

36th EPF ANNUAL CONFERENCE, CANNES 2023

(Proposal for a Panel)

Illusion against Destructivity

Language

If simultaneous translation: English and French

If not simultaneous translation: English

Christos Zervis: *Illusion against Destructivity*

Freud, in 1915, in his text "Thoughts for the Times on War and Death", to describe the great upheaval in mental functioning caused by the war, uses terms such as confusion, distress, estrangement. And he looks for and highlights two factors that he believes are responsible for this: disillusionment and death.

By studying the reasons for the coexistence of these two elements, on a theoretical and clinical level, we can argue that on a mental level they are two sides of the same coin. In this sense, illusion, although from one point of view is defined as a defensive psychic product and a defensive psychic process that distances the subject from "reality", in the multiple forms it can take it may be considered to be in the service of life, as a main lever for objectalisation, creation of mental processes and mental space (mentalization), which constitute mental bulwarks against all forms of destructivity that could lead to the collapse of mental functions.