

# Psychoanalysis And Quality Of Life

Isabel Abecassis Empis

*Clinical Psychology, Cascais/Portugal  
(isabelempis@hotmail.com)*

Psychoanalysis and Christianity seem to have been the two main streams of thought that have moulded the occidental way of living, thinking, fearing, hoping, relating to others, to health, to illness, to pleasure, to destiny, to creativity, to religion etc....

Freud however, mentioned a great danger relating to psychoanalysis - while being acclaimed by an immense American crowd on his arrival to the US, he said: "they don't know I'm bringing them the plague!"

He explained that the new technique he had created, involved a tough discipline and eventual suffering in order to attain self-knowledge. The plague however, was of another kind: it is the savage spreading of interpretations with a pseudo-freudian theoretical frame, that hurts and "rapes" others psychological balance and self-esteem.

Freud like Christ has stated ways for men to re-connect with himself – although with different languages the objective was one and the same – "to know thyself". 2000 years after Christ, 100 years after Freud the world still goes on using their teachings in a similar way: to Jesus words were attributed judgment, guilt, sin, sadness, suffering mistaken by virtue etc... Freud on the other hand, is supposed to have invented a kind of "game" that one could call "guilt and victim". As a matter of fact, no one is guilty of our own misery - only by becoming responsible for the circumstances of our own life, are we able to make the changes we long for. It is urgent now, that mental health practitioners show people their inner power of transformation, instead of classifying, cataloguing, labelling, explaining theories about disorders. It is crucial that the patient's dynamic resources for inner transformation are acknowledged and put into action.

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**Isabel Abecassis Empis**, clinical psychology, graduated at the University of Geneva with Jean Piaget, faculty of psychology and Educational sciences. 16 years teaching at university (Geneva – faculty of psychology; Lisbon – ISPA – Institute of Applied Psychology). Member of Portuguese Society of Psychoanalysis. 8 years working as a psychologist in a mental health centre for children and adolescents in Lisbon. Practicing psychoanalysis and psychotherapy since 1980. Practicing psychotherapy for 14 years at Miguel Bombarda Hospital (Mental hospital for adults in Lisbon). Published *Bem-aventurados os que ousam* ("blessed are those who dare"; second edition). Wrote regularly on a parenting oriented magazine: "Pais e Filhos" and another book coming out next June based on these writings.