



Presentation of the

**LEBANESE ASSOCIATION FOR THE DEVELOPMENT OF  
PSYCHOANALYSIS  
(ALDEP)**

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The Lebanese Association for the Development of Psychoanalysis (ALDeP) is the first society, in the Arab world, to be affiliated to the International Psychoanalytical Association (IPA) and the European Psychoanalytical Federation (EPF) as a Study Group on January 2010 and a Provisional Society on July 2021.

The development of psychoanalysis in Lebanon has to take into account its historical, cultural background and the diversity of its religious communities. Though it has not been confronted with the same level of resistance as in some neighbouring Arab countries, psychoanalysis in Lebanon has evolved in tandem with a work of culture which cannot take place without taking into consideration the prejudices, conflicts and arrangements that are the essence of this country.



Despite domestic as well as regional conflicts and divisions, the implantation and development of psychoanalysis took place during the Lebanese war (1975-1990) and has been well received and supported in mental health circle and in Universities.

The *Lebanese Psychoanalytic Society*, first Society in the Arab-speaking Middle-East, was founded in 1980. Less than a decade later, a series of institutional crises led to a succession of resignations and the creation of new groups, most of them presently dissolved.

In 2009, five members resigned from this first society and founded the *Lebanese Association for the Development of Psychoanalysis (ALDeP)*. After working through the trauma of separation from the former society and mourning its loss, the present members of ALDeP enriched by their diverse psychoanalytic backgrounds, managed to create a dedicated team determined to fully integrate the international psychoanalytic community.

## THE LEBANESE ASSOCIATION FOR THE DEVELOPMENT OF PSYCHOANALYSIS (ALDeP)



As of July 2021, ALDeP is a provisional society. Its scientific activities consist of seminars, clinical workshops, conferences and meetings. Internal workshops have been particularly developed in 2022-2023 for candidates and members, along with the outreach activities, intended for a larger mental health community.

Although mostly trained in the perspective of French psychoanalysis, the psychoanalysts currently practicing in ALDeP also show an openness to

other psychoanalytic schools of thought, notably the British kleinian, Post-Kleinian and Winnicottian orientation. This openness appears to be due mainly to the country's pluralistic cultural nature and the growing interest in child psychoanalysis, largely developed in the UK. Consequently, the clinical thought that prevails at ALDeP is based on this multi-theoretical framework, assorted with the needs of the Lebanese culture and its diversity (Middle Eastern and Occidental background).

Finally, and surviving the current socio-political and economical challenges in the country and within a region impacted by conflicts and displacement of populations, we continue our regular work with the IPA Liaison Committee; For the current year, we keep on reflecting on statutory, administrative and analytical points around the prospect of gradual autonomy for our association as it moves towards the status of component society: training process, reflection on the different categories of membership, work of the committees, collaboration with our foreign colleagues and nature of our involvement at an international level.

