

gadatana da misi interpretacia

horst kexele

Tbilisi
aprili 2010

froidis aRmoCena

- gadatana *spontanurad* iCens Tavs yoveli adamianuri urTierTobis dros, patientsa da Terapevts Soris arsebuli urTierTobis CaTvliT. is warmoadgens Terapiuli zegavlenis WeSmarit saSualebas. rac ufro SeumCnevelia misi arseboba, miT ufro Zlieria misi moqmedeba. fsiqoanalizi ki ar qmnis mas, aramed gamoavlens da akontrolabs, raTa fsiqikuri procesi sasurveli Sedegisaken warimarTos.
- (Ffroidi 1910w, gv51)

froidis gadatana

- „ es aris asli da axali versia im impulsebisa da cnebebisa, romlebic warmoiSva da gacnobierda analizis procesSi. Tumca mas erTi Tavisebureba aqvs, rac saerToa misi yvela saxeobisaTvis-romelime adrindeli pirovnebis Canacvleba eqimis pirovnebiT”
- sxva sityvebiT rom vTqvaT, aRdgeba fsiqologiuri gancdebis mTeli rigi, romlebic warsuls ki ar miekuTvneba, aramed eqimis pirovnebisaken aris mimarTuli aq da amGamJamad.

froidis gadatana

- „ zogierTi aseTi gadatana Sinaarsobrivad arafriT gansxvavdeba originalisagan, Canacvlebis garda. Sesabamisad, imave metaforas rom mivubrundeT, isini ubralo aslebs warmoadgenen. zogi gadatana ufro moxerxebuladaa morgebuli eqimis pirovnebisa Tu garemoebis Taviseburebis wyalobiT, da, Sesabamisad, ara asli, aramed, redaqtirebuli gamocemaa”
- (froidi1905 e, p. 116)

winaaRmdegoba gadatanis mimarT.

- Tavdapirvelad aRmoCenili iyo winaaRmdegoba (asociaciuri winaaRmdegoba) mogonebebis da moaxloebuli aracnobieri konfliktbis mimarT, romelis sazrdoobs aracnobieri survilebis aRorZinebiTa da maTi analitikosze gadataniT.
- amgvarad, gadatana qmnis konfliqts urTierTobaSi, romlis nebismieri xelisSemSleli faqtori winaaRmdegobas warmoadgens. Tumca, ufro marTebuli iqneboda, Tuki am movlenas gadatanis mimarT winaaRmdegobas vuwodebdiT.

gadatanis spontanuroba

- gadatanis spontanuroba ganpirobebulia aracnobieri Sinagani molodiniT;
- **mecnieruli** mosazrebebis gamo unda SevqmnaT gadatanisaTvis maqsimalurad xelsayreli pirobebi;
- **praqtikuli** mosazrebebis gamo es pirobebi unda movargoT maT Terapiul potencials.

gadatanis nevrozi1

- cnobilia, rom gadatanis nevrozis moxsna SeiZleba p-is mier imis gacnobierebiT, rom misi warmodgenebi met-naklebad damaxinjebulia Terapiul situaciaSi.
- amis mizezia is warmodgenebi, romelTa meSveobiT adrindeli survilebi, SiSebi da maTi Sedegebi gadmotanilia awmyoSi.
-

gadatanis nevrozi 2

- “unda gvaxsovdes, rom p-is daavadeba, romlis gaanalizirebac vitvirTeT, saboloo saxiT Camoyalibebuli da dasrulebuli ki ar aris, aramed cocxali organizmiviT viTardeba ”
- pacientis yvela simptomi kargavs Tavis pirvelad mniSvnelobas da aRiqvams axals, romelsac safuZvlad gadatana udevs.
- *Sesavali leqciebi*(1916/17, gv.444),

gadatanis gamovlena

- SesaZlebeli gaxda fsiqikuri da fsiqosomaturi aSlilobebis wyaros aRdgena gadatanis interpersonalur sferoSi.
- SesaZlebeli gaxda tipiuri nevrotuli reaqciis dadgena da ganwyobis, anu midrekilebis ganmarteba, radgan gaSinaganebuli konfliqtebi, romlebic vlindeba rogorc azrovnebisa da qcevis Sablonebi, SemCneuli iqna eqimTan urTierTobaSi, misken mimarTul gadatanaSi.

gadatanis gamovlena

gaSinaganebulma konfliqtebma, anu konfliqtebma, romlebic vlindeba struqturaSi gaTqvefili azrovnebisa da qcevis Sablonebis saxiT,B SeiZleba saxe icvalos da gadatanis meSveobiT Camoyalibdes, rogorc obieqtTan urTierToba da gamovlenil iqnas rogorc warmoqmnis momentSi in statu nascendi

gadatana da STagoneba

- ” Tumca eqimis waqzebis wyalobiT obieqtis (eqimis) garSemo brZola fsiqikur piks aRwevs da mimdinareobs rogorc normaluri gonebrivi konflikti”
- (froidi 1916/17, gg.454).“

gadatana winaaRmdegobis gareSe

- gadatanas winaaRmdegobis (Unobjectionable transference) gareSe miewereba iseTi Tvisbebi, romelic jabnis pozitiur an negatiur instinqtur gadatanas.
- gadatana winaaRmdegobis gareSe warmoadgens damaxasiasebel abstraqtul hibrids infantiluri ganviTarebis wina-oidipuri, wina-ambivalenturi periodisa, romlis drosac yalibdeba ndobis safuZveli .

gadatanas winaaRmdegobis gareSe

- „patientsa da analitikoss Soris arsebuli yvela kargi urTierToba ar warmoadgens gadatanas“
- (froidi 1937 , gv. 222).

sqema 1

- sqema warmoadgens fsiqologiuri organizaciis struqturuli Senobis agurs, is mniSvnelovani gonebrivi funqciis matarebelia.
- am ideas SeiZleba wavawydeT kantTan; fsiqologoaSi is gamoiyeneba 20 ss dasawyisidan.

bartletis gansazRvreba

warsulis reaqciis, warsulis gancdebis aqtiuri
mowesrigeba, romelic yovelTvis unda igulisxmebodes
nebismier kargad adaptirebul organul reaqciaSi,
anu roca saxezea qcevis garkveuli rigi da sixSire,
garkveuli tipis reaqcia mosalodnelia mxolod maSin,
roca is dakavSirebulia imave saxis reaqciasTan,
romlebic seriulad mowesrigebuli iqna da moqmedebis
ara rogorc mwkrivad ganlagebuli damoukidebeli wevri,
aramed rogorc erTiani masa, erToba (Bbartleti 1932,
gv.43).

sqema rogorc ZiriTadi cneba

- „sqema awesrigebs mogonebebis, fantaziebis, afeqtebis, mrwamsisa da qcevebis mimarT midrekilebis procedurul da aRwerilobiT organizacias, romelic Seadgens pirovnebis tipiur, normalur, aseve paTologiur models
- Slap, J. & Slaykin, A. (1983): The schema: basic concept in a nonmetapsychological model of mind. Psychoanalysis and Contemporary Thought, 6, 305-325

gadatana da sqema

- **gadatana warmoadgens erT-erT sqemas im uamravi sqemidan, romelTa warmodgenac SeiZleba!**
- vaxteli. (1980): gadatana, sqema da asimilacia; piaJes mimarTeba gadatanis fsiqoanalitikur sqemasTan . fsiqoanalitikuri weliwdeuli 8, 59-76.

fsiqikuri struqtura

- fsiqikuri struqturis fsiqoanalitikuri cneba moicavs mraval sqemas.
- gare samyarosTan da gare sagnebTan urTierTobis Sedegad SeZenil prototipul gancdebs mivyavarT procesisaken , romelic aseT struqturas ayalibebS.P

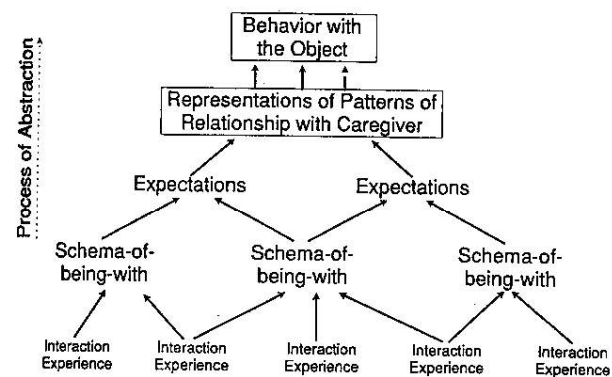


Figure 1 The Relationship of Experience, Expectations and Internal Working Models of Attachment Relationships

balintis mier fokusis aRmoCena

Balint, M., Ornstein, P. H. & Balint, E. (1972):

**fokaluri fsiqoTerapia; gamoyenebiTi
fsiqoanalisis magaliTi**

Llondoni (Tavistoki).

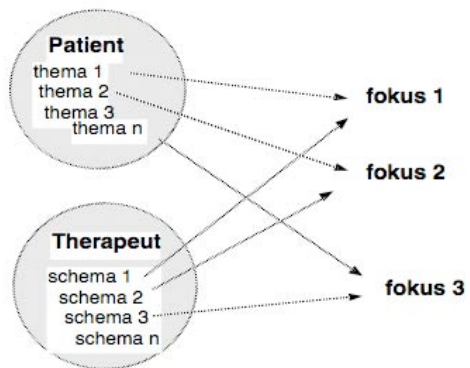
fsiqoanalitikuri fokusi

- “fokaluti konfliqti umetes wilad Sedgeba analitikosze mimarTuli gadatanisagan“

dinamiuri fokusi

- “xanmogle TerapiaSi dinamiuri fokusi warmoadgens hermenevtikul strategias.
- fokusireba exmareba Terapevts moipovos da daaxarisxos saWiro informacia.
- es aqtiuro nabiji ewinaaRmdegeba pasiur kvleviT models, romelsac sargebloba moaqvs droiT SeuzRudav TerapiaSi“
- (Strupp u. Binder 1984, p.65)

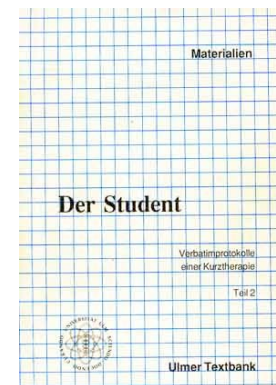
rogor yalibdeba fokusi?



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SemTxvevis Seswavla

- studenti
- fsiqoanalitikuri fokaluri Terapia
- Ulmer Textbank, Ulm
- *seansis sruli Canaweri*



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Ppaciენტი

- 22 წლის სტუდენტი(სოცმუსაკი)
- ზომიერი, მაგრამ მძვინვარეობის კომპულსიური სიმპტომები
- დანიშნულება: პსიქოანალიტიკური თერაპია ან ფოკალური თერაპია
- 29 სესიები, 2 მიჯნაობის სესიები

თემა 1

მისი არის მუცლის ტკივილი დატვირთული დედის ნაბოლარა
სვლი, მისი 3 და-ზმარს უკეთესი პირობები
იზრდებოდა. MA
დაავადების მიხედვით თეორია:
ცემის სამყაროში ვერ მივირე

Tema 2

- dedis rCeuli Svilia, roca deda sayvedulobs
mamas uyuradRebobis gamo
dedasTn gaigivebas axdens.
- misi urTierToba Tavis amJamindel qalTan,
romelic qmarma miatova, gamoirCeva am
Qqalis 3 wlis biWTan gaigivebiT.

Tema 3

- Suri da metoqeoba 6 wliT ufrosi Zmis
mimarT.
- roca klubSi Wadraks TamaSobs, amiT Tavis
yvela metoqes anadgurebs.

Tema1 da sqema1

- qali analitikosis diagnozi: wina-oidipur periodSi Tanadgomis nakleboba.
- misi daniSnuleba- maRali sixSiris analitikuri Terapია.

Tema2 da sqema2

- me, kaci analitikosi vaskvni: negatiuri oidipuri konpliqtebis „mTeli Taiguli“
- Cemi daniSnuleba- fokaluri Terapია gardatexis periodSi SeCerebuli ganviTarebis gamo.

Tema3 da sqema3

Suri da metoqeoba ufrosi Zmis mimarT;
SesaZlebelia kidev erTi fokus-sakiTxis
gamokveTa_metoqeobis Tema

amJamad misi cxovreba arasaxarbieloa.

procesi da Sedegi

- Ffokaluri Tema 2 moqmedebda gadatanis xaziT me- mama Terapevti.
- Ffokaluri Tema 1 ganxiluli iyo rogorc regresiuli Tavis arideba
- mosalodnelia gayris magvari situacia
- 2 wlis Semdeg gamoaSkaravda axali urTierTobebi da biWis molodinic.

empiriuli gamokvleva?

- reviu 1994:
- xanmokle TerapiebSi (20 -150 seansi)
saSualod 50 seansi
- transferuli interpretaciebi araa Zalian efeqturi
da SeiZleba arasasurvelic iyos.
- Henry, W., Strupp, H. H., Schacht, T. E. & Gaston, L.
(1994): Psychodynamic approaches. In: Bergin, A. E.
und Garfield, S. L. (Eds) Handbook of psychotherapy
and behavior change. 4th ed. Aufl. New York (Wiley).

maRali riski- maRali Sedegi?

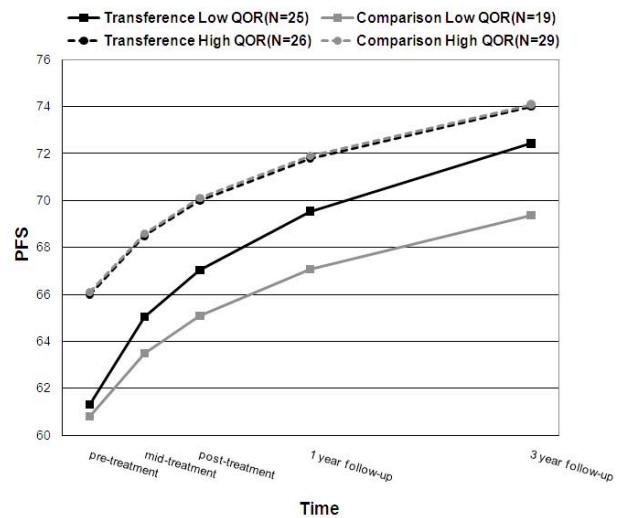
- habardi. [1994] :
- **maRali riski- maRali Sedegi?**
- transferuli interpretaciebis daxasiaTeba
mosazRvre p-TaA fsiqoTerapiaSi

oslos gpeS swavleba!

- Cveni gpeS (transferis pirveli eqsperimentuli Seswavla) swavlebis mixedviT, maRali organizebis pacientebi karg Sedegs uCveneben dabali da saSualo sixSiris transferuli interpretaciebis SemTxvevaSi.
- Tumca aseT p-is SemTxvevaSi Terapias maRali Sedegi aqvs transferuli interpretaciebis gareSec!
- *kacma rom Tqvas, arcaa gasakviri, rom maRali organizebis p-ma sxvadasxva Terapiidan kargi Sedegi gamoiRos.*

moulodneloba!

- dabali QQQOR mqone pacientebis SemTxvevaSi transferuli interpretaciebi Sedegiani iyo rogorc xanmokle, aseve xangrZlivi Terapiebis dros.



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daskvna 1

- fsiqodinamiuri tradiciis klinikuri Teoriis mixedviT transferuli interpretaciebis **zomier xmarebas** aqvs specifikiuri xangrZlivi efeqti romelsac mxars umagrebs insaitebis momateba Terapiis PprocesSi.

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daskvna 2

Tumca transferuli interpretaciebis maRali
sixSire araa sasargeblo rTuli pacientebis
dacvebis, winaaRmdegobis an mtrobis
gadasalaxavad!

daskvna 3

gamokvleva gvirCevs, rom transferuli
interpretaciebi frTxilad iqnas gamoyenebiuli;
amave dros warmodgenili unda iqnas p-is
gancdebis damadasturebeli utyuari
informacia.

daskvna 4

- transferTan zomieri muSaoba sasargeblo igneboda im pacientebis mkurnalobisas, visac aReniSneba pirovnebis darRvevebi, xasiaTis paTologia an myari da damakmayofilebeli urTierTobebis damyarebis seriozuli qronikuli problemebi .
- Hoeglend, P. & Gabbard, G. (2010): When is transference work useful in psychodynamic psychotherapy? A review of empirical research. in press.

