

Emotional Aspects in Daseinsanalytic Therapy¹

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Abstract

This article refers to therapy as a situation in which feelings are always present in the patient-therapist relationship. Feelings arise since each understanding brings along some state of mind, that is, it has some attunement. The author enhances that the process of therapy basically starts from a state of mind characterized by shelterlessness and continues towards developing a state of mind marked by trust, which is neither in the therapist nor in the patient themselves, but in the givenness of being.

Key words:

Existential – Understanding – State of mind – Trust – Givenness

INTRODUCTION

I intend to discuss this important issue of the emotions present in the situation of therapy placing it on a reference board within which I believe it can be considered. At the moment, the intention is neither to develop the theme fully, nor to solve problems.

Emotional aspects permeate therapy. In Psychoanalysis, the concepts of transference and counter-transference are key and have explanations that make sense within psychoanalytical reference. However, in Daseinsanalysis, how can we understand the emotional aspects that pervade each therapy? And what would correspond to the so-called transference phenomenon?

Clinical Daseinsanalysis is based on Martin Heidegger's thought. Therefore, we could try to understand the meaning of the phenomena that happen within therapy in the light of this thought.

Firstly, we will deal with some issues belonging to the fundamental ontology found in *Being and Time*. They are essential for our understanding of emotions in general and those present within therapy. We will also extend our reflection towards some theoretical considerations that make sense in Daseinsanalysis.

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