



Couch & Altar: Erfahrungen aus Psychotherapie und Seelsorge (German Edition)

Arnold Mettnitzer

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Psychotherapie und Seelsorge gehören seit der Antike zusammen. Das ist in Vergessenheit geraten und erst durch Freuds Wiederentdeckung des Unbewussten erneut sichtbar geworden. Die Seelsorge ist "die ältere Schwester der Psychotherapie" und pocht daher auf Tradition und längere Erfahrung. Der Psychotherapeut als "der jüngere Bruder des Seelsorgers" mag als "Liebkind der Neuzeit" seinen größeren Charme ins Treffen führen. Die gegenseitig notwendige Abgrenzung gerät mitunter zur Ausgrenzung: Bei aller notwendigen Unterscheidung von Psychotherapie und Seelsorge wird es Zeit, das Verbindende vor das Trennende zu stellen. Rund um Couch und Altar eröffnen sich in einem angstfreien Miteinander gegenseitig befruchtende Lebensfelder. Daran zu erinnern, und damit den Geist des Urchristentums wieder lebendig zu machen, wäre ein Liebesdienst, den die Psychotherapie der Seelsorge leisten könnte.

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