

## **NOVI LJUDI, NOVA VREMENA**

### **/ NEW PEOPLE, NEW TIMES**

**Nina Mayer**

psihijatar, psihoterapeut, član IGA Zagreb  
*psychiatrist, psychotherapist, member of IGA Zagreb*

Stručni sastanak Instituta za grupnu analizu uvijek je više nego samo stručni sastanak. To je prilika za susresti kolege, razmijeniti iskustva, ostvariti neku blisku vezu kroz sudjelovanje na zajedničkoj maloj grupi. Većina nas trajno pamti s kim smo dijelili male grupe, a kroz godine i godine na kraju smo skoro sa svakim bili barem jednom u istom malom krugu

Ove godine 22. stručni sastanak održan je u suradnji s Klinikom za psihijatriju Vrapče od 16. do 17. ožujka pod nazivom Novi ljudi, nova vremena. Nakon prošlogodišnjeg Egatina, popularni Study days zaodjenuli su opet novo i drugačije ruho.

Na prvi pogled, koncept je uobičajen – velika grupa, predavanja, male grupe, supervizijske grupe. Ipak, umjesto uobičajenog gostujućeg predavanja na programu su tri polusatna predavanja kandidatkinja za edukatore. Tri kandidatkinje iz tri grada – Zagreba, Rijeke i Splita. Novi ljudi, nova vremena.

An experts' meeting of the Institute for Group Analysis is always more than just an experts' meeting. It is an opportunity to meet colleagues, exchange experiences, form close connections by taking part in a small group. Most of us remember who we shared small groups with, and over the many years we have shared groups with almost everyone at least once.

This year, the 22<sup>nd</sup> experts' meeting was held in cooperation with the University Psychiatric Hospital Vrapče from 16<sup>th</sup> to 17<sup>th</sup> of March, entitled New people, new times. After last year's Egatin, the popular Study days were once again new and different.

At first glance, the concept is the same – a large group, lectures, small groups, supervision groups. However, instead of the usual guest lecture, the program contained three half-hour lectures by candidates for educators. Three candidates from three cities – Zagreb, Rijeka, and Split. New people, new times.

Under the mentorship of Marija Bačan, Branka Begovac gave a lecture on em-



Branka Begovac pod mentorstvom Marije Bačan donosi predavanje o empatiji u grupi. Dotakla se teorijskih koncepata empatije u okviru psihoanalize i grupne analize, ali i nekih neuroznanstvenih spoznaja vezanih za empatiju uz prikaz kliničke vignette. Autorica povezuje empatiju s grupnim fenomenom rezonancije, a kroz to i s muzičkom umjetnošću, te je tijekom prezentacije u podlozi svirala glazba.

Sanja Janović je uz mentoricu Mirjanu Pernar govorila o dihotomiji na relaciji Instituta i Institucije, edukanta i šefa, autonomije i samostalnosti. Kako biti (vječni) edukant u Institutu, a istovremeno šef u Instituciji, kako profesionalno sazrijeti u tom vrtlogu različitih uloga.

Vesna Kekez je pod mentorskom palicom Dolores Britvić govorila o utjecaju vanjskih događaja na analitički rad grupe. Prikazala je grupu koja traje dvije i pol godine i kako su vanjski traumatski događaji u Dalmaciji unutar dvadesetak dana utjecali na članove grupe i retraumatizirali ih vrativši ih u razdoblja djetinjstva ili mladosti kad su prevladavali osjećaji straha, agresije i gubitka kontrole.

Nakon izlaganja sve tri kandidatkinje svečano su proglašene edukatorima iz grupne analize.

Zanimljiv koncept dao je ovogodišnjem stručnom sastanku dozu dinamičnosti. Predavanja su bila vrlo osobna putova-

pathy in groups. She touched upon theoretic concepts of empathy in the framework of psychoanalysis and group analysis, but also included some neuroscientific insights regarding empathy with a presentation of a clinical vignette. The author connects empathy with the group phenomenon of resonance, and thereby with the art of music, and during the lecture music was played in the background.

With her mentor Mirjana Pernar, Sanja Janović spoke about dichotomy between Institute and Institution, educant and boss, autonomy and independence. How to be a (eternal) educant in an Institute, and at the same time a boss in an Institution, how to mature professionally in this whirlpool of various roles.

Under the mentorship of Dolores Britvić, Vesna Kekez spoke about the influence of external events on the analytical work of the group. She presented a group that has existed for two and a half years, and how traumatic external events in Dalmatia affected the members of the group within a span of twenty days and retraumatized them, taking them back to the periods of childhood or youth, when they were overcoming the feelings of fear, aggression, and loss of control.

After the lectures, all three candidates were pronounced educators in group analysis.

This interesting concept made this year's experts' meeting more dynamic.

nja koja su u svakome od nas slušača pobudila mnoge asocijacije, bilo na primjere iz vlastitih grupa ili pak na vlastite situacije u traženju ravnoteže između autonomije i potrebe za podrškom. Sastanak je bio dobro posjećen i dvorana Klinike za psihijatriju Vrapče popunjena. Bilo je ugodno sresti kolege koje ne vidimo svakodnevno, popričati, prokomentirati događanje i zaključiti kako se prerijetko susrećemo.

The lectures were personal journeys that encouraged in each of us listeners numerous associations, whether to examples from our own groups or to our own situations in seeking a balance between autonomy and the need for support. The meeting had a good attendance and the hall of the University Psychiatric Hospital *Vrapče* was full. It was pleasant to meet colleagues we do not see every day, to talk, comment on events, and conclude that we meet too rarely.