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Main Themes

The social model of existential therapy

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Title

We live in history. On the formation of the concept of psychotherapy and the profession of psychotherapist.

Abstract for

Long Presentation

Abstract

1. We are so often immersed in current problems that do not notice that we live in history. Michel Foucault drew attention that the same "strange" manifestations of people at one time were considered foolishness or demonism, respectively, it was assumed to either catch every word of the holy fool, or exorcise demons from the possessed. At other times, it was considered a way to slack off from work, parasitism and antisocial behavior, thus, it implied police measures – catching and isolating. Then it was considered as an illness and people with such manifestations were attributed to the realm of doctors. And in the second half of the 20th century, R.D. Laing began to doubt that this is a disease. To which realm the people with manifestations that we now call "psychopathologies" will be attributed in 50 years?

2. On October 21, 1990, the Strasbourg Declaration on Psychotherapy declared a new profession – psychotherapy, which is different from any other profession and requires specific professional training. For many years, we had battles in the Parliament, whether training in psychology is sufficient to provide psychological care? The community of psychologists insisted that it is enough, and psychotherapy should be one of the methods of psychiatry or even disappear. Now we see a process of separation between psychotherapy and psychology.

3. Psychology was created among other "logies" of natural science. Like all other logies, psychology is able to obtain knowledge about the universal or the particular, but it is completely useless for cognition of the singular and unique.

4. Under the name of "psychotherapy" today there are various praxies.

5. Historically, psychotherapy, unlike psychology, was created by doctors who were looking for ways to help their patients. Depending on the creator's life path and the worldview, different approaches of psychotherapy arose.

6. It is possible to count six completely different practices in terms of their social orientation, which so far all designate themselves as psychotherapy. Two of them can be designated as medical psychotherapies, and four as social psychotherapies. The demarcation between them has only just begun.

7. The ECP Standard has defined the general framework for training psychotherapists of different modalities. However, for almost 30 years little progress has been made towards recognition of the training in psychotherapy in different countries. In my opinion, this suggests that the psychotherapists in practice did not decisively divide themselves from psychology. Accordingly, training in psychotherapy does not provide proper training on the graduate (bachelor's) level that is different from psychology.

8. Ahead we expect a decisive demarcation between psychology and psychotherapy, as well as between medical and social psychotherapy. And the next step is the emergence of new names for psychotherapies of various social orientations. We live within a historical process.

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