

Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Key Lecture

Male / Female / Diverse

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Presentation title:

**What Is Called Therapy? Towards a Unifying Theory of
Therapy Based on the Event**

Abstract text up to 15 lines in English:

This keynote presentation addresses the question, "What is called therapy?" echoing the question posed by Martin Heidegger, *Was heißt Denken?* (1954/1968) about the nature of thinking. We will survey three topics to answer it: (1) Accidental therapy – versions of Freud's (1910) "wild psychoanalysis" demonstrate why we need theory to guide practice. (2) What is called therapy? confronts the facts that we do not have a consensual science of persons and that each new therapy elaborates a new psychology, discarding the old. Most psychologies and therapies also fail to account for the translation between levels of human functioning from biology to relationships. Finally, arguing that most schools of therapy don't have congruence among (a) a theory of how problems arise (psychopathology, relational problems), (b) how to conduct therapy, and (c) a theory of change (Di Nicola & Stoyanov, 2021), the author proposes the minimal criteria for a comprehensive theory of therapy. (3) Changing the subject introduces Alain Badiou's (Badiou & Tarby, 2013) ontology of the Event as a unifying model to achieve coherence and congruence in theorizing and practicing therapy. An Event is an unpredictable, non-deterministic innovation that arises from observable elements of an Evental site (predicament) but cannot be reduced to those elements, marking a clear line in the lifeworld of the individual, triggering a new identity to become a genuine subject.

We will survey the characteristics of the Event, the types of subjects that arise from Events and pseudo-events, concluding with an Evental analysis of a clinical predicament and the possibilities for Evental therapy (Di Nicola & Farnsworth, in preparation).

Keywords: the accidental therapist, congruence, Event, Evental analysis, Evental therapy