

## SUMMARIES IN ENGLISH

*Boje Katzenelson: The landscape of anxiety theories.*

The paper is a review of the most important psychological and philosophical theories of anxiety. It is classical and recent psychoanalysis, need theories, trait theories, social psychological theories, existential theories, humanistic psychology, cognitive psychology, classical and recent learning theories and psychobiological theories.

*Arne Grøn: The Ambiguity of Anxiety. The Concept of Anxiety in the Philosophy of Kierkegaard*

Anxiety plays a central role in the philosophy of Søren Kierkegaard in virtue of what it shows about human existence. The very fact that a human being can be anxious indicates that it is a self with the task of becoming itself.

The article investigates this significance of anxiety. It argues that there are two levels in Kierkegaard's analysis of anxiety. At the first level anxiety is the possibility of freedom, while at the second level anxiety means losing freedom in relation to oneself. It is furthermore argued that ambiguity is a keyconcept connecting the two levels: The possibility of freedom emerging in anxiety is ambiguous and at the second level anxiety itself becomes an ambiguous position.

Finally, the article discusses the problem of anxiety having a general significance. The significance of anxiety itself seems to be ambiguous – one has to learn to be anxious in order to be free from anxiety. It is therefore necessary to clarify in what way anxiety is the possibility of freedom.

*Thorkil Sørensen: Anxiety from a psychoanalytic point of view*

Primary anxiety and signal anxiety were Freud's main topics in the area of anxiety. To day psychoanalysts differentiate between normal existential anxiety, traumatic anxiety, neurotic anxiety and anxiety in borderline states and psychosis. It is a psychoanalytic argument, that the american diagnosis, panic disorder is concerning several different anxiety states. The familiarity between depression and anxiety is underlined, and the importance in analyzing the relationship between the ideal ego and the feeling of the real ego is stated. This relationship can be an important help in the treatment of anxiety states. The adaptive aspects of anxiety are finally underlined.

*Thomas Nielsen: The conditioning of anxiety*

The traditional behavioristic understanding of learned fear reactions based on Mower's two-factor theory (classical conditioning of fear and operant conditioning of escape/avoidance behaviour) has, particularly concerning the first component, been severely criticized, not only from psychoanalytic viewpoints, but in recent years also from an increasing number of psychological positions. Instead of discarding the theory, which may at least be credited with some useful applications in behavioral therapy of phobic anxiety, it has been suggested that the theory may survive given the addition of some important »modifications«. The article presents and discusses a number of proposed biological, psychological, and social-psychological modifications of the classical conditioning model of fear acquisition.

*Nicole K. Rosenberg: Systematic or critical selectivism in the treatment of anxiety*  
 It is suggested that systematic selectivism should found the basis of treatment of anxiety-disorder patients. From classical psychiatry, cognitive theory, learning theory together with psychoanalysis relevant techniques can be chosen and combined. Coping-techniques developed within learning and cognitive theories are presented and discussed as well as parts of psychoanalytic theory (the deficit-theory) and psychodynamically oriented supportive therapy (POST).

*Raben Rosenberg: Psychopharmacological treatment of anxiety disorders*

The clinical and theoretical rationale of psychopharmacological treatment of anxiety disorders is reviewed from the viewpoint of neuropsychiatry. It is underlined that anxiety in clinical settings is a broad concept, and that a rigorous differential diagnostic process according to DSM-III or ICD-10 classification systems is mandatory for rational pharmacotherapy. Recent investigations of the pharmacodynamics of anxiolytic psychotropic drugs has focused on neurotransmitter enzymes and receptors. The delineation of different families of serotonin and dopamin receptors represents important progress in the development of drugs with greater clinical efficacy and more favourable side effects. The importance of combining psychopharmacological treatment and psychotherapy is discussed.

*Birgitte Bechgaard: Groups and anxiety*

Anxiety in groups and group anxiety are illuminated from the individual perspective and from the group perspective of the group analytic theory. The frame of theory in this area is modest. A proposal regarding two theoretical kind of basic anxiety in groups is given. A historical line is drawn from the early social psychology through the psychoanalysis to the two group analysts Bion and Foulkes. The basic view in the theories on human being and on groups together with the relation between individual- and social psychology is pointed out.

It is described how the group theory by Bion introduces a new way of looking at groups by making anxiety to a central factor. Thereby the possibility is given to explore and to change negative traits in groups. The limit of the existing group concepts in regard to anxiety is mentioned and to take into account this lack the possibility to reintroduce the concept of group mind is suggested.

*Henrik Høgh-Olesen: Anxiety and structure – an analysis of the psychology in organizations*

All human activity in a system is suspended in a network of structure, often not noticed at all. The structure are, thus, the axes around which all major movements of the system are turning. After presentation of an analytical instrument for understanding the systemic structural field, this study aims at describing the complex systemic relations between anxiety (degree and kind) and structure. It is demonstrated that the level of anxiety is particularly influenced by how »expansive« (open) or »limiting« (closed) the structures are, and that anxiety takes on specific forms (»life-anxiety – structure-anxiety«) depending on whether this or that happens.

*Peter Berliner: Anxiety and groups*

Anxiety is described as an experience of internal and external disintegration. Confronted with the disintegration, the group use different kinds of methods in trying to »reparate« on the distorted perception of reality. The methods are in some cases to be described as defence mechanisms, but in other cases they succeed in neutralizing

the disintegration by means of self-reflection and reality-testing. By examining reactions and methods of »debriefing« among soldiers and peace officers, the author argues, that debriefing as a social type of reality-testing to considerable extent may prevent disintegration and distortion of the individuals ego-structure.

*Christian Braad Thomsen: Hitchcocks fear*

Fear is a basic condition in the cinema of Alfred Hitchcock, and behind this fear hides the threatening mother. Fear can be overcome by taking it as an experience, and the mother by identifying with her. Through a refined suspense technique Hitchcock makes his audience identify with some of his worst criminals, like Anthony Perkins in »Psycho«. Crime is for Hitchcock what neurosis was for Freud: a magnifying-glass that allows us to see clearly our own repressions, our own dark side.