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Setting the Goals for the Psychotherapeutic Process

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Considering psychotherapy on one hand, as a process that occurs through time, between two interpersonal poles, and psychoanalysis on the other as a theoretical frame of reference to understand it; as well as a clinical and research methodology to deal with, and if possible solve, these type of human problems, we still have to define the objectives (goals) for it's clinical application.

In this paper, we will touch upon some of the main relational values we consider are basic for positive personal development, as well as for the best understanding and relationships among human beings, and therefore solving their relational problems; these might be two of the main generic goals of a therapeutic encounter.

Conflict resolution whether it takes place as a normal family experience, settling differences among siblings, couples and between parent-child relationships, considering the basic human needs and the possible satisfaction of them on both sides; or within the context of a therapy situation or even during negotiation of two systems or countries in conflict or at war, in order to achieve peace; is based on these fundamental relational values that provide the possibility of understanding and support sincere efforts to overcome problems.

With a small modification of Fromm's ideas, we consider 5 sets of more specific human basic needs:

- 1) Relating and Bonding
- 2) Acceptance and Belonging
- 3) Identity and Individuality

- 4) Frame of Reference and Personal Value System
- 5) Significance and Transcending

Some of these values, as orientations or attitudes, that guide us to act in such a way responding positively to our needs and those of our significant others, are:

- | | | | |
|---------------------|-------------|-----------------|----------------------|
| Rationality | Reciprocity | Respect | (Integrity) |
| Interest (Intimacy) | Involvement | (Care) | Communication |
| Commitment | Cooperation | (Health) | Honesty Hope |
| Endearment | Endurance | Equity | Sincerity Solidarity |
| Timing | Tolerance | Trustworthiness | |
| Faith | Freedom | Love | Justice Wisdom |

They represent the ideal way in which the original most significant figures in our life could have acted upon us to foster the best possible way our development, if mothering and fathering as the two main vectors of this psychosocial functions of the family could have entailed these values, a positive development could have been the result of such care and positive attitude. That's why when Fromm told us that the ultimate goal in the process would be to be able to become one's own mother and one own's father that is to provide oneself the love, acceptance, care, nourishment, guidance, stimuli, rationality, responsibility, accountability and truthfulness that we need to achieve maturity and integrity. That's perhaps why Erikson in describing his eight stages of man, ended up saying that it is needed a mature an integral adult that doesn't fear death to help a child to develop with basic trust, and no fear of life.

If we are to be able, someday, to establish a



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better world for the generations to come, for our children and grandchildren, we might begin promoting these values in our everyday life, educating families in their practice and development, through promotional and preventive

programs, as well as using them at all systems and levels, in the analysis and reflecting process that might allow us to construct a new narrative for the world in conflict that we live now, if we are to change it to a more livable one.