

Contribution of Christianity to the Psychoanalytical Psychotherapy

B. Andjelkovic¹

¹za zavisnike, Zemlja zivih, Belgrade, Serbia

Introduction

The paper shows the possibility of using the Christian-Orthodox spiritual experience and Orthodox personality anthropology in psychoanalytic individual and group psychotherapy.

Objectives

Protocols of group psychoanalytic psychotherapy are relating to the working with addicts in the Orthodox community. Reviews of individual psychotherapy are in private practice.

Aims

We follow the manifestations of narcissistic psychopathology, as well as investments of false self. The goals of psychotherapy and Orthodox spirituality are to realize the true self. Knowledge of the Orthodox faith is particularly useful in working with patients who say for themselves to be Orthodox. The Orthodox community for the rehabilitation of drug addicts is based on the Community. Orthodox Christian anthropology points to the Trinity God - the maturity of personality exists only in the Community of Three Personalities in One. In individual psychotherapy Community is the transfer?nce-countertransference relationship.

Methods

Observation is made in two Christian-psychoanalytic entities: envy and forgiveness. We start from the Orthodox determinants:

- Using feelings to tell us something else is considered as an indicator that we have not overcome that in ourselves;
- Interpretation of possibilities of giving / not giving, in terms of the p?tient having or / not having;
- We emphasize self-esteem and respect for others. In the ?rthodox literature we read that 'no one can humiliate us if we do not let him.'

Results

Therapist's spiritual experience of the Orthodox faith opens the possibility of extending psychoanalytic psychotherapy techniques. Christianity has been enriching psychoanalytic developmental theory.