

Psychodrama

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Psychoanalysis was begrndet by the Viennese neurologist Sigmund Freud, and can be described as the first form of psychotherapy. Freud has attempted to treat mental disorders by means of hypnosis and suggestion. Then he is constantly being refined begrndete up today, but the core unverndert Valid in the theory of psychoanalysis. When it comes to recognizing psychoanalysis and psychoanalytic therapy of disease or strung, which unconscious emotional conflicts underlying. Have taken place eg in the development of a child traumatic experiences, then these verdrngt from consciousness and knnen not willingly be retrieved. This is a perfectly normal, even vital safeguard mechanism. Does this mechanism in severe mental Schden but over long periods of time knnen, the violations can not be processed. They retain their strength and dynamic load your knnen (appearing in modified form) appears, for example, as symptoms of mental illness. Only through a stable therapeutic relationship is the opportunity to experience the patient will be aware of the frheren to recognize their importance and nally to handle. The burden of the trauma for LSST, the symptoms lose their sense ursprunglichen (nmlich the supposed protection from this injury) and schwchen off or disappear entirely. The aim of psychoanalysis is to use the R ckschritten on child relationship patterns and childhood types of experience, frhe, as conflicts deliberately to make felt traumatic to them in adult patients and to work properly aufzulsen. In today's psychoanalysis is not just a matter of insight into life history frhe to win conflicts, but also the analysis of the relationship happening in the here and now of the analytic session. The development of a conscious Individualitt to individuals befhigen to, and Gefhle Wishes as his own to accept his ideas. The analytical sessions are usually a week over a period of time several times lnger instead. Only in this way to be actively busy to make a relationship with the therapist, fhlt in which the patient is understood and in which he can also talk about things and show negative "sides of themselves, without this leads to canceled, or are even allowed to be. The main application areas are neuroses and psychosomatic disorders Persnlichkeitsstrungen.

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