

WE LIVE IN HISTORY. ON THE FORMATION OF THE CONCEPT OF PSYCHOTHERAPY AND THE PROFESSION OF PSYCHOTHERAPIST.

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Abstract (Inglese)

The lecture provides examples of how the meaning of concepts have changed over the course of the historical process. It examines the evolution of the term "psychotherapy" over the past 35 years. The author identifies six distinct types of practice in the contemporary world that currently share the same designation—"psychotherapy." A fundamental distinction is noted between medically-oriented and socially-oriented psychotherapies, as well as between psychology and psychotherapy. The author posits that the future will likely involve legal disputes as these different practices defend their respective domains of existence, potentially leading to the emergence of distinct designations for each type of practice.

Abstract (Italiano)

La lezione fornisce esempi di come il contenuto semantico dei concetti si modifichi nel corso del processo storico. Viene esaminata in particolare l'evoluzione del termine "psicoterapia" negli ultimi 35 anni. L'autore identifica sei diverse tipologie di pratica nel mondo contemporaneo che attualmente condividono la medesima denominazione - "psicoterapia". Viene sottolineata una differenza fondamentale tra le psicoterapie a orientamento medico e quelle a orientamento sociale, nonché tra la psicologia e la psicoterapia. L'autore avanza l'ipotesi che in futuro si assisterà probabilmente a contenziosi legali, poiché queste diverse pratiche difenderanno i rispettivi domini di esistenza, il che potrebbe portare all'emergere di denominazioni distinte per ciascun tipo di pratica.

Abstract (Russo)

В статье даются примеры изменения содержания понятий в ходе исторического процесса. Рассматривается изменение содержания термина «психотерапия» в течение последних 35 лет. Автор насчитывает в сегодняшнем мире 6 разных видов деятельности, которые пока имеют одно и то же название - «психотерапия». Отмечается кардинальное отличие между психотерапиями медицинской направленности и социальной направленности, между психологией и психотерапией. Автор полагает, что нас ждут юридические бои, связанные с отстаиванием этими разными видами деятельности своего ареала существования и появлением для разных видов деятельности разных названий.

I found in Philo of Alexandria that in the first century A.D. a sect of "therapeutae" was active in Egypt. "Therapists are those who have undertaken to heal their own

soul from passions, they have embarked on the path of serving God and healing their souls. They left their estates to sons, daughters or other relatives, and those who had no relatives distributed all their property to friends and acquaintances. They settled in deserted places..." In fact, they became the ancestors of monasticism. And they called themselves therapists.

And then centuries passed, and the name was appropriated by doctors.

On October 21, 1990, colleagues from different countries, gathered in Strasbourg, drew up **the Strasbourg Declaration on Psychotherapy** [6], the main idea of which is that they call themselves specialists in a new profession – psychotherapy, which is not reduced to any other profession and requires special professional training.

And then the difficulties begin inside: who should be considered representatives of this profession, and who should not be considered.

In my opinion, the historical process is rapidly underway before our eyes. We are inside it.

A separation is happening between psychotherapy and psychology.

Psychology was created among other "logies" of natural science, which were created, starting from the 17th century, on a basis of a set of philosophical postulates of deists, suggesting that it is possible for us, like God, to look at the world from the outside, that we are a subject, and what we see is in no way connected with us, and that time is homogeneous, that is, what we have discovered today does not need to be rediscovered tomorrow. Like all other logies, psychology is able to obtain knowledge about the universal or the particular, but it is completely useless for the cognition of the singular, the unique, the inimitable. By the way, the requirements for dissertations in psychology are no different from, for example, for dissertations in mineralogy.

Historically, psychotherapy, unlike psychology, was created by doctors who were looking for ways to help their patients. And, depending on what kind of worldview the creators had: philosophical or philosophical-religious, different directions of psychotherapy emerged. Thus, the ideas of Moreno's Psychodrama were influenced by the philosophy of neo-Marxism, Perls' Gestalt therapy by the philosophy of Zen Buddhism, Peseschkian's Positive Psychotherapy by neo-Bahaism, and Mindell's Process Work by neo-Daoism. And the very existence of different modalities under the general name of "psychotherapy" is already a more or less peaceful coexistence of completely different cultures.

In addition, today it is possible to count six practices that are completely different in their goals, which so far all designate themselves as psychotherapy. The first two are medical.

The first is non-drug care for people suffering from psychoneurological diseases. The second is non-drug care for people suffering from any diseases. Here the ideas about psychosomatics are developed.

The next four are not focused on the treatment of diseases, but also designate themselves as psychotherapy.

First. Psychotherapy is the practice of helping a person overcome life difficulties that he has encountered at a certain stage of his life, and which he himself is unable to overcome. At the same time, these difficulties may or may not affect the state of a person's health.

Second. Psychotherapy is a new institution of culture that arose in the 20th century (for example, cultural institutions are libraries, museums, theaters, exhibitions, etc.). This new institution is based on the need for people to discuss their lives. Previously, this need was realized with the help of spiritual fathers, but with the advent of the era of secularization, this new institution began to be created for its realization.

Third. Psychotherapy is the practice of preventing and stopping various social epidemics.

And, finally, the fourth. Psychotherapy is the practice of developing a person, a group, a family, and society. Usually, with this understanding of psychotherapy, the ideas of personal growth are very popular.

The last four non-medical psychotherapies began to be called social psychotherapy.

The demarcation between medical and social psychotherapy has only just begun, it is happening before our eyes during our lives.

The demarcation between psychology and psychotherapy has not yet occurred. The fundamental nature of their difference is poorly understood.

The philosophical fundamentality of the difference between different modalities is also poorly understood.

There is confusion in everyday word usage, there is no legal demarcation.

But there is a demarcation in education today. Different modalities have completely different training programs.

In my opinion, there is a decisive philosophical and legal demarcation between psychology and psychotherapy, as well as between medical and social psychotherapy ahead of us.

We live inside the historical process.