

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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Country: Russian Federation

Presentation title: **Spiritual and Mental Crisis of a Person in Psychotherapy.**

Abstract text up to 15 lines in English:

The report examines human crisis states: spiritual and mental crises. Particular attention is paid to the state of spiritual crisis, which is difficult to diagnose, understand and treat. The concept of spirituality is considered within the framework of the four-part bio-psycho-socio-spiritual paradigm. The history of understanding spirituality in religion, philosophy, psychology and psychotherapy is briefly covered. The views of famous psychologists and psychotherapists on spirituality and spiritual crisis are briefly quoted. The importance of spiritual processes in the formation of a harmonious personality is discussed. Particular attention is drawn to spiritually and culturally oriented psychotherapy, which is a new and important direction of psychotherapeutic science and practice. The relevance of the problem of spiritual and mental crises at the present historical moment in the life of mankind and the responsibility of psychotherapy in their treatment are emphasized.