

Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male / Female / Diverse

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Presentation title:

From Attachment to One Individual to Belonging to a Greater Whole

Abstract text up to 15 lines in English:

The need to belong took on a new meaning during the isolation imposed by the corona virus. The extent to which we rely on contact, especially physically, with others for our psychological well-being became more apparent. The emphasis on belonging leads to a new, long overdue focus in psychoanalysis and psychotherapy. Psychoanalytic theory, since its inception, has been focused largely on individuals, in spite of Freud's concerns with civilization and dynamics of groups. This deficit has continued in contemporary relational psychoanalysis, although culture itself did receive considerable attention from one of its forebears, Interpersonal Psychoanalysis. The importance of belonging to and not belonging in certain groups still needs to gain more study from psychotherapists and other scholars.

This paper argues that psychiatrists and psychologists should change their views from those of "hyperindividualistic" selves to one of selves sharing a place in a much wider universe.

Attachment to a group or groups is important, just as attachment to an individual is important in development. I have made this argument in a recent book I edited (2019) on the subject of belonging.