

## 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:                      **Emancipation. From Object to Subject.**

Abstract text up to 15 lines in English:

On a sliding spectrum, object means only the compliant, physical shell of a human being.

By subject I define a person, regardless of gender, who is given the opportunity to strive for self-realization as an individual being, with an identity and to develop potentially and thereby shape the world.

I assume that the early phase of a person's life is decisive for the development of such a subject ability. I follow on from Bowlby's so-called attachment theory, according to which the attachment-secure child uses the mother as a kind of base station that it can contact again and again. The attachment-avoidant child suffers from the coldness of its environment and the insecurely attached, attachment-fearful child suffers from the ambivalence it encounters, which makes him/her highly insecure. The forms of insecure attachment make people suffer for themselves, affect their choice of partner, the groups around them and their actions in society, whereby the other person often also suffers in the interaction. The result is often a mutual lack of understanding and exclusion. At least one side is then merely a used object. With the appropriate compliance, these deficits are susceptible to therapeutic healing. It makes sense to work with the patient's existing resources in therapy in order to increasingly remove the malignant fixations and fill the person with soulful life.

Let us ask ourselves, how do I recognize the nature of my counterpart? To paraphrase Günter Ammon, it helps to ask about the image of a person and whether this image of humanity is served and by what means. And the question that also helps, to paraphrase Jean Gebser, is the one who painted, built, wrote, composed, said, capable of love?