

# There's no healing without love

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## Summary:

What does it mean for a Daseinsanalyst when he knows that, as in every other kind of psychotherapy, it's the relationship between analyst and the patient, which promotes healing?

I strongly believe that no one can be healed without continuous and unconditional love. Because, after all, it's this very kind of love which was missing from the earliest phases of many of our patients' lives. The Daseinsanalyst should love human beings in a very deep sense. Only if it's possible for the therapist to allow the unknown to be felt and effect the therapy, can we explore and reach the area of understanding, which sometimes seemed so difficult and incomprehensible at the beginning of therapy.

I will try to demonstrate the meaning of this deep sense through examples from my own practice.

## 1. Introduction

I want to introduce my presentation with a short story, which happened this July during my trip to Dalmatia and Bosnia-Herzegovina. One of my reasons to go by bus from Vienna to Croatia was that one of my patients (\*1977) comes from there. He was in high school when the war started in 1991 and changed his life completely. His English was so good that the British army asked him to act as a translator in their corps during several years of war. On the one hand, this gave him a lot of advantages, but on the other hand, he had more intense and traumatic experiences than his school colleagues. Some years later, after the war, he came to Vienna to study, but he had to leave the university two years later on account of a schizophrenic episode and therefore has been unable to complete his studies.

During the treatment, he told me about his country, Bosnia-Herzegovina, and in one of our sessions, about the film "Circles": It is the story about Sdrjan Aleksic, a Serbian man, who helped a Muslim kiosk owner, who was beaten up by three Serbian soldiers for not having the brand of cigarettes they wanted. Through his selfless intervention, Sdrjan was cruelly killed by the soldiers in broad daylight in front of many people and no one, not even his friend, a doctor, was courageous enough to help him. Following that incident, the doctor suffers for his cowardliness and is faced with a conflict, when the most responsible of the three murderers of his friend comes with a life-threatening head injury to the hospital where he works, and he must per-