I started my summer with few expectations. I knew I would be doing ‘research,’ and I knew the topic was Søren Kierkegaard and mental health. I could not anticipate exactly what either would entail, but I would never have guessed that the work I would be doing, alongside Professor Gordon Marino and Linden Smith, would be personally transformative and professionally life altering.

Initially, our goals were broad. We read books authored by both philosophers and psychologists, with topics ranging from conceptions of spirituality to existential psychology and everything in between. We wanted to assess a multitude of perspectives on mental health, particularly attitudes that contrasted the predominant medical understanding of mental afflictions.

Eventually we narrowed the focus of our research to Kierkegaard and anxiety. We concluded that the medical model of assessing anxiety could benefit from the psychological and spiritual insights on anxiety offered by Kierkegaard. While anxiety has been medically perceived as negative and unwanted, a Kierkegaardian conception of anxiety claims it is fundamental to the human condition and can teach a person about themselves when viewed in the right way. A reconciliation of the two perspectives is possible, and could revolutionize the way anxiety is treated medically and personally.

Between the independent reading and writing, and the collaborative sessions with Gordon and Linden, I found many long held conceptions changing and a fundamental shift in perspective taking place. Moreover, I discovered a passion for a profession I never previously considered: therapy. In the future I hope to pursue a career in therapy; because after this summer, I realized that discussing feelings of anxiety, despite what method is used to treat the condition, is the only road to recovery.
A Student Worker’s Perspective:  

Sarah Hindman

It’s freshman year and I am exploring campus for the first time. Looking for a place to relax between classes, I stumble upon the Hong Kierkegaard Library. As I pass through the bookshelves, I think of my dad, St. Olaf Class of 1982, nostalgically recounting his time in Howard Hong’s class. The class was strategically scheduled for the early hours of the morning in order to weed out those who were not serious about philosophy. For the first time since arriving on campus, I feel as though I have found my place.

From that day on, the Library became my go-to study spot. Before I knew Eileen Shimota as my boss, I knew her as the kindhearted woman who so graciously offered to make me a pot of coffee when I was on my sixth hour of studying, eyes glazed over. The friendly faces kept me going through papers, exams, and presentations. Little did I know, three years later, I would have the opportunity to work at the Library.

As a student worker, I interact with a diverse community of scholars, students, faculty, and staff on a daily basis. It is one of my favorite parts of the job. Getting to work in a place that I have cherished all four years of college—a place that is near and dear to my dad’s heart as well—has been such a blessing in my life.

“The most common form of despair is not being who you are”  

Søren Kierkegaard

Kierkegaard House Foundation Fellow:  

Andrés Albertsen

I became intentionally involved with the work and thought of Kierkegaard when I was the pastor of the Danish Church in Buenos Aires, Argentina between 1992 and 2011. In 1999, two Philosophy instructors from the local university contacted me and asked if I could teach them Danish. They had been reading and studying Kierkegaard in the limited (and not always good) translations of his work into Spanish and wanted to read him in his own language. I said yes, and we began to meet two hours once a week at the church. Other people soon joined the group. Later we converted the class into an interdisciplinary translation team and started translating a work of Kierkegaard into Spanish from the original Danish. We also began giving seminars on Kierkegaard and in 2002 we founded what we called the Kierkegaard Library Argentina. The Danish Church in Buenos Aires agreed to host it.

Early on, we established a relationship with the Hong Kierkegaard Library at St. Olaf College, and the first members of our group visited it from Argentina came in 2001. I visited it for the first time in 2009, and an unimagined dream came true when I received the Kierkegaard House Foundation Fellowship for the current academic year and was able to move to Northfield for one year, six years after I came to the US to pursue a PhD at Luther Seminary in St. Paul. I enjoy the collegiality with the other scholars at the Kierkegaard House on Lincoln Lane as well as the ongoing efforts by Dr. Marino, Eileen Shimota, and the volunteers and student workers at the library to help the Kierkegaard scholars get the most of our time here. In particular, I treasure the stories I get to hear about the unique persons that Edna and Howard Hong were and their striking habits of frugality. They translated most of Kierkegaard’s works, journals and papers into English, donated the books that would become the foundation of the library, and last but not least, they initiated the tradition of providing hospitality to Kierkegaard scholars from all around the world that is so exemplary and well carried on today.