

## Psychoterapist possibilities of Daseinsanalysis

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### Abstract:

Daseinsanalysis finds its goal in the liberation of human beings so that they can achieve permanent openness toward the options of an existence corresponding to them. Daseinanalysis can also be identified as a depth psychology, though not in the sense of teaching a “mentally unconscious,” but through going to the roots of phenomena. The foundation of Daseinsanalysis is no “unconsciousness”, however defined, but concrete recollections of the foundations of human existence. That is why Daseinsanalysis is oriented according to the real dynamics of the existential categories, as it was ontologically defined by Heidegger.

### Keywords:

Phenomenology, Daseinsanalysis, existential categories

It is a well-known fact that psychology in the 19<sup>th</sup> century became an independent branch of science. Its development, in parallel with the development of psychiatry, led to modern psychotherapy, a field which especially since the publication of the writings of Sigmund Freud, began to act as a science with a systematic methodological background. M. Boss finds the basis of Freud’s psychoanalysis in the following: *“The real and permanent cure of a neurotic patient, to achieve a free existence, is only possible when he is guided to remorseless truth both toward himself and toward the analyst.”*<sup>1</sup> Daseinsanalysis also finds its goal in the liberation of the human being, so that he/she can achieve permanent openness toward the options of an existence corresponding to him/her. Daseinanalysis can also be identified as a depth psychology, though not in the sense of the teaching of some “mentally unconscious” but through going to the basis of phenomena. The foundation of Daseinsanalysis is no “unconsciousness”, no matter how defined, but concrete recollections of the foundations of human existence. That is why Daseinsanalysis is oriented according to the real dynamics of the existential categories as ontologically defined by Heidegger. Condrau formulates in clear terms the fundamental guidelines of psychoanalysis and Daseinsanalysis: *“Freud believes that the intention of analytical work consists (GW XVI, p.44) in bringing the patient to abolition of the exclusion from the era of his early development and replacing it by reactions corresponding to the state of mental maturity. Daseinsanalysis also finds its goal in the maturing of the patient but less so in the uncovering of elements excluded in the early childhood than in a better capability of relating*

<sup>1</sup> Boss, M.: Von der Spannweite der Seele. Benteli Verlag, Bern, 1982. P. 197