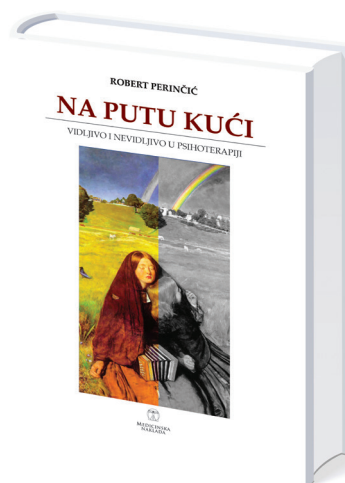


Robert Perinčić

Na putu kući – „Vidljivo i nevidljivo u psihoterapiji“

/ On the Way Home – “Visible and Invisible in Psychotherapy”



Krajem 2018. godine Medicinska naklada objavila je knjigu **Na putu kući – „Vidljivo i nevidljivo u psihoterapiji“** autora **Robert Perinčića**. Radi se lijepo uređenoj, tvrdo ukoričenoj knjizi izrazito privlačnog dizajna s omotnom stranicom koja mami čitatelja da knjigu uzme u ruke i prelista je. Knjiga je to od 339 stranica koja je podijeljena u četiri dijela, odnosno, kako autor navodi, u četiri knjige. Svaka od tih knjiga sadrži više dijelova. Tako se u prvoj knjizi nazvanoj „OKP“ – „Od najgoreg do najboljeg“, u prvom dijelu, iznose psihoterapijski primjeri (opisuju se razlozi javljanja psihijatra i tijek psihoterapije Anite, Branimira, Sanje, Patricije i Marka), a u drugom dijelu autor opisuje „unutarnjeg sabotera i njegove attribute – teoriju/prirodu/terapiju“. U drugoj knjizi nazvanoj „JA“ kroz četiri poglavlja autor „sa svih strana“ opisuje JA (self, sebstvo). U trećoj knjizi nazvanoj „Psihoterapija“ autor se pozabavio teorijskim i praktičnim pitanjima psihoterapije, uglavnom one zasnovane na psihodinamskim (psihoanalitičkim?) teorijama i školama. U četvrtoj knjizi naslovljenoj „Mikrosvijet i makrosvijet“ (vanjski obezvrijedi-vači i saboteri) uglavnom se orijentira na opise djelovanja vanjskog svijeta na unutarnji svijet čovjeka, pacijenta.

U uvodnom dijelu autor opisuje kako je knjiga nastala, s kojim se dvojabama i problemima tijekom njezinog nastanka suočavao, a nastala

At the end of 2018, Medicinska naklada published the book **On the Way Home – “Visible and Invisible in Psychotherapy”**. It is a nicely arranged hard cover book with a very attractive design and cover that invites the reader to pick it up and flip through its pages. The book is comprised of 339 pages divided into four sections or, as the author describes it, four books. Each one of these books is made up of multiple sections. The first book is entitled “OKP”- “Od najgoreg do najboljeg” (OCD, from worst to best). In the first section there are psychotherapeutic examples (Anita, Branimir, Sanja, Patricija, and Marko), in the second section the author describes the “inner saboteur and his attributes – theory/nature/therapy”. In the second book, entitled “JA” (“Me”), the author uses four chapters to describe Me (the self) “from all sides”. In the third book, called “Psihoterapija” (“Psychotherapy”), the author deals with theoretical and practical aspects of psychotherapy, mostly those based on psychodynamic (psychoanalytic?) schools and theories. In the fourth book, entitled “Mikrosvijet i makrosvijet” (Micro-world and macro-world) (outside discouragers and saboteurs), deals mostly with describing the outside world and its effects on the inner world of a person, the patient.

In the introduction the author describes how the book came to be, the doubts and problems he encountered during its making. The book is a result of many years’ work, of taking notes and

la je kao plod višegodišnjeg rada i bilježenja asocijacija vezanih uz psihoterapijske procese i teorijska saznanja, te navodi da mu nije bila namjera pisati ni stručni ni pregledni rad (npr. o OKP-u) „nego samo zapisati iskustva, sadržaj, razmišljanja i spoznaje koje su proistekle iz susreta i rada s pacijentima“. I sam se začudio kada je vidio da je zapisao puno više nego što je u početku namjeravao. Sadržaje je širio na osnovi onoga što je saznavao od pacijenata i što im je davao, ali i na osnovi literature koja mu je, kako iz svega proizlazi, „kruh svagdašnji“. Rad s pacijentima s jedne strane i dobar uvid u literaturu s druge strane međusobno su se prožimali, pretapali i tako rađali tekstove koji su kao cjelina sabrani u ovoj knjizi.

Autor posebno naglašava, a isto se može iščitati iz cijele knjige, da mu je bila želja ukazati i na „neke štetne neistine na koje tražitelji (psihijatrijske) pomoći nailaze na raznim internetskim portalima i forumima, pa i kod osoblja u medicinskim i vjerskim institucijama.“ Anticipirajući na neki način eventualne primjedbe na knjigu, autor upozorava kako će neki pristupi i dijelovi knjige vjerojatno smetati akademskoj zajednici zbog „nedovoljno stručnog načina izražavanja, citiranja duhovnih sadržaja, prepletanja duhovnosti i psihoterapije“. U ovom kontekstu kratko se osvrće na „visoko stručne“ knjige koje prosječnog čitatelja, jer ih teško razumije, obeshrabruju, te dodaje da je „ova knjiga pisana istoj populaciji s kojom se svakodnevno susreće u psihoterapijskoj praksi“. Dodaje da nije zanemario stručnu bazu podataka za one koji bi htjeli saznati više. Na kraju knjige popis je literature i „filmografija“. Koristio je, dakle, 83 knjige iz raznih područja koja govore o psihičkom i ljudskom bivstvovanju u svijetu – tu su knjige iz psihoterapije, psihologije, filozofije, antropologije, duhovnosti, religije itd. Interesantan je i popis (filmografija) 28 filmova koje autor navodi kao „literaturu“ kojom se služio pišući ovu knjigu odnosno koje na neki način preporuča „onima koji žele više znati“.

keeping a record of associations related to the psychotherapeutic process and theoretical findings. His aim was not to write a professional or review paper (e.g. about OCD) but rather “to record experiences, content, thoughts, and discoveries which came from work with patients”. He was himself surprised when he realized that he had written a lot more than initially intended. The content of his writing broadened based on what he discovered from his patients and what he imparted to them, but also based on literature, which was, as it appears, his “daily bread”. Work with patients on the one hand and good insight into literature on the other conjointly pervaded and combined gave rise to the texts which are as a whole assembled in this book.

The author emphasizes, and this can be construed from the entire book, that his desire is to point out “some of the harmful untruths that those seeking (psychiatric) help may come across on various web portals and forums, and even from medical personnel and religious institutions”. Anticipating in some way possible objections to the book, the author warns that parts of the book and some of the approaches will probably bother the academic community due to the “insufficiently expert terms and use of expressions, citing spiritual content and the interlacing of spirituality and psychotherapy”. In the context of this, he shortly reviews “highly expert” books which to the average reader are discouraging because they are hard to understand., adding that “this book is written for the same population which he encounters in his everyday psychotherapeutic practice”. He further adds that he did not neglect expert data bases for those who would like to learn more. At the end of the book there is a bibliography and a “filmography”. He used 83 books from different fields dealing with the psychological and human condition in the world. This includes books on psychotherapy, psychology, philosophy, anthropology, spirituality, religion, etc. Also of interest is the filmography, a list of 28 films which the author lists as “literature”, which he used

Uz ovu knjigu dr. Roberta Perinčića javlja se više asocijacija od kojih neke ne mogu ne spomenuti. Prva asocijacija je ona da jedan psihijatar, psihoterapeut „iz provincije“ (Robert Perinčić je psihijatar, psihoterapeut koji prije deset godina napušta mjesto šefa psihijatrije u Zadru i u svom gradu, Zadru, otvara vlastitu psihijatrijsko-psihoterapijsku ordinaciju), nepovezan s akademskom zajednicom, gotovo samački prelistava svoje bilješke o psihoterapijskim procesima svojih pacijenata, literaturi (impresionira širina autorovih interesa i uvida u literaturu) i piše knjigu koja bi, barem po nekim njezinim dijelovima, mogla postati knjigom na koju će se u budućnosti pozivati autori sličnih radova. Druga asocijacija je autorov pozitivan, no nikako ne naivan pristup problemima s kojima se susreće u svom svakodnevnom radu, ali i u literaturi i životu. Nadalje, uz pohvalu navedenu u prvoj asocijaciji, javlja se i ona koja ima kritičan pristup, a to je da je s „još malo truda“ od ove knjige trebao napraviti najmanje dvije knjige: jednu o onom unutarnjem svijetu, njegovim problemima i razrješavanju tih problema psihoterapijskim zahvatima, a drugu o vanjskom (makro) svijetu i egzistenciji fragilnog, modernog čovjeka u njemu.

I, asocijacija koja je prisutna tijekom cijelog čitanja knjige i pisanja ovog prikaza, prava je sreća da ovdje opisano iskustvo i izneseno znanje nisu ostali neobjavljeni javnosti.

Predviđam da će ova knjiga naići na dobar odjek kod čitatelja. To su u prvom redu psihijatri i psihoterapeuti svih provenijencija. Svakako je interesantna intelektualcima humanističke orijentacije, ali i svima drugima, posebno obrazovnijoj kategoriji onih koji imaju određene psihičke tegobe. Njima je, čini se, i namijenjena. Oni, kao i svi drugi, čitajući je, „doći će na svoje“. Zbog svega preporučujem da ju se čita.

Vlado Jukić

in writing this book and, in a way, recommends “to those who want to learn more”.

This book by Dr Roberta Perinčić gives rise to many associations, some of which I must mention. The first association is that a “provincial” psychiatrist and psychotherapist (Robert Perinčić is a psychiatrist and psychotherapist who left his workplace ten years ago as head of psychiatry in Zadar, his home town, and opened his own practice as a psychiatrist/psychotherapist). With no ties to the academic community and of his own accord, using his notations about the psychotherapeutic processes of his patients and literature (with an impressive range of interests and insight into literature) he wrote a book which could, at least in part, become one that future authors of similar works will call upon. The second association is the author’s positive, but in no way naive, approach to problems which he faces in his everyday work, in literature and in life. Furthermore, along with praises held in the first association, there is one with a more critical approach; that with a “little more effort” the book should have been at least two books: one about the inner world, its problems, and working through these problems through psychotherapy, and the other about the outside (macro) world and the existence of the fragile, modern man in it.

Finally, an association present throughout reading the book and writing this review: we are fortunate that the experiences described and knowledge conveyed here did not stay unpublished.

I predict that this book will be favourably received by the reader. In the first place, by those who are psychiatrists and psychotherapists of different provenance. It will surely be interesting to intellectuals oriented towards the humanities and social sciences, and to all those with certain mental difficulties, especially if they are more educated, for it seems as though it is a book intended for them. In reading the book they will, as will all other readers, “find their place”. For all these reasons I recommend reading this book.

Vlado Jukić