



## SANDOR FERENCZI: THEN AND NOW

### WHY FERENCZI TODAY?

The Ferenczi Society in Budapest and The Institute of Psychotherapy in Oslo are inviting you to a series of live seminars on Sandor Ferenczi, the great Hungarian psychoanalyst. Despite the traumatic, personal, and professional break down in the relationship between Ferenczi and Sigmund Freud during the last years of Ferenczi's life, he is still considered to have been Freud's nearest friend and collaborator.

There are many reasons for talking about Ferenczi now. In Norway, Ferenczi's ideas have been of important influence on the Institute of Psychotherapy, *especially* through his influences in the works of interpersonal and relational trends of American psychoanalysis.

Furthermore, one of his most influential papers, the "Confusion of Tongues" (1932), has been a standard repertoire in the Oslo curriculum.

This seminar series will provide a wonderful opportunity to deepen the understanding of the importance of Ferenczi in Norway and the psychoanalytic world far beyond.

**Ferenczi's gifts to psychoanalysis have been many and we will discuss these specifically:**

1. Ferenczi co-operated with Freud from 1908 and wrote many articles which are still part of the "mainstream" psychoanalytical theory and clinical observation. His topics included, among many, the role of projection and introjection in the transference and unique views on psychosomatics.
2. In 1910, IPA, the International Association for Psychoanalysis was born out of Ferenczi's ideas and commitment to the establishment of a professional, international body for psychoanalysis in the world.
3. After World War I., Ferenczi co-authored a book on war traumas, and later he revised Freud's theory on childhood traumas and created a new understanding of it, by introducing the concept of "identification with the aggressor".
4. Sandor Ferenczi analyzed several of the leading figures in the psychoanalytic milieu, among them Melanie Klein, Ernest Jones, Michael and Alice Balint, Clara Thompson, all of whom had gone onto furthering Ferenczi's influence in their later psychoanalytic works. He inspired Klein – and several of his colleagues in Budapest - to start analyzing children. Later he expanded his views to focus on "the child in the adult patient", still a useful concept when treating more severe problems in adult patients.
5. Ferenczi disagreed with Freud's theory on trauma, as he focused on the real vs. the fantasized experiences of trauma. He also emphasized the role of attachment (long before Bowlby) and established the concept of "object relations" approach, both as elements of children's development, and as they present in the clinical setting. His thoughts have been further elaborated by Klein, Winnicott, Balint, Bion etc., but Ferenczi's name has often been ignored or omitted from the history of the development of such revolutionary concepts.

Last, – and not least – the seminar series will also discuss his lifelong search for appropriate clinical technique when working with the most severe cases, which has led him to the use of some controversial methods (e.g., mutual analysis).

While Freud disagreed with some of Ferenczi's approach, nevertheless he acknowledged that: *"Ferenczi had probably set himself aims which, with our therapeutic means, are altogether out of reach today (1933)."* Today's psychotherapists and psychoanalysts still use

Ferenczi's theoretical and clinical ideas, even though he has still not received the well-deserved recognition and honor for the revolutionary ideas he has helped establish.

There will be 4 seminars, two in Oslo and two in Budapest:

1. Ferenczi and the Budapest school, Oslo 25-27<sup>th</sup> of November 2022.
2. The importance of the early object relations, Budapest 7-9<sup>th</sup> of April 2023.
3. Ferenczi paradigm shift in trauma theory, Oslo.
4. The new view of psychoanalytic psychosomatics, Budapest.

Welcome!!

The organizing group:

Noemi Ford, Iowa City  
Judit Mészáros, Budapest  
Dóra Lőrök, Budapest  
Tomas Linhart, Oslo  
Tormod Knutsen, Oslo  
Gaute Gulliksen, Oslo  
Ole Johan Finnøy, Oslo

PROGRAM First seminar Oslo

**Friday 25<sup>th</sup> of November 2022:**

**17:00-20:00**

Judit Mészáros: **FERENCZI AND THE BUDAPEST SCHOOL**

Moderator: Dóra Lórik

**Saturday 26<sup>th</sup> of November 2022:**

**10:00-11:45**

Tormod Knutsen: **FERENCZI AND THE BUDAPEST SCHOOL, The influences on the psychoanalytic movement in Norway.**

Moderator: Tomas Linhart

**12:00-1330:** Lunch

**13:30-15:00:** Clinical groups

**15:00-15:30:** Break

**15:30-17:00:** Film on Ferenczi (60 min)

Short introduction by Judit Mészáros. 30 min discussion.

**Sunday 27<sup>th</sup> of November 2022:** Cultural/social/free program

**Seminar cost:** 150€

**To register:** Send an e-mail to: [sekr@instpsyk.no](mailto:sekr@instpsyk.no) before the 11<sup>th</sup> of November 2022.



Judit Mészáros, Ph.D., habil., professor honoris causa. She is a training and supervising analyst of the Hungarian Psychoanalytical Society (affiliated with the IPA); and staff member at the European Psychotherapy Training Institute, Budapest. She has written scores of papers, editor or author of books, curator of exhibitions of *Ferenczi and the Budapest School of Psychoanalysis* in London and Budapest, and expert of film on *Sándor Ferenczi*, in 2001. J. Mészáros and C. Bonoby were the authors of the *Ferenczi House Project* finished by *House/Center and Archives*. One of her books: *Ferenczi and Beyond. Exile of the Budapest School and Solidarity in the Psychoanalytic Movement during the Nazi Years*. Karnac, 2014. She is the co-founder, now the president of the Sándor Ferenczi Society; Executive Board Member of the International Sándor Ferenczi Network, and psychoanalyst/psychotherapist in private practice.



Dóra Lőrík

Clinical psychologist, psychotherapist, psychoanalyst

Member of the Hungarian Psychoanalytical Society, International Psychoanalytic Association (IPA), Sándor Ferenczi Society

Ms. Lorik has extensive clinical experience providing short- and long-term psychodynamic psychotherapy in various psychiatric hospitals in Hungary.

**Additionally, Ms. Lorik has been a lecturer at Wesley Janos Academy, Budapest, and at Eotvos Lorant University, Budapest (ELTE). She is currently in private practice in Budapest.**



Tormod Knutsen, MD, Psychiatrist in Private Practice, Oslo.

Training and supervising analyst at Institute of Psychotherapy (IFPS) and Norwegian Psychoanalytical Association (IPA). Former Director of The Norwegian Psychoanalytical Institute and Leader of the Board at Institute of Psychotherapy. Seminar leader at this institute from 1995-2020. From 2001 supervising psychiatric Residents at Oslo University Hospital in Psychodynamic Psychotherapy. Organizing and leading courses in psychoanalytic psychotherapy for psychiatrists and psychiatric residents.

Co-author of "Psykotterapi i utvikling" ("Psychotherapy in Progress") 2012 (Institute of Psychotherapy 50 years). Presentations at international psychoanalytical congresses on Fenichel, Rank and Racker. Organized and led the first Sandor Ferenczi workshops in Oslo (2015-16).



Tomas Linhart, member of the Institutt for Psykotterapi. Psychiatrist in private practice in Oslo, providing psychodynamic psychotherapy.