Home is where we start from

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# Introduction

A therapeutic relationship is actually the process between a medical practitioner and a person. The purpose of this relation is to change a life by employing different therapeutic processes. Normally a person with any medical condition involves in such relation to change his life for better. In a common process of a therapeutic procedure, the person which needs treatment shares his thoughts, emotions, and belief about the issue under treatment. The therapist normally provides a very safe and confidential environment where one can be easy to open his or her self.

## Implications for treatment in a therapeutic relationship

Donald Winnicott’s Home where we start from is a compilation of some informal talks which have taught how to hold and interpret certain phenomenon. He writes that “a writer must drag himself toward writing simple English and should avoid the use of jargon (Winnicott, 1990).” Winnicott has always avoided the use of jargons so that his writings can help his psychoanalytic colleagues. This book is written in the same style and is concerned with psychopathology and its treatment. A reading of this book suggests that how a psychoanalytic writer can become famous among ordinary readers.

Winnicott differentiates between the light and dark and throws light on how it appears in this book. Winnicott's philosophy is uterocentric. He has not viewed similar to how many psychoanalysis's views. For him, the relation of a mother and a baby is more than being natural. He has rejected a sentimental feel for this relation. He argues that since a person finds the womb as the first place of his existence, therefore he develops emotions to that place, which is then reflected in the mother-child relation. He has explained this relation in the essay titled Berlin Walls. For him, the phenomena of Berlin Walls is much reflective in the daily lives of human. He has actually detached this idea from the practical notion of politics. He attaches the incident of the Berlin Wall with the development of an individual unit. For him, the development of any individual unit is always related to the external environment. According to him, the inherited maturational characteristics in any individual needs realization. For him, any single individual is a different body, and as like what happened in the Berlin Wall incident cannot be experienced upon a thousand millions of people. He calls this a superimposition. He calls the incident as the sociological diagram of the world (Winnicott, 1990). For him, this change is just the gradual development of a society.

In the essay titled *this feminism,* he has presented a talk which was given to the Progressive League. In this essay, he has attempted to describe the differences and similarities between two opposite sexes. He argues that a female has always a male component, and similarly, a male always has a female component in him. He writes that a development approach which takes place both in the males and the females. He argues that it is indifferent to him whether a man is more beautiful or a woman. In his five arbitrary layers, described in the essay he has analyzed why a man is necessary for female existence and vice versa. In describing so, Winnicott is actually describing that it is not important every time that what is natural, must be considered as the right thing. He presents the example so of the love between a mother and a male baby, and between a daughter and her father. He calls this an Oedipus complex (Winnicott, 1990). By the title this feminism, he has presented a single view about the sociology of population, which he believes is wrong.

The Mothers contribution to Society is about how a mother provides nourishment to children. He argues that mothers are a source of bringing a new life into this world. He writes that this is natural and is happening from the start of civilization (Winnicott, 1990). Fathers, according to Winnicott play the same essential role in the upbringing of children but the absence of a mother is missed more, compared to father. For children, he thinks that they are under no obligation to thank their parents for their upbringing, as the child is the result of their best private moments. Another of them he associates with this title is the fear of becoming a mother. He writes that although being a woman is about being dependable on others, therefore feminism could be a synonym to some social restrictions. He also argues in the essay that being a woman is getting more nourishment and care.

# Conclusion

Winnicott has presented the idea about a shared world. The therapeutic conditions, he believes exist everywhere in the world. Whether it is a political, social, and economic or any kind of cultural phenomenon, the human being is dependent on each other. He has presented the idea that home for a human being is this whole world, where we live on. The people who were separated from the Berlin Wall, a mother who has given birth to children and as like adopting a socially different role as being a feminist is what actually therapy teaches the individual. Winnicott has drawn the attention towards the importance of a social structure of his readers by presenting different ideas. He has talked about dependency, which exists generally. He argues that we cannot, in any case, associate the dependency with any single individual. He refers to the upbringing of individuals, groups, societies, countries, and regions with therapy, which he believes provide the essential environment for human existence.

**References:**

Winnicott, D. W. (1990). *Home is where we start from Essays by a psychoanalyst*. WW Norton & Company.