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Fenomenologija percepcije realiteta

/ Phenomenology of the Perception of Reality

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Prikazat će se slučaj pacijenta čije se iskustvo svijeta promijenilo zbog zaokupljenosti determinizmom. Udaljavajući se od naučenih klasifikacija, primjećuje se da neke osobe s psihotičnim iskustvima opisuju neobične percepcije, snove i ideje koje nastaju kao dio kreativnih ili filozofskih procesa, ponekad pojačanih uporabom psihoaktivnih tvari. Dvadesetpetogodišnji muškarac javio se zbog intenzivne anksioznosti, depresivnog raspoloženja i u uvjerenju da su sva ponašanja unaprijed određena. Njegov pogled na svijet bio je posebno izmijenjen u doživljaju komunikacije s drugim ljudima, koja mu se činila robotiziranom. Izražavao je osjećaj da više nije sposoban funkcionirati na istoj razini kao i prije. Prisjećajući se ranijih razdoblja adolescencije, navodio je da je imao osjećaj da ga drugi promatraju, da se bojao tuđih mišlje-

The case of a patient whose experience of the world changed due to a preoccupation with determinism is presented. Stepping away from learned classifications, it can be observed that some individuals with psychotic experiences describe unusual perceptions, dreams, and ideas that arise as part of creative or philosophical processes, sometimes amplified by the use of psychoactive substances. A 25-year-old man presented with intense anxiety, depressed mood, and the conviction that all behaviors are predetermined. His view of the world was particularly altered in how he experienced communication with other people, which seemed robotic to him. He expressed a sense that he was no longer able to function at the same level as before. Recalling earlier periods of adolescence, he reported feeling that others were watching him, fearing other people's opin-

nja te da je istodobno imao osjećaj pripadnosti određenim skupinama, ali i izdvojenosti iz njih. Govorio je da je tada bio sretan, duhovit i ekstrovertiran, ali da „odnedavno više nema smisla za humor i nije zanimljiv“. Osam godina redovito je konzumirao kanabis, koji ga je smirivao i omogućivao mu da se „udubi u teme iz filozofije i psihologije“. Nakon kratkog razdoblja apstinencije i ponovne uporabe kanabisa, imao je osjećaj kao da se njegov svjetonazor temeljen na determinizmu učvrstio do te mjere da je razvio tešku anksioznost, potom i depresiju. Susrećemo ga u okviru Dnevne bolnice nakon kratkotrajnog bolničkog liječenja. Tijekom terapije djeluje nemotivirano, anksiozno i povučeno u grupnim psihoterapijskim seansama. Istražuje znanstvena i filozofska stajališta o determinizmu, o kojima opširno raspravlja s *chatbotom*, te traži terapeuta upoznatog s tom temom koji bi mu mogao pružiti utjehu i pomoći u teškoćama koje teško verbalizira. Pacijentovi simptomi mogu se promatrati kroz prizmu fenomenologije opsesije na granici sumanutosti, pri čemu osjeća strah i gubitak smisla zbog spoznaje da nema kontrolu nad vlastitim životom. U razgovorima dolazimo do hipoteze da je doživio razočaranje i svojevrsno razotkrivanje stvarnosti kroz prizmu determinizma te da bi terapija trebala biti usmjerena na ponovno uspostavljanje određenih iluzija (odnosno ponovno pronalaženje smisla kroz interese i odnose), što bi mu moglo omogućiti bolje socijalno funkcioniranje.

ions, and at the same time experiencing a sense of belonging to certain groups while also feeling set apart from them. He said that at that time he had been happy, funny, and extroverted, but that “recently I no longer have a sense of humor and I am not interesting.” For eight years he had regularly used cannabis, which calmed him and allowed him to “immerse himself in topics from philosophy and psychology.” After a short period of abstinence and subsequent renewed cannabis use, he felt as if his determinism-based worldview had solidified to such an extent that he developed severe anxiety, followed by depression. We encountered him in the context of a Day Hospital program after a brief inpatient treatment. During therapy, he appeared unmotivated, anxious, and withdrawn in group psychotherapy sessions. He explored scientific and philosophical positions on determinism, which he discussed at length with a chatbot, and he sought a therapist familiar with this topic who could provide comfort and help him with difficulties he struggled to verbalize. The patient’s symptoms can be viewed through the prism of the phenomenology of obsession on the border of delusion, in which he feels fear and loss of meaning due to the realization that he has no control over his own life. In conversations, we arrived at the hypothesis that he had experienced disappointment and a kind of “unmasking” of reality through the lens of determinism, and that therapy should be directed toward re-establishing certain illusions (that is, rediscovering meaning through interests and relationships), which could enable better social functioning.