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Simptom kao poziv na promjenu – sistemska obiteljska psihoterapija u kliničkoj praksi

/ The Symptom as an Invitation to Change: Systemic Family Psychotherapy in Clinical Practice

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U suočavanju s psihijatrijskom dijagnozom i bolešću svoga člana, obitelji i bliske osobe prolaze kroz teško razdoblje, obilježeno promjenama koje mogu postati izvor dodatnog stresa. Iza već ustaljenih nefunkcionalnih obrazaca ponašanja i komunikacije često stoje snažna uvjerenja i emocije, koje traže svoje razrješenje, kao i transgeneracijske i kulturološke specifičnosti. Sistemska obiteljska psihoterapija simptom razumije kao „pogrešno pokušavana rješenja" koja obitelj ima za određeni problem, održavajući tako homeostazu, makar ona bila i patološka. Naglasak je stavljen na interpersonalne obrasce i interakcijsko razumijevanje problema te pojavu simptoma u tom kontekstu, s ciljem depatologizacije pojedinca i nalaženja novih narativa za cijelu obitelj. Simptom člana obitelji koji dovodi cijelu obitelj u terapiju „vrh je sante leda" i iza njega razotkrivamo specifič-

In confronting the psychiatric diagnosis and illness of one of their members, families and those close to them go through a difficult period marked by changes that may become a source of additional stress. Behind already entrenched dysfunctional patterns of behavior and communication, there often lie powerful beliefs and emotions that seek resolution, as well as transgenerational and cultural specificities. Systemic family psychotherapy understands the symptom as the "mistakenly attempted solutions" that the family has for a particular problem, thereby maintaining homeostasis, even if that homeostasis is pathological. The emphasis is placed on interpersonal patterns and an interactional understanding of the problem, and on the emergence of the symptom in that context, with the aim of depathologizing the individual and finding new narratives for the family as a whole. The symptom of the family member that brings the entire family into therapy is "the tip of

ne strukturalne i komunikacijske obrasce koji ga održavaju. Umreženi odnosi, rigidne uloge, duple poruke, zatvorene granice prema okolini dio su karakteristika obitelji sa psihički oboljelim članom, a najviše su izražene u poremećajima iz spektra shizofrenije. Osnovni je pristup psihoedukativni postupak o prirodi bolesti i načinu komunikacije (smanjenju EE indeksa) u kombinaciji sa strateško-strukturalnim tehnikama. U postmodernističkom duhu, naglasak je dodatno stavljen na kontekst i kulturu, te se ovakav pristup pokazao vrlo učinkovit u psihoterapijskom tretmanu obitelji sa shizofrenijom, ali i drugim težim psihičkim poremećajima kao što su depresija, poremećaj prehrane itd. Suvremena psihoterapija obitelji integrira te različite pristupe i tehnike i čini vrlo dinamično i otvoreno područje psihoterapije za rad i daljnja istraživanja, a terapeuta stavlja u poziciju radoznalog, kreativnog istraživača i suradnika obitelji.

the iceberg," and behind it we uncover the specific structural and communicational patterns that maintain it. Enmeshed relationships, rigid roles, double messages, and closed boundaries toward the environment are among the characteristics of families in which a member has a mental illness, and they are most pronounced in schizophrenia spectrum disorders. The fundamental approach is a psychoeducational procedure regarding the nature of the illness and the mode of communication (reduction of the EE index), combined with strategic-structural techniques. In a postmodernist spirit, the emphasis is placed further on context and culture, and this approach has proved highly effective in the psychotherapeutic treatment of families with schizophrenia, but also with other more severe mental disorders such as depression, eating disorder, etc. Contemporary family psychotherapy integrates these various approaches and techniques and constitutes a highly dynamic and open field of psychotherapy for practice and further research, placing the therapist in the position of a curious, creative researcher and collaborator with the family.