



10 Basic Concept Psychoanalysis

As Andrawis A, (2018); has described that, the psychoanalysis is a discipline of the human sciences that deals with human life and its mental suffering and mental illness, with a focus on early childhood trauma. From an anthropological point of view, the human being is seen as a unity of body, mind and soul, which are understood as inseparable from each other. psychoanalysis is the science of the unconscious. Sigmund Freud founded it more than 100 years ago as a new discipline called psychoanalysis. Its roots lie in medicine, metapsychology and philosophy. As an analytical discipline, it represents a method for researching the unconscious and the diseases caused by early childhood repressions and traumas. Furthermore, she deals with a number of practical psychoanalytic techniques and theoretical concepts, as well as model ideas about the development of mental illnesses and mental suffering (Andrawis A, 2018).

The psychoanalysis focuses on early childhood trauma. Here the following must be considered: Resistance on the part of the patient, the transmission of repressions, oedipal structural deficiency, and the assessment of pathological sexuality. The comprehensive cultural theory of psychoanalysis is a doctrine of human individuals, as well as a collective of internalized traumas and their consideration. The mass dynamics and their guidance to social victims and the individual individuals must also be clarified. (Freud A. & Grubrich-Simitis 2006). The psychoanalysis examines mental processes that are otherwise hardly accessible, in particular unconscious meanings of speeches, actions, feelings and imaginary imaginings, dreams, fantasies and wishes. It is a psychotherapeutic method that is based on this investigation and is characterized by the interpretation of desire and defense, of transmission and countertransmission. In this sense, the term psychoanalysis is used as a synonym for psychoanalytic treatment and therapy (ibid.).

As described by List (2009), psychoanalysis and its analysis is something that can be decomposed, decomposed or bound: A linguistic comparison with work in the chemical

laboratory, where decomposition or chemical bonds can also occur. In the collection of the biographical anamnesis of humans, complicated connections can arise. In the laboratory of the unconscious, one tries to find access to the suppressed unconscious through dreams and dream interpretation on the basis of free associations. The therapist can thus reconstruct the earlier repressions or link the connections to the current psychodynamics and the current conflict (List 2009).

10.1 Therapies through pharmacological approaches

The antidepressants and benzodiazepines are used in today's therapies, but benzodiazepines should only be used at the beginning of therapy when the condition is acute and distressing. This way, the effect is faster and more effective. It should be noted, however, that this drug should only be used for a short time to avoid addiction. Benzodiazepines should be discontinued in several steps over several weeks. The antidepressants, the selective serotonin reuptake inhibitors (SSRIs) are used here. The effect of antidepressants usually occurs after two to three weeks of use compared to benzodiazepines, which have the same effect. In recent years, there has been a clearly positive result on the success of therapy for anxiety disorders. According to Möller et al. (2005), both psychopharmacological and psychotherapies are the ideal approach for targeted success. Psychoanalysis plays a major role in generalized anxiety disorders. In the broader sense, psychoanalysis as a special form of school psychotherapy in the author's everyday experience with patients has shown that his task as a psychoanalyst was to achieve an improvement in social competence, as well as structuring the environment and raising awareness and re-experiencing the now unconscious original conflict within the framework of a transfer process, a "post-ripening" of the self through the development of optimal conflict solutions. In addition, the development of a stable, psychic state of stable partner relationships, in further consequence, the regaining of social skills, the development of self-help competence through reflection of events, including self-value promotion, in order to understand and consciously represent unconscious repressions of childhood with reconstruction. It is important for health and life satisfaction that personal needs can be met. In the end, the patient should feel free and independent (ibid.).

Progressive muscle relaxation according to Jacobsen

It involves relaxation and tension of individual physical muscles, biofeedback and autogenic training. As a physiological process, all these forms show positive feedback to the autonomic nervous system.

Both methods play an important role in uncovering the cause of destructive-infantile behavior patterns, patterns of anxiety, in order to achieve correction and awareness. A coping strategy is developed against the fears. Möller et al list structural I-weaknesses as causes, which can be eliminated by anxiety coping strategies. In addition, there is the development of a stable mental state and self-help competence through reflection of the events, including self-value promotion, in order to understand unconscious repressions of childhood with reconstruction and to be able to consciously represent them (Möller et al. 2005). Those affected should know that their fears cannot be assumed to be omnipotent and unchangeable and that they seek help. During the course of the therapy they have the tendency to show fear of mobilising the defence mechanisms and thus the achievement of the therapeutic goals is made more difficult. The use of psychotropic drugs, especially antidepressants, serotonin reuptake inhibitors (SSRIs) in therapy has shown effective success in recovery. In order to avoid relapse, Dilling et al (2011) recommend that psychotropic drugs be continued after a certain period of

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