

## 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"

Key Lecture

Male  / Female  / Diverse

Name: **von Bülow** First Name: **Gabriele**

Title / Position: Dipl. Psych. M. A.

Country: Germany

Presentation title: **The Acknowledgement of Suffering as a Precondition for Reconciliation**

Abstract text up to 20 lines in English (Arial 11) :

Man can reconcile with others with whom he was in more or less great/destructive disagreement, quarrel and war, and also with himself, respectively with parts of himself or the - not (anymore) changeable - reality, life events and circumstances, a "blow of fate". Thereby we can observe, in the relationship of ethnic groups among each other (the author refers to the South African as well as the Moroccan Truth and Reconciliation Commission as an example) as well as in personal close relationships, that the acknowledgement of suffered painful injuries - preferably by those who have inflicted the wounds! - is always an essential prerequisite for reconciliation processes.

In psychotherapeutic processes we often encounter this genuine strong need in the desire to experience this acknowledgement and a reparation from the people in the primary group who are held responsible for the suffering suffered.

In the best case this can be successful - but what if the parents are too old, too ill (physically, mentally) for a necessary confrontation and encounter? This desire can dominate in such a way that the representative empathic being seen by the therapist does not reach the patient and it can come to an arrest of the entire psychotherapeutic process up to a negative therapeutic reaction.

Two case vignettes from psychotherapeutic practice will illustrate both possibilities.