

## **Psychology Through Different Eyes**

Critical alternative from the perspective of philosophical anthropology for the foundation of the human in psychology

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Psychology has recently been struck by a physicalist trend towards human behavior and mental illness, reducing it to mere (mal)functioning of the brain and other bodily processes. This work presents a different way of thinking about the human in psychology, inspired by Plessner and Buytendijk's philosophical anthropology. Their approach is a middle way that avoids reductionism and leads to an interdisciplinary foundation that bridges the gap between biology and humanities via the concept of excentric positionality. This foundation stipulates the need for the reintroduction of the subject, resulting in a different perspective on mental health care and the therapeutic relationship.