

# I Say “no”. You Say “it Isn't”. About a New Understanding of the Concept of Negation.

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## Introduction

In our opinion there is still confusion about the exact meaning of the term negation. As a consequence of this the importance of negation in the psychotherapeutic work is until now underestimated.

## Objectives

For psychiatrists who work according to Fagioli's human birth theory the concept of negation is fundamental. Negation is a notion that refers to unconscious reality.

## Aims

The task of the psychiatrist is to identify and to interpret the negation in the deformed dream images during the psychotherapeutic process.

## **Methods**

In contrast to an intentional lie, which is communicated through verbal speech, negation corresponds to unconscious thoughts, which we can find in dreams. During sleep a transformation occurs, language is altered and expressed through images. Negation deforms the image. This deformation of the image happens in an unconscious process. This negation distorts the reality of the patient and his ability to interact with the other. Corresponding the relationship will be aggressive/destructive. The only way to identify this deformation is dream interpretation.

## **Results**

Through this therapeutic process the patient will be able to intuit and realize instead of negate the positive qualities of the other and integrate these into his reality. Only human interaction that is free from negation enable the patient to overcome the ideo-affective splitting, which allows recovery of positive affects and the possibility of developing evolutive relationships.

## **Conclusions**

Only a clarification of the term negation allows a psychotherapeutic process with the aim of developing evolutive relationships.