

NOVI LJUDI, NOVO VRIJEME

/ NEW PEOPLE, NEW TIME

Nermina Kravić

Doc. dr. sc. **Nermina Kravić**, dr. med., neuropsihijatar, grupni analitičar, subspecialista dječije i adolescentne psihijatrije

Nakon nekoliko godina izbjivanja od stručnih skupova koje za tematiku imaju grupnu psihoterapiju i bavljenja nekim drugim psihijatrijskim temama koje su me zaokupljale izvjesno vrijeme, dobila sam priliku da učestvujem u 22. Stručnom sastanku Instituta za grupnu analizu koji se održavao 16. i 17. 03. 2018. god u Zagrebu sa temom **NOVI LJUDI, NOVO VRIJEME i tako budem u grupi** stručnjaka koji su bili moji učitelji i koji su u meni probudili iskrnu ljubavi za grupnu psihoterapiju i psihoanalizu.

Dijete se rodi kao dio grupe, u grupi sa drugim ljudima odrasta i ponekad oboljeva, isto tako je grupa ljudi kojima pripada važna i za njegovo /njeno izlječenje i emocionalno osnaživanje. Teoretičari objektnih odnosa su uvidjeli koliki je značaj drugog u našem psihičkom odrastanju, da nam je privrženost drugom neophodna kao i oralne libidne potrebe, odnosno da sebe izgrađujemo intrapsihičkom predodžbom dobrih i loših dijelova objekta koje introjiciramo ili projiciramo, a potom integriramo u cjelinu. U susretu sa drugim ljudima

After several years of retirement from expert meetings that have group psychotherapy as a topic and dealing with some other psychiatric areas, I was invited to take a part in the 22th Expert Meeting of the Institute for Group Analysis titled **NEW PEOPLE, NEW TIME**, which was held on the 16th and 17th of March, 2018 in Zagreb, Croatia. It gave me an opportunity to be in the company of experts who were my teachers and awakened in me a spark of love for group psychotherapy and psychoanalysis.

Each child is born as a part of a group, and within the group they grow up and sometimes get ill, and the group to which she/he belongs to is important for his/her healing and emotional empowerment. Theoreticians of early object relationships have realized the importance of the other for our maturation: the attachment to others is necessary as well as oral libidinal needs, in order to build ourselves with the intrapsychic image of good and bad parts of an object that we are introjecting or projecting, and then integrate into the unic whole. In meeting other people, we experience well-being

doživljavamo dobro i ugodu, ali i neke loše stvari koje nam narušavaju bazično povjerenje prema dobru u drugom, te je kroz grupu potrebno ponovno oživjeti i doživjeti tu dobronamjernost, dozvoliti sebi da nakon početnog nepovjerenja, šutnje i držanja u sigurnoj izolaciji dozvolimo sebi izlazak iz školjki i oklopa kojima štitimo svoju ranjivost, da se izložimo komentarima i procjenama drugih i drugačijih i tako preispitujemo svoje (ne)savršenstvo. Grupa omogućuje ponovnu regresiju na rane faze razvoja, potrebu za zaštitničkim voditeljem- roditeljom, kompeticiju sa drugim članovima grupe- braćom i sestrama, prolazimo kroz faze koje nas jačaju i vode ka individuaciji i separaciji. Ovakvi stručni sastanci gdje su u kratkom periodu intenzivne interakcije sa drugima koji razumijevaju unutargrupne procese, omogućuju da se kondenzirano u kratkom periodu osjeti prolazak kroz značajne faze individualnog i grupnog razvoja.

Skup je započeo evociranjem sjećanja na osnivače instituta za grupnu analizu u Zagrebu kada je grupa entuzijasta, zaljubljenika u svoj posao, gladni znanja o razumijevanju funkcioniranja složenog psihičkog aparata, mistici i ljepoti spoznavanja nesvjesnog, sredinom osamdesetih godina prošlog stoljeća krenula na put u London, Veliku Britaniju nošeni nepresušnom energijom izazova koju čini želja za saznavanjem. Doajeni grupne analize koji su luč znanja donijeli i širili u Regiji neka-

and comfort, but also some bad things that disturb our basic trust towards the good in the other; and it is necessary to revive and experience this benevolence through the group, after initial distrust and silence in a secure isolation, to let ourselves to leave our shells and armour that protect our vulnerability and expose ourselves to assessments of others and re-examine our (im)perfections. The group allows regression to early stages of development, the need for a guardian – as a parent, competition with other group members – as brothers and sisters; we pass through stages that strengthen us and lead to individualization and separation. Such expert meetings allow a short period of intense interaction with others who understand intra-group processes, and we recognise passing through important stages of individual and group development.

The gathering began with evoking memories of the founders of the Institute for Group Analysis in Zagreb, when a group of enthusiasts embarked on the road to London, Great Britain, in the mid-eighties of the last century. They were carried by the inexhaustible energy of the challenge born of the desire for discovering new frontiers, hungry for knowledge and understanding of the functioning of the complex psychic apparatus, the mysticism and beauty of unconsciousness.

They brought the light of group analysis and spread in the region of the formerly common nation in which the confidence, necessary for each group interaction,



da zajedničke države u kojoj će povjerenje, neophodno za svaku grupnu interakciju, biti grubo narušeno strašnim ratom tokom 90-tih godina. Sve loše je bilo projicirano u drugog, destrukcija je za posljedicu imala stradanja i gubitke čije su nedovoljno liječene rane prisutne na dušama sviju nas, te je dovoljan i lagani dodir da nas ponovo zaboje.

Institut za grupnu analizu Zagreb je odigrao važnu ulogu u peirodu kada je homogenizacija nacionalnih grupa na području Balkana devedesetih dovela do raspada Velike grupe u više manjih, u situaciji osjećaja opasnosti kada su narcističke odbrane narasle do stupnja da se svako zatvara u svoju čahuru videći sebe i svoje kao jedino ispravno, očekujući napad i sve loše od drugog sa kojim je ranije živio u zajednici. U periodu neposredno nakon rata, vrhunski eksperti Instituta za grupnu analizu iz Zagreba hrabro su počeli graditi mostove kontaktat kroz edukacije koje su održavali širom Hrvatske i u Bosni i Hercegovini, u vrijeme kada je profesionalcima mentalnog zdravlja trebalo pomoći da prevaziđu vlastite traume koje je rat direktno i indirektno ostavio na naše živote, ponudili su im priliku za bolju spoznaju sebe, katarzu vlastitih nagomilanih osjećanja, što je omogućilo da dalje nastavimo svoj posao pomagača kvalitetnije i sačuvamo vlastito zdravlje od skrivenih napetosti koje bismo bez toga nosili u svojim tijelima i dušama i vremenom rezultiralo

would be severely damaged by the terrible war during the 1990s. Every evil was projected into the other, the destruction resulted in great losses whose insufficiently healed wounds were present on the souls of all of us, and even a light touch can make them hurt again.

The Institute for Group Analysis in Zagreb played an important role in the times when the homogenization of national groups of the Balkans in the 1990s led to the disintegration of the Large Group into several smaller ones, in a dangerous situation where narcissistic defences grew to the point that national groups closed themselves in shells, seeing themselves as the only righteous side, expecting only the bad from the other and estranged from those with whom they had previously lived in same community.

In the immediate aftermath of the war, the top experts of the Institute for Group Analysis in Zagreb bravely began to build bridges of contact through education across Croatia and Bosnia and Herzegovina at the time when mental health professionals needed help to overcome their own traumas caused directly and indirectly by the war, offering them a chance for a better understanding of themselves, a catharsis of their own accumulated feelings, which could enable continuity of their work as helpers, preserving their health from the hidden tensions that they would carry in their bodies and souls and which would result in sickness in time. By better understanding ourselves and our clients, we were

obolijevanjem. Bolje razumijevajući sebe i svoje klijente bili smo osposobljeni da i njima prenesemo ljepotu grupne psihoterapije, trenutke kada u oku nepoznate osobe prepoznaš svoju sudbinu i spoznaš kako je učiniti boljom i podnošljivijom, kako vratiti povjerenje i nadu izgublenu u ratu, oporaviti ranjenog Erosa i ukrotiti pobješnjelog Tanatosa.

Institut za grupnu analizu je nakon desetljeća uspješnog odolijevanja iskušenjima, ponovno prolazio kroz fazu promjene, jedna generacija je bila na odlasku, druga, nova treba preuzeti funkcije i odgovornosti. I kod jednih i kod drugih nazirala se strepnja: da li će novi kapetani broda znati nastaviti ploviti u dobrom smjeru i izdržati nevere koje prijete uzburkalim morima našeg Regije, biti dovoljno vješti i navigavati kroz Scile i Harbide suvremenih društvenih odnosa 21. vijeka, između drugih popularnih i populističkih učenja i tehnika. Hoće li mlada posada biti dovoljno vješta da nastavi nositi i širiti ljepotu grupne analize narednim pokoljenjima na našim prostorima?

Prošlost je bila sigurno utočište, a budućnost je nosila nesigurnost novog i nepoznatog. Dinamika velike grupe prenosila se u malu grupu, mogli smo svjedočiti želji novih, mladih ljudi da od svojih učitelja dobiju priznanje, povjerenje da su dovoljno vješti u ulozi grupnog psihoterapeuta i analitičara, te strepnje i brige iskusnih kome

able to transfer the beauty of group psychotherapy to others, in moments when you recognize your destiny in the eyes of an unknown person and find out how to make it better and more tolerable, to restore the trust and hope lost in the war, to recover the wounded Eros and restrained enraged Tanatos.

After a decade of successful resistance to temptation, the Institute for Group Analysis went through the phase of change again, one generation was at an end the new one should have been taking over the responsibilities. Both were frustrated: whether the new captains of the boat will be able to continue to sail in the right direction and withstand the uncertainties that threaten them in the turbulent seas of the region, be skilful enough and navigate through the Scylla and Charybdis of contemporary social relations of the 21st century, including popular and populist learning and techniques among others. Will the young crew be able enough to continue to carry and spread the beauty of group analysis to the next generations?

The past was a safe haven, and the future was threatened by the uncertainty of the new and the unknown. The dynamics of a large group were transferred to small groups, and we could witness the desire of the new and young professionals to receive recognition from their teachers, the confidence that they are skilful enough as group psychotherapists and analysts. At the same time, the experienced ones had anxieties and worries about to whom



ostavljaju u nasljeđe „kuću“ koju su gradili istrajnoću i ljubavlju, hoće li mladi umjeti nastaviti i dalje razvijati i prenositi iskru koju su oni rasplamsali, da li su šegrti dovoljno znani da preuzmu poslove majstora. Svi su još uvijek čvrsto čuvali svoje pozicije iz straha od promjene, od novog, a u isto vrijeme čeznuli su za tom promjenom, nadajući se da bi mogla donijeti dobro.

Biti dijelom grupe profesionalaca predstavlja posebnu ljepotu i spoznaju zajedništva nakon početnih različitosti. Razumijevanje procesa grupne analize pomaže boljem razumijevanju odnosa koji vladaju u našim radnim sredinama i koji često podsjećaju na patrijarhalnu porodicu u kojoj autoritativni lideri i nakon godina bogatog iskustva i rada tretiraju podređene kao „mlađe“, želeći ih time zadržati u regresivnoj poziciji i tako odgoditi njihovo osamostaljivanje i odvajanje.

Boravak u maloj iskustvenoj grupi je jedinstven doživljaj, gdje i izgovorene i neizgovorene misli rezoniraju u reklijama drugog i dobivaju dimenziju mogućeg. U novo doba virtualne komunikacija i umrežavanja kojima ljudi pokušavaju ostvariti kontakte u djelimično stvarnom svijetu, grupa u kojoj osjetimo direktno prisustvo druge osobe, njene/njegove nesigurnosti, strepnje, snage i ljepote predstavlja nemjerljiv doživljaj sigurnog gnijezda izgrađenog mrežom međusobnih matriksa.

they would be leaving their “homes” to, build up with perseverance and love; will the young ones be able develop and transmit the spark they have created, will the freshmen be capable to take over the affairs of their teachers. All of them were still firmly guarding their positions in the fear of change in the new situation, but at the same time they were longing for that change, hoping that it could bring some good.

Being a part of a group of professionals represents a unique experience, the beauty and recognition of communion after initial division. Understanding the process of group analysis helps to better understand the relationships which we have in our work environments and are reminiscent of a patriarchal family in which authoritative leaders treat their workers as “younger” although they have years of rich experience and want to keep them in a regressive position, postponing their separation and independence.

Staying in a small experiential group brings a unique feeling, where spoken and unspoken thoughts resonate through reactions of others and reach the dimension of the possibilities that could happen. In a new era of virtual communication and networking, where people are trying to realize connotations in a partially real world, a group where we feel the direct presence of another person, her/his uncertainty, anxieties, strengths and beauties represents an undeniable experience of a secure nest built up by a network of mutual matrices.