

## Dreaming Consciousness in Phenomenology and Depth Psychology

Csaba Szummer<sup>\*i</sup>, Attila Almási<sup>\*\*ii</sup>, Iszáj Fruzina<sup>\*iii</sup>

\*Institute of Psychology, Faculty of Humanities, Károli Gáspár University of the Reformed Church in Hungary

\*\*Multidisciplinary for Psychedelic Studies, Hungary

### Abstract

**Introduction:** Freud and Jung delve deep into the study of dreams and other phenomena occurring in altered states of consciousness. Edmund Husserl, the founding father of phenomenology, on the contrary, neglects mental activity in altered states of consciousness, and primarily describes mental functioning from the perspective of normal, waking consciousness.

**Objectives:** The purpose of this comparative study is to show that a productive dialogue might be possible between phenomenology and Freudian and Jungian psychology, in their research in mental activities occurring in altered states of consciousness.

**Methods:** First, the concepts of the unconscious of phenomenology and of depth psychology are compared. Then, the obstacles to the phenomenological analysis of dreams are enumerated. Afterwards, the Freudian and Jungian dream theories are contrasted. Finally, the Jungian active imagination is addressed from the vantage point of the phenomenological concept of phantasy.

**Results:** Although mental processes form a continuum, until the last two decades, they were treated separately in phenomenology and depth psychology. Phenomenology specialized itself in normal awake state of consciousness, in which the various functional organizations of the human mind act in concert subordinated to and controlled by a virtual center. Freud, Jung and their disciples, on the other hand, focused on states in which consciousness is cut off from the outer world (hypnosis, dreaming, psychotic hallucinations), or the subject suspends – to a certain degree – its interest in the environment (day-dreaming and active imagination).

**Conclusions:** The dialogue between phenomenology and the Freudian and Jungian depth psychology that has started over the past decades might significantly widen the horizon of the Husserl's science reaching at dreams, active imagination, psychedelic experiences and other products of the infinite realms of altered states of consciousness.

**Keywords:** Husserlian unconscious, psychoanalysis, active imagination, altered states of consciousness

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<sup>i</sup> Corresponding author: Csaba Szummer, Hungary, email: szummercs@gmail.com.

<sup>ii</sup> Attila Almási, Hungary, email: vizipal@gmail.com.

<sup>iii</sup> Iszáj Fruzina, Hungary, email: ifruzsi@gmail.com.

## **Erich Fromm – a Therapeutic Vision Well Ahead of its Time. Erich Fromm’s Contribution to Experiential Psychotherapy**

**Cristina Enescu (Matei)<sup>i</sup>**

Faculty of Philosophy, University of Bucharest

### **Abstract**

**Introduction:** *Erich Fromm (1900-1980) was a German psychoanalyst, his work focused on several areas of human knowledge: social psychology, Psychoanalysis, sociology, humanist philosophy, ethics etc. Fromm used the “here and now” presence from Zen Buddhism, the importance of being “centrally related” to the client in his psychoanalytical practice. Experiential psychotherapy adapts to the client, trying through any creative method to help them overcome difficulties, discover themselves and restructure those parts that bring pain.*

**Objectives:** *1. To name Fromm’s contribution to psychology and psychotherapy, his theories and private practice. 2. To identify the connection between Erich Fromm’s theories and modern Experiential psychotherapy. This paper is focused on the different ways Fromm’s work as a psychoanalyst and philosophical thinker can help therapists include the social and ethical dimensions of his theories in to their practice.*

**Methods:** *Analyzing Erich Fromm’s theoretical work and private psychoanalytical practice. Fromm’s vision of man, as psychoanalyst, is full of healing goodwill, using ethics and theoretical morals as a guiding thread of practice. In his works he seems to want to unite theory with practice, so that there is no distinction between the theoretical ideal and the practical living of the individual and humanity.*

**Results:** *Using Erich Fromm’s perspective in the practice of Experiential psychotherapy. The dual, alienated mind-body perspective of Descartes, and others like him, is different from Erich Fromm’s vision, which is more integrated, holistic, as one could say. And this vision is important in the Experiential Psychotherapy of Unification, the PEU method, focusing on the unification of perceived and often conflicting polarities.*

**Conclusions:** *Is Erich Fromm relevant in contemporary psychotherapeutic practice? In psychotherapy it is not enough to have knowledge on psychology, psychiatry, medicine, anatomy, anthropology, sociology; we also need vast knowledge of ethics and philosophy to be able to fully comprehend the human nature and find proper healing methods. The humanism of Fromm’s psychology is given by ethics; these values lead to the realization of the whole human potential and to humanism. For him it is important for a mental health professional to study and understand that psychology also deals with ethical issues.*

**Keywords:** *humanism, ethics, philosophy, Zen Buddhism, Psychoanalysis*

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<sup>i</sup> Corresponding author: psychotherapist, PhD student Cristina Enescu (Matei), Faculty of Philosophy, University of Bucharest, email: cristina.enescu@gmail.com.

## The Psychotherapeutic Process from the Therapists' Perspective: Personality, Therapeutic Alliance and Theoretical Orientation

Angelica Hîrju<sup>i</sup>

Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

### Abstract

**Introduction:** The therapeutic process is largely dependent on the psychotherapist. The therapist's view on the process, however, is a difficult task to unfold, given the complexity of the concept. As a result, one can only describe the therapist's view on different components of the therapeutic process.

**Objectives:** To explore the therapeutic process from the therapists' perspectives: therapeutic alliance; the perception on the client and on himself during therapy; the psychotherapist's theoretical orientation. To devise a personality profile for the therapists in the present sample and to explore the correlation between these different variables.

**Methods:** The participants in the study are psychotherapists accredited in Romania (N=137), with various theoretical orientations, who filled in the following instruments: The Helping Alliance Questionnaire HAq2, The Big Five Inventory (BFI), Theoretical evaluation Self-Test, The therapeutic process from the therapist perspective. The sample was composed of psychotherapists officially accredited, from the Register of Psychologists in Romania. The inclusion criteria were represented by the existence of an official accreditation and the specialization (psychotherapy).

**Results:** The results show that therapists had the highest scores on the following BFI scales: Openness, Agreeableness and Conscientiousness. The therapeutic alliance varies depending on the theoretical orientation, but the source of this variability cannot be identified in this study. Therapeutic alliance is also correlated with the perception on having results at the end of the therapeutic process. When it comes to the personality factor of Neuroticism, it seems that it varies proportionately with negative countertransference, and the Openness factor correlates with the Humanistic theoretical orientation.

**Conclusions:** Through this study one can observe in which manner psychotherapists develop an image of the psychotherapeutic process and of themselves in this setting. This image is shown to be a cumulus of various elements of the psychotherapist as a person/ professional and different psychotherapy elements.

**Keywords:** psychotherapy, working alliance, psychotherapists, clients, countertransference, psychotherapy practice research

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<sup>i</sup> Corresponding author: Angelica Hîrju, Phd student, University of Bucharest, Romania, email: angelicahirju@yahoo.com.

# Constructing a Safer Space for Queer Aesthetics in Psychotherapy: a Cooperative Inquiry Approach

Daniel A. Petre<sup>i</sup>

Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

## **Abstract**

**Introduction:** *Given the presence of various aggressive behaviors towards queer aesthetics in society (e.g., Trans murders, institutional microaggressions), we questioned how the psychotherapy office (symbolizing in itself a part of society) can become a safer space for queer aesthetics, both referring to the client and the psychotherapist. We aim to respond to the dissatisfaction towards psychological services, articulated in cyberspace and in social meetings, by persons who engage themselves in wearing gender stereotype defying clothes. The research plan was preregistered, according to the norms of registering qualitative papers, at the following address <https://osf.io/83w6z>.*

**Objectives:** *Our objective was to check if the psychotherapy office could ensure a safe space for queer aesthetics (both for clients and therapists). If the office was not a safe enough space, our purpose was to trace possible causes and solutions.*

**Methods:** *Six young psychotherapists or psychotherapists in training (including the author) participated in meetings, for one and a half month, in a non-positivist cooperative inquiry (CI; action research; family). We engaged ourselves in cycles of reflection and action on the problem of constructing a safer space for queer aesthetics in our offices. We used propositional, presentational, practical and experiential knowledge.*

**Results:** *We reported on six cycles of reflection and action (Society's dominant attitude; Cisgender aesthetics; University and training; Therapist's queerness; Multiple selves analysis; Nonverbal self-disclosure and sartorial courage).*

**Conclusions:** *We found that the psychotherapy office was not perceived as a safe enough space for queer aesthetics, neither by clients, nor by psychotherapists, and that cis-normativity in sartorial decisions limits sartorial agency. Among other pragmatic and moderate conclusions, we consider the need for the integration (in an experiential pedagogy frame) of gender studies in the psychotherapy training, by considering the positive attitude towards queer clothing, as part of the therapeutic alliance with a variety of clients, as a common factor in psychotherapy, the depathologization and depsychologization of the aesthetic factor in psychotherapeutic interventions.*

**Keywords:** *sartorial agency, microaggressions, gender-stereotype defying clothes, therapeutic alliance, therapeutic safe place, queer aesthetics*

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<sup>i</sup> Corresponding author: Daniel A. Petre, Bucharest, district 5, 100 Uranus str., building 53, ap.11; tel: +40728461281, email: andreipetre73@gmail.com.

# Mindfulness-Based Couples and Family Therapy: a Literature Review

Maria Gemescu<sup>i</sup>

Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

## **Abstract**

**Introduction:** This literature review begins by clarifying the psychological concept of mindfulness. Therefore, the construct of mindfulness is conceptualized and operationalized. Moreover, this article presents the most important theories, which put forward some integrative frameworks of mindfulness. Robust meta-analyses are then discussed, along with their results regarding the effectiveness of mindfulness-based interventions.

**Objectives:** This study aims to present mindfulness-based couples and family interventions, addressing a significant paucity of research. Another objective would be to define the central concepts and ideas of relevance to this particular topic.

**Methods:** The narrative literature review method was used, with a qualitative research design.

**Results:** Research on the correlation between trait mindfulness and couple satisfaction is identified. Furthermore, specific mindfulness techniques, adapted within the acceptance and commitment psychotherapy, are outlined. Other mindfulness techniques are also detailed, such as those used in Cognitive psychotherapy, in Rational-Emotive Behavior psychotherapy, in Dialectical Behavioral psychotherapy, in Experiential psychotherapy and in Emotionally Focused psychotherapy. Adding to this, the meditative dialogue technique is described as well.

**Conclusions:** Although most research has focused on the effectiveness of individual mindfulness practices, some articles regarding couples have begun to emerge, some of which have addressed the correlation between trait mindfulness and other variables, such as: couple satisfaction, conflict potential, attachment anxiety. Other studies have supported the effectiveness of mindfulness-based interventions, for raising levels of trait mindfulness in both partners, but also for developing their autonomy and acceptance. Articles on mindfulness-based family psychotherapy are fewer, focusing on emotion regulation mechanisms in families with adolescents.

**Keywords:** meditation, emotion regulation, couple satisfaction, relational stress



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<sup>i</sup> Corresponding author: Bucharest, 313 B Splaiul Independenței, building C1, ap. 8; tel: +400728420968, email: maria.gemescu@gmail.com.

# Traditional versus Experiential Learning. A Comparative Microstudy of Instructional Techniques on Children's Achievement in Primary School

Camelia Mădălina Răducu<sup>i</sup>

Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

## Abstract

**Introduction:** In recent years, after Romania's accession to the European Union, educational policy has become a major political priority of the entire Romanian society. As the nation struggles to attain the achievement levels necessary to compete in a global society, the national education reform continues to be in a dynamic state of change. In this context of innovation in education, the implementation of an Experiential Learning methodology has emerged as a viable option for providing students with the core competency skills needed to succeed.

**Objectives:** The aim of this study was to explore the differences in the achievements on standardized tests: Progress in International Reading Literacy Study (PIRLS) and Trends in International Mathematics and Science Study (TIMMS) obtained by students who had benefitted from Experiential Learning, in contrast with those following direct learning instructional methods.

**Methods:** The study compares performances of students in the fourth grade who used Experiential Learning methods in PIRLS and TIMMS exams, in contrast with their peers who were taught according to traditional instructional methods. The student test scores on the PIRLS and TIMMS examinations, from the session of May 2019, were analyzed both concerning the Experiential Learning and the Traditional Learning groups. To determine the differences in the students' mean scores, descriptive as well as inferential statistical analyses were performed on the data.

**Results:** This study found that the Experiential Learning group had statistically significant greater mean scores in overall performance on TIMMS Exam and in PIRLS Exam than the Traditional Learning group.

**Conclusions:** This paper concludes that Experiential Learning should be considered as a comprehensive school reform model to increase students' performance on standardized examinations.

**Keywords:** *Experiential Learning, Traditional Learning, experience, innovation in education*



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<sup>i</sup> Corresponding author: Camelia Mădălina Răducu, Phd student, University of Bucharest, Romania, email: camelia\_10i@yahoo.com.