

OSVRT NA XX IAGP KONGRES „RISING TIDES OF CHALLENGE AND HOPE: HEALING IDENTITY IN SOCIETY, GROUPS AND INDIVIDUALS“ (MALMÖ, 01. - 04. KOLOVOZA 2018)

/ REFLECTIONS ON THE 20TH IAGP CONGRESS “THE RISING TIDES OF CHALLENGE AND HOPE: HEALING IDENTITY IN SOCIETY, GROUPS AND INDIVIDUALS” (AUGUST 1-4, 2018, MALMÖ, SWEDEN)

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Tema XX IAGP kongresa reflektirala je društvene promjene s kojim se suočava cijeli svijet, posebno europske zemlje i sam grad u kojem se kongres održavao. Malmö, primorski grad na jugu Švedske, s vrlo toplim ljetnim danima, ugodnim noćima, mirisom mora, neodoljivo me podsjećao na gradove Jadranskog mora. Atmosfera na trgovima Malmea, posebno na Lilla Torg trgu, karakterističnom po brojnim malim restoranima koji nude jela iz svih krajeva svijeta i žamorom ljudi na razno-raznim jezicima, budi snažan osjećaj povezanosti s okruženjem, ambijentom... U Malmeu se gotovo nemoguće osjećati usamljenim strancem... kažu da su građani ovog kozmopolitkog grada iz oko 170 zemalja. Upravo je i tema XX IAGP kongresa bila vezana uz masovne migracije i druge narastajuće

The overall theme of the 20th Congress of The International Association for Group Psychotherapy and Group Processes (IAGP) reflected a series of social changes that the entire world is currently facing, and that includes European countries and the city where the Congress itself is held. Malmö, a seaside city in the south of Sweden, with its seaside smells, very warm summer days and pleasant nights, inevitably reminded me of the cities on the coast of the Adriatic Sea. The atmosphere in the squares of Malmö, especially in the Lilla Torg square, characterised by numerous small restaurants with dishes from all parts of the world and a mix of sounds from various languages, creates a strong feeling of connection with the surroundings. It is almost impossible to feel alone as a foreigner in Malmö since they claim to have citizens from around

društvene promjene, odnosno procese koji nose sa sobom velike mogućnosti, ali i veliki potencijal za nasilje kako je to istakla Kate Bradshaw Tavon, predsjednica IAGP-a.

Kongresne aktivnosti bile su koncipirane na uobičajen način. U jutarnjim satima *social dreaming*, mala i srednja iskustvena grupa; poslijepodne velika grupa, između plenarna predavanja, simpoziji, radionice, oralne prezentacije, poster, a u večernjim satima nova aktivnost koja je započeta na XIX. Kongresu u Rovinju, to je *groups in the city*. I ove godine kao i do sada na IAGP kongresima organizirane su i predkongresne aktivnosti.

Možda, neka novina u odnosu na dosadašnje IAGP kongrese na koje sam imala priliku prijaviti se, bilo je *online* umrežavanje učesnika kongresa, što je olakšalo dijeljenje različitih informacija, dobivanje odgovora na različita pitanja, ali i postkongresnih utisaka.

Sadržaj kongresa osmišljen je po danima u četiri tematske cjeline. Izazovi i promjene u svijetu bila je tema prvog dana kongresa s uvodnim predavanjem *European anxieties: logics of affect and power*, Paula Mecherila, profesora za migracije i edukaciju na Sveučilištu Oldenburg (Njemačka). Drugi dan, Lene Auested, filozofkinja sa Sveučilišta u Oslu, s vrlo zanimljivim i intrigantnim

170 countries. Fittingly, the topic of the 20th IAGP Congress was related to mass migration and other societal changes that are on the rise, i.e. the processes that carry many opportunities, but also a large potential for violent outbursts, as emphasised by Kate Bradshaw Tavon, President of IAGP.

The activities of the congress were conceived in the usual manner. "Social dreaming" in the morning hours, a small and mid-size experiential group, a large group in the afternoon, plenary lectures in between, symposia, workshops, oral presentations and posters, as well as a new activity in the evening, started at the previous congress held in Rovinj – "groups in the city". A series of pre-congress activities was organised and offered, just like in the case of earlier IAGP congresses.

Online networking of congress participants was perhaps something of a novelty in comparison to earlier IAGP congresses, and something I had an opportunity to apply for. This made it easier for attendants to disseminate information, receive answers to various questions and share impressions after the congress.

The content of the congress was conceived in four thematic parts. The challenges and changes in the world comprised the topic of the first day of the congress, with an introductory lecture entitled "European anxieties: logics of affect and power" by Paul Mecheril,



predavanjem *Re-membering and resisting in darkening times*, najavila je i temu drugog dana kongresa, preispitivanje rodni uloga. Tema trećeg radnog dana, rasa i racijalizacija, započeta je jazz-glazbom i živopisnim nastupom i predavanjem *A Black man's experience with racism in America* Rudy Lucasa, psihoterapeuta iz Greenwich Village, New York. Njegovo predavanje pobudilo je vrlo živu diskusiju. Zanimljivo je razmišljanje o traumi povezanoj sa življenjem u okruženju koje nas samo zbog toga što smo drugačiji, druge rase ili vjere ili..., gleda kao problem. I na kraju, posljednjeg dana kongresa, Camila Salazar Atias, kriminalistkinja, rođena Čileanka, koja je švedski vodeći ekspert za kriminal bandi, govorila je o konstrukciji bandi, identitetu i nejednakosti i načinu kako svi možemo biti dio rješenja problema skupina bandi i kroz predavanje podijelila je s prisutnima svoja iskustva u radu s mladima koji su postali članovi različitih skupina bandi. Govorila je s puno energije, empatije, nudeći i tražeći što konstruktivnija i pozitivnija rješenja za djecu koja su preplašena, ljuta, tužna, razočarana, marginalizirana i čija životna težnja ili san nije bio da budu članovi neke bande. Zapravo, tema četvrtog dana kongresa bila je trauma i posljedice.

Uvodna predavanja ovogodišnjeg IAGP kongresa odražavala su društvene probleme s kojim se danas suočavamo

Professor for Migration and Education at the Carl von Ossietzky University Oldenburg, Germany. On the second day, Lene Auested, a philosopher at the University of Oslo, presented a very interesting and intriguing lecture entitled "Re-membering and resisting in darkening times", thereby announcing the topic of the second day, exploration of gender roles. The topic of the third day, race and racialisation, started with jazz music and a lecture entitled "A Black man's experience with racism in America" by Rudy Lucas, a psychotherapist from Greenwich Village, New York. His lecture ignited a very lively discussion. It was interesting to hear reflections on trauma related to living in communities that view us as a problem just because we are different, of a different race or creed. And finally, on the last day of the congress, Camila Salazar Atías, a criminologist born in Chile who is the leading Swedish expert on gang crime, spoke about the structure of gangs, identity and inequality, and how we can all be a part of the solution to problems brought about by gangs. She shared her experiences in working with the youth who became members of various gangs. She spoke with a lot of zeal and empathy, offering and seeking the most constructive and positive solutions for children that were frightened, angry, sad, disappointed and marginalised, and whose aspirations and dreams had nothing to do with gang membership. The topic of this fourth day of the congress was trauma and its consequences.

– od nejednakosti, velikih migracija, terorizma, rasizma, nasilja, što je svakako veliki izazov za grupne terapeute, kako u razumijevanju procesa društvenih promjena tako i u profesionalnom osnaživanju u nošenju s narastajućim izazovima i uspostavljanju realističnih očekivanja i nade.

Program XX IAGP kongresa bio je pun radionica iz psihodrame, grupne analize, obiteljske terapije, traume; simpozija na temu transkulturalnosti, istraživanja, socijalno nesvjesnog, obiteljske terapije, grupne analize, traume, kao i oralnih i posterskih prezentacija. Kao i na svim kongresima, tako i na ovom, teško je bilo pratiti sve sadržaje, no ono što je na mene ostavilo najveći dojam bio je rad u velikoj grupi, stil vođenja i facilitacija komunikacije.

Velika grupa je u kontinuitetu bila od 17.00 – 18.30 s kombiniranim načinom vođenja, što je za mene u početku bilo malo zbunjujuće. Trebalo mi je neko vrijeme da shvatim što se zbiva, kada u grupu „ulazi“ mikrofona, kada je grupa bez mikrofona, kada trebam uzeti koju ulogu, ustati ili dići ruku, reći nešto na svom maternjem jeziku, razumjeti postavku u središtu velike grupe koje je s vremena na vrijeme dobivalo obilježje pozorišnih dasaka. No na kraju kombinirano psihodramsko, grupnoanalitičko i sistemsko vođenje velike grupe, zapravo bilo je vrlo inspirativno i otva-

The introductory lectures of this year's IAGP congress reflected social problems that we are all facing today, ranging from inequalities to large migrations, terrorism, racism and violence, which are all huge challenges for group therapists, both in terms of understanding the processes of societal changes and in terms of professional growth and empowerment when coping with the increasing challenges and establishing realistic expectations and hopes.

The program of the 20th IAGP congress was filled with workshops in psychodrama, group analysis, family therapy and trauma, with symposia on the topics of transculturality, research, social unconscious, family therapy, group analysis and trauma, as well as with oral and poster presentations. As with all large congresses, this one also made it difficult to keep track of various contents, but what impressed me most was working in a large group and the style of moderation and facilitating communication.

This large group was held from 5 to 6:30 PM with a combined way of facilitation, which I found quite confusing in the beginning. It took me some time to understand what was going on, when the group was “entered” using the microphone, when it was without a microphone, when I was supposed to take over a role, get up or raise my hand, or say something in my mother tongue, as well as to understand the setting in the centre of the large group, which from time to time had an appearance of a theatre.



rajuće. Bila je to vrlo korisna i dobro postavljena igra u kojoj su se akteri različitih stvarnih ili odigranih identiteta smjenjivali, u kojoj su se ponovo odigravali i razrješavali različiti konflikti, postavljale i razrješavale predrasude, kao npr. o ženama s hidžabom. U ovih devedest minuta fascinatna je bila dinamika kretanja i transformacije grupe od nestrukturirane i u jednom času vrlo agresivne i buntovne grupe ka grupi vrlo poslušne i razigrane djece. Bilo je to neuobičajeno iskustvo. Pokušala sam napraviti nekakv prostor za sve te različite zvukove, jezike, za različita gledanja i pristupe. Jezična barijera često je bila dosta frustrirajuća. U ovakvoj konstelaciji velike grupe ponešto sam naučila o sebi, prepoznala sam način kako se u velikoj grupi mogu osjećati ugodno, kada me preplavljaju osjećaji neugode, način kako se mogu povezati i komunicirati, unatoč svim komunikacijskim barijerama i kulturološkim razlikama. Prepoznala sam i neke vlastite stereotipe, distancu i strahove. Bila je to grupa u kojoj sam mogla osjetiti kako uz sve jezične i kulturne različitosti i različitosti u grupnoterapijskim pristupima biva povezana zajedničkim ljudskim iskustvom gubitka, boli, straha, bijesa, odbijanja. I u ova četiri dana kroz procese dijeljenja mogla sam osjetiti kako razvijam osjećaj pripadnosti jednoj velikoj zajednici grupnih terapeuta uz očuvanje vlastitog identiteta grupnog analitičara. Kao što su kultur-

But, in the end, this combined sort of psychodynamic, group-analytic and systemic facilitation turned out to be very inspiring and inviting. This was a very useful play in which the actors of various real or fictional identities changed took turns, in which various conflicts were re-enacted and resolved, prejudices set and dissolved, e.g. about women wearing hijab. In ninety minutes, it was fascinating to witness the dynamics of movement and transformation of this group from an unstructured and, in certain moments, very aggressive and rebellious group, towards a group of very obedient and playful children. This was an extraordinary experience. I tried to make space for all these various sounds and languages, for different perspectives and approaches. The linguistic barrier was often quite frustrating. In this sort of constellation of a large group I managed to learn something about myself, I recognised ways in which I can feel well in a large group, when I am flooded by feelings of discomfort, how I can connect and communicate in spite of all barriers and cultural differences. I recognised some of my own stereotypes, distances, and fears. This was a group in which I could feel how connections are made through the joint experiences of loss, fear, rage and rejection even though there are many cultural differences and differences in approaches to group therapy. And through the processes of sharing, Over four days, I could feel myself developing the sense of belonging to a large community of group therapists, all the

ni i svi drugi stereotipi neodvojivi dio našeg identiteta, tako i profesionalni stereotipi su neodvojivi dio našeg profesionalnog identiteta koji se ostvaruje, kako Lacan kaže, u kontekstu Drugog kao svojevrsne zrcalne slike.

XX IAGP kongres održavao se u kongresnom dijelu impresivnog Clarion hotela. Socijalni program je bio vrlo ugodan i ležeran. Transkulturalna sekcija IAGP organizirala je kongresnom holu vrlo zanimljiv art-prostor pružajući mogućnost svim učesnicima kongresa da kroz ekspresivne tehnike podijele svoja osjećanja i impresije.

Na kraju, i na ovogodišnjem kongresu, iz prezentiranih radova i diskusija, nedvojbeno je pokazano da grupna terapija i grupni rad sa svim svojim modalitetima i inovativnostima ima i dalje važnu ulogu u društvenim procesima i široku primjenjivost.

while maintaining my own identity of a group analyst. Just like cultural and all other stereotypes are inseparable parts of our own identities, so are professional stereotypes an inseparable part of our professional identity, which is being realised, as Lacan says, in the context of the Other as a sort of a mirror image.

The 20th IAGP Congress was held in the congress centre of an impressive Clarion hotel. The social program was very pleasant and relaxed. The transcultural section of IAGP organised a very interesting artistic space in the congress hall by allowing all participants of the congress to share their feelings and impressions through expressive techniques.

In the end, this congress, which consisted of many presented papers and discussions, showed how group therapy and group work, with all their modalities and innovations, still have an important role in social processes and a wide range of applications.