness, collective unconsciousness, repetitive obsession, succession, self-realization*

### **MÁTYÁS KÁPLÁR: Fate analysis in counselling**

The usage of the fate-analytic theory and the corresponding test developed by Leopold Szondi has long traditions in the clinical praxis. This theoretical frame can be used well in the counselling process also. Depending on the client's problem, his/her personality and coping strategies two directions of providing help emerge. The first focuses on the insight of the client and strives to help him/her to recognize the dynamics and patterns behind the events of his/her familial and personal life. Through this it provides the individual the opportunity to realize his/her chosen fate. If the insight is hindered the second direction of fate-analytic counselling works with symbols developed by the client, primarily in imagination. In this process the client will reach the understanding of the dynamics of his/her problems and develops a solution in an indirect way.

*Keywords: fate-analysis, Szondi, counselling, languages of the unconscious, insight, imagination, family-tree, Szondi test*

## **SUPPLEMENT**

### **Ágnes Lányiné Engelmayer, Enikő Csilla Kiss: The History, Objectives and Function of the Dr. Szondi Lipót Memorial Foundation**

The study reviews the history of the Dr. Szondi Lipót Memorial Foundation. It presents the founder's and Lipót Szondi's relationship with special education. It describes the founding document, the purpose and tasks of the foundation, and the main areas of operation since 1991.

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**Keywords:** *Szondi Lipót, fate-analysis, Szondi-test, Dr. Szondi Lipót Memorial Foundation, Szondi-course*

**PHOTOS collected by Gabriella Narancsik**