

## PROLOGUE: HERO'S JOURNEY OF NORMAN SARTORIUS

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*Who are we, if not measured by our impact on others? That's who we are! We're not who we say we are, we're not who we want to be – we are the sum of the influence and impact that we have, in our lives, on others*

Carl Sagan (<https://quotefancy.com>)

These are challenging times for intellectuals and all people of good will who want to commit themselves to being ethical and to promoting public and global well-being and mental health literacy. We find ourselves in a VUCA (volatile, uncertain, complex, ambiguous) world, amid unprecedented intellectual, technological, political, and social changes. It prompts us to reflect on questions such as "Quo Vadis Homine": what does the near future hold, what constitutes real human nature, what it means to be human, and what is the proper definition of individual, public, and global mental health, as well as how to create and maintain them. Increasing gaps between technological progress and humanistic conscience and ethics could trigger cataclysmic and dark Anti-Utopia events. Confrontation with devastating mental health consequences of the war in Ukraine and Palestine, more than three years of COVID-19 syndemics, the frightening challenge of climate change, air and water pollution, deforestation, collapsing ecosystems, biodiversity disappearance and an increasing economic recession poses a profound "to be or not to be" question for all of humankind. Despite the intensive, albeit now fragmented, process of globalization and an appealing concept of global humanistic mind and empathic civilization, our world is becoming increasingly de-civilized, divided into rival civilizations, nations, religions, states and alliances marked by confronting ethics, empathy erosions and deficits, empathic gaps and dyspathy. A critical choice confronts us between a clash of civilizations and the transformative idea of an empathic civilization, which may sound like a utopia. The contribution of psychiatry as a humanistic discipline should consist of promoting the culture of empathy and peace and biophilic ethics as a backbone of public and global mental health, uniting people, nations and civilizations for global sustainability and security on one side and eliminating hatred, blame games, insane bloody wars and insane machinery of deaths related to the sick political minds on the other side. In the search for a solution we require a critical mass of harmonious leaders across all segments of our lives, including politics, science, medicine/psychiatry, religion, business, culture, education, sports. Harmonious transformative leaders possess the

ability to see through the eyes and perspectives of others. They exhibit wisdom, generosity, a love for consensus, and actively promote win-win communication. Norman Sartorius, a living legend, who for more than fifty years, as prof. Dorđević writes, shines like a lighthouse on seas full of different winds and waves and in this divided world shows the direction in which psychiatry and fighting for mental health should navigate, is an excellent role-model of harmonious leader as defined by hodegetics.

### MOTIVATIONS AND INSPIRATIONS FOR WRITING THIS BOOK

*"If you teach me something, I'll forget it;  
if you show me something, I might remember it;  
if you make me do something, I will put it into practice"*

Confucius

There is a variety of motivations and inspirations behind writing books. Some books originate from an idea, others with an event, often involving encounters with exceptional people. This book encompasses all of these aspects. It is the culmination of two different ideas, initiatives, and concepts that have finally converged into a single volume narrating the life and professional journey of Norman Sartorius, an exceptional person embodying many virtues espoused by the discipline of hodegetics. The late Prof. Dr. Vlado Jukic had had previously published books on renowned Croatian psychiatrists: Prof. Dr. Nikola Persic and Prof. Dr. Borben Uglesic. He also harbored the intention of publishing a book about the most famous and influential Croatian psychiatrist in the world, describing him as a "great teacher and unattainable role model". According to many opinions Norman Sartorius is one of the most prominent and influential psychiatrist of his generation worldwide. Individuals displaying exceptional characteristics, like Norman Sartorius have always captivated my curiosity. They instantly fascinate us with their understanding, wisdom, empathy, kindness and care, prompting many

to wish for them to be our friends, teachers, coaches or collaborators. In some way, my inspiration for this book originated from my interest in medical and mental health hodegetics, based on art and practice of learning organization. Additionally, it came from my desire to ponder and recognize the lessons and wisdom derived from Norman Sartorius's fighting for mental health. He served as the former director of the Division for Mental Health of the World Health Organization (WHO), president of the World Psychiatric Association (WPA), and president of the European Psychiatric Association (EPA), contributing significantly to mental health globally. I believe if we could learn to recognize the real structure and dynamics of mental health in our private lives and families, in our education and culture, at work, or in governing the states and global world we might experience significant increase in individual and collective resilience, well-being and anti-fragility, prosperity, and better future. My second inspiration arose from a long-term desire to re-establish the initiative for editing the "Library of Psychiatria Danubina" for its first and only book "Justice, Love and Wisdom" written by Graham Barnes and published in 1994. My third inspiration for publishing this book is to express my personal gratitude for all that I have learned from Norman Sartorius. It serves as a tribute to his 55 years of dedication to the global fight for mental health and his assistance in editing and developing "Psychiatria Danubina." Moreover, it acknowledges his involvement in putting the project "Psychiatry for a Better World: Mental Health Education for an Empathic Civilization" into practice.

Three questions have been raised regarding the publication of this book. All three are challenging and easy to pose. They are also important, because the responses to them will shed light on the importance of public and global mental health and mental health literacy as well as international collaboration in the field of psychiatry and mental health sciences. However, they are not so easy to answer because when someone writes the book about other people and their life stories they often project their ideas and view-points onto their experiences, attitudes and ideas. The first of these questions is the following: What is the setting in which readers of the book could benefit from having read it? This, of course, depends on who the readers of the book are going to be. The book is recommended not only for young psychiatrists but also for all those who are interested in mental health promotion at individual, public and global level as well as empathic transformative leadership. The second question is: How can we authentically describe the person the book is about from as many perspectives as possible? This includes their life story, the spirit of the

time, personal qualities, talents, characteristics, value system, identities, roles, and abilities used to fulfill their life goals and achieve success, however, success and exceptionality are defined. Humans are storytelling beings, and through stories, we make sense of our lives and the world, shaping our belongings and identities, communicating what matters to us, and connecting with each other. The life story of Norman Sartorius is a perfect example of the Hero's Journey. The third question is: how to ask powerful and evocative questions in language that others can understand and accept in order to get new thoughts, insights, visions, ideas, wisdom... Personally, I like to use the art and practice of learning organization because it promotes the three learning capacities: inciting inspiration and fostering aspiration, developing reflective conversation, and understanding complexity from information to transformation. Hodegetics, an almost forgotten discipline, revolves around the application of knowledge, how to lead and to have courage to lead, to show direction, to go ahead and to feel capable, competent and experienced enough to help other people in their growth, to find their own authentic way of life including professional life too.

Hodegetics is more than collections of information, techniques and skills. It is about being, belonging and becoming within different and specific relationships, reflecting our authentic selves. Hodegetics, as a learning organization, is about people who learn, teach and expand their capacity to produce the results they authentically desire, who practice systems thinking and culture of dialogue to create shared vision, increase their personal and collective mastery and modify their personal and collective mental models to improve their knowledge, world-views, beliefs and value systems. Team learning, dialogue and joint systems thinking together make us smarter, stronger, happier and healthier. Mental health or well-being hodegetics is about the seven essential issues: 1. how to most effectively learn; 2. how to achieve our optimal well-being; 3. how to recognize our life calling/mission and to live our lives with purpose; 4. how to design creative life-script and live the life we desire; 5. how to be inducer for other's personal growth, empathy, resilience and anti-fragility, or in other words how to be a good friend, teacher, life coach, etc.; 6. how to be a good spouse and partner; and 7. how to be a successful parent. Good hodegetics models help us set and achieve our aims, increase our empathizing skills and improve our sense of well-being and professional development. From my personal experience I can attest that conversation with men like Norman Sartorius is always an extraordinary opportunity for learning about all the aforementioned aspects. Through programs aimed at improving mental health and education of young

psychiatrists, Norman Sartorius continues to open new visions and illuminate the path of wisdom.

## **EDITING OF THE UNUSUALLY STRUCTURED BOOK ON THE HERO'S JOURNEY AS A HERO'S JOURNEY**

*"I believe that life is a journey, often difficult and sometimes incredibly cruel, but we are equipped for it if only we tap into our talents and gifts and allow them to blossom"*

Les Brown (<https://goalcast.com>)

We can live our lives in many ways, and life as a journey through the most variety of challenges has been described in many cultures as a universal narrative. This unusually structured book has been a long time coming and, in some way, is close to the Stephen Gilligan and Robert Dilts's NLP concept of the hero's journey. Taken from narratology of Joseph Campbell, the hero's journey in NLP (neurolinguistic programming) refers to an archetypal story pattern that involves a hero who goes through life filled with many challenges and surprises, learns life lessons, wins a victory with newly gained knowledge and successfully reaches the goal. An educating example of a hero's journey is the life of Norman Sartorius, the psychiatrist and psychologist who has been fighting for mental health more than 55 years. He was born in Hitler's Germany, spent a part of his childhood in the Kingdom of Yugoslavia dictatorship, and another part in the fascistic collaborative Pavelic's Croatia when in 1943 he had to escape with his mother into Tito's partisans, and since 1945, he lived in Tito's communistic Yugoslavia till 1967 when he went to the liberal democratic West. The hero's journey is about living a life beyond the limits of the reality and making positive contributions to the local community and the whole world. As the director of the WHO division for mental health, president of the WPA, president of the EPA, president of the Association for the Improvement of Mental Health Programmes (AMH), author and editor of many books and scientific papers, principal investigator in many international studies and organizer of many educative mental health programs Norman Sartorius has been contributing to the promotion of world psychiatry and mental health at the global level...

In 2017, the late Vlado Jukic and I commenced the writing of a book in the Croatian language, detailing the hero's life journey of Norman Sartorius. As we had very different conceptions, preparing the English version of the book turned out to be our hero's journey, in addition to

the later tragedies and adversities. In March 2019, Vlado suddenly passed away. At the end of 2020 Pavo Filakovic succumbed to the COVID-19. My entire family – my mother in law, my wife, my son and I – was hospitalized. My mother-in-law passed away after a short period. My wife spent 45 days on artificial respiration but fortunately survived and fully recovered. The first edition of the book in the Croatian language came out in spring 2021.

This book contains six parts. The first part is prologue about editing process of this unusually structured book on the hero's journey of Norman Sartorius as a hero's journey involving an important question "to read or not to read this book". The second part consist of the editors' conversation with Prof. Sartorius about variety of issues, the story of his life, so far, and about his views of health professions, healthy society, psychiatry between ethics and politics, global mental health enlightenment, future of psychiatry... In the third part of the book, Norman Sartorius is described as a man and psychiatrist from different perspectives by his friends and colleagues who have had luck to meet him on their life and professional journey. In the fourth part of the book there are articles which were selected from Professor Sartorius' very impressive series of publications. The fifth part of the book consists of the texts from the Croatian version - the reviewers' and the publisher's. They summarized their thoughts very emotionally, not only on the book before you, but also on Norman Sartorius as man whom they met personally. The sixth part is an impressive list of Prof. Sartorius books, articles in peer reviewed journals and other publications because illustrate the width of his interest and work. It may be surprising that this book is divided in six parts, but this was not planned in advance; it simply unfolded that way. I found myself intrigued by Norman's experience of the coach with six white horses and endeavored to identify the six pillars of a successful professional life.

When it comes to analyzing and describing exceptional people, there appear to be several theoretical models: the Great Man theory, charisma theory, psychoanalytic theory, trait theory, behavioral theory, situational theory, contingency theory, transactional theory, transformational theory, servant theory, etc. We can direct our attention towards the personal qualities and traits of the exceptional person, his mental model and way he thinks, feels and behaves, his life script and family tradition and heritage, the life situations in which he finds himself, his capacity for empathy and relationships with other people, contribution to his community or humanity. In this book we used a Mismatch approach to understand hero's life journey of Norman Sartorius, a great man (see C.E. Flynn: True Greatness) and our teacher and friend.

## CULTURE OF EMPATHY AND CHALLENGES OF THE GLOBAL MENTAL HEALTH ENLIGHTENMENT 2.0

*"If we become even slightly more violent, shortsighted, ignorant, and selfish than we are now, almost certainly we will have no future"*

Carl Sagan

When the dialogues published in this book took place, our world was a relatively safe place and many of us looked ahead hopefully to the future of humankind. Many people believed that man will keep evolving, that science and technology will bring us to the bright future, that the majority of human beings deep inside tend and wish to do good, to experience nice and beautiful things, to think good and positive thoughts, and make decisions with positive aims. However, the widespread hope and belief that human beings were becoming increasingly 'civilized' was shattered. In his lectures, Norman Sartorius frequently pointed out the negative effects of decivilization (see page 228) and commodification processes in society. Sad to say, our present world is quite a different place and closest to global catastrophe it has ever been, at 90 seconds to midnight according to the Doomsday Clock. We look to the heart of darkness of the possible "dark anti-Utopia" and developing clash of civilizations. We are eye-witnesses that political mind sickness, "we-they" schism, "pro-us" illusion, and war-promoting misperceptions between peoples, countries and superpowers ignite old hurts and unhealed wounds and threaten our global security and well-being. According to many intellectuals, rescuing civilization from collapse involves extending our human capacity for empathy to a global scale.

Global problems demand global solutions, like the Global Mental Health Enlightenment 2.0. A culture of empathy, brotherhood in humanity, cooperation and partnership is the only route that offers any hope for Global Mental Health as a global public good for the better future of all humanity. What we need now is VUCA solution: Vision of compassionate society and empathic civilization as a transformative idea for a better future, public and global mental health; Understanding and mutual respect at intercultural, local and global level based on dialogue and empathic systems thinking; Cooperation in creating well-being and health for all, resilience, coherence and antifragility for global sustainability; Assertive Activity in promoting empathy, trust, cooperation, partnership and friendship. Good, creative and empathic communication is a background of individual and collective mental

health. Practicing empathy shifts our mental models and identities from selfish "me" to "we of common interest", and from "we, you and they" to "bigger we with humanistic self". The choice between the clash of civilizations or dialogue among them leading to the empathic global civilization (J. Rifkin) of love is the most fundamental issue from the public and global mental health perspective. Fighting for collective and global mental health is strongly associated with the promotion of culture of empathy as a process that is measurable, teachable and learnable. Empathy with Reason and Cooperation makes a Great Combination for Global Mental Health and Empathic Civilization. Life is art and practice of information to transformation processing and learning organization made up of patterns. Wisdom is our ability to perceive these patterns and to shape them into coherent chapters within the longer narrative of our lives. Exceptional, wise and empathic transformative leaders, such as Norman Sartorius, are essential for Global Mental Health Enlightenment 2.0.

## AN IMPORTANT DECISION: TO READ OR NOT TO READ THE BOOK

*"Reading what you want, and having one book lead to the next, is the way I found my discipline!"*

Joseph Campbell (<https://www.goodreads.com>)

Dear reader, if you genuinely seek to delve into the secrets of wisdom derived from the hero's journey of the living legend Norman Sartorius, encompassing his leadership success, powerful communication, collaboration skills, and the art of networking and connecting people, then this book is tailored for you. I fully agree with John C. Maxwell that "a leader is one who knows the way, goes the way and shows the way". (<https://www-brainyquote.com>). There is a lot what we can learn about empathic leadership from Norman Sartorius who is in his 89th year still very vital, agile and active in promoting global mental health. Harmonious empathic leaders see through eyes and perspectives of others, they are wise, generous, love consensus, promote win-win communication. Such kind of leaders are of crucial importance for the Global Mental Health Enlightenment based on the culture of empathy, reason, science, humanism and sustainable development. This book endeavors to articulate the ideas of hodegetics and a global humanistic mindset in the language, concepts, and praxis of the 21st century. While we may never achieve a perfect world, our ongoing responsibility is to strive for the enhancement of human flourishing, global well-being, and mental health

for all. Our Hero's Journey is not just one fiction more. It is a narrative about the culture of life and empathic civilization that belongs to all of humanity, and is based on beliefs that wellness is better than illness, health is better than disease, cooperation is better than violent

confrontation, peace is better than war, knowledge is better than ignorance, happiness is better than suffering, freedom is better than coercion, power is better than helplessness, love is better than hatred...

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