

## Under the Banner of Medicine: Confession and Other Models of Revealing the Person

### Summary

The model linking human inner opening and contemporary psychotherapeutic procedures has deep historical roots, associated with a specific group of confessional rituals known as the practice of “confessing one’s sins”. It was precisely this process conducted by ecclesiastical institutions that formed the model for individual opening taken up by the increasingly secular Western world. It was transformed into new, medically supervised procedures aimed at controlling the negative impact of one’s inner self upon oneself.

In the first part of the article, the assumptions of both psychoanalysis, and, the somewhat later art therapy, are discussed using the *dividuus* model, i.e. drawing on anthropological structure that juxtaposes the parts of human nature. The assumption is that the anthropological concept that came into force during the 19th century, correlated with the more general shifts in the ontologically based worldview in the West. It transformed the world created by God into a secular natural world and, accordingly, changed the assumptions of a new worldview. The naturalised human was attributed with a biologically based evolutionary memory, that turned them into a product of natural development, encompassing all species of living nature

and epitomising development. The concept of creativity as self-expression is also briefly outlined, incorporating the artistic self-awareness of the new individual into the endless adventure of (non)identity.

The second part of the article outlines the origins of psychoanalysis and art therapy, revealing their dependence on the previously discussed practices of confession, and the structures of inner opening that emerged from them. A concise comparative analysis of these models of revealing the person is presented, highlighting similarities and differences, while also considering the development of anthropological concepts. In the early 20th century, the relationship between artistic expression, psychological disorder and medicine was actively developed through psychoanalytic discourse and subsequent art therapy contexts. Recent studies, using interdisciplinary approaches from different fields of science, have highlighted the inherent hybrid nature of these contexts. Although today it is defined as a field of medicine (the natural sciences), the origins of psychoanalysis and art therapy undoubtedly reflect the collaboration between medical consciousness and other areas of human activity, both confessional and artistic.

**Keywords:** human inner opening, confession, assumptions of art therapy and psychoanalysis, the naturalised human, artistic self-expression, childhood and trauma.