

## Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

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Presentation title:

**Leisure as an Art of Living in Society and Culture**

Abstract text up to 15 lines in English:

Similar to infatuation, a change in perception and sensation takes place in leisure. The external reality and also one's own person appear in leisure time in a new context of meaning. While we are absorbed by everyday duties, our perceptions and thoughts are less focused in inspiring leisure. We are impressed by the environment. Its colourfulness and diversity and we gain confidence, light-heartedness and serenity. We are receptive to the qualities of the beautiful and harmonious that we encounter in nature and art.

References:

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Grimm J + W (1885), Deutsches Wörterbuch, 2771 ff

Nietzsche F (1999), Menschliches, Allzumenschliches

Rattner J (1977), Heilung durch das Gespräch, 99

Bertrand Russell B (1982), Eroberung des Glücks, 46 A