



English Summaries

Psychotherapies

ESSAYS

LÁSZLÓ NÉMETH: The competence-based complex art therapy theory and practice of the Hungarian Art and Sociotherapy Community Building Association

The Hungarian Art and Sociotherapy Community Building Association (MMSZKE) believes that art therapy is not only a tool for individual and group self-awareness and therapy, but also a key method for social integration and community building. The paper presents the theoretical background, practical application and psychoanalytical connections of the MMSZKE's system of art therapy.

Keywords: active art therapy, Budapest School of Psychoanalysis, Tündérhegy, Ferenc Mérei, sociotherapy, competence-based group leadership, social worker training

JUDIT BÉRES: Free association and self-writing at the intersection of literary therapy and psychoanalysis

The study focuses on the close connection between the fundamentals of psychoanalysis and the methodology of biblio-/poetry therapy, as both are based on the hermeneutic approach and the potential of poetic language. Freud introduced theories and practices related to processes of meaning-making and creation, such as free association and the symbolic-metaphorical approach. He also revealed transference and countertransference, which can distort interpretation. These reactions can arise not only between people participating in therapy, but also between a text and its reader (Ihanus, 2019). Therefore, a significant part of early theorising on the application of biblio-/poetry therapy is related to psychoanalytic literature (e.g. Parker, 1969; Pattison, 1969; Pietropinto, 1969; Ansell, 1978). As an example, Attila József's *A Collection of Free Associations in Two Sessions* is approached from the perspective of therapeutic writing.

Keywords: bibliotherapy, psychoanalysis, self-writing, free association, hermeneutics

GABRIELLA SALZ: Image and Relationship: The Role of Art Therapy in the TFP-Based Treatment of Patients with Borderline Personality Disorder at the Tündérhegy Psychotherapy Ward

The aim of the study is to present the application of art therapy in the inpatient psychotherapeutic treatment of patients diagnosed with borderline personality disorder. The research focuses on the art therapy practice at the Tündérhegy Psychotherapy Department, where art therapy is an integrated component of a psychodynamic therapeutic regime. The study uses Kernberg's model of borderline personality organization and the methodology of Transference-Focused Psychotherapy (TFP) as frameworks to analyze the psychodynamic significance of visual expression.

To facilitate a deeper understanding, the study presents clinical case vignettes to illustrate how art therapy contributes to the therapeutic process of individuals with structural personality disorders. It explores the specific characteristics of this work and demonstrates how key TFP phenomena – such as transference, splitting, projective identification, and identity diffusion – are reflected in art therapy images and interpersonal interactions. Artistic creations serve not only as projective surfaces, but also as tangible imprints of the therapeutic relationship, supporting the integration of self- and object representations and the development of emotional regulation. In this context, the role of the art therapist is active, interpretive, and confrontative: the therapist not only facilitates artistic expression but also contains and mirrors the patient's inner world through relational dynamics. The study concludes that art therapy, when conducted within a structured psychodynamic framework, can be an effective modality in the treatment of individuals with borderline personality disorder – especially when implemented within clear therapeutic boundaries, as part of an integrated team approach, and supported by regular supervision.

Keywords: borderline personality disorder, art therapy, transference, TFP, splitting, identity diffusion, projective identification, affect regulation

MONIKA PERENYEI: Across and Over the Seven Seas. Preface to Irén Jakab's essay "»Scribbling« in Art Therapy"

Irene Jakab's 1965 paper is being published in Hungarian for the first time, providing an opportunity to take a closer look at the formative days of art therapy through this short text. In my study framing the translation, I have compiled a selection of art historical, medical, and philosophical publications that may be relevant to understanding the introduction of scribbling as a therapeutic application in the turbulent period of art therapy. Ernst H. Gombrich, Marion Milner, Harald Szemann, Roger Cardinal, Herbert Marcuse, and R. D. Laing do not only reveal the crossing of boundaries between disciplines but also legitimize the intertwining of historical and psychiatric discourses. The other half of the study explores the emigrant psychiatrist Jakab's network of connections to her homeland: it highlights the intellectual and emotional relationships and the lessons learned and taken from home, providing a holding force for researchers and intellectuals arriving in a foreign country.

Keywords: Irene Jakab, art therapy, scribbling, psychiatry, art history, emigration

IRENE JAKAB: “Scribbling” in Art Therapy

Art therapy plays a role in healing work that promotes the social integration of patients. The article, through two cases studies, shows how art therapy can improve the condition of patients suffering from personality disorders and some therapeutic principles of art therapy in general.

Keywords: art therapy, scribbling, personality disorders

BEA SÁNDOR: Trauma-informed and resource-oriented music therapy for groups exposed to minority stress

Group therapy provides a particularly suitable place for individuals to reflect on their role within the community, better understand their emotions, and develop effective coping strategies. In vocal music therapy, singing fosters a deeper connection to physical sensation, helping to alleviate stress and emotional tension. Moreover, the human voice serves as a bridge to others, reducing feelings of loneliness and social isolation. Individuals with narcissistic injuries – often rooted in childhood experiences of unmet emotional attunement – may lose touch with their inner voice, the internal guide that signals their needs and emotions. Such disconnection can result not only from deficits in early parent-child relationships but also from experiences of exclusion, aggression, or microaggression within social groups. Vocal music therapy can be effectively integrated into psychodynamic music therapy, supporting the therapeutic goal of enhancing individuals’ capacity to relate meaningfully to their environment. The ability to mentalize and, in connection with this, epistemic trust (Fonagy et al.) and resilience must be investigated, explored and developed in community-focused music therapy. This study also investigates the potential for developing a Hungarian resource-oriented methodology in music therapy.

Keywords: group music therapy; community music therapy; minority groups and minority stress; resilience; resource-oriented music therapy

ZOLTÁN KÓVÁRY: The influence of romanticism and its concept of illness on psychoanalysis and existential psychology

Martin Halliwell, in his 1999 book on “romantic science”, named Otto Rank and Ludwig Binswanger as the representatives of romantic science, and claimed that they were the first original authors who contributed to the development of psychoanalysis as an existential approach. Binswanger was the father of European, while Rank of American existential psychology. Their master, Freud, was also a romantic scientist, although he never got over materialist scientism and reductionism. Romanticism saw illness (especially mental illness) as a primary source of experiencing the unconscious and the inner self. This anthropological significance of the illness was an idea that deeply affected psychoanalysis and existential psychology in the 20th century, and now, in the age of obsessive diagnosing and “therapy talk” the ontological aspects of being sick and its relation to authenticity is more actual than ever.

Keywords: romanticism, psychoanalysis, existential psychology, mental illness

WORKSHOP

TÍMEA DEÁK-KOVÁCS – ORSOLYA PAPP-ZIPERNOVSZKY: In the mirror of the red room: Uncanny experiences and self-reflection in the world of David Lynch

Based on Sigmund Freud's concept of the uncanny (*das Unheimliche*, Freud, 1919/2001), this study examines how animistic thinking, the unconscious, and spiritual experience appear in David Lynch's films. Lynch's art is characterized by transcendental sensitivity: while Freud considers animism to be regressive, Lynch's narrative world associates positive possibilities with the borderlands of the soul and spirit. The study shows how imagery, dreamlike qualities and logical breaks in Lynch's films evoke a viewing experience that activates the contents of the unconscious along with the disintegration of the perception of reality. As an active participant, the viewer processes what they see with their own inner images, thus transforming the film, as a psychic space, into a process of self-knowledge and therapy. This is supported by the experiences of a self-awareness film group working on *Twin Peaks*, which show how the film's haunting world triggers deep self-reflection, the mobilization of unconscious content, and emotional integration. The study argues that Lynch's art is an opportunity to rethink affective, intermedial experiences.

Keywords: psychoanalysis, the uncanny, David Lynch, Freud, animism, dream logic, symbolic fragmentation, film reception

ADÉL FERENCZ – ZSÓFIA SZÉKELY: Repressed realities: Sigmund Freud's seduction theory in Alice Miller's critical mirror

This study examines the epistemological and moral shift in Freud's seduction theory, in which internal fantasies replaced external trauma as the central explanatory factor. It explores the historical and methodological contexts of this shift, emphasizing its impact on the hermeneutic nature of psychoanalysis and the resulting epistemological heterogeneity and "fertile ambiguity." The paper analyzes Alice Miller's radical critique, which argues that Freud's decision contributed to the societal denial of childhood abuse and institutionalized a theory prone to victim-blaming. Miller's arguments are evaluated against alternative trauma theories, particularly Sándor Ferenczi's "confusion of tongues" concept and Jean Laplanche's "general theory of seduction," both of which offer nuanced perspectives on the relationship between trauma, fantasy, and reality. The study also addresses the societal aftermath of the Freud-Miller controversy, especially the heated social debates surrounding "recovered memories". The authors underscore that psychoanalytic truth involves a narrative construction of meaning that integrates the subjective experiences and suffering of individuals, in which the therapist is a co-creator of meaning. The study highlights the self-reflective, moral, and socially impactful dimensions of psychoanalysis.

Keywords: seduction theory, Sigmund Freud, Alice Miller, trauma theory, psychic reality, hermeneutics, epistemology, narrative truth

IVETT ROZGONYI: Neurodiversity on the screen. Representations of autism in films

The world of people with autism is unusual, often incomprehensible to others - a fact that has inspired many screenwriters and filmmakers. In my study I have collected more than 120 films or series on autism, from 1950 to 2024. More than half of them are dramas, about a quarter are documentaries, while the other genres are rare (comedies, thrillers, action films) and, more recently, several series have been made that focus on the subject in some way. Cases with the characteristics of autism were known even before the psychiatric diagnosis, and these stories were the first to appear on screen. As we move forward in time, the focus has shifted from an external perspective to internal experiences, content and observations. Nowadays, films are educational, sensitising, appeal to a wide audience, and can evoke very strong emotions. At the same time, they can help us to understand this condition, which very often involves loneliness and alienation. In my study, I have also investigated how autism is represented in films and whether there is a trend or a change in the way it is portrayed. The role of films in sensitisation is also evident, but the importance of mental health and educational aspects is also prominent. The diversity of genres also serves to adapt to people's tastes, and the fact that filmmakers are often involved in the subject matter also brings sensitivity and heightened emotions, while filmmaking is often also a way of dealing with trauma.

Keywords: autism, savant syndrome, film, representation