

## Vater, Mutter, Kind und Therapeut

### Die therapeutische Funktion des Dritten in der Behandlung depressiver Zustände

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#### The father, the mother, the child and the therapist

**Summary.** Freud saw depression as the consequence of a loss in which the shadow of the lost object falls on the ego. Linking up to this, this paper examines the significance of the father's absence in connection to the origin and the treatment of the development of depressive disorders. Keeping the focus on the father, it describes the processes of depression in terms of a dysfunction at internalization. This lack is caused by insufficient opportunities to identify with the father as a third object, thus hindering the early triangulation process. On the basis of the psychotherapeutic treatment of a six-year-old boy, this paper shows what kind of changes occur in the child and the parents while dealing with the disorder of early triangulation and what role the therapist takes on as the third object both for the child and the parents. To be able to successfully handle the early relationship with the mother it is a prerequisite to trigger the identification with the fatherly third object during therapy. A tendency to acting out their desire for body contact is characteristic for the therapeutic relationship with those patients who show lacking experience in the relationship with the father. To conclude the following question will be put: to what extent can positive effects of low frequent psychotherapy be deduced from a therapeutic treatment of dysfunction in the mother-child relationship or from the fact that the object relationship to the father was improved and triangulation processes were enabled?

**Zusammenfassung.** Freud betrachtete die Depression als Folge eines Verlusts, wobei der Schatten des verlorenen Objekts auf das Ich fällt. Daran anknüpfend wird die Bedeutung der Abwesenheit des Vaters am Beispiel der Entstehung und Behandlung von depressiven Entwicklungen untersucht. Mit dem Blick auf den Vater werden depressive Prozesse als Ausdruck einer Internalisierungsstörung beschrieben, in der ungenügende Identifizierungsmöglichkeiten mit dem väterlichen Dritten die frühe Triangulierung behindern. Anhand der Psychotherapie eines sechsjährigen Jungen wird dargestellt, welche Veränderungen beim Kind und bei den Eltern die Bearbeitung der Triangulierungsstörung begleiten und welche Rolle dabei der Therapeut in der Rolle des Dritten sowohl für das Kind