

*Sažeci radova / Abstracts***AUTOTRANSCEDENCIJOM DO PSIHIČKOG BLAGOSTANJA****Lucija Bagarić Krakan^{1,2}, Ivan Krakan³**¹Udruga narodnog zdravlja „Andrija Štampar“²Klinika za psihijatriju, KBC Zagreb³Kineziološki fakultet Sveučilišta u Zagrebu**Sažetak**

Viktor Frankl utemeljitelj logoterapije smatra samonadilaženje ili autotranscendenciju jednu od ključnih čovjekovih vrlina i sposobnosti. Naglašava da čovjek nije instiktivno biće te da je sposoban koristiti razum i donositi odluke. Dalje navodi da je svaki pojedinac odgovoran za svoje postupke te da ima sposobnost birati i izabrati te preispitivati svoje odluke. Jednom njegovom rečenicom bi se mogla definirati autotranscendencija: „Čovjek posjeduje u svakoj životnoj situaciji stanovit djelokrug da premaši pretjesne stege i uvjetovanosti i da nađe nove životne mogućnosti.“ U mnogim biblijskim tekstovima kao i primjerima iz Franklove psihoterapijske prakse nalazimo na fenomen oprosta, primjera autotranscendencije. M. Gandhi kaže; „Slabi ne mogu opraštati. Oprost je odlika velikih.“ Suprotna emocija-mržnje razara čovjekovo vlastito psihičko i duhovno blagostanje te ranjava druge ljude. Ona može biti podloga za nastanak psihosomatskih bolesti i trigger za počinjenje najgorih zločina protiv čovjeka i čovječnosti. Prof. dr.sc. Slobodan Lang navodi da se posvetimo razraditi metode dobra a ne proučavati zlo i posljedice istog. U tom smislu, prof.dr.sc. Ivan Urlić psihijatar, u knjizi „Žrtva, osveta i kultura oprosta“ razrađuje proces oprosta te govori da se odvija u nekoliko faza. U tom ozračju završimo s Martinom Grayom: „Opraštaj da oslobodiš u sebi sile ljubavi!“.

Ključne riječi: logoterapija, autotranscendencija, Frankl, oprost

SELF-TRANSCENDENCE LEADS TO THE PSYCHOLOGICAL WELL-BEING**Lucija Bagarić Krakan^{1,2}, Ivan Krakan³**¹Association of people's health "Andrija Štampar"²University hospital center Zagreb. Department of psychiatry³Faculty of Kinesiology, Zagreb**Summary**

Viktor Frankl, the founder of logotherapy considered self-transcendence as one of the most important human virtue and ability. He points out that man is not instinctively being and that is capable of using reason and make decisions. He further stated that each individual is responsible for his/her actions and that he/she has the ability to choose and to reconsider his/her decision. Self-transcendence can be defined with this Frankl's quote: "The man has in any situation a certain scope to exceed too tight discipline and conditioning and to find new possibilities for life." In many biblical texts and examples from Frankl psychotherapeutic practice we find the phenomenon of forgiveness, for example self-transcendence. M. Gandhi said; "The weak can not forgive. Forgiveness is the attribute of the strong." The opposite of forgiveness is hate. Hatred destroys man's own mental and spiritual well-being and hurts other people. It can be the trigger for the formation of psychosomatic diseases and trigger for committing the worst crimes against man and humanity. Professor Slobodan Lang states that we have to elaborate methods of „good“ and not evil and the consequences thereof. In this view, professor Ivan Urlić psychiatrist, in his book "The sacrifice, revenge and culture of forgiveness" elaborates the process of forgiveness and says that it takes place in several stages. In that light, we finish with Martin Gray: "Forgive so that you unleash the power of love!".

Keywords: logotherapy, self-transcendence, Frankl, forgiveness