

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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Workshop title: **Eastern Mythology, Spirituality and Psychotherapy**

Abstract text up to 15 lines in English:

Throughout the history of humankind has sought to make sense of the world, 'self' and 'spirit' by creating stories and artefacts. Over time, these stories have become embedded in cultures as mythology and religion. In the area of mental health, the Rationalist movement and subsequent scientific discoveries have given us some understanding of profound, 'psychotic' human experiences. Freud, influenced by his predecessors, pioneered the idea of psychotherapy through psychoanalysis. The neo-Freudians, particularly Jung, drew on Eastern spiritual concepts such as Morita therapy, Zen and Eastern mysticism. These explorative therapies have been marginalised, possibly influenced by market forces, resulting in an explosion of manualised therapies – CBT etc. Ironically, DBT and mindfulness-based CBT incorporate mystical ideas from the East. This workshop comprises a presentation, brief video clips from a film version of an Eastern mythological story, The Mahabharatha, and Zen quotes to capture the essence of mindfulness which is paradoxically about reaching a state of 'no mind'.