

Dear subscribers,

As 2024 draws to a close, you will find the latest news from IPU Berlin, information on upcoming **Events** and the monthly **Column** by IPU President **Prof. Jan-Hendrik Olbertz**.

An exciting year lies behind the IPU Berlin. 2024 was marked by the **15th anniversary of our psychoanalytic university**. Since the summer semester, we have celebrated our birthday with various event formats and were delighted to receive visits and congratulations from many of our friends and partners. 2024 was also marked by our **institutional reaccreditation**, as part of which the IPU applied for the right to award doctorates. Prof. Jan-Hendrik Olbertz reviews these and other highlights in his review of the year – available **on our website**.

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OF TRANSFORMATION

Lillian Oliver, a Master's student at IPU Berlin, **has been awarded this year's DAAD prize**. The prize honors both excellent academic achievements and volunteer work. Read more about the award ceremony **on our website**.

Save the Date: On 1 and September 2025, the next **Spielrein Conference** will take place at the University of Essex (UK) under the title *Composing with Spielrein: Understanding Contemporary Childhoods*. The IPU Berlin is a cooperation partner. Interested parties can already register. A call for papers is open until 10 February 2025. Further information **can be found here**.

In our Spotlight, you can read about the awarding of this year's **Wilhelm Bitter Research Prize** to two former IPU students: **Irene Fechau and Samuel Bayer**. Congratulations to both of them.

IPU students can apply for a **Deutschlandstipendium** scholarship. The application phase for the summer semester started in December 2024 and runs until the end of January 2025. Find out more **on our website**.

Florian Dreyer, Research Coordinator in the Outpatient Clinic, recently gave a compact introduction to scientific work with **Artificial Intelligence (AI) and Large Language Models (LLM)**. IPU members can watch a recording of his lecture **in the InfoCenter**.

All members of the academic staff at IPU Berlin can use the internal research area of the InfoCenter **to inform the university public about academic activities or news from the scientific operation**. Please use **this form** for announcements.

We wish all IPU students and IPU members as well as our cooperation partners and friends of the IPU a peaceful and relaxing end of the year. We look forward to exploring the unconscious with you again in 2025.

German as a Foreign Language

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Events

31 January 2025

Online Info Session for Prospective Students

Further information **on our website**.

Are you planning or organizing an event at the IPU Berlin in 2025?

Use this form in the InfoCenter, ideally up to four weeks before the event date. This will ensure that your event is included in the calendar of events and can be promoted in good time.

Psychoanalysis lighthearted

The **December column** by IPU President **Prof. Jan-Hendrik Olbertz**

Recently, I have repeatedly asked myself why psychoanalysis almost always develops its approaches along the lines of suffering, conflict or distress, indeed why it seems to presuppose their existence. Of course, healing is its underlying historical motif; but the premises of given psychological resilience and balance should also interest it. Certainly, teaching analyses, for example, by serving reflection and the acquisition of therapeutic experience, also open up clinically "occasionless" approaches to self-knowledge. If psychoanalysis, on the other hand, were to regard mental stability as a fictional state in itself, or were to trace it back only to (dysfunctional) repression, for example, then this would result in a clinical picture that suggests a need for therapy.

When amateurs start pondering a subject they know nothing about – and then speak up about it – it may cause heads to shake. But complementary to the clinical causes of healing, I also look for psychoanalytical explanations of positively experienced mental states. In particular, if they are persistent, the question arises, as in the case of conflicts, as to where they come from, e. g. to which moments of childhood, to the relationship with parents or to which key experiences they can be traced back. After all, infant research, for example, investigates which quality of the earliest relationship patterns are beneficial for a child's development and which are not.

***Prof. Jan-Hendrik Olbertz** has been President of the International Psychoanalytic University Berlin since July 2021. Once a month, he provides commentary here on contemporary, timeless, psychoanalytic and political issues.*



Similar thoughts also occur to me with regard to psychoanalysis as a cultural and social theory when it researches and interprets social phenomena, i. e. when it considers social dynamics or dissonances (e. g. of groups) in addition to individual psychological facts. But here, too, little is said about how, for example, social understanding comes about and can be maintained.

"Analysis" implies a dissection into individual parts, but that is not only what psychoanalysis is about. In the course of therapy, the parts must be reassembled, re-evaluated and re-weighted, and thus "integrated". The name of the method itself only represents one part of what happens, because it leaves out the – actually more essential – part. "Psychosynthesis" would be a more suitable term for this, even though the term is somewhat broader in terms of the history of the theory.

Perhaps it is just my own need for inner balance and harmony leading up to Christmas that has led me to these considerations. Then I will take this opportunity to thank all readers of this newsletter and the monthly column for their interest and open-mindedness, often also for stimulating feedback, and above all to wish them a lighthearted and harmonious holiday season and a happy transition into the year 2025.

