

„yvelaferi, rac analitikuri muSaobis winsvlas
aferxebS, **winaaRmdegobaa**“

froidi (1900w, gv.517).

horst kexele

apriLi 2010

Tbilisi

1

ratom winaaRmdegoba?

- pacienti, romelic EeZebS daxmarebas, TavisI
Terapevtis msgavsad acnobierebS, rom
cvlilebis procesi ar iqneba sasiamovno.
man miaRwia erTgvar wonasworobas.
marTalia, es moxda misi Sinagani da
garegani Tavisuflebis mkacri SezRudvebis
xarjze, magram es iZleva garkveuli donis
usafrTxoebis da stabilurobis garantias. aseTi
wonasworobis pirobebSi xdeba movlenebis -
Tundac arasasiamovnosi- qvecnobieri
molodini da warmodgena.

apriLi 2010

Tbilisi

2

mankieri wre

- miuxedavad imisa, rom patients cnobierad surs cvlileba, ikvreba wre, romelic mudmivad mkvidrdeba da axldeba; aseTi wonasworoba, rogori paTologiuri Sedegebic ar unda moyvebodes mas, mniSvnelovnad amcirebs SfoTvis da daucvelobis SegrZnebas. winaaRmdegobiT gamoxatuli mravali forma emsaxureba am miRweuli wonasworobis SenarCunebas.

winaaRmdegobis ZiriTadi niSani

1. winaaRmdegoba mimarTulia cvlilebisaken, romlis survili gacnobierebulia, magram arsebobs misi qvecnobieri SiSi.
- 2 winaaRmdegobaze dakvirveba SesaZlebelia mxolod Terapiul urTierTobaSi; sxva darRveva da gaucnobierebeli saqcieli SesaZlebelia gamovlindes Terapiis gareSec. winaaRmdegoba warmoadgens Terapuli procesis nawils.

nebismieri qceva SeiZleba emsaxurebodes winaaRmdegobas.

- radganac Terapiuli procesis Seferxeba SesaZlebelia sxvadasxva gziT, ar arsebobs qcevis iseTi forma, romelic ver iqceva winaaRmdegobad, Tuki man garkveul simZlavres miaRwia. Terapevtsa da patients Soris TanamSromloba rTuldeba, Tuki winaaRmdegobis intensiuroba aRemateba garkveul zRvars. amis aRmoCena SesaZlebelia farTo speqtris maCveneblebiT; winaaRmdegobad SesaZloa gadaiqces rogorc transferis momateba Tavdaviwyebuli trfialis donemde, aseve bevri sizmrts motana, an Tundac maTi metismeti gaanalizeba.

xarixobrivi da raodenobrivi maCveneбели

- amgvarad, winaaRmdegobis Sesafaseblad gamoiyeneba *xarixobrivi da raodenobiTi* kriteriumebi. magaliTad, dadebiTi da uaryofiTi transferi iqceva winaaRmdegobad, Tuki is aRwevs garkveul Zalas, romelic xels uSlis an aferxebs azrobriv TanamSromlobas.

w-is uxeSi formebi

- uxeSi formebi moicaven dagvianebas, seansebis gacdenas, gadaWarbebul laparaks da, piriqiT, saerTod arafris Tqmas, analitikosis gamonaTqvamebis meqanikur uaryofas da arasworad gagebas, ignorebas, mudmiv dabneulobas, CaZinebas da bolos, seansis naadrev Sewyvetas.
- Ggloveri (1955).

w-is Tanamedrove klasifikacia

- A1) ego-s winaaRmdegobis ori forma(represiis winaaRmdegoba da gadatanis winaaRmdegoba),
- B2) superegos winaaRmdegoba
- 3) igi-s winaaRmdegoba

winaaRmdegobis Zlieri uaryofiTi da
erotozirebuli formebi biologiuri Zalebis
Sedegia(instinqtTa konservatiuli
buneba, libidos inercia). aseve:
biologiuri faqtorebi, xasiaTis faqtori,
moqnilobis nakleboba

akviatetebuli gameoreba

- # bedisweris nevrozi
- # tratravmatuli nevrozi
- pirad urTierTobebSi mtkivneuli
imedgacrueba da katastrofis gancda
- travmatuli gancdis interpersonalur
urTierTobebSi gadatanis mcdeloba

super Eegos w.

- negatiuri Terapiuli reaqcia
warmoadgens TvalsaCino magaliTs
Ffroidis im hipotezisa rom super egos
winaaRmdegoba saTaves iRebs
sikvdilis instinqtidan.

nTr- negatiuri Terapiuli reaqcia

- „ is adamianebi, romelTa aracnobieri
danaSaulis gancda Zalian Zlieria, Tavis Tavs
Ralatoben analitikur TerapiaSi negatiuri
Terapiuli reaqciis gamovlinebiT “ (froidi
1933w, gv.109)
- motivi: aracnobieri mazoxisturi
tendencia ukan, sikvdilis instinqtisaken
ixevs.

Tanamedrove Sexeduleba nTr-ze

- # avtonomiisaken swrafva(Mmaleri 1969):
- „me msurs vakontrolo is, rac aq xdeba, amitom Sen fass kargav. “
- nTr, rogorc reaqcia obieqtis paTogenur aRqmaze.

meoradi gamorCena avadmyofobidan

„represiis pirvelad aqts moyveba
mosawyeni an usasrulo Sedegi, sadac
brZola instinqtur impulsebs Soris
gadaiqceva brZolad simptomis
winaaRmdeg!“
(Ffroidi 1926w, gv. 98)

identobis winaaRmdegoba

- sxvadasxva fsiqoanalitikuri skolebi winaaRmdegobasa da dacvas TviTregulaciis funqciebs miakuTvneben
- kohuti
- sandleri
- eriksoni

- „identobis winaaRmdegoba aris....
patientis SiSi, rom Terapevti misi piradi
Tvisebebis, ganaTlebis,
msoflmxedvelobis saSualebiT
daangrevs p-is susti identobis birTvs
da Tavs moaxvevs sakuTar me-s
- (Eeriksoni 1968, gv.214)

Tavdacva

Tavdacva aracnobieri da cnobieri efeqturi maregulirebeli faqtoria, romelic integrirebulia individis cxovrebaSi personaluri identobis Camosayalibeblad.

**winaaRmdegoba asrulebs
maregulirebel funqcias Terapiul
urTierTobebSi**

klinikuri magaliTi- klara

- identobis Zlieri winaaRmdegoba aqvs yvela im p-s, romelic ar aRiarebs Tavis avadmyofobas da, Sesabamisad, ar aqvs mkurnalobis survili. aseT SemTxvevebSi sapirispiro situaciaa- itanjebian pacientis axloblebi da cdiloben daarwmunon jiuti naTesavi, rom imkurnalos .

- magram rogor ginda vinme
daarwmuno, roca is TavisTaviT
kmayofilia da sapirispiros figrobs- rom
Tavad janmrTelia da irgvliv myofi xalxi
Tvlis giJad; isini aiZuleben mas
Caitaros Terapia, romelic misTvis
arasasurvel cvlilebebs moutans.

identobis winaaRmdegoba warmoadgens
adamianis mier sakuTari moTxovnebis
nebismier fasad gatanis unaris zeims,
gindac es ewinaaRmdegebodes
TviTSenarCunebis biologiur principebs.
froidma (1940w) egos mianiWa ara marto
TviTSenarCunebis, aramed
TviTdamkvidrebis funqciac.

adamianis es unari winapirobaa yvela
imaTganisaTvis, visTvisac sakuTari idealebis
miRweva da keTili miznebisaTvis Tavganwirva
sakuTar sicocxleze ufro mniSvnelovania . es
warmoadgens im gadawyvetilebebis Sedegs,
rodesac individi Tavisufalia Tavis arCevanSi. im
SemTxvevaSi, roca sakuTari moTxovnebis
gatana ukavSirdeba identobis winaaRmdegobas,
individi **araa Tavisufali arCevanSi**, Tumca Tavad
uaryofs, rom araa Tavisufali, rom avadaa da
daxmarebas saWiroebs.

.

*Pp: sinamdvileSi me ar minda Cems TavTan brZola;
mxolod Cemi Tavis garkveul nawilebTan. am wuTas es
sasacilod meCveneba. me gadavwyvite yovel dRe ufro meti
vWamo da asec vakeTeb. saerTod ise gamodis, rom
namcxvris Wama minda. vyidulob namcxvars; mere
gamodis, rom is ar miyidia, rac saWiroa. namcxvari xom
namdvili sakvebi ar aris, amitom namcxvris Wamis survili
miqmnis gancdas, rom sworad ar viqcevi.*

*aA: ki Sinagani aucilebloba
mniSvnelovania amgvari cvlilebebis
SemTxvevaSi. SimSilis grZnobasa da Wamis
survils cvlilebebi moaqvs. Tqven sruliad
Tavisufali iyaviT, magram Tqvengan
gansxvavebiT me vTvli, rom es Tavisufleba
moCvenebiTia. amis miuxedavad, es kargi
saSualeba iyo warsulSi dagetovebinaT bevri
ram, axlis dawyeba Zalian Znelia.*

*Pp: diax, moCvenebiTi Tavisuflebaa. ar vici, rodesme Tu
SevZleb ubralod Tavis droze vWamo. marto imaze vfiqrob,
cudad ar gamxados. imas mainc vaxerxeb, rom dRis
ganmavlobaSi vWamo. amitomac, cota ar iyos, gamikvirda,
wonaSi cota rom maqvs daklebuli. es ra, raime survilis SiSia
Tu ra? meore mxriv, Zalian momwons sicocxle; minda
vakeTebde rames, dilaobiT viRviZebde. E gaxsovT Cemi
SarSandeli mdgomareoba -roca yvelaferi ruxi da mosawyeni
megona -es warsulis kuTvniLebaa. NB
NB*

Semdeg p-i aRwers Tavis heqtikur yoveldRiurobas dedisa da diasaxlisis rolSi. am movaleobebis gamo Tavs Zalian ubedurad grZnobs. “ saxli cixea - saWmlis momzadeba, bavSvebis daZineba, mere isev cixeSi gamomwyvdeva” misi detaluri aRwera mTavrdeba Zalian heqtikuri maneriT, rac mas mouTmenels da mtrulad ganwyobils xdis .

Semdeg is aRwers lamaz fantazias, romelis SeiZleba aixsnas, rom mis mier gamogonili keTili feriis daxmarebiT man SeiZleba sxva gza airCios, sadac ipovis Secvlil identobas.

ambis centrSi iyo misi deda, romelsac bevri
dro hqonda; is elodebola rodīs movidodnen
bavSvebi skolidan, maTTan harmoniuli da
axlo urTierToba hqonda. dedasTan
gatarebul erT dRes ise aRwerda, rogorc
jadosnur zRapars. klara eWvobda, rom
me, mamakaci, SevZlebdi gamego misi am
droSi ararsebuli Bbednierebis SegrZneba. is
brazobda im ganrigze da yoveldRiur
erTferovnebaze, romelic diasaxlisis rolSi
unda Seesrulebina

*Pp: bum bum bum , Cems qmars unda saxlSi
yvelaferi ise iyos, rogorc mis qarxanaSi. misi
moTxovnebi CemSi SiSisa da usiamovnebis
Zlier gancdebs iwveven. sityvebiT amis
gamoxatva ar SemiZlia, vfiqrob, Tqven amas
ver gamigebT. es saSinelebaa.*

*a: mgoni SemiZlia rom gagigoT. Tumca
mesmis Tqveni skepticizmi amasTan
dakavSirebiT, radgan Cemi cxovrebac axlos aris
bum bum bum-Tan. ganrigi, dro... Cemi cxrili
ambobs, rom seansis dro gavida, es ar
Seesatyviseba am fantazias. TuU punqtualobas
garedan Tavs moxveulad gadavaqcevT, maSin
is daamaxinjebs am AaRweril sasiamovno
suraTs.*

is fiqrobda, rom misi sxeuli da garegnoba idealuri
iyo. eSinoda, ar damsgavseboda datenil bats, Torem
“veRar gaZvreboda Tavisi cixis kedlebSi”. me
vkiTxe, ratom hqonda mainca da mainc datenili batis
warmodgena. man xazgasmiT aRniSna, rom amis
mizezi iyo cixe. is eWvobda romelime kacs gaego,
Tu rogor aRiqvams diasaxlisi Tavis saxls cixed.

*a: Tqveni sigamxdriT faqtiurad
zizRs ucxadebT Tqvens qorwinebas.
amiT Tqvens Sokoladis garssac
ebrZviT.*

pacientma TiTon SemoiRo es ambiciuri termini da
iyenebda mas Tavisi tkbili nawilis aRsawerad am
sityvis pirdapiri da metaforuli gagebiT. klaram gare
pirobebi daadanaSaula imaSi, rom ver moaxerxa
Sokoladis garsis Seqmna, anu misi tkbili da nazi
survilis ganxorcieleba, rac Ramis “orgiebTan”
miiyvanda .

mTeli dRis ganmavlobaSi SimSilis grZnobas
iklavda da Zilis win ikmayofilebda uamravi
tkbileuliT, ase inarCunebda sakmaod dabal
wonas.

me araorazrovnad ganvumarte, Tu ra sirTuleebis
winaSe idga. metic -vuTxari, rom uaryofili da
Seiracxyofili “sikvdilis formulas” mdgomareobas
is iaraRad iyenebda .

es iyo **TviTdamkvidrebi** gansakuTrebuli saxe,
romelsac klara didi xnis ganmavlobaSi
afufunebda. nebismieri cvlileba mas gaxdida ufro
sasiamovno Sesaxedad , aRar iqneboda carieli
Zvali da tyavi. is dakargavda aTwleulevis
ganmavlobaSi nazard identobas da Tavis TavTan
ufro megobruli gaxdeboda. maSin iqneboda
germaneli mZinare mzeTunaxavi (germanulad
ekliani vardi), magram eklebis gareSe ,mSvenieri
Sesaxedi . “Tu nebas momcemT, getyviT, rom
mec momwons mZinare mzeTunaxavi”.

SimSilis SegrZnebis cvlileba zogierT mZime da
qronikul SemTxvevaSi p-s aZlevs saSualebas
miaRwios im mdgomareobas, romelis klaram
aRwera sityvebiT : “Tavis gaTavisufleba yvela
sxva fiqrisagan“. man SeZlo minimumamde
daeyvana is dro da adgili, sadac SeZlebda
SimSilis dakmayofilebas da mxolod Zilis win
Hhqonoda kanfetebis Wamis saSualeba.