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Foreword

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Erich Fromm became known to many people as a therapist. For more than 50 years, he practiced psychoanalysis; for more than 40 years, he was active in New York and Mexico City as a teacher, supervisor, and university lecturer at institutes for psychoanalytic teaching and training. Anyone who was in psychoanalysis with him sensed his relentlessness as a seeker of truth and as a critical companion as well as his extraordinary capacity for empathy, his closeness, and the immediacy of his relationship to others.

Although Fromm time and again had plans to write and publish about his particular therapeutic method, those plans were never realized. Thus, reports about Fromm's manner of interacting with patients who sat across from him and with analysts or colleagues in training are of lasting value. One should mention, above all, the works of R. U. Akeret (1975), G. Chrzanowski (1977, 1993), R. M. Crowley (1981), D. Elkin (1981), L. Epstein (1975), A. H. Feiner (1975), A. Gourevitch (1981), A. Grey (1992, 1993), M. Horney Eckardt (1975, 1982, 1983, 1992), J. S. Kwawer (1975, 1991), B. Landis (1975, 1981, 1981a), R. M. Lesser (1992), B. Luban-Plozza and U. Egles (1982), M. Norell (1975, 1981), D. E. Schecter (1971, 1981, 1981a, 1981b), J. Silva Garcia (1984, 1990), R. Spiegel (1981, 1983), E. S. Tauber (1959, 1979, 1980, 1981, 1981x, 1982, 1988), E. S. Tauber and B. Landis (1971), E. G. Witenberg (1981), B. Wolstein (1981), as well as contributions by Fromm's Mexican students that appeared in the journal *Revista de Psicoanálisis, Psiquiatría y Psicología* {008} from 1965 to 1975 and in subsequent publications (*Memo-ria, Anuario*) of the Psychoanalytic Institute in Mexico, which Fromm founded. The contributions by M. Bacciagaluppi (1989, 1991, 1991a, 1993, 1993a), M. Bacciagaluppi and R. Biancoli (1993), R. Biancoli (1987, 1992), D. Burston (1991), M. Cortina (1992), R. Funk (1993), and L. von Werder (1990) draw on the works mentioned above and, in part, upon previously unpublished manuscripts by Fromm.

One can quickly list what Fromm himself published on questions pertaining to psychoanalytic therapy: a chapter concerning his understanding of dreams (in E. Fromm, 1951a), a piece concerning Freud's „The Case of Little Hans“ (E. Fromm, 1966k), and reflections concerning therapeutic-technical questions (scattered throughout E. Fromm, 1979a, as well as in the section „The Revision of Psychoanalytic Therapy“ in E. Fromm, 1990a, pp. 70-80). Richard I. Evans' 1963 interview with Fromm concerning questions about Fromm's concept of therapy, which appeared in English, Italian, and several other languages and which Evans published against Fromm's will (E. Fromm, 1966f), cannot serve as a source, since it „in my [Fromm's] judgment does not give any useful insight



into my work“ and represents „neither an introduction nor an ‘overview’ into the work.“ Some statements concerning therapeutic method that Fromm made in this interview were transcribed from tape word for word and included in the present volume.

The posthumously published texts in this volume are not a textbook about psychoanalytic therapy; nor are they a substitute for Fromm’s nonexistent exposition of so-called psychoanalytic technique. It is no coincidence that Fromm did not write a textbook about psychoanalytic therapy and did not establish his own school of therapy. The special aspect of his therapeutic method cannot be encompassed in a „psychoanalytic technique“ and the psychoanalyst cannot hide behind the „know how“ of providing therapy. {009}

The present Volume does not inform about psychoanalytic technique; indeed, in Fromm’s opinion, and against the claim of textbooks about psychoanalytic technique, there can be no such thing. However, the texts in this Volume provide information about Fromm the therapist and his way of dealing with the psychological sufferings of people of our time. His therapeutic method is characterized not by verbose theories and abstractions, nor by differential diagnostic „rapes“ of the „patient material,“ but rather by his capacity for individual and independent perception of the basic problems of man. Fromm’s humanistic view permeates his ideas about patients and how to deal with them. The patient is not seen as being opposite; the patient is not a fundamentally different person. A profound solidarity is discernible between the analyzer and the analyzed. It assumes that the analyst has learned how to deal with him or herself and is still ready to learn rather than to hide behind a „psychoanalytic technique.“ The analyst is his own next patient, and, for him, his patient becomes his analyst. Fromm can take the patient seriously because he takes himself seriously. He can analyze the patient because he analyzes himself by the counter-transference reactions the patient arouses in him.

None of the texts published in this volume existed in manuscript form, but rather only as English-language transcripts of recordings of lectures, interviews, and seminars. I have attempted to preserve the character of the spoken word of texts that, published here for the first time, were usually delivered without lecture notes. With the exception of the last section, the division and the sequence of the texts and headings were chosen, i.e., added, by me. Otherwise, I have indicated important additions in the text by brackets. The English transcripts are available in the Erich Fromm Archives (Ursrainer Ring 24, D-72076, Tübingen, Germany).

The first part of the present volume bears the title „Factors Leading to Patient’s Change in Analytic Treatment“ and constitutes the text of a lecture that Fromm held on September 25, {010} 1964, on „The Causes for the Patient’s Change in Analytic Treatment“ at the Harry Stack Sullivan Society on the occasion of the dedication of the new building of the William Alanson White Institute in New York. This lecture is particularly outstanding because Fromm distinguishes between benevolent and malevolent neurosis and very clearly shows the limits of psychoanalytic treatment. (See also E. Fromm, 1991c, in which this was previously published in part.)

The second part („Therapeutic Aspects of Psychoanalysis“) contains excerpts from a seminar that Fromm, together with Bernard Landis, gave for American psychology students during a three-week seminar in Locarno in 1974. In subsequent years, the transcript of this seminar, which weighed in at 400 pages, was prepared by his secretary, Joan Hughes, on the basis of recordings and was then partially revised by Fromm.



Fromm originally intended to incorporate parts of this transcript in a book about psychoanalytic therapy. The first part of this book was supposed to deal with the limitations of Freudian understanding. Fromm wrote the manuscript for this after he finished *To Have or To Be?* in 1976 and 1977. The second part, for which he revised the transcript of the 1974 seminar, was supposed to deal with questions about therapeutic method. However, a severe heart attack in the autumn of 1977 thwarted his continued work on this, such that the first part, the discussion of Freud's psychoanalysis, was finally published independently of the planned second part in 1979 (see E. Fromm, 1979a).

The portions of the transcript of the 1974 seminar published here provide firsthand information not only about the therapist Fromm (information that is enriched especially by his remarks about a case report brought up in the seminar by Bernard Landis), but also about his perception of modern character neuroses and of the necessity of special requirements in their treatment. Some sections of the 1974 seminar were expanded by statements that Fromm made in 1963 in the {011} interview already mentioned. The final section, which bears the title formulated by Fromm himself; „Psychoanalytic ‘Technique’-or the Art of Listening,“ was written by him shortly before his death in 1980 and was supposed to introduce the publication of portions of the 1974 seminar.

Tübingen, January 1994
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(Translated by Lance W/ Garmer)