

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

Name: **Thomashoff** First Name: **Hans-Otto**

Title / Position: Dr. Dr.

Country: Austria

Presentation title: **How Psychodynamics Should Shape Politics towards a Society of the Future**

Abstract text up to 15 lines in English:

In essence, politicians are employees of the citizens who have to pay for their services and in democracies are enabled to elect them in elections. This is why politicians should keep an eye on the well-being of their employers.

The identification of essential human psychological needs makes it possible to define the desirable core goals of politics. These include human relationships, active conduct, sense of coherence, and healthy stress levels. A political system should guarantee its people freedom and support in these four basic needs.

In addition, understanding psychodynamics makes it possible to prevent spirals of regression, which tend to lead to violence and catastrophe, in times of heightened stress in society.

Education in basic psychodynamics on all levels of society is required to enable progress towards a world of psychologically mature, responsive, and self-determined citizens.