



Analytische Individualpsychologie in der therapeutischen Praxis: Das Konzept Alfred Adlers aus existentieller Perspektive (German Edition)

Gisela Eife

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In diesem Buch geht es um Fragen, die wir Therapeuten uns bei Patienten stellen, deren Existenz durch untergründige Angst und Aussichtslosigkeit bedroht ist. Diese Ängste der Patienten, nicht leben oder überleben zu können, führen bewusst oder unbewusst zu einem Bestreben, die empfundenen Bedrohungen zu kompensieren. In dieser Kompensation sieht Alfred Adler ein allgemeines Prinzip des menschlichen Lebens. Das macht den existenziellen Ansatz seiner Dynamik deutlich. Die "existenzielle Herausforderung" (Benedetti) jeder Therapie liegt darin, dass die Therapeutin sich nicht auf ihre Theorie zurückziehen kann, sondern mit dem Einsatz ihrer gesamtpersönlichen Existenz antworten muss. In der Betonung des individuellen Erlebens und im Konzept der doppelten Dynamik von Kompensation und Gemeinschaftsgefühl liegt die Besonderheit der analytischen Individualpsychologie. Diese Sichtweise wird an Fallvignetten aus der Therapie heraus entfaltet.

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