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## Grupna terapija za psihoze

### */ Group Therapy for Psychoses*

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U knjizi *Grupna terapija za psihoze* 38 autora iznosi svoja praktična iskustva i teorijske pretpostavke o grupnoj terapiji pacijenata s psihotičnim iskustvima. Posebnu vrijednost knjige vidimo u tome da autori prikazuju svoja iskustva iz grupnih liječenja psihotičnih bolesnika što je bilo moguće, jer se u praksi bave tim oblikom liječenja. Svi autori imaju i adekvatnu edukaciju iz raznih grupnih psihoterapijskih pravaca. Prikazi koji se oslanjaju na vlastito praktično iskustvo, a ne temelje se samo na teorijskim pretpostavkama, koje se mogu znatno razlikovati ovisno o temeljnoj izobrazbi iz psihoterapije, dobivaju na autentičnosti. S druge strane, praktična iskustva ukazuju na zajedničke temelje svih uspješnih metoda liječenja, bez obzira na teorijske pretpostavke.

Svim autorima je zajedničko da se terapije odvijaju u grupnom okviru, da uključuju psihotične bolesnike i prikazuju pozitivne učinke grupnog terapijskog okvira za te bolesnike. Grupa kao terapijski medij ima svoje specifičnosti. U grupi su prije svega prisutni drugi ljudi koje nije moguće isključiti iz doživljaja ukupne grupne situacije, bez obzira na obrambene maneuvre koji su kod psihotičnih osoba intenzivni. Neki spominju i moguće negativne učinke grupnog terapijskog okvira i potrebu modifikacije tera-

In the book *Group Therapy for Psychoses*, 38 authors present their practical experiences and theoretical assumptions on group therapy for patients with psychotic experiences. The book is especially valuable because the authors describe their own experiences in group therapy for patients with psychoses, as they use this form of treatment in practice. All the authors are also appropriately educated in the various approaches to group psychotherapy. Reports that rely on the author's personal experience provide greater authenticity compared with those based on pure theoretical assumptions that can significantly differ depending on the author's original education in psychotherapy. On the other hand, practical experiences point to the shared foundations of all successful treatment methods, regardless of the theoretical assumptions.

All the authors in the book share the following commonalities in their reports: the therapy takes place in a group setting, it includes patients with psychoses, and it describes the positive effect of the group therapy setting on these patients. There are some particularities to group therapy as a therapeutic medium. Firstly, other people are present in the group and cannot be excluded from the perception of the group setting as a whole regardless of the defensive maneuvers that are so intensive in psy-

pijskih metoda koje nisu primjerene za psihotične bolesnike, a mogu biti metoda izbora kod drugih bolesnika.

Knjiga ima 20 poglavlja, koja su podijeljena u dva dijela. U knjizi je 38 autora prikazalo svoja iskustva. U prvom dijelu knjige prikazan je pregled grupnih psihoterapija za pacijente s psihotičnim poremećajima, a u drugom su prikazani različiti pristupi u različitim situacijama liječenja psihotičnih pacijenata.

Već po opsegu materijala koji knjiga pokriva jasno je da u ograničenom okviru od 194 stranice nije bilo moguće iscrpno prikazati velik broj grupnih psihoterapija za psihotične pacijente, kao ni detaljniji prikaz tehnike u različitim pristupima njihovog grupnog liječenja. Ono što je bilo moguće, je i ostvareno: čitalac dobiva dosta informacija o grupnim psihoterapijama i neke detalje iz raznih tehnika, a ako bude zaintrigiran, može potražiti detaljnije informacije u navedenim referencama.

Svako poglavlje je interesantno na svoj način. Neka poglavlja će čitaocu biti poticajna, jer će u njima prepoznati i svoja iskustva i razmišljanja iz terapija i odnosa sa psihotičnim pacijentima, uz proširenje tih spoznaja.

U prvom poglavlju knjige, Povijesni pregled razvoja grupne psihoterapije za pacijente s psihotičnim poremećajima Manuel Gonzales de Chavez opisuje drugačiji trend koji suzbija negativne stavove prema grupnoj psihoterapiji u području psihoza i koji je rezultirao širom primjenom grupnih terapija specifično posvećenima psihotičnim pacijentima. Psihotični doživljaj se može promatrati i kao sanjanje koje se ne dešava u snu nego na javi, u kojem nesvjesni sadržaji dominiraju, a realitet se povlači u drugi plan, te time ukazuje na znatan poremećaj psihičkog funkcioniranja.

U 10. poglavlju Ontologija i fenomenologija sanjanja u psihozi: grupno analitički pristup iz neuropsihijatrijske perspektive, Anastassios Koukis vrlo interesantno ukazuje na psihoana-

chotic persons. Some also mention the potential negative effect of the group therapy setting and the need to modify therapy models that are not appropriate for patients with psychoses but can be the method of choice in other patients.

The book has 20 chapters divided into two parts. Thirty-eight authors share their experiences in the book. The first part of the book contains overviews of group psychotherapy sessions for patients with psychotic disorders, while the second part describes different approaches to different situations in treating patients with psychoses.

Given the scope of the contents covered in the book, it is clear that the limited framework of the 194 pages it contains is not sufficient to provide an exhaustive presentation of the large number of group psychotherapies for patients with psychoses or a detailed description of the techniques employed in different approaches to their group therapy. The book does achieve what is possible given its size, however: the reader receives a significant amount of information on group psychotherapy and some detail from various techniques, and more detailed information can be found in the references if that piques one's interest.

Every chapter is interesting in its own way. Some chapters will be more stimulating to different readers, because they will recognize their own experiences and thoughts on therapy and relationships with patients with psychoses and see those these insights expanded upon.

In the first chapter titled *History of group therapy for patients with psychoses*, Manuel Gonzales de Chavez describes a different trend that allays negative opinions on group psychotherapy in the field of psychoses that resulted in broader application of group therapy specifically directed at patients with psychoses. Psychotic experiences can be viewed as dreams that take place while awake, in which unconscious elements dominate and reality takes a backseat, indicating a significant disorder of psychological functioning.

litičko mišljenje prema kojem oboljeli od psihoze ne uspijevaju sanjati – u snu. Ali oni ‘sanjaju’ na javi. Grupna terapija im može pomoći da ponovno uspostave svoju sposobnost sanjanja – u snu, a time i smanjuje potrebu psihotičnog doživljaja ‘sanjanja na javi’.

Olga Runciman u poglavlju 19. Grupe osoba koje čuju glasove: Samoosnaživanje – ‘pokret osoba koje čuju glasove’ opisuje radikalno novi pristup i potpuno drugačije gledanje na simptome koji su se tradicionalno povezivali sa shizofrenijom – slušanjem glasova. Radi se o grupama samopomoći u kojima psihotični bolesnici koji čuju glasove pomažu jedni drugima. Runciman navodi da je prema istraživanjima ‘najmanje 75 % onih koji čuju glasove imalo neko traumatsko iskustvo povezano s tim glasovima’. U mnogim slučajevima u temelju glasova je disocijacija aspekata selfa zbog traumatskih iskustava. Terapijska integracija slušnih halucinacija u život i self osobe koja čuje te glasove označava integraciju disociranih aspekata selfa koji nemaju drugog načina komunikacije sa svjesnim egom osobe.

Čitanje knjige, možda i više puta, preporučujemo svim čitaocima koje intrigira čudesni i opasni svijet psihoze u kojem je osoba nekontrolirano i brzo suočena s dubokim slojevima psihe, koji izranjaju na vidjelo kako se rastaču mehanizmi obrane koji te slojeve i procese drže pod kontrolom. Psihotično s jedne strane rastače psihi, a s druge time otvara pristup dubokim nesvjesnim sadržajima s kojima oslabljeni ego psihotične osobe uglavnom samostalno, bez pomoći okoline, ne može izići na kraj. Aspekti selfa i traumatski doživljaji koji su odcijepljeni nisu nestali. U psihotičnom doživljaju, kad obrane postanu neučinkovite, imperativno se nameću pacijentu, okupiraju svijest osobe, a svjesni ego je prema njima nemoćan. Bavljenje psihotičnim sadržajima i osobama kod kojih takvi doživljaji privremeno ili trajnije dominiraju njihovim psihičkim funkcioniranjem u grupnom okviru omogućava pacijentima naj-

The 10<sup>th</sup> chapter is titled *The ontology and phenomenology of dreaming in psychosis: A group-analytic approach with a neuropsychiatric perspective*, in which Anastassios Koukis present a very interesting overview of the psychoanalytical belief that persons suffering from psychosis are incapable of dreaming – while asleep. But they “dream” while awake. Group therapy can help the reestablish their ability to dream while they sleep, thus reducing the need for the psychotic experience of “waking dreams”.

In the 19<sup>th</sup> chapter titled *Voice-hearing groups: Empowering ourselves – The Hearing Voices Movement*, Olga Runciman describes a radically new approach and completely different way at looking at symptoms traditionally associated with schizophrenia – hearing voices. The movement consists of self-help groups in which patients which psychosis who hear voices help each other. Runciman states that according to research “at least of 75% of those who hear voices had a traumatic experience related to these voices”. In many cases, dissociation of aspects of the self due to a traumatic experience is at the core of the voices. Therapeutic integration of auditory hallucinations into the life and self of the person who hears them marks the integration of the dissociated aspects of the self that have no other way to communicate with the conscious ego of the person.

We recommend reading this book, perhaps even several times, to all those intrigued by the fascinating and dangerous world of psychosis in which a person is rapidly and uncontrollably faced with the deeper layers of the psyche that come to light as the defenses which would normally keep those layers and processes at bay start to dissolve. Psychosis dissolves the psyche on the one hand, but it also opens up access to deep, unconscious content with which the weakened ego of the person with psychosis generally cannot handle without outside help. Aspects of the self and traumatic events that have been suppressed are still present in the unconscious. As mental defenses become ineffective during the psychotic experience, these suppressed con-

prije njihovo lakše podnošenje i toleriranje, a tijekom daljnjeg liječenja barem ograničeno, ako ne i potpuno, integriranje tih doživljaja u self, vraćanje samo kontrole i eventualnu integraciju dijela tih doživljaja u cjelokupnost doživljaja sebe. Time se olakšava i (ponovna) integracija osoba s psihotičnim doživljajima u socijalnu okolinu. Oboljele osobe na taj način rehabilitiraju mogućnost funkcioniranja u 'normalnom' realitetu, odnosno postižu distancu od njihovog subjektivnog psihotičnog realiteta, koji iako može biti u funkciji obrane od nepodnošljive stvarnosti, ipak je nikad u potpunosti ne može nadomjestiti i zamijeniti. Međutim, terapijska okolina mora biti 'dovoljno dobra'. Terapijska grupa uz pridržavanje osnovnih terapijskih postulata grupne psihoterapije, koji su prilagođeni potrebama i mogućnostima psihotičnih pacijenata je takva okolina.

Prva i uobičajena reakcija osobe prema psihotičnom doživljaju pogođene osobe je pokušaj snažnog odbacivanja tog doživljaja, nesvjesnim angažiranjem radikalnih obrana, takozvanih vrlo regresivnih obrana selfa. Stav neprihvatanja, izbjegavanja, odbacivanja psihotičnog doživljaja se nažalost lako može proširiti i na odbacivanje cijele osobe koja ima psihotične doživljaje ili boluje od psihoze. Takav stav često se manifestira kod samog bolesnika, koji tada odbacuje samog sebe, odnosno gubi nadu u vezi sebe, svoje budućnosti, planova, ostvarenja ciljeva. Negativan društveni stav prema psihotičnom doživljaju može se manifestirati i u pacijentovoj obitelji, na radnom mjestu, u široj društvenoj zajednici. Time je blisko povezana i stigmatizacija psihotičnih pacijenata, pojava koju se nastoji suzbiti, a temelji se na strahu i neznanju. Najbolje suzbijanje stigmatizacije je uklanjanje predrasuda, koje je potrebno zamijeniti stvarnim poznavanjem intimnih proživljavanja psihotičnih osoba, što se postiže u raznim vrstama grupne psihoterapije.

tents of the psyche imperiously impose themselves on the subject, occupying the person's consciousness, and the ego is powerless before them. Addressing the psychotic contents and persons with psychosis in whom these experiences temporarily or more lastingly dominate their psychological functioning using a group setting allows patients to firstly more easily cope and tolerate them, and during the course of the treatment also at least partially if not completely integrate these experiences into the self, returning control and potentially integrating part of these experiences in the experience of the self as a whole. This facilitates (re)integration of persons with psychotic experiences into the social environment. In this way, persons with psychosis rehabilitate their ability to function in "normal" reality, i.e. achieve a distancing from their subjective psychotic reality, which while in the service of defending them from an unbearable reality still cannot ever completely replace it. However, the therapeutic environment must be "good enough". A therapy group with adherence to the basic postulates of group psychotherapy, adapted to the needs and abilities of patients with psychosis, is such an environment.

The initial and common reaction to a psychotic experience manifesting in a person is a strong attempt to reject the experience by unconsciously engaging radical defenses, i.e. so-called very regressive defenses of the self. Unfortunately, the state of denial, avoidance, and rejection of the psychotic experience can easily spread to rejecting the person with the psychotic experience or suffering from psychosis as a whole. This state often manifests in the patient themselves, who then reject themselves, i.e. loses hope in regard to themselves, their future, and achieving their plans and goals. The negative social view of psychotic experiences can also manifest in the patient's family, workplace, or wider social community. The stigmatization of patients with psychosis is also closely related to this and is a phenomenon based on fear and lack of knowledge that should be suppressed. The best way to

Ova knjiga približavanjem svijeta psihotičnih bolesnika suzbija negativan stav i predrasude o njima i ukazuje na velike terapijske potencijale grupnog liječenja psihotičnih bolesnika.

Terapeuti koji uglavnom nemaju osobno iskustvo psihotičnog doživljaja, te ga ne mogu u potpunosti razumjeti, ipak mogu psihoterapijski liječiti psihotične pacijente u grupnom okviru. Oni komunikacijom, interakcijama, boravljenjem i bavljenjem s psihotičnim pacijentima na razne načine upoznaju njihove doživljaje, uvijek s motivom razumijevanja i olakšavanja njihovih patnji. Učesnici grupe, psihotični pacijenti su ustvari pravi poznavoci, eksperti za psihotične doživljaje drugih učesnika grupe. Oni kod drugih bolesnika lako prepoznaju što je psihotično i što odstupa od realiteta. Možda oni kod sebe neko vrijeme i dalje ne prepoznaju psihotično, ali ga jasno vide kod drugih članova grupe. Na taj način psihotični pacijenti postepeno s pomoću drugih pacijenata prepoznaju psihotično kod sebe, što je opisano u knjizi.

Jedna od osobina psihotičnog doživljaja je izolacija osobe koje je zarobljena tim doživljajem, te postaje nedostupna interakciji s drugim osobama. Psihotična osoba je intenzivno involvirana u unutrašnji svijet psihotičnih doživljavanja te ona privremeno ili dugotrajnije gubi kontakt s vanjskim realitetom. Psihotični doživljaj, koji pacijent ne može prenijeti svojoj socijalnoj okolini, koja takav doživljaj ne može razumjeti, pojačava već prisutan doživljaj izoliranosti, jedinstvenosti, usamljenosti te osobe. Boravljenje u grupi s osobama koje su i same imale takve doživljaje, koji ih kod drugih najbolje mogu prepoznati znatno smanjuje izolaciju i doživljaj trajnog gubitka kontakta i razumijevanja s drugim ljudima, što su bitni elementi patologije psihotičnog doživljaja.

Osnovna ljudska datost je temeljna potreba za povezivanjem s drugim ljudima. Potreba za povezivanjem s drugim ljudima je toliko temeljna da ju svaka uspješna terapija mora uključivati.

suppress stigmatization is to reduce prejudices and replace them with real knowledge of the intimate experiences of the person with psychosis, which can be achieved through different types of group psychotherapy. This book familiarizes the reader with the world of patients with psychosis and thus suppresses negative views and opinions on them, indicating the great therapeutic potential of group treatment for patients with psychosis. Therapists who mostly did not personally go through a psychotic experience and thus cannot completely understand it can still provide psychotherapy for patients with psychosis in a group setting. Using communication, interaction, spending time together, and working with patients with psychosis they can familiarize themselves with their experiences in various ways, always with the motive of understanding and alleviating their suffering. The members of the group, i.e. the patients with psychosis themselves, are the true experts on the psychotic experiences of other participants. They can easily recognize what is psychotic and what deviates from reality in other patients. They may still not recognize the psychotic in themselves for a while yet, but they can see it clearly in other members of the group. In that way patients with psychosis gradually recognize psychotic elements in themselves with the help of other patients, which is described in the book.

One of the characteristics of a psychotic experience is isolation of the person trapped by the event, who therefore becomes unavailable in interactions with others. A psychotic person is intensely involved in their inner world of psychotic experiences and temporarily or lastingly loses contact with the outside reality. Psychotic experiences that the patient cannot transmit to their social environment that cannot comprehend further exacerbates the already present feeling of isolation, uniqueness, and loneliness in the person. Spending time in a group with people who also had such experiences and who can recognize them best in other significantly reduces the feelings of isolation and permanent

Grupna psihoterapija u velikoj mjeri pomaže smanjivanju socijalne izolacije psihotičnog bolesnika, koji se liječi u grupi s osobama koje su i same imale (ili i dalje imaju) psihotične doživljaje, pa neposredno vide da u tim doživljajima nisu jedinstveni, a osim toga ostali članovi grupe ih zbog vlastitih iskustava psihotičnog mogu razumjeti.

Grupa bolesnicima vraća izgublenu nadu u pozitivan ishod liječenja, jer očigledno je da su drugi u grupi uspjeli prevladati mnoge probleme koje donosi psihoza, a u grupi postaju transparentni i načini putem kojih su našli rješenja. Pozitivna rješenja i iskustva pacijenata, njihovi osobni doživljaji, postaju model. Ostali učesnici grupe saznaju što je pomoglo i što njima može pomoći u njihovim problemima.

Nije dovoljno psihotičnom bolesniku samo dati lijek, ma kako taj lijek bio farmakološki napredan i učinkovit. Lijek može uspješno kontrolirati simptome, međutim liječenje nije samo uklanjanje simptoma, nego i obnavljanje kvalitete života, što uključuje odnose s važnim drugima i sa širom socijalnom okolinom. U grupnim psihoterapijama psihotični pacijent ima mogućnost obnavljanja osobnog i socijalnog funkcioniranja, za razliku od liječenja isključivim kočenjem psihičkog funkcioniranja, kako bi se time postiglo i suzbijanje psihotičnih doživljaja.

Grupna psihoterapija psihotičnih osoba, kako je prikazano u ovoj knjizi, omogućava rješavanje teškog izazova psihotičnih proživljavanja velikom broju psihotičnih osoba. Ona čini mogućim inače gotovo nemogući zadatak s kojim su suočene psihotične osobe: nošenje s problemima u vezi psihotičnih proživljavanja, jer imaju grupu koja im u tome pomaže.

Zahvaljujući nizu grupnih terapija i drugih grupnih načina bavljenja s psihotičnim bolesnicima koji su prikazani knjizi, mnoge osobe koje se na razne načine bave s njima, bilo da se radi o samim bolesnicima, njihovim obiteljima,

loss of contact and comprehension with other people, which are important elements of the pathology of psychotic experiences.

Connecting with other people is a basic aspect of humanity. The need to connect with other people is so fundamental that it must be a part of every successful therapy. Group psychotherapy significantly helps reduce social isolation in the patient with psychosis, who is treated together with persons who themselves had (or are still having) psychotic experiences, allowing the patient to clearly see that they are not unique in having these experiences, with the added benefit of other members of the group being able to understand them due to their own experiences.

The group also gives back lost hope in the positive outcome of the treatment, because it is obvious that others in the group were able to overcome many problems brought on by psychosis, and the group therapy also clarifies the ways in which they found solutions. Positive solutions and experiences of patients, their personal experiences, become models. Participants can learn what helped others and what may be able to help them with their own issues.

It is not enough to prescribe medication to a patient with psychosis, however pharmacologically advanced and effective that medication may be. The medication can successfully control the symptoms, but treatment does not consist just of symptom removal but also included restoring quality of life, which includes relationships with significant others and the wider social environment. In group psychotherapy, patients with psychosis are provided the opportunity to restore their personal and social functioning, as opposed to treatment that consists purely of blocking psychological functioning in order to suppress the psychotic experiences.

Group psychotherapy for persons with psychosis, as described in this book, provides a solution to the difficult challenge posed by psychotic experiences for a large number of

profesionalcima koji ih liječe dobivaju efikasnu metodu liječenja i zbrinjavanja. U suvremenom liječenju osoba s iskustvom psihoze, kao i onih kod kojih to iskustvo dominira njihovim životima, grupna psihoterapija, koja se grana u niz pojedinačnih terapijskih pristupa postala je nezaobilazna. Grupni način bavljenja, liječenja i pomaganja osobama s psihotičnim doživljajem u ovoj je knjizi uvjerljivo prikazan.

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persons with psychosis. It makes it possible to surmount the otherwise nearly impossible task of coping with psychotic experiences, because the patients have a group that helps them in this difficult challenge.

Thanks to the numerous group therapies and other group-based approaches to patients with psychosis described in the book, many persons who deal with such patients in various ways, whether the patients themselves, their families, or professionals who treat them, will be provided with an effective method of treatment and care. Group psychotherapy, which further branches into several therapeutic approaches, has become unavoidable in modern treatment of patients with a psychotic experience and those whose lives are dominated by such experiences. The group approach to working with, treating, and helping persons with psychotic experiences is very convincingly described in this book.

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