

GRUPA NAKON ISKLJUČENJA SUICIDALNOG ČLANA ILI ŠTO JE SKRIVENO U TEPIHU

/ GROUP AFTER EXCLUSION OF A SUICIDAL MEMBER OR WHAT IS HIDDEN IN THE RUG

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SAŽETAK/ABSTRACT

Grupna analiza (ili grupna analitička psihoterapija) je tehnika grupne psihoterapije. Uspješno liječenje u grupi za članove grupe povezano je i s terapeutovim pripremnim zadacima vezanim uz pokretanje grupe, a to se prije svega odnosi na izbor članova te priprema tih istih članova. Razvoj grupe može se sagledati kroz određene faze grupnog razvoja. Svaka sljedeća faza grupnog razvoja oblikovana je i nadograđena na uspješno savladanu prethodnu fazu. Stoga će se rani razvojni neuspjesi pokazati kroz daljnji grupni život i grupnu dinamiku. Svrha ovog članka je prikazati tijek grupnog procesa i zbivanja u grupi vezano uz isključenje suicidalnog člana. Prvi dio prikaza odnosi se na isključenje člana, a drugi koji obuhvaća kasniji period grupe uz još uvijek prisutne posljedice koje se odnose na usporenu detronizaciju voditeljice i usporenu proradu negativnog kraka transfera te razvijanja fenomena žrtvenog jarca. Detronizacija voditelja, prorada agresivnog /negativnog kraka transfera te nalaženje žrtvenog jarca su karakteristike druge faze grupnog razvoja koja je u ovom primjeru bila prolongirana.

/ Group analysis (or group analytic psychotherapy) is a group psychotherapy technique. For group members, successful treatment in a group is also connected with the therapist's preparatory tasks relating to group development, which primarily refers to the selection of group members and their preparation. The development of a group can be viewed through various stages of group development. Each subsequent stage of group development is shaped and built upon the successfully mastered previous stage. Early developmental failures will, therefore, become visible through further group existence and group dynamics. The purpose of this paper is to present the course of a group process and events in the group in relation to the exclusion of a suicidal member. The first part of the presentation refers to the exclusion of the member, while the second part includes a later group period when consequences referring to the slow dethronement of the conductor and the slow working of the negative part of transference are still present, in addition to the development of the scapegoat phenomenon. The dethronement of the conductor, the working of the aggressive/negative part of transference and finding of a scapegoat are characteristics of the second phase of group development, which in this case was prolonged.

KLJUČNE RIJEČI / KEYWORDS

psihoterapija / *psychotherapy*, grupna analiza / *group analysis*, suicidalnost / *suicidality*, detronizacija / *dethronement*, žrtveni jarac / *scapegoat*, negativni transfer / *negative transference*

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UVOD

Psihoanalitička grupa daje nadu pacijentima da će njihova različita psihička stanja moći biti izražena, da će ih se razumjeti, da će im se dati značenje i da će u konačnici biti transformirana. „Slobodno-lebdećom komunikacijom“, članovi se postupno otvaraju i izražavaju svoje poteškoće, odnosno simptome zbog kojih su došli (1). Vremenom se stvaraju kohezija i koherencija unutar grupnog matriksa, u situaciji „ovdje i sada“, te se na svjesnoj i manje svjesnoj razini odvijaju brojni grupni fenomeni (zrcaljenje, *feedback*, prevođenje, trening ega u akciji, lokacija, rezonancija i dr.) s lječidbenim učinkom (2,3). Međutim, kod nekih članova, grupna analitička situacija potencira izraženu

INTRODUCTION

A psychoanalytic group gives hope to patients that they will be able to express their various mental states, that they will be understood, given meaning, and ultimately transformed. Through “free-floating communication”, members gradually open up and express their difficulties, i.e. the symptoms that caused them to join the group (1). Over time, cohesion and coherence are created within the group matrix, in the “here and now” situation, and numerous group phenomena (mirroring, feedback, translation, ego training in action, location, resonance, etc.) take place on a conscious and less conscious level, with therapeutic effect (2, 3). For some members, however, the group analytic situation potentiates the pronounced regression and reactivation of early trau-



regresiju i reaktivaciju ranih trauma s mogućim razvojem težih psihičkih otklona.

Freud povezuje funkcioniranje grupe sa obiteljskim odnosima i edipskom problematikom, a Bion naglašava pree-dipske fantazije u grupi, koje uključuju paranoidne, shizoidne i depresivne elemente iz teorije Melanie Klein (4). Relativno zdrava grupa, dakle, nalikuje edipskoj strukturi grupe koju opisuje Freud, a u regresivnijim grupama naglašeniji su mehanizmi cijepanja i projektivne identifikacije. Raniji stadiji razvoja grupe djeluju tipično na pojedinog člana tako da olabavljuje granice *selfa* te reaktiviraju modele ranijih objektnih odnosa (5). Kod članova grupe pojavljuje se potreba za pripadanjem i uspostavom stanja psihološkog jedinstva s drugima, koja u svojoj podlozi zadržava nesvjesnu želju za ponovnom uspostavom ranog stadija jedinstva s majkom koje je posve lišeno konflikta. Istodobno se i rana iskustva i reprezentacije stroge, prijeteće majke također prenose na grupu kao cjelinu (6,7).

Rad grupnog psihoterapeuta počinje puno prije nego se prvi puta sastane njegova grupa. Uspješno liječenje u grupi za članove grupe povezano je i s terapeutovim pripremnim zadacima vezanima uz pokretanje grupe, a to se prije svega odnosi na izbor članova te priprema tih istih članova. Kliničari i

mas with the possible development of more severe psychological deviations.

Freud connects the functioning of a group with family relations and Oedipal problems, and Bion puts emphasis on the pre-oedipal fantasies in the group, which include paranoid, schizoid and depressive elements from Melanie Klein's theory (4). A relatively healthy group thus resembles the Oedipal group structure described by Freud, while in more regressive groups the mechanisms of splitting and projective identification are more emphasized. The earlier stages of group development typically affect individual members in such manner that they loosen the boundaries of the self and reactivate the models of earlier object relations (5). The group members have a need to belong and to establish a state of psychological unity with others, which is based on an unconscious desire to re-establish the early stage of unity with their mother, which is completely devoid of conflict. At the same time, early experiences and representations of a strict, threatening mother are also transferred to the group as a whole (6, 7).

The work of a group psychotherapist begins long before the group meets for the first time. For group members, successful treatment in a group is also connected with the therapist's preparatory tasks relating to group development, which primarily refers to the selection of group members and their preparation. Clinicians and researchers have defined several models of group development. What all models have in common is that they all

istraživači ponudili su nekoliko modela grupnog razvoja. Zajedničko svim modelima je to da svi oni pružaju uvid kako se interakcije u grupi pomiču prema sve većoj dubini te one postaju sve kompleksnije.

Razvoj grupe može se sagledati kroz određene faze grupnog razvoja. Formativni ili početni stadij u kojem je grupa ovisna o terapeutu, zatim reaktivni stadij kojeg karakterizira konflikt, pitanje dominacije i pobuna, te zreli stadij u kojem je uspostavljena kohezivnost i intimnost. Svaka sljedeća faza grupnog razvoja oblikovana je i nadograđena na uspješno savladanu prethodnu fazu. Stoga će se rani razvojni neuspjesi pokazati kroz daljnji grupni život i grupnu dinamiku. Također prijetnje grupnog integriteta dovest će do regresa s viših razina funkcioniranja, na one manje zrelije stadije razvoja i funkcioniranja ili dužeg zastoja i prorade u određenoj fazi grupnog razvoja (8,9,10).

Svaka grupa ima svoju povijest i svoja iskustva. Iako voditelji pokušavaju što više omogućiti kontinuiran ravnomjeran razvoj grupe, nije moguće uvijek predvidjeti sve nepogode koje se mogu dogoditi. U ovom primjeru je to bio izbor člana grupe koji je, u najmanju ruku, bio izazovan.

U ovom radu prikazan je rad grupe u njezinim počecima, kada su se kohe-

provide an insight into how interactions in a group move towards greater depth and become more and more complex.

The development of a group can be viewed through certain stages of group development. First, there is the formative or initial stage in which the group is dependent on the therapist. It is then followed by the reactive stage characterized by conflict, the issue of dominance and rebellion, and the mature stage in which cohesiveness and intimacy are established. Each subsequent stage of group development is shaped and built upon the successfully mastered previous stage. Early developmental failures will, therefore, become visible through further group existence and group dynamics. Furthermore, threats to group integrity will lead it to regress from higher levels of functioning to the less mature stages of development and functioning, or to a longer stagnation and work during a certain phase of group development (8, 9, 10).

Each group has its own history and experiences. Although the conductors try as hard as possible to facilitate a continuous and even development of the group, it is not always possible to predict all the difficulties that may occur. In this example, it was the choice of a group member who was challenging, to say the least.

This paper presents the group's work in its beginnings, when cohesion and the matrix were just created. Considering the immaturity of the group in which Bion's pre-oe-dipal elements, i.e. fantasies, dominated in



zija i matriks tek stvorili. S obzirom na nezrelost grupe u kojoj su u početcima dominirali Bionovi preedipski elementi tj. fantazije, mehanizmi cijepanja i projektivne identifikacije su bili izraženi.

Prvi dio prikaza odnosi se na isključenje suicidalnog člana, a drugi koji obuhvaća kasniji period grupe na još uvijek prisutne posljedice. „Posljedice“ se odnose na usporenu detronizaciju voditeljice i usporene prorade negativnog kraka transfera te razvijanja fenomena žrtvenog jarca. Detronizacija voditelja, prorada agresivnog /negativnog kraka transfera te nalaženje žrtvenog jarca su karakteristike druge faze grupnog razvoja (11,12) koja je u ovom primjeru bila prolongirana.

Nakon svih tih zbivanja, grupa je opstala i daljnjim sazrijevanjem, pojavili su se zreliji obrasci ponašanja, lakše prihvaćanje novih članova i tolerancija te postupna detronizacije voditeljice.

IZLAZAK SUICIDALNOG ČLANA

Grupu su činila tri muška člana i pet ženskih članica, raspon dobi od 25 do 45 godina. Grupa se odvijala jednom tjedno u trajanju 90 minuta. Velik utjecaj na grupnu dinamiku imao je izlazak iz grupe člana po imenu Patrik. Patrik je na grupama bio diskontinuirano prisutan od samog početka, u smislu

the beginning, splitting mechanisms and projective identification were pronounced.

The first part of the presentation refers to the exclusion of its suicidal member, while the second part, which covers the later period of the group, addresses the still present consequences. The “consequences” refer to the delayed dethronement of the conductor and delayed working of the negative part of transference, as well as the development of the scapegoat phenomenon. The dethronement of the conductor, working of the aggressive/negative part of transference and finding of a scapegoat are all characteristics of the second phase of group development (11, 12), which in this case was prolonged.

After all these events, the group managed to survive, and more mature patterns of behavior, such as easier acceptance of new members, tolerance, and the gradual dethronement of the conductor appeared through further maturation.

SUICIDAL MEMBER EXCLUSION

The group consisted of three male and five female members, with the age range from 25 to 45 years. The group met once a week for 90 minutes. When a member named Patrik left the group, it had a big impact on group dynamics. Patrik was not continuously present at group sessions from the very beginning, in the sense that he would attend once, and then he would not attend twice, nor would he announce that he would miss the session. After four

da bi jednom došao, a dva puta ne bi došao niti bi se javio da neće. Nakon četiri mjeseca kako je grupa trajala, o navedenom članu se praktički ništa nije znalo, odbijao je govoriti o sebi te je na seansama bio šutljiv.

Prikaz vinjete: 12. seansa

Grupa počinje tako da pitaju Patrika zašto prošli put opet nije opet došao. Patrik kaže da ne zna, na potpitanja odgovara da jednostavno nije mogao doći. Želi doći, a kad dođe taj dan kada imamo grupu, javlja da ne može. Grupa pita zašto i potiče ga na komunikaciju, a on stalno odgovara da ne zna, tiho, gotovo tepajući i gleda u pod. Tako se grupa i ponašala prema njemu, tiho, gotovo tepajući postavljaju pitanja i tapkaju oko njega. Voditeljica kaže: „Imam dojam da je nešto jako teško u grupi i oko grupe kada izbjegavate doći“. I na njen pokušaj, odgovara da ne zna. Voditeljica pita: „Što grupa misli?“. Barbara kaže da misli da se Patrik boji povezati sa članovima grupe. Grupa sklizne i krene pričati o drugim temama te pred sam kraj završe s time da ni ovaj puta nisu saznali što je dovelo Patrika u grupu.

Na iduće dvije seanse (13. i 14. seansa) Patrik se ponovno nije pojavio, a nije se ni javio da neće doći. Na sljedeću grupu (15. po redu) dolazi. Na početku grupe

months of group sessions, practically nothing was known about this member, since he refused to talk about himself and was silent during the sessions.

Vignette presentation: 12th session

The group begins by asking Patrik why he missed another session last time. Patrik says that he does not know, and answers the follow-up questions by saying that he simply could not come. He wants to come, but when the day comes when we have a group session, he cannot. The group asks why and encourages him to communicate, but he keeps answering that he does not know, quietly, almost cooing and looking at the floor. That is how the group treated him as well, quietly, almost cooing at him when asking questions and tapping around him. The conductor says: "I have the impression that something is very heavy in and around the group when you avoid coming." To her attempt, he also replies that he does not know. The therapist asks: "What does the group think?" Barbara says that she thinks Patrik is afraid to connect with the group members. The group changes the focus and starts talking about other topics, and towards the end they end up saying that this time again they did not find out what brought Patrik to the group.

At the next two sessions (the 13th and 14th sessions), Patrik did not attend again, nor did he say that he would not come. He then came to the next group session (15th session). At the beginning of the session, Patrik apologizes for not coming



Patrik kaže da se ispričava što prošle dvije grupe nije došao. Ema ga upita kako to da je danas uspio doći. Patrik kaže da se bojao jer je treći puta (treći nenajavljeni izostanak znači isključenje po uputama koje su dobili prije početka grupe). Svi pređu preko toga i nastave pričati do kraja grupe o drugim temama, a Patrik se do kraja grupe nije uključivao.

Na sljedeću seansu (16. po redu) Patrik ponovno ne dolazi, da bi došao na onu narednu, tj. 17. seansu.

Prikaz vinjete: 17. seansa

Na grupi su prisutni svi članovi. Ema započinje grupu i priča o GDPR-u (udomaćena strana skraćenica za General Data Protection Regulation). Kako su ga svi morali potpisati kod nje na poslu, kako neke stvari nisu jasne... Cijela grupa priča o GDPR-u. Patrik cijelu grupu i dalje šuti. Ema ga usred grupe iznenada pita kako to da je došao, s obzirom na to da dvije ne dođe pa dođe jednu, a na prošloj nije bio pa je mislila da neće biti ni na ovoj. Patrik kratko odgovori da se natjerao da dođe. Grupa počne pričati o dolascima i radu u grupi.

Voditeljica kaže: „Čini mi se kao da se grupa pita tko koliko radi na sebi u grupi, koliko se možete povezati jedni sa drugima, je li grupa sigurno mjesto,

to the last two group sessions. Ema asks how he managed to come that day. Patrik says he was afraid because it would be his third absence (the third unannounced absence implied exclusion according to the instructions they received before the group started meeting). Everyone overlooks it and continues to talk about other topics, while Patrik does not get involved until the end of the session.

At the next (16th) session, Patrik failed to attend again, but he came to the following session, i.e. the 17th session.

Vignette presentation: 17th session

All members are present at the group session. Ema starts the group discussion and talks about GDPR (domesticated abbreviation for General Data Protection Regulation). She talks about how everyone had to sign it at her workplace, how some things are not clear... The whole group talks about GDPR. Patrik stays silent throughout the entire meeting. In the middle of the session, Ema suddenly asks him how come he came, considering that he did not come for two sessions, then he came for one, and he wasn't at the last session, so she thought he would not be at this one either. Patrik briefly answers that he forced himself to come. The group starts talking about attendances and working in the group.

The conductor says: "It seems to me that the group is wondering about the amount of work everyone does on themselves in the group, how much you can connect

što je sa GDPR-om u grupi". Ema tiho kaže; „Da, istina, možda zato jer je danas Patrik tu". Vratila priču na Patrika i tiho kaže: „Patrik, ti nama ne govoriš ništa o sebi". Patrik iznese priču o svom šefu tihim i plačljivim glasom. Uz to govori da ga se boji, priča ružne stvari o njemu, da ga „mobingira" na poslu. Na kraju ispriča i da ga on „stalka" tj. potajno prati sve o njemu na društvenim mrežama jer ga interesira njegov privatni život. Kaže im dalje da nema puno prijatelja, lako se veže, ali nema bliske prijatelje. Grupa je zbunjena oko toga kako se Patrik lako poveže, a nema bliske prijatelje. Patrik također kaže kako se boji nekih članova grupe te aludira na to kao mogući razlog zašto se ne otvara, navede Emu, Stjepana i voditeljicu. Ema i Stjepan su najdirektniji i najotvoreniji članovi grupe. Ema je u čudu i opravdava se, kaže da se nje nema što bojati, nikome ona ne bi naudila, pogotovo ne njemu, da ga doživljava kao malo dijete. Voditeljica kaže: „Koliko sam primijetila, u grupi se svi Patriku obraćaju tepajući, tihim glasom, baš kako se i on vama obraća. Kao malom djetetu, kako Ema kaže, što vi o tome mislite, Patrik?". Patrik se nasmiješi, ugodno, kao da mu paše to što čuje, tj. pozicija malog djeteta, ali ništa ne odgovori.

Ema kaže: „A zašto se tako ponašaš, kao dijete, jel' se bojiš da će te netko napasti, jel' te netko nekada napao?".

with each other, whether the group is a safe place, what about GDPR in the group". Emma says quietly: "Yes, it's true, maybe because Patrick is here today". She turns the story back to Patrik and quietly says: "Patrik, you don't tell us anything about yourself". Patrik tells the story of his boss in a quiet and tearful voice. In addition, he says that he is afraid of him, says ugly things about him, that he harasses him at work. At the end, he says that he "stalks" the boss, i.e. secretly follows everything about him on social networks because he is interested in his private life. He goes on to tell them that he does not have many friends, that he gets attached easily, but does not have any close friends. The group is confused about how Patrik gets attached easily, but has no close friends. Patrik also says that he is afraid of some members of the group and alludes to that as a possible reason for why he is not opening up, he mentions Ema, Stjepan and the conductor. Ema and Stjepan are the most direct and open members of the group. Ema is confused and justifies herself, says that there is nothing in her to be afraid of, she would not harm anyone, especially not him, and she sees him as a small child. The conductor says: "As far as I've noticed, everyone in the group addresses Patrik in a low voice, just as he addresses you. Just like addressing a small child, as Ema says, what do you think about that, Patrik?". Patrik smiles pleasantly, as if he likes what he hears, i.e. being in the position of a small child, but he does not answer.

Ema says: "And why do you behave like that, like a child, are you afraid that some-



Patrik kima glavom, pognuo ju je. Ema pita da im ispriča. Patrik šuti. Svi šute. Stjepan kojeg je Patrik naveo da ga se boji i koji ga cijelu grupu ništa nije pitao prekine tišinu i obrati se Marku sa sasvim drugom temom dajući do znanja da mu nije simpatičan, kao ni priča oko djeteta što je i Patrik osjetio.

Prikaz vinjete: 18. seansa

Voditeljica dolazi na grupu dosta ranije od pacijenata, no pacijenti su u njenom automobilu primijetili zarolan tepih. Taj prizor ih se posebno dojmio. Kad je grupa krenula počnu pričati o tome kako su je vidjeli sa tepihom. Grupa je dobro raspoložena i šale se oko tepiha (tepih će postati simbol nečeg skrivenog koji će se povremeno pojavljivati u drugim seansama i simbolički označavati potisnuti materijal u matriksu). Grupa iznosi asocijacije da je sigurno doletjela na njemu, a Robert i Ema aludiraju da je unutra možda nešto sakriveno, zarolano.

Nastavljaju pričati da je ovih dana najdepresivniji dan u godini, Robert kaže da je to 22.1. Pitaju se zašto je 22.1. najdepresivniji dan i zaključuje da je to zbog toga jer se valjda tada događa najviše suicida.

Stjepan u jednom trenu spomene kada je on rođen, a Patrik kaže: „...a ti si riba“.

one will attack you, has someone ever attacked you?” Patrik nods, bowing his head to her. Ema asks him if he would tell them. Patrick is silent. Everyone is silent. Stjepan, who Patrik said he was afraid of and who did not ask him anything during the entire session, breaks the silence and addresses Marko with a completely different subject, letting it be known that he does not like him or the story referring to him as a child, which Patrik also notices.

Vignette presentation: 18th session

The conductor arrives at the session much earlier than the patients, but the patients noticed a rolled-up rug in her car. They were particularly impressed by that scene. When the group session starts, they start talking about how they saw her with the rug. The group is in a good mood and are joking about the rug (the rug would become a symbol of something hidden that would occasionally appear in other sessions and symbolically denote repressed material in the matrix). The group makes associations that she must have flown on it, and Robert and Ema allude that there might have been something hidden inside, rolled up.

They continue the conversation by saying that the most depressing day of the year is in that period, Robert says that it is 22 January. They wonder why 22 January is the most depressing day, and conclude that it is because most suicides probably happen on that date.

At one point, Stjepan mentions when he was born, and Patrik says: “...and you

Stjepan kaže: „Ne, ja sam vodenjak“, a Patrik s olakšanjem kaže: „ahaaa“. Ema ga pita zašto je tako reagirao jer je bilo poprilično upadno. Patrik kaže da mu ne slični na ribu i ispričava se Stjepanu. Grupa je zbunjena i pitaju ju kakve su to ribe, a Patrik kaže: „pa osjećajne“.

Pitaju ga koji je on znak, on kaže škorpion pa ga pitaju kakvi su škorpioni, on kaže da su bez emocija, ali da on ima emocije, pitaju ga kakve, a on kaže da se, primjerice, boji ljudi. Grupa pokušava saznati zašto je to tako.

Na bilo koje potpitanje Patrik odgovara s „ne znam“, ali grupa se nastavlja truditi. U jednom trenu kaže da se boji da će netko nasrnuti na njega. Vrate se na dio iz prošlih seansi kad je izjavio da se boji i Eme i Stjepana. Marko kaže: „Pa nije doktorica izabrala takve ljude u grupi koji bi nasrtali okolo jedni na druge“. Ema pita vidi li u njima nekoga tko ga je nekad prije u životu napao. Patrik šuti, oči mu se pune suzama. Ema ga pita kakvi su mu roditelji. Patrik kaže da nije povezan s majkom, iako se čuju svaki dan pa se čini da jesu. Dalje je šutnja.

Napokon Patrik govori, formulirano je u obliku napada na voditeljicu, trebala mu je prije uključenja u grupu reći kako će grupa izgledati, oni su svi bolji od njega, nitko nema problema kao on, on

are Pisces“. Stjepan answers: “No, I’m an Aquarius” to which Patrik says, with relief: “Ahaaa”. Ema asks him why he reacted that way, because it was quite intrusive. Patrik says that he does not seem like Pisces to him and apologizes to Stjepan. The group is confused, asking what Pisces are like, and Patrik answers: “Well, they are emotional”, but that Stjepan does not seem like Pisces to him.

They ask him about his sign is and he answers that he is a Scorpio, to which they then ask him about what Scorpions are like, and he answers that they have no emotions, but that he is emotional. They ask him what emotions he has, and he says that he is afraid of people, for example. The group tries to find out why this is the case.

Patrik answers all sub-questions with “I don’t know”, but the group continues to try. At one point he says that he is afraid that someone will attack him. They return to one part from previous sessions where he declared that he was afraid of both Emma and Stjepan. Marko says: “Well, the doctor didn’t choose such members for the group who would attack each other”. Emma asks if he sees in them someone who attacked him once before in his life. Patrik is silent, his eyes fill with tears. Ema asks him what his parents are like. Patrik says he is not connected with his mother, although they talk to each other every day, so it would appear that they were. There is silence further on.

Patrik finally speaks, and it is formulated as an attack on the conductor. He says



se nema s kime „zrcaliti“. On je jadan, toliko jadan da razmišlja da se ubije, jutros je razmišljao to napraviti, završiti sa svime. Dalje govori da je doktorica/voditeljica pogriješila, stavila ga je u krivu grupu, čitao je na internetu po forumima i shvatio, ovakve grupe nisu za njega i njegove probleme. Dalje navodi kako nema povjerenja u mene kao ni u jednog psihijatra do sada, jer mu nitko nije pomogao. Voditeljica je tek tada saznala da se već liječio u drugoj ustanovi te da je već pokušavao suicid, znao se zarezivati što joj nije spominjao na individualnom pregledu koji je bio indikacijski pregled za grupnu terapiju. Voditeljica kaže da je danas saznala neke stvari o njemu po prvi puta i da se pita zašto njoj, a i grupi to prije nije rekao. Kaže da nije imao povjerenja, a i da ga možda onda voditeljica ne bi stavila u grupu?!

Nakon govora da on nije za grupu i da je loše, nitko nije kao on, voditeljica kaže: „U grupi ne moraju svi imati iste probleme ili biti jednako loše, to je stvar percepcije“. On nastavi s konstatacijama poput: „Što ako mi ne pomogne?“ i na svako nagovaranje i ohrabrenje drugog člana grupe nastavi: „A što ako ne, ja nisam za ovu grupu, ja tu ne pripadam“. Ema kaže da se stavlja u poziciju da drugi odluče za njega i da je i prije izostajao s grupa, a kad bi došao uvijek je govorio: Hoćete li me sad izbaciti?“

that she told him before joining the group what the group would be like, that they are all better than him, no one has problems like him, he has no one to “mirror” with. He is miserable, so miserable that he is thinking of killing himself, that morning he was thinking of doing it, ending everything. He goes on to say that the doctor/conductor made a mistake, she put him in the wrong group, he has been reading online forums and realized that these types of groups are not fit for him and his problems. He goes on to state that he has no trust in me, nor in any psychiatrist until then, because no one has ever helped him. Only then does the conductor find out that he has already been treated in another institution and that he has already tried to commit suicide, he used to cut himself, which he did not mention to her during the individual examination which was an indication examination for group therapy. The conductor says that today she found out some things about him for the first time and that she wonders why he had not told this to her and the group before. He says that he did not trust them, and that maybe in that case the conductor would not have put him in the group?!

After having said that he is not fit for the group and that he feels bad, that no one is like him, the conductor says: “Not everyone in the group has to have the same problems or feel equally bad, it is a matter of perception“. He continues to wonder what if that does not help him, and at every persuasion and encouragement of another member of the group he continues to say: “What if not, if I’m not for this

Voditeljica kaže: „Čini mi se da Patrik traži garanciju od grupe“. Marko ga pita za traume iz djetinjstva. Patrik kaže da o tome ne želi pričati.

Marko pita: „Padne li ti to tako na pamet - ah, ubit ću se - ili stvarno misliš i planiraš se ubiti?“ Patrik kaže: „A ne znam... meni to nekad jednostavno dođe“. Barbara kaže: „I meni su suicidalne ideje prolazile glavom kad mi je bilo najgore, ali nikad nisam mislila ubiti se za pravo, a zapravo me ta misao i plašila“. Robert kaže: „I ja sam imao suicidalne ideje, ali nikad plan“. Robert opiše grupi svoj put kako je hospitaliziran u bolnici zbog suicidalnih ideja. Kaže dalje: „Bojim se za tebe ako tako razmišljaš, nikad ne znaš kad će ti doći, a još si to i pokušavao učiniti prije“. Stjepan i Ema traže garanciju od Patrika da se neće ubiti, traže da im eksplicitno kaže i objasni može li se kontrolirati. No Patrik im ju ne daje, već ostavlja otvorenu mogućnost i govori: „Ne znam, nikad ne znam kad će mi doći, jednostavno mi dođe kad sam loše“. Marko pita: „Jesi li sad loše?“. Patrik šuti. Marko pita: „Pa kako si to prije pokušavao, čime, mislim kad si ostao živ?“. Svi se malo nasmiju. Patrik ljutito kaže: „Pa svim lijekovima koje bih našao u kući“. Grupa se povlači i uplašeno gledaju u mene. Voditeljica kaže: „Čini mi se da i grupa traži garanciju od Patrika“. Patrik šuti. Ema i Tina mu daju podršku, sa sažaljenjem ga gle-

group, I don't belong here“. Ema says that he is putting himself in a position where others will decide for him and that he has been absent from group sessions before and when he would attend, he would ask whether they wanted to kick him out then.

The conductor says: “It seems to me that Patrik is asking for a guarantee from the group“. Marko asks him about his childhood traumas. Patrik says he does not want to talk about it.

Marko asks: “Does that just occur to you - ah, I'm going to kill myself - or do you really mean it and plan to kill yourself?“ Patrik says: “I don't know... sometimes it just comes to my mind“. Barbara says: “I also had suicidal thoughts when I was at my worst, but I never thought of really killing myself, and in fact that thought scared me.“ Robert says: “I had suicidal ideas too, but never a plan.“ Robert describes his experience of being hospitalized for suicidal thoughts to the group. He goes on to say: “I'm afraid for you if you think like that, you never know when it will occur to you, and you've tried to do it before.“ Stjepan and Ema ask Patrik to guarantee them that he will not kill himself, they ask him to explicitly tell them and explain whether he could control himself. Patrik, however, does not provide it, and instead leaves the possibility open and says: “I don't know, I never know when it will occur to me, it just comes to my mind when I'm feeling bad“. Marko asks: “Are you feeling bad now?“ Patrick is silent. Marko asks: “So how did you try it before, with what, I mean since you stayed alive“. Ev-



daju. Stjepan kaže: „Pa možda i postoji neka druga grupa za tebe, ako misliš da ti ova ne pomaže ili neće pomoći“.

Nakon seanse voditeljica je pozvala Patrika na razgovor. Tijekom razgovora uvidjela je da ima naznačene paranoidne ideje, nema povjerenja u nju i liječenje u grupi, transfer je negativnog predznaka te je s njim dogovorila izlazak iz grupe i ulazak u program liječenja u bolnici. S obzirom nato da je bio nepovjerljiv i u otporu prema farmakoterapiji i bolničkom liječenju dogovorila je za početak da dolazi svaki drugi dan na kontrole ili se telefonski javlja kako bi ga pridobila za liječenje, a dogovorili su i opraštanje s grupom. Kasnije je shvatila da je dogovorila tako učestale kontakte, što telefonski što uživo, baš kakav je on odnos sa majkom imao, često su se čuli, ali bliskosti i povjerenja nije bilo. Dogovor za skoro svakodnevne konzultacije dokaz je da je voditeljica zaista povjerovala kako bi si u tom stanju nešto mogao učiniti, ali nešto agresivno, u smislu inzistiranja na hospitalizaciji, nije činila, još uvijek se nadajući nekom pozitivnom dogovoru. Voditeljica priznaje da se na neki način osjećala i odgovornom za to što ga je zaista stavila u „krivu grupu“ te nije imala više individualnih pregleda s njime na kojima bi mogla skupiti više podataka o njegovom psihičkom funkcioniranju. Farmakoterapiju u početku

everyone laughs a little. Patrik answers angrily: "Well, with all the medicines I would find in the house". The group retreats and looks at me in fear. The conductor says: "It seems to me that the group is also asking for a guarantee from Patrik". Patrick is silent. Ema and Tina support him, they look at him with sympathy. Stjepan says: "Well, maybe there is another group for you if you think that this one isn't helping you or doesn't want to help you".

After the session, the conductor invited Patrik for an interview. During the conversation, she saw that he had pronounced paranoid ideas, he did not trust her or the treatment in the group, the transference was negative, and she agreed with him that he would leave the group and enter a treatment program at the hospital. Given that he was distrustful and resistant to pharmacotherapy and hospital treatment, she initially agreed with him that he would come for check-ups every other day or he would call by phone, in order to persuade him to agree to a treatment, and they also made an agreement that he would say goodbye to the group. She later realized that she had arranged such frequent contacts, both by phone and in person, that resembled his relationship with his mother, where they often heard from each other, but there was no closeness and trust. The agreement that they would have almost daily consultations is proof that the conductor really believed that Patrik could hurt himself in that condition, but she did not do anything aggressive, in terms of insisting on hospitalization, still hoping for a positive resolution. The conductor

nije pristao uzimati, pristao je dolaziti na individualne razgovore. Nakon tje-dan dana ipak pristaje uzeti farmako-terapiju i na plan liječenja koji mu je predložen i taj dan se došao oprostiti s grupom kako je dogovoreno.

Na samom početku seanse, grupa kao da je prepoznala da je nešto skriveno, što je donijela u asocijaciji na nešto zarolano, skriveno u tepihu, što se povezivalo s Patrikovim skrivanjem identiteta i mislima o suicidalnosti. Na nesvjesnoj razini grupa je i to prepoznala kad se počelo govoriti o najde-presivnijim danima u godini i poveza-nosti sa suicidima. Također asocijacije, iako izgovorene u šali da je doletjela na tepihu pokazuju grupne ideje u vezi sa „supermoćima“ terapeuta i dizanju na tron.

Prikaz vinjete: 19. seansa

Sljedeća grupa počinje, svi sjedaju, gledaju u Patrika, a Patrik kaže: „Ja bih se danas trebao oprostiti s grupom, ja bih se trebao pozdraviti s vama, ali ja sam se predomislio“. Nastane šutnja. Nastavlja: „Ja ne želim napustiti grupu“ i počne plakati. Svi šute i gledaju u njega, pa u voditeljicu, pa u njega. Pla-če i govori da on ne bi izašao iz grupe. Voditeljica kaže: „Hm, vi ste se predomislili, kako to da ste se predomislili?“. Patrik šuti. Voditeljica kaže: „A mi smo napravili cijeli plan vašeg daljnjeg li-

admits that in a way she also felt respon-sible for placing him in the “wrong group” and not having more individual meetings with him where she could gather more in-formation about his psychological func-tioning. At first, he did not agree to take pharmacotherapy, he agreed to come to individual interviews. After a week, how-ever, he agreed to take pharmacotherapy and to follow the treatment plan that was proposed to him, and that day he came to say goodbye to the group, as agreed.

At the very beginning of the session, the group seemed to recognize that some-thing was being hidden, which they as-sociated with something being rolled up, hidden in a rug, and which was connect-ed to Patrick’s hiding his identity and his suicidal thoughts. On an unconscious level, the group also recognized this when they started talking about the most depressing days of the year and their con-nection with suicides. Furthermore, the associations, although expressed through a joke that she flew on the rug, showed group ideas regarding the conductor’s “su-perpowers” and putting her on a pedestal.

Vignette presentation: 19th session

The next group session begins, everyone sits down, they look at Patrik and Patrik says: “I am supposed to say goodbye to the group today, I should say goodbye to you, but I have changed my mind”. There is si-lence. He continues: “I don’t want to leave the group” and starts to cry. Everyone is silent and looks at him, then at the con-ductor, and again at him. He cries and says



ječanja. Koliko se sjećam, rekli ste da osjećate da ne pripadate ovdje zbog različite problematike s kojom se borite, a koju mi niste prije rekli i zbog manjka povjerenja". Patrik kaže. „Da, ali ja sam se predomislio“. Nastane šutnja. Grupa zatim počne pričati kako su tjedan dana razmišljali o prošloj grupi. Ema kaže da je bila sva izvan sebe nakon prošle grupe, toliko je bila pod dojmom da su i ukućani primijetili. Tina, Barbara i Stjepan se slažu, pričaju kako su cijelo vrijeme razmišljali o njemu, a Stjepan dodaje da se bojao da si nešto ne napravi.

Marko tiho kaže: „Dobro, imaš li još uvijek takve ideje?“ misleći na suicid. Patrik ponosno kaže: „Danas nemam te ideje“.

Grupa nastavi priču o svojim traumama iz djetinjstva i kako su ih one obilježile. Pojedini članovi grupe tada prvi puta iznose poprilično traumatične događaje iz svojeg djetinjstva i kasnijeg života.

Patrik je bio smiren i iako nije ništa govorio dok su drugi članovi pričali o sebi, u jednom trenutku je ljuljao noge na stolici kao dijete na ljuljački. Pred kraj grupe nastane kraća šutnja. Tina je ljuta i kaže: „Svi pričaju o svojim problemima, a Patrik tamo sjedi i razmišlja o suicidu i tko zna o čemu sve i nitko da ga pita kako je“. Stje-

that he does not want to leave the group. The conductor says: "Um, you changed your mind, how come you changed your mind?". Patrik is silent. The conductor says: "But we have made an entire plan for your further treatment. As far as I remember, you said that you feel that you don't belong here because of different issues you are struggling with, which you hadn't told me before, due to a lack of trust". Patrick says: "Yes, but I changed my mind." There is silence. The group then begins to talk about how they have been thinking about the last group session for a week. Ema says that she was completely beside herself after the last session, she was so struck that the members of her household noticed. Tina, Barbara and Stjepan agree, talking about how they thought about him all the time, and Stjepan adds that he was afraid that he would do something to himself.

Marko quietly says: "Okay, do you still have such ideas?" thinking about suicide. Patrik proudly says: "I don't have those ideas today".

The group continues to talk about their childhood traumas and how they were marked by them. For the first time, some members of the group present some rather traumatic events from their childhood and later life.

Patrik was calm and although he did not say anything while the other members were talking about themselves, and at one point he was swinging his legs on the chair like a child on a swing. Towards the end of the session, there is a short silence. Tina is angry and says: "Everyone talks

pan pita Patrika isto što i prošli puta: „Znači ipak se ne planiraš ubiti”? Patrik kaže: „Ne znam, ja nikad ne znam kada će to meni doći... Prošli puta kad smo pričali, došlo mi je da se ubijem”. Ema suosjećajno kaže: „Hmm to je za tebe očito preteško?” Patrik kaže: „Ne znam”. Barbara kaže: „Znači ako te nekad budemo pitali o nečem što ti je teško...?” i ne dovrši. Tina i Ema pitaju kako se sada osjeća. Patrik kaže „ok sam sada, nemam tih misli”. Svi zašute.

Na sljedećoj seansi (20. po redu) voditeljica na početku seanse kaže grupi da je Patrik ušao u drugi program liječenja, prikladniji njegovom psihičkom stanju.

Razmišljanja o zbivanjima u grupi

Na prikazanoj grupi voditeljica je razmišljala može li Patrik ostati u grupi, činilo se da grupa traži garanciju od njega, koju on nije htio/mogao dati. Tim nedavanjem garancije imala je dojam kako pokušava zadržati poziciju u grupi da se njega o nekim temama ne smije pitati. Istodobno, grupa je taj put pričala o poprilično ozbiljnim traumama u svom životu pokazujući na taj način da oni mogu govoriti i o vrlo bolnim temama za njih, a možda i iskušavaju granice. Patrikova promjena dogovora na grupi voditeljicu je iznenadila i tru-

about their problems, and Patrik sits there and thinks about suicide and who knows what, and no one asks him how he is”. Stjepan asks Patrik the same question as the last time: “So then you’re not planning on killing yourself?” Patrik says: “I don’t know, I never know when it will occur to me... The last time we talked, I wanted to kill myself”. Ema says sympathetically: “Hmm, that is obviously too hard for you?” Patrik answers: “I don’t know”. Barbara says: “So if we ever ask you about something that is difficult for you...?” and does not finish. Tina and Ema ask how he feels at the moment. Patrik says: “I’m fine now, I don’t have those thoughts”. Everyone is silent.

At the next session (20th), the conductor informs the group at the beginning of the session that Patrik has started another treatment program, more suitable for his mental state.

Reflections on events in the group

In the case of the group presented, the conductor thought about whether Patrik could stay in the group - it seemed that the group was asking for a guarantee from him, which he did not want/could not give. By not providing them with a guarantee, she had the impression that he was trying to maintain his position in the group in which he should not be asked about certain topics. At the same time, the group talked about quite serious traumas in their lives, showing that they could also talk about topics that were very painful for them, maybe even testing the limits. Patrik’s change of arrangement at



dila se sadržati svoje osjećaje, a i osjećaje grupe. Time je prikazao grupi kao da ga voditeljica želi isključiti iz grupe, a on želi ostati, te je od grupe na neki način tražio zaštitu.

Voditeljica je znala da će Patrikovo isključenje jako utjecati na grupu, ali istodobno je imala stav da će on, ako bude zadržao regresivnu ili posebnu poziciju, zaustaviti njen rad. Njegova regresivna pozicija i projektivna identifikacija omogućavali su mu psihičko preživljavanje unutar grupe, ali pitanje je kakvo bi bilo preživljavanje grupe s takvim članom. Tada voditeljica nije smatrala da bi njegov ostanak u grupi pridonosio bilo njemu, bilo grupi. Prije svega zbog toga jer grupa napreduje koliko napreduje najslabiji član u grupi. Osnova psihoterapijskog liječenja je suradljivost, povjerenje, nada i pozitivan transfer prema terapeutu, no kod Patrika niti jednoga od navedenoga nije bilo. Kako je transfer Patrika prema voditeljici bio negativan te s obzirom na manipulativnost koju je pokazao pri zadnjoj grupi zaključila je da je bolje da sama odluči o njegovom isključenju. Nakon te njegove zadnje seanse ponovno je porazgovarala s njim, ali više nije nudila mogućnost da se dođe pozdraviti sa članovima, smatrajući da to nema smisla.

Tada nije razmišljala na način da je Patrik pokušavao zadržati i obraniti

the session surprised the conductor and she tried to contain her feelings and those of the group. In this way, he presented it to the group as if the conductor wanted to exclude him from the group although he wanted to stay, and he asked the group for some kind of protection.

The therapist knew that Patrik's exclusion would greatly affect the group, but at the same time she thought that it would hinder the group's work if he maintained his regressive or special position. His regressive position and projective identification enabled him to survive psychologically within the group, but the question is what the survival of the group would be like with such a member. At the time, the therapist did not think that his staying in the group would contribute either to him or to the group. First of all, because the group makes as much progress as the weakest member in the group. Cooperation, trust, hope and positive transference towards the therapist represent the basis of psychotherapy treatment, but Patrik had none of the above. As Patrik's transference towards the therapist was negative, and considering the manipulative traits he showed in the last group session, she decided it would be better if she was the one to make the decision on his exclusion. After that last session, she talked to him again, but she no longer offered him the possibility to come and say goodbye to the members, believing that it made no sense.

At that time, she was not of the opinion that Patrik was trying to keep and defend

svoju individualnost te da je testirao granice grupe što pacijenti rade u drugoj, reaktivnoj fazi grupnog procesa. U toj fazi pacijenti često krive grupu da im neće pomoći riješiti njihove probleme, često prijete izlascima, iskazuju nepovjerenje i sumnjaju u kompetencije terapeuta. Taj stadij razvoja grupe karakterizira konflikt, dominacija i pobuna. Članovi su okupirani time kako izraziti, zadržati ili razviti svoj identitet, a ipak ostati član grupe. Ova faza karakterizirana je emocionalnim ispadima članova grupe i neujednačenosti u predanosti grupi. Osjećaji kao ljutnja i tuga se često dijele, a pobuna je karakteristika ove faze. Testiraju se grupne granice i norme postavljene na početku. Ovo je vrijeme kada članovi grupe počinju kasniti ili ne dolaze, a rane grupne norme postavljene u prvoj fazi doživljavaju se kao rigidne i nefleksibilne.

Zanesenost voditeljem kao i samom grupom, koja se pojavila u početnoj fazi, blijedi. Terapeutove kompetencije se dovode u pitanje, a pojavljuje se i neprijateljstvo prema voditelju. Članovi se često žale da grupa nije ispunila njihova očekivanja. Često se pojavljuju rečenice kao: „Ova grupa neće riješiti moje probleme“ ili „Ovi ljudi nisu poput mene“. Članovi koji izražavaju ovakve sumnje često su zapravo glasnogovornici grupnih strahova. Članovi u ovoj

his individuality, and that he was testing the boundaries of the group, which is what patients in the second, reactive phase of the group process do. This also includes the fact that they often blame the group for not helping them solve their problems, that at that stage they often threaten to leave and express mistrust and doubt the competence of the therapist. This stage of group development is characterized by conflict, dominance and rebellion. The members are preoccupied with how to express, maintain or develop their identities and still remain members of the group. This phase is characterized by emotional outbursts of group members and uneven commitment to the group. Feelings such as anger and sadness are often shared, while rebellion is characteristic for this stage as well. Group boundaries and norms set from the beginning are tested at this point. This is the time when group members begin to be late or absent, and the early group norms set in the first stage are perceived as rigid and inflexible.

The enthusiasm they felt towards the conductor, as well as the group, which appeared in the initial phase, fades. The therapist's competence is questioned, and hostility towards the therapist also appears. Members often complain that the group has not met their expectations. Sentences such as: "This group will not solve my problems" or "These people are not like me" can often be heard. Members who express such doubts are, in fact, often the spokesmen of the group's fears. Members at this stage often threaten to leave the group or even do so. Threats



fazi često prijete izlaskom iz grupe ili to čak i učine. Prijetnje izlaskom iz grupe mogu biti ekspresija želje za kontrolom osjećaja bespomoćnosti koji je čest u ovoj fazi.

Ovo je često i faza međusobnih sukoba članova, što može biti znak premeštanja ljutnje s terapeuta, a nekad su sukobi i razlog da se pokaže moć i nadmoć u grupi. Svaki član pokušava uspostaviti svoju željenu količinu moći te se postupno i u grupi pokazuje socijalna hijerarhija. Negativni komentari i kritičizam između članova su češći, a članovi kao da su zadušeni za jednosmjernu analizu i procjenu.

Nakon nekog vremena od Patrikovog isključenja, voditeljica je shvatila kako je grupa dobila poruku da je ona „negativac“, kako ju je Patrik u principu pokazao grupi, ne poštujući prvotni dogovor. Grupa je pokazivala shvaćanje na kognitivnoj razini da Patriku u njihovoj grupi možda i nije mjesto te da treba pronaći intenzivniji oblik liječenja, no isto tako na emocionalnoj razini su doživjeli njegovo isključenje agresivnim, zanemarujućim, nepoštivanjem volje nekoga kome je loše, te da je voditeljica odlučila umjesto njega pri čemu je došlo do evociranja strogih, intruzivnih roditeljskih figura zbog čega se grupa dugo vremena borila s proradom istoga i strahom za sebe i svoju poziciju u grupi.

about leaving the group can be an expression of the desire to control the sense of helplessness which is common at this stage.

This is often a phase of conflicts between members as well, which can be a sign of anger being transferred from the therapist, and sometimes conflicts also represent a reason to demonstrate power and supremacy within the group. Each member tries to establish their own desired amount of power, and a social hierarchy gradually emerges in the group as well. Negative comments and criticism among members become more common, and members seem to be in charge of one-way analysis and assessment.

After some time had passed since Patrik's exclusion, the conductor concluded that in the group's perception of the event she was the "villain", as Patrik basically presented her to the group, violating their original agreement. On a cognitive level the group showed an understanding that Patrik might not have belonged in their group and that a more intensive form of treatment would be more suitable for him, but at the same time on an emotional level they experienced his exclusion as being aggressive, neglectful, disrespectful towards the will of someone who was unwell, and that the conductor had made the decision instead of him, whereby strict and intrusive parental figures were evoked and the group struggled for a long time to work through this and through the fear they felt for themselves and their position in the group.

Razmišljanja o suicidalnom članu

Grupa predstavlja mjesto susreta i sučeljavanja, kao i prijelazni prostor koji stimulira projekcije i introjekcije u kojem se miješa fantazija i realitet što predstavlja izuzetno težak i stresan događaj za pacijente s graničnom strukturom ličnosti. S obzirom na to da je Patrik odbijao farmakoterapiju, razina njegove anksioznosti, regresije i kognitivne dezorganizacije bila je prevelika da bi se ublažila samo grupnim radom.

Pacijenta je obilježavao jako ranjiv *self* i deficitarni ego zbog čega takvi pacijenti nisu sposobni uspostaviti normalan zaštitni filter u percepciji unutarnjih i vanjskih doživljaja te pod utjecajem stresa, bilo unutarnjeg bilo vanjskog, dolazi do fragmentacije i doživljaja rastrojenosti. Nedostatak tih obrambenih filtera koji pomažu u razaznavanju unutarnjeg i vanjskog svijeta pridonose doživljaju da i relativno blagi stimulansi budu registrirani kao izrazito bolni. Nezreli mehanizmi obrane koje koriste, u funkciji su čuvanja krhkog ega (13).

Najveća poteškoća u radu s takvim pacijentima proizlazi iz dinamike njihovog psihološkog nasilja koji se izražava u grupi. Za njih je to često jedini način obrane od bolnih iskustava koja se aktiviraju u grupnom tretmanu. Ta se agresivnost može izražavati od iz-

Thoughts on the suicidal member

The group represents a place where people meet and confront, as well as a transitional space that stimulates projections and introjections, where fantasy and reality mix, which is an extremely difficult and stressful situation for patients with a borderline personality structure. Given that Patrik refused pharmacotherapy, the levels of his anxiety, regression and cognitive disorganization were too high to be alleviated by group work alone.

The patient was characterized by a very vulnerable self and a deficient ego, which is why such patients are unable to establish a normal protective filter in the perception of their internal and external experiences, so under the influence of stress, whether internal or external, fragmentation and a feeling of distraction appear. A lack of these defensive filters that help distinguish the inner and outer world contributes to the experience that even relatively mild stimuli are registered as extremely painful. The immature defense mechanisms they use serve to protect the fragile ego (13).

The greatest difficulty in working with such patients arises from the dynamics of their psychological violence, which is expressed in the group. For them, this is often the only way to defend themselves against painful experiences that are activated in group treatment. This aggression can be expressed directly towards the therapist in the form of a verbal attack, or otherwise, towards therapeutic



ravne usmjerenosti prema terapeutu u smislu verbalnog napada ili pak prema terapijskim okvirima. U negativnom i čak agresivnom odnosu prema terapeutu i terapiji općenito, pacijent doživljava terapeuta kao negativnu osobu, te ga može progoniteljski doživljavati i optuživati. Mnoge studije su pokazale koliko je bitan terapijski savez kako u individualnoj, tako i u grupnoj terapiji, kako bi se dobili povoljni terapijski rezultati, koji je kod Patrika izostao (14).

S obzirom na to da takvi pacijenti funkcioniraju većinom na konkretnoj razini, a nikako ili slabo na simboličnoj, traženje konkretnih odgovora, supportivna klima te njihova regresija slabi analitičku funkciju grupe te onemogućuje analitički rad potreban drugim članovima grupe.

Takvi pacijenti imaju izraziti strah od uništenja koji se očituje bespomoćnošću zbog gubitka moći, te zbog povrede i štete u kontekstu traumatičnog procesa (15). Strah od uništenja tijesno je povezan s strahom od separacije, jer je takvim pacijentima u separaciji pogotovo teško održati u sebi reprezentaciju objekta. Ti pacijenti ne mogu niti sami, a niti s drugima. Poteškoća u radu s takvim pacijentima je proces separacije koji je njima otežan, s obzirom na to da je kod njih prijelaz iz simbiotske faze u fazu separacije individuacije težak, ako čak ne i nemoguć zbog jakog stra-

frameworks. In their negative, and even aggressive, attitude towards the therapist and therapy in general, the patient perceives the therapist as a negative person and may persecute and accuse him/her. Many studies have shown that a therapeutic alliance both in individual and group therapy is very important in order to obtain favorable therapeutic results, which was absent in Patrik's case (14).

Considering that such patients mostly function on a concrete level, and not at all or only weakly on a symbolic level, the search for concrete answers, a supportive climate and their regression weaken the analytical function of the group and prevent the analytical work necessary for other group members.

Such patients have a distinct fear of destruction, which is manifested by helplessness due to the loss of power, and due to injury and damage in the context of a traumatic process (15). The fear of destruction is closely related to the fear of separation, because in separation it is especially difficult for such patients to maintain the representation of the object in themselves. These patients cannot do it neither on their own nor with others. The difficulty in working with such patients is seen in the process of separation, which is difficult for them considering that the transition from the symbiotic phase to the phase of separation and individuation is difficult, if not impossible, due to strong fear and difficulty in distinguishing the external from the internal world, the ego from the non-ego, the past

ha i teškoće u razlikovanju vanjskog od unutarnjeg svijeta, ega od ne-ega, prošlosti od sadašnjosti, transfera od sadašnjeg objekta. U tim okolnostima terapeut dobiva vrlo realne uloge. Napuštanje simbiotske pozicije suočava ih sa zastrašujućim strahom. Navedeno objašnjava zašto je Patrik želio ostati u grupi, iako ju je doživljavao neprikladnom za sebe.

Unutarnja doživljavanja graničnih struktura osobnosti se u grupnom radu često ispoljavaju putem *acting outa* ili putem eksternalizacije unutarnjih doživljaja, što remeti grupni rad. Takvi pacijenti nastoje preživjeti kontrolirajući druge osobe putem *splittinga*, projekcije i projektivne identifikacije.

Anksioznost u grupi kod takvih bolesnika je posebno visoka zbog straha od gubitka granica, te zbog ambivalentnog odnosa prema članovima grupe, ali i grupe u cjelini. Granični bolesnik nastoji ublažiti tjeskobu uz kontrolu drugih nastojeći na taj način održati kontrolu nad svojim unutarnjim svijetom (16,17). Liječenje tih bolesnika može biti uspješno, ali za to je potrebna „zrelja“ grupa koja može prihvatiti njihove „nezrele“ obrane i sklonost oslobađanju potisnutog (18).

Grupna analiza pruža priliku za nesvjesno ponavljanje traumatskih iskustava te njihovo personificiranje što može

from the present, transference from the present object. In these circumstances, the therapist is assigned very realistic roles. Leaving their symbiotic position confronts them with terrifying fear. All of the above explains why Patrik wanted to stay in the group even though he saw it as unsuitable for him.

Internal experiences of borderline personality structures are often manifested in group work through “acting out” or through the externalization of internal experiences, which disrupts group work. Such patients try to survive by controlling the others through splitting, projection and projective identification.

In such patients, anxiety in the group is particularly high due to the fear of losing boundaries, and due to the ambivalent attitude towards the members of the group, as well as the group as a whole. The borderline patient tries to relieve anxiety by controlling others, trying to maintain control over their own inner world in this way (16, 17). Treatment of these patients can be successful, but it requires a “more mature” group that can accept their “immature” defenses and the tendency to release what is repressed (18).

Group analysis provides an opportunity for unconscious repetition of traumatic experiences and their personification, which can be a clinical problem. As the conductor is responsible for the group and works strongly towards its survival, when a patient is unknowingly destroying it, the conductor has two options:



biti klinički problem. Kako je voditelj odgovoran za grupu i silno želi njezino preživljenje, kad ju neki pacijent nesvjesno razara, voditelj ima dvije mogućnosti. Ili će se poistovjetiti s grupom i eliminirati tog pacijenta ili će se poistovjetiti s tim pacijentom i zaštititi će njega, žrtvujući grupu.

GRUPA NAKON ISKLJUČENJA SUICIDALNOG ČLANA - USPORENA DETRONIZACIJA VODITELJA/STRAH OD STROGOG SUPEREGA I ŽRTVENI JARAC

U idućim mjesecima nakon Patrikove isključenja, grupa je razvila neke od specifičnosti.

Kvalitetu grupnog analitičkog procesa možemo vrednovati po mnogobrojnim kriterijima, a jedan od njih je i stupanj detroniziranosti voditelja. Veći stupanj detroniziranosti događa se zbog postignutog većeg povjerenja i bliskosti u odnosu između bolesnika i voditelja, a veća bliskost omogućuje napredovanje bolesnika u njihovom zdravlju. Proces detronizacije je neophodan za napredovanje bolesnika. Voditelji kojima bi detronizacija teško padala, a koji znaju da do nje treba doći, mogu stvarati lažnu detronizaciju. Do toga dolazi kada se primjerice voditelj u grupi ne snalazi do te mjere dodvoravajući se bolesnicima glumeći ležernost i bliskost s njima.

they will either identify with the group and eliminate that patient, or they will identify with that patient and protect them by sacrificing the group.

GROUP AFTER EXCLUSION OF SUICIDAL MEMBER - SLOW DETHRONEMENT OF CONDUCTOR/FEAR OF STRICT SUPEREGO AND SCAPEGOAT

In the months following Patrik's exclusion, the group developed some of the specificities.

The quality of the group analytical process can be evaluated according to numerous criteria, one of which is the degree of conductor dethroning. A greater degree of dethroning occurs due to greater trust and closeness achieved in the relationship between the patients and the conductor, and greater closeness enables the patients to progress in their health. The process of dethroning is necessary for the patients' progress. Conductors for whom it would be difficult to find dethronement, and who know that it should happen, can create fake dethronement. This happens when, for example, the conductor fails to manage the group to such extent that they flatter the patients by pretending to be casual and close to them.

As already mentioned, at the beginning of group analytical work, while the group is still developing, there are strong aspirations of patients to enthrone the con-

Kao što je već rečeno, početcima grupnog analitičkog rada, dok je grupa u razvoju, postoje jake težnje pacijenata za tronizacijom voditelja jer u njega projiciraju svoje potrebe za autoritetom: neki žele jakog autoritarnog vođu, koji sve zna i uz kojeg se osjećaju zaštićeni, neki žele vođu kojeg će oni štiti, za kojeg će se žestoko boriti i tako zadobivati njegovu ljubav, neki žele vođu baš onakvog kakav jest – da bi mu se mogli diviti, dok neki ne žele ni jednu osobinu koju vođa pokazuje i uvijek su mu spremni nešto zamjeriti.

Zajedničko im je da svi oni trebaju vođu, trebaju ga na tronu - bilo da bi ga nekritično obožavali, oprezno promatrali ili potajno mrzili. To pokazuje da su pacijenti zbunjeni i frustrirani u nepoznatoj transfernoj situaciji u grupi. Voditelj zna i osjeća da ga grupa treba kao roditeljski *imago* i zato je potrebno da on u to vrijeme prihvati ulogu na tronu i u toj se poziciji osjeća dobro. Voditelj se s vremenom treba postupno povlačiti iz svoje središnje uloge i upućivati bolesnike na međusobne komunikacije, tj. s okomitih na vodoravne komunikacije među članovima (19).

Bolesnici ne vole takav detronizirajući rad voditelja i pokušavaju ga opet dizati na tron. Voditelj treba razumjeti potrebu bolesnika da ga imaju kao središnju figuru na tronu, ali se on treba u povoljnim prilikama postupno

ductor because they project their need for authority onto them: some want a strong authoritarian leader, who knows everything and with whom they feel protected, some want a leader whom they will protect, for whom they will fiercely fight and thus win their love, some want a leader just as they are - so that they can admire them, while some reject every single trait that the leader shows and are always ready to reproach them for something.

What they have in common is that they all need a leader, they need them on the throne, either to worship them uncritically, watch them carefully or hate them secretly. This shows that patients are confused and frustrated in an unfamiliar transference situation in the group. The conductor knows and feels that the group needs them as a parental imago and that is why it is necessary for them to accept the role on the throne at that moment, and feel good in that position. Over time, the conductor should gradually withdraw from their central role and refer patients to mutual communication, i.e. from vertical to horizontal communication among the members (19).

Patients are not fond of such dethroning work done by the conductor, and try to enthrone them again. The conductor should understand the patients' need to have them on the throne as a central figure, but they should be gradually dethroned in favorable moments in order to allow the group to mature. The conductor can successfully use interpretations for their dethronement as well. Interpreta-



detronizirati kako bi se omogućilo sazrijevanje grupe. Voditelj se za svoje detroniziranje može uspješno koristiti i interpretacijama. Osobito su dobro došle interpretacije negativnog agresivnog pola transfera s obzirom na to da pacijenti često ne zapažaju agresivni pol transfera te im je teško i povjerovati kad im se interpretira (20).

S obzirom na to da su očekivanja od terapeuta u početnim fazama grupne terapije praktički bezgranična, terapeut će ih razočarati bez obzira na sposobnosti. Grupa treba terapeuta koji će izdržati te napade, bez da bude uništen, umjesto toga treba odgovarati i tražiti izvore događaja, pokazivati grupi da agresivnost ne mora biti smrtonosna i da može biti izražena i shvaćena u grupi. To je proces detronizacije koji je neophodan za daljnji razvoj grupe.

Dakle, grupa na početku ima jaku nesvjesnu potrebu za vođom kojeg treba tronizirati te potrebu da se taj tronizirani vođa detronizira. U osnovi se radi o transfernim težnjama koje se izražavaju tijekom terapije. Freud je pisao o oprečnim transfernim težnjama kada je imaginirao o ljudskoj povijesti govoreći o težnji ljudske horde (patricid primarne horde) za vođom kojeg žele tronizirati i kasnijim težnjama sinova da svrgnu tj. detroniziraju troniziranog vođu – *imago* oca. Detronizaciju možemo promatrati kao prirodni proces u sa-

tions of the negative aggressive pole of transference come in particularly handy, given that patients often do not notice the aggressive pole of transference and find it difficult to believe when it is interpreted to them (20).

Since their expectations from the therapist in the initial stages of group therapy are practically limitless, the therapist will disappoint them regardless of his ability. The group needs a therapist who can withstand these attacks without being destroyed, and instead respond to them and look for the sources of events, showing the group that aggression does not have to be lethal and that it can be expressed and understood in the group. This process of dethroning is necessary for further development of the group.

At the beginning, therefore, the group has a strong unconscious need for a leader who needs to be enthroned, and a need for that enthroned leader to be dethroned, so basically it is about transference aspirations that are expressed during therapy. Freud wrote about conflicting transference aspirations when he imagined human history, talking about the aspiration of the human horde (patricide of the primary horde) for a leader who they want to enthrone and the later aspirations of the sons to overthrow, i.e. dethrone the enthroned leader – the father imago. Dethroning can be seen as a natural process in the maturation of the group, motivated by the unconscious needs of the patients and the mature conductor.

zrijevanju grupe koju motiviraju nesvjesne potrebe bolesnika i zrelog voditelja.

Matriks grupe ili grupni duh u kojeg su uronjeni svi nesvjesni odnosi i zbivanja u grupi je ozračje koje daje mogućnost da se u grupi odvije proces detronizacije. Proces detronizacije voditelja može se promatrati i u okviru kontratransfera, jer najveći utjecaj na njega ima osobnost grupnog analitičara (21).

Poznato je iskustvo grupne psihoterapije, da je rijedak direktni i otvoreni napad na terapeuta zbog straha od kazne superega. Terapeuta grupa, bez obzira na njegovo realno ponašanje, dugo doživljava kao strogog i osvetoljubivog predstavnika superega i potreban je dug psihoterapijski proces da se ta uloga izgubi. Zbog toga pacijenti dugo zbog krivnje i straha od kazne na različite načine maskiraju svoj otpor i agresiju prema terapeutu. Najčešći mehanizam je premještanje svoje agresije na nešto drugo ili nekog drugog kao naprimjer na doktore ili nalaženje žrtvenog jarca (22).

Fenomen žrtvenog jarca kao grupnog fenomena star je koliko i ljudska povijest te se pojavljuje na više ili manje simboličan način u raznim, što vjerskim, što povijesnim tekstovima. Kroz tekstove se tako prikazuje magično vjerovanje da se zlo, krivnja i bol može jednostavno riješiti na način da se transferira/premjesti u životinju ili drugu osobu.

The atmosphere that provides the opportunity for the process of dethronement to take place in the group is the group matrix or the group spirit in which all of the unconscious relationships and events in the group are immersed. The process of dethroning the conductor can also be observed within the framework of countertransference, because the personality of the group analyst has the greatest effect on it (21).

From the experiences of group psychotherapy, it is known that a direct and open attack on the therapist due to fear of punishment by the superego is rare. Regardless of their realistic behavior, for a long time the group perceives the therapist as a strict and vindictive representative of the superego, and a long psychotherapeutic process is necessary in order for them to lose this role. Because of this, patients mask their resistance and aggression towards the therapist in various ways due to guilt and fear of punishment. The most common mechanism is shifting one's aggression onto something else or someone else, such as to doctors or to finding a scapegoat (22).

The phenomenon of the scapegoat as a group phenomenon is as old as human history and appears in a more or less symbolic way in various religious and historical texts. These texts display a magical belief that evil, guilt and pain can be easily removed by transferring/moving them into an animal or another person.



Fenomen žrtvenog jarca je manifestacija izrazito projektivnog karaktera, kojim se pokušavaju otkloniti loše osobine grupe kao cjeline i njihovih pojedinaca (23). Odabir žrtvenog jarca, koji se relativno često pojavljuje u terapijskim grupama, ovisit će o stanovitim čimbenicima same grupe te o čimbenicima odabranog pojedinca. Grupa napada tako označenu osobu jer se boji napasti onu prema kojoj su osjećaji zaista usmjereni, a to je najčešće voditelj. Analiza takve situacije otkriva pomak osjećaja od voditelja i prijenos konfuznih doživljaja i emocija prema njemu.

Dakle, kod ovog fenomena radi se o projekcijama vlastitih osjećaja prema osobi koja nekom sličnošću podsjeća na nekoga (roditeljske figure, loše vlastite dijelove). Oni članovi grupe koji pokazuju jake otpore iskazivanju svoje agresije i osjećaja krivnje na otvoreni način, odnosno pokazuju nemogućnost da se povjere drugima, skloni su projicirati svoje duboke osjećaje na nekog primatelja. Ova pojava često se pojavljuje i kada je izražena neka potreba grupe za kažnjavanjem uz istodobno jaku potrebu nekog člana da bude kažnjen.

Često je žrtveni jarc zapravo član grupe kojeg je grupa doživjela i označila kao terapeutovog ljubimca. Žrtveni jarc također može nastati i predstavljati sredstvo za nošenje s grupnom ljutnjom zbog povrijeđenog samopo-

The scapegoat phenomenon is a manifestation of a highly projective character, an attempt to eliminate the bad characteristics of the group as a whole and their individuals (23). The selection of a scapegoat, which appears relatively often in therapeutic groups, will depend on certain factors of the group itself and on the factors of the selected individual. The group attacks this selected person because it is afraid to attack the one towards which the feelings are really directed, which is usually the conductor. Analysis of this type of situations reveals a shift of feelings from the conductor and a transfer of confused experiences and emotions towards them.

This phenomenon is, therefore, about the projections of one's own feelings towards a person who by some similarity resembles someone else (parental figures, bad parts of oneself). Those group members who display strong resistance to openly express their aggression and feelings of guilt, i.e. show an inability to confide in others, tend to project their deep feelings onto a recipient. This phenomenon often appears when a group's need for punishment is expressed, along with a strong need of a member to be punished.

The scapegoat is often actually a group member who has been perceived and labeled as the therapist's pet by the group. A scapegoat can also be created and represent a means for coping with group anger due to hurt self-confidence and narcissism, in the context of Kohut's term of "group self" (24). It should also

uzdanja i narcizma, u kontekstu Kohutovog termina „grupnog selfa“ (24). Također treba naglasiti da je pojava žrtvenog jarca dosta česta u grupama koje su vođena autoritativno, a radi se o pomaknutoj agresiji članova grupe s očinske figure. Zadatak voditelja je prepoznati tu vrstu projekcije u grupi te pomoći grupi u prepoznavanju svojih vlastitih nesvjesnih namjera.

Nesvjesni proces traženja žrtvenog jarca u grupi može biti i grupni mehanizam obrane, defanzivni mehanizam, gdje se koriste mehanizmi ili projekcije ili projektivne identifikacije (25).

Prikaz vinjete: 33. seansa

Nekoliko mjeseci nakon što je Patrik isključen iz grupe, dolazi novi član Jakov u 31. seansi, no grupa ga od početka nije dobro prihvatila.

Grupa kreće nakon dvotjedne stanke zbog korištenja godišnjeg odmora voditeljice. Voditeljica ulazi, svi već sjede i pričaju, kad je ušla zašute i šute neko vrijeme. S pričom krene novi član, a grupa ga direktno ispituje gdje radi, što radi, podatke koje o njemu još nisu pohvatali na prošlim seansama, a on im odgovara na pitanja. Spomene bolesnu sestričnu koja propada zbog bolesti, ali ne zna od čega boluje. U jednom trenu kaže da se boji nekad da će se razboljeti te se pita tko će se brinuti za njega i

be emphasized that the appearance of a scapegoat is quite common in groups that are led in an authoritative manner, therefore it exhibits aggression of group members shifted from a father figure. The conductor's task is to recognize this type of projection in the group and to help the group recognize their own unconscious intentions.

The unconscious process of looking for a scapegoat in a group can also be a group defense mechanism, a defensive mechanism where mechanisms or projections or projective identifications are used (25).

Vignette presentation: 33rd session

A few months after Patrik left the group, a new member, Jakov, arrives at the 31st session, but he is not accepted well by the group from the beginning.

The group returns after a two-week break, due to the conductor's annual leave. As the conductor enters the room, everyone is already sitting and talking, but when she comes in they fall silent and remain silent for a while. The new member starts talking, and the group directly questions him about his place of work, his job, information about him that they have not yet picked up in the previous sessions, and he answers their questions. He mentions a sick cousin who is deteriorating due to her illness but does not know what she is suffering from. At one point, he says that he is afraid that he will get sick and wonders who would take care of him, and that



zato često razmišlja o svom zdravstvenom stanju. Ema dosta osorno pita: „Pa ima li tko brinuti se o tebi kad se razboliš?“. Jakov kaže: „Mama, ali i ona je bolesna“. Kaže dalje: „Jedan dan me sestra nazvala i rekla da mama ima karcinom“. Zaplače. Kaže: „Jako mi je bilo teško u tom periodu, znao sam početi plakati iz čista mira, ali nikad više sestra i ja nismo o tome pričali“. Kaže dalje: „Ali sada je mama valjda ok“. Ema kaže: „Kako niste o tome pričali?“. Jakov kaže: „A ne znam, ne volim ja po tome čačkati“. Ema, jako ljutita, kaže: „Ja stvarno ne razumijem kako nisi imao potrebe pitati od čega boluju i mama i sestrična“. Stjepan kaže „Imaš li ti s kim pričati o tim stvarima?“. Jakov kaže: „Ne pričam o tome s prijateljima“. Voditeljica kaže: „Imate sada nas, grupe služe za priče i o takvim stvarima“. Jakov kaže: „Imao sam jednog prijatelja s kojim sam mogao o tome pričati, ali on je isto bolestan, sada je invalid, dobio je neku bolest i nepokretan je, ne priča, nešto mrmlja...“. Kaže dalje: „Teško mi je to gledati pa ne odlazim više kod njega tako često. Jednom sam mu snimio pjesme koje smo slušali kad smo bili klinci, ali on se rasplakao kad sam to pustio“. Kaže da se osjeća bespomoćno pokraj njega. Jakovu su suze u očima.

Stjepan pita Jakova: „Koja su tebi očekivanja od ovoga?“. Voditeljica kaže Stjepanu: „Možete li pojasniti svoje pitanje“. Kaže: „Pa dugo je već u gru-

is why he often thinks about his health. Ema asks quite gruffly: “Is there anyone to take care of you when you get sick?” Jakov says: “Mom, but she is sick too.” He goes on to say: “One day my sister called me and said that my mother has cancer”. He cries. He then says: “It was very difficult for me during that period, I used to start crying out of nowhere, but my sister and I never talked about it.” He goes on to say: “But I guess mom is ok now”. Ema says: “How come you didn’t talk about it?”. Jakov says: “I don’t know, I don’t like to poke around.” Ema says very angrily: “I really don’t understand how you didn’t feel the need to ask what both mom and cousin are suffering from.” Stjepan says: “Do you have someone to talk to about these things”. Jakov says: “I don’t talk about it with my friends.” The conductor says: “You have us now, these groups are for talking about such things as well”. Jakov says: “I had a friend with whom I could talk about it, but he is also sick, he is now disabled, he got some disease and now he cannot move, he doesn’t talk, he mumbles something...”. He goes on to say: “It’s hard for me to watch it, so I don’t go to see him as often anymore. I once recorded for him the songs we used to listen to when we were kids, but he cried when I played them.” He says he feels helpless next to him. Jakov has tears in his eyes.

Stjepan asks Jakov: “What are your expectations from this?”. The therapist says to Stjepan: “Can you clarify your question”. He says: “Well, he has been in groups for a long time...”. Then he cal-

pama...". Zatim izračuna i shvati da je kraće nego oni (Jakov je prethodno bio u grupama u dnevnoj bolnici). Jakov se kiselo smješka. Ema ga pita zašto se sad smješka. Jakov kaže: „Ne znam“. Ema komentira kako se često smješka i kada nije smiješno. Jakov dodaje da je primijetio kako dosta često zna reći i „Ne znam“. Stjepan kaže kratko: „Hm... baš kao i Patrik“. Ema komentira da se mora boriti, ne može biti tako bespomoćan, njoj je najgora ta bespomoćnost, taj osjećaj. Kaže da ga ne može gledati, da ju je toliko izivcirao. Marko mu savjetuje da lupi šakom od stol i bori se.

Voditeljica kaže kako je Jakov danas sam, tj. pokraj njega su dva stolca prazna sa obje strane, da joj se čini kao da je na nekom ispitivanju. Ema se ne slaže i govori da nije tako, da je sam izabrao mjesto gdje će sjesti i da mu nisu oni rekli gdje da sjedne.

Voditeljica: „Primijetila sam Ema, Stjepane i Marko da ste se dosta uznemirili, evo Ema čak kaže da Jakova ne može ni gledati, čini mi se da je reakcija na Jakovljevu priču prilično burna. Podsjeća li vas Jakov na nekoga?“. Ema kaže nakon kraće šutnje: „Pa možda na mene kad sam tek došla u grupu, a i u mojoj obitelji se tako oko nekih bitnih stvari ne priča, to me užasno živcira... uf, samo se stavljaju stvari pod tepih“. Tina ipak pokušava ublažiti, daje podršku Jakovu i kaže da ju on dosta podsjeća na nju u nekim stvarima.

culates and realizes that it is a shorter period than them (Jakov was previously in groups at the day hospital). Jakov smiles sourly. Ema asks him why he is smiling now. Jakov says: "I don't know". Ema comments that he often smiles even when it's not funny. Jakov adds that he noticed that he has been saying "I don't know" quite often. Stjepan briefly says: "um...just like Patrik". Ema comments that he has to fight, he cannot not be so helpless, that helplessness, that feeling is the worst for her. She says that she cannot look at him, that he annoys her so much. Marko advises him to pound his fist on the table and fight.

The conductor says that Jakov is on his own that day, i.e. there are two empty chairs beside him on both sides, and it seems to her as if he is being questioned. Ema disagrees and says that it is not the case and that he chose the place where he would sit and they did not tell him where to sit.

Conductor: "I noticed Ema, Stjepan and Marko that you were quite upset, Ema even says here that she cannot look at Jakov, it seems to me that the reaction to Jakov's story is quite violent. Does Jakov remind you of anyone?". After a short silence, Ema says: "Well, maybe it's me when I first came to the group, and in my family we don't talk about important things like that, it annoys me terribly, ugh, things are just being swept under the rug." Tina, however, tries to soften it, supports Jakov and says that Jakov reminds her a lot of herself in some things.



Grupi je kraj, a voditeljica kaže da je danas Jakov dosta toga o sebi rekao, da joj se čini da kao da je izvukao ogledalo u kojem se cijela grupa gledala, i vidjela neke svoje odraze s kojima možda i nisu zadovoljni, ali da su možda sličniji nego što im se čini na prvu i da će to proraditi u sljedećim seansama.

Od samog početka grupa nije prihvatila Jakova, on je dosta dugo trpio njihove napade. U ovoj grupi čini mi se da je napad bio pomaknut i zbog ljutnje grupe na voditeljčin iznenadni godišnji, a na temelju neverbalne komunikacije početkom grupe. Također Emina rečenica kako ju živciraju stvari koje se stavljaju pod tepih i o njima se ne priča je vjerojatno aluzija da se ne priča o Patrikovom isključenju i članu koji je zauzeo njegovu poziciju jer se i u ovoj grupi pokušalo Jakova povezati sa Patrikom preko fraze „ne znam“ koju je Patrik često izgovarao. Tema u grupi, tko će se brinuti za koga kad se razboli također je simbolično povezana sa voditeljčinim godišnjim, a i Patrikovim isključenjem. Grupa se u kasnijim seansama često pitala tko se sada „brine“ za Patrika.

Prikaz vinjete: 37. seansa

Voditeljica dolazi na grupu uz kašnjenje od 2 minute, u prostoriji su već svi, a vrata su zatvorena što inače nije

The group session is over, and the therapist says that that day Jakov talked a lot about himself, that it seems to her that he pulled out a mirror in which the whole group looked at themselves and saw some of their own reflections that they may not be satisfied with, but that we may be more similar than it seemed at first and that we would work on that in the following sessions.

From the very beginning, the group did not accept Jakov, he endured their attacks for a long time. In this session, it seems to me that the attack was also triggered due to the group's anger at the conductor's sudden annual leave, based on non-verbal communication at the beginning of the session. Furthermore, Ema's sentence that she is annoyed by things that are swept under the rug and not talked about is probably an allusion to not talking about Patrik's exclusion and the member who took his position, because in this session as well they tried to connect Jakov with Patrik through the phrase "I don't know", which Patrik often used. The topic discussed in the session, of who would take care of whom when they got sick, is also symbolically connected to the conductor's annual leave, as well as Patrik's exclusion. In later sessions, the group often wondered who was now "taking care" of Patrik.

Vignette presentation: 37th session

The therapist comes to the group with a two-minute delay, everyone is already in

običaj. Ispričava se što kasni, a Marko priča nešto i okreće glavu od nje, svi ostali pozdravljaju. Marko priča grupi kako će ostati bez vozačke zbog neurološke dijagnoze koja mu je dijagnosticirana nekoliko dana prije. Kaže: „Prošli četvrtak sam bio kod neurologinje, dala mi je neke lijekove i rekla da ne smijem voziti. Rekla je da će me se slati na neku komisiju pa će mi policija oduzeti vozačku“. Iznosi ljutnju na sustav, nepravdu, doživljaj zakinutosti. Tina mu kaže da se ne smije šaliti s time i precjenjivati svoje mogućnosti. Jakov kaže voditeljici: „A što je s onima koji imaju napadaje panike, onda ni oni ne bi trebali voziti“ (mnogi članovi u grupi imaju napadaje panike). Voditeljica kaže da joj se čini da to nije isto, ali želi čuti što kaže grupa. Grupa krene hrabriti Marka, neka izdrži, da nije dobro da vozi, može ugroziti ne samo sebe, već i druge.

Marko nastavi i priča da je nekoliko puta bio kod drugih neurologa koji mu nisu postavili tu dijagnozu, iako kasnije reterira i kaže da je ipak nastao imati iste tegobe. Voditeljica: „Čini mi se kao da ste ljuti i na liječnike koji vam nisu postavili dijagnozu i na one koju su vam postavili dijagnozu“. Kaže: „Ma nisam ja ljutit na doktoricu, meni je jasno da je ona meni morala dati lijekove, već na sustav! Zašto ja moram ostati bez vozačke, a i kako to da mi nitko prije to nikad nije rekao...“. Dalje

the room and the door is closed, which is not usual. She apologizes for being late, Marko says something and turns his head away from her, while everyone else greets her. Marko tells the group that he is going to lose his driver's license due to the neurological diagnosis he was diagnosed with a few days before. He says: "Last Thursday I went to the neurologist, she gave me some medicine and said I shouldn't drive. She said that I will have to appear before a committee, and the police will take away my driver's license". He expresses anger toward the system, injustice, a feeling of deprivation. Tina tells him that he should not joke about it and overestimate his capabilities. Jakov says to the conductor: "And what about the people who have panic attacks, then they shouldn't drive either" (many members in the group have panic attacks). The conductor says that it seems to her that it is not the same, but they should see what the group has to say. The group starts to encourage Marko, telling him that he should hold on, that it would not be good for him to drive because he could endanger not only himself, but others as well.

Marko continues and says that he has been to other neurologists a couple of times and they did not make such diagnosis, although he later reiterates and says that he still continued to have the same symptoms. Conductor: "It seems to me that you are angry both with the doctors who did not diagnose you and the one who diagnosed you." He says: "I'm not angry with the doctor, it's all clear to me that she had to give me medicine, but



kaže: „Ma ne mogu ja zamjeriti toj neurologinji jer mi je oduzela vozačku, bila je divna, baš se potrudila, sve mi je lijepo objasnila, napravila je sve te pretrage, potrudila se kao ni jedan doktor do sada...“ Dalje kaže grupi: „Divna je, kao i naša doktorica“. Stjepan kaže: „A ja ipak mislim da je naša najbolja, koliko ja znam doktore kod kojih sam sve bio“. Marko kaže: „Dobro, nije kao naša, ali divna je“. Grupa se slaže i prisjećaju se svakakvih doktora kod kojih su bili, s kojima nisu bili zadovoljni.

Članovi grupe vrlo su blizu terapeutu kada napadaju sustav ili druge liječnike. Napad na navedene strukture zapravo je maskirani napad na terapeuta. Nije daleko od realnosti misao da je liječnik u fantaziji naše socijalne sredine dosta blizak agresivnom superegu, koji kažnjava.

Detronizacija je bila usporena zbog doživljaja stroge kažnjavajuće majke/doktorice koji se ustoličio voditeljičnim isključenjem Patrika, jer je grupa na neki način dobila poruku da je iskazivanje agresije i ljutnje kažnjivo, a sigurno nije pridonijelo ni preuzimanje inicijative i upućivanje Marka neurologu (naime, u više seansi Marko je iznio razne simptome koji su spadali u domenu neurologije).

Interpretacija ljutnje na liječnike nije urodila plodom jer je grupa odmah pri-

with the system, why do I have to lose my driver's license, and how come nobody ever told me that before...“ He goes on to say: “I can't blame that neurologist because she took away my driver's license, she was wonderful, she really tried her best, she explained everything to me nicely, she did all these tests, she tried harder than any doctor before...” he continues talking to the group: “She is wonderful, just like our doctor.” Stjepan says: “But I still think ours is the best, as far as I know from all the doctors I've been to.” Marko says: “Okay, she's not like our doctor, but she's wonderful.” The group agrees and they reminisce all kinds of doctors they were not satisfied with.

Group members are very close to the therapist when they attack the system or other doctors. The attack on the aforementioned structures is actually a masked attack on the therapist. The thought that the doctor in the fantasy of our social environment is quite close to the aggressive superego, which punishes, is not far from reality.

The dethronement was slowed down due to the experience of a strict punishing mother/doctor who was enthroned by the conductor excluding Patrik from the group, because the group somehow got the message that showing aggression and anger was punishable, and taking initiative and referring Marko to a neurologist certainly did not contribute either (namely, in several sessions, Marko presented various symptoms that fell within the domain of neurology).

bjegla glorifikaciji voditeljice, bježeći od agresivnog kraka transfera.

Prikaz vinjete: 41. seansa

Nakon Patrikovog isključenja grupa je povremeno kroz šalu donosila sliku voditeljice s tepihom u grupu. Na jednoj od grupa tepih se ponovno pojavi. Na ovoj grupi nije bila prisutna Tina koja je često stajala Jakovu u zaštitu.

Grupa počinje sa pričama dvije članice i dva muška člana kako su dobro. Ema se našminkala i cijela grupa ju je pohvalila kako lijepo izgleda, ona uživa u komplimentima, kaže da se tako i osjeća. Barbara opisuje da se i ona dobro osjeća, da joj posao dobro ide. Robert priča kako je sa suprugom izgadio probleme koje je iznio prošlih par puta u grupi. Stjepan je dobio povišicu na poslu za koju se uspio izboriti kod strogo šefa. Svi su dobro i grupa se hvali, no u jednom trenutku netko iz vedra neba spomene scenu tepiha. Pošto se taj tepih nekoliko puta nakon izlaska Patrika pojavljivao u grupi voditeljica ih potakne na fantazije o istom. I kaže: „Opet tepih, s čime ste ga sada povezali, kakve vas fantazije vežu za nje-ga?“. Nitko u grupi, kao ni do tada ne bi o tome pričao, svi izbjegavaju. Ema se odvaži i kaže: „Pa da ste nekoga u njemu zamotali“ sa smiješkom i upitnikom. Voditeljica ponovi: „Nekoga sam zamotala u tepihu?!“. Robert nevoljko

Expressing anger at the doctors was not successful because the group immediately resorted to glorifying the conductor, avoiding the aggressive part of the transference.

Vignette presentation: 41st session

After Patrik's exclusion, the group would occasionally bring a picture of the therapist with a rug to the sessions as a joke. In one of the sessions, the rug reappeared. Tina, who often protected Jakov, did not attend this session.

The session begins with the stories of two female members and two male members stating that they are doing well. Ema put on make-up and the whole group compliments her on how beautiful she looks, she enjoys the compliments, and says that is how she feels. Barbara describes that she also feels well, that her work is going well. Robert talks about how he smoothed over the problems with his wife that he had brought up the last couple of times in the sessions. Stjepan got a raise at work, which he managed to obtain after discussions with a strict boss. Everyone is fine and the group is bragging, but at one point someone out of the blue mentions the rug scene. Since that rug has appeared several times in the group after Patrik left, the conductor encourages them to fantasize about it. She says: "The rug again, what have you connected it with now, what fantasies bind you to it?". As before, no one in the group wants to talk about it, everyone avoids it. Ema dares and says: "Well, that you wrapped someone in it" - with a smile and



kaže: „Ma znate kako se u filmovima sakrivaju dokazi, stave se u tepih mrtvac...“. Voditeljica kaže: „Hmm tko je to mrtav u grupi?“. Svi šute, Ema kaže: „Ako je itko, onda je to Patrik“. Nakon kraće šutnje Ema kaže: „Ne znamo što je s njim na kraju, liječi li se on negdje?“. Ponovim im isto što i prije. Grupa se vrati svojim aktivnostima i nastave priče od prošle grupe.

Jakov šuti cijelu seansu i ima ruke prekrizene na prsima. Voditeljica: „Jakov nam danas cijelo vrijeme šuti“. Marko kaže: „Robert više nije dijete u grupi (prethodnih par grupa su zezali ili etikirali Roberta kao bebu jer najmanje o njemu znaju, kao što su i o Patriku prije isključenja, no Robert je počeo dosta o sebi govoriti što je nekako koincidiralo sa ulaskom Jakova u grupu) sad je Jakov dijete, o njemu najmanje znamo“. Jakov kaže da je tu, s njima, samo nikako se ne osjeća. Marko nastavlja kroz šalu: „Kako se to nikako ne osjećaš, svi se osjećamo nekako, morat ću ja opet donijeti onu listu s osjećajima“. Jakov kaže da ga Marko živcira, vjerojatno ljut još od prošle seanse kad je Marko donio listu osjećaja s njihovim objašnjenjima. Marko je začuđen jer je stava da se on jako potrudio pišući tu listu. Jakov napadački nastrojen kaže da on ima mišljenje o svemu i da ne voli takve ljude, da je nepristojan. Do kraja grupe govori da neće s njim više pričati, da mu je takvih dosta i da

a question mark. The conductor repeats: “I wrapped someone in the rug?!”. Robert reluctantly says: “You know how evidence is hidden in movies, the dead are put in a rug...”. The conductor says: “Hmm, who is dead in the group”. Everyone is silent, Ema says: “If it’s anyone, it’s Patrik”. After a short silence, Ema says: “We don’t know what happened to him at the end, is he being treated somewhere?” I repeat to them the same as before. The group returns to its activities and continues talking about topics from the previous session.

Jakov is silent throughout the session and has his arms crossed over his chest. Conductor: “Jakov has been silent throughout the session today”. Marko says: “Robert is no longer the child in the group (in a couple of previous sessions they had teased or labeled Robert as the baby because they knew the least about him, just like they did with Patrik before he left, but Robert started talking a lot about himself, which somehow coincided with Jakov joining the group) now Jakov is the child, we know the least about him”. Jakov says that he is there, with them, he just does not feel it at all. Marko continues, jokingly: “How do you not feel it, we all have feelings, I will have to bring that list with feelings again”. Jakov says that Marko annoys him, probably angry since the last session when Marko brought a list of feelings with their explanations. Marko is surprised because he believes that he put a lot of effort into writing that list. Jakov aggressively says that Marko has an opinion on everything and that he does not like such people, that he is rude. By the end of the ses-

ne zna što njemu ovo sve treba. Na bilo kakvu intervenciju, bilo mene, bilo člana grupe, Jakov ne reagira, ostaje se duriti do kraja grupe. Marko se čudi. Na iduću seansu Jakov nije došao, voditeljici je javio da više ne želi dolaziti u grupu koja ga ne prihvaća.

Na idućoj seansi (42.) Tina je bila jako ljutita na grupu što su „izbacili“ Jakova, te u jednoj rečenici provukla: „Dobro, tko je sada najslabija karika, možda ja?“

Upravo zbog doživljaja supresije agresivnog ponašanja u grupi, isključivanjem Patrika došlo je do nastanka tabua koji se očitovao u fantaziji o tepihu u kojem je nešto sakriveno, agresija koja se poistovjećivala sa smrću u grupi.

Grupa je nakon Patrikovog isključenja polemizirala kako su oni puno boljeg psihičkog stanja od njega, no istodobno su se bojali da ne budu tako loše kao on, da se njih ne isključi, da to netko drugi ne odluči, kao što je to bio slučaj sa Patrikom. Zbog toga je sloboda u komunikaciji, otkrivanju, kao i stvaranje intimnosti i bliskosti bilo na neki način ograničeno, a agresivni krak transfera otvarao se kroz aluzije. U jednom navratu dok su u grupi pričali o Patriku, označili su ga i kao najslabiju kariku u lancu, zato je i Tinin komentar na sljedećoj seansi za Jakovljevo isključenje bio „Tko je sada najslabija karika?“, vjerojatno bojeći se za svoju poziciju.

At the next session, he says that he will not talk to him anymore, that he has had enough of people like him, that he does not know why he needs all of this. Jakov does not react to any intervention by me or the members of the group, he remains sulking until the end of the session. Marko is surprised. Jakov does not attend the next session, and contacted the conductor to tell her that he no longer wanted to attend meetings with a group that did not accept him.

At the next session (42nd), Tina was very angry with the group for "kicking out" Jakov, and said it all in one sentence: "Okay, who is the weakest link now, maybe me?"

Precisely due to the experience of suppressing aggressive behavior in the group, the exclusion of Patrik led to the emergence of a taboo that manifested itself in the fantasy of a rug in which something was hidden, aggression that was identified with death in the group.

After Patrik was excluded, the group argued that they were in a much better mental state than him, but at the same time they were afraid of ending up in a state as bad as his so as not to be excluded, so that someone else would not make that decision as was the case with Patrik. Because of this, freedom in communication, disclosure, as well as the creation of intimacy and closeness were somewhat limited, and the aggressive side of transference was created through innuendo. On one occasion, when they were talking about Patrik during a session, they designated him as the weakest link in the chain, which is why Tina's comment at the following ses-



Treba napomenuti da je grupa nakon Patrikovog isključenja, a prije uvođenja Jakova, već „tražila“ iduću najslabiju kariku, tako su prvo Roberta označili kao „dijete u grupi“ iako po godinama nije bio najmlađi član, jer se o njemu najmanje zna, poistovjetivši ga sa Patrikom koji je isto slabo dijelio sebe s grupom, što je Robert osjetio te se u zadnjih par grupa dosta otvorio.

Grupa se na taj način, kao što i rade članovi u drugoj fazi grupnog procesa, borila za socijalnu hijerarhiju, te ne birajući riječi jednostrano „analizirala“ tj. komentirala kolege u grupi i tražila žrtvene jarce.

Jakov je u grupu ušao nekoliko mjeseci nakon izlaska Patrika. Odmah na početku predstavljanja Jakov im je naglasio da je voditeljčin pacijent već duže, zbog čega je imala dojam da ga je grupa označila kao njenog miljenika ili nekoga s kim ima povijest. Treba napomenuti da se i sam Jakov često direktno obraćao voditeljici iznoseći isječke prijašnjih seansi pokušavajući zauzeti posebnu poziciju, a na neki način i tražiti zaštitu u grupi koja ga nije dobro dočekala. No, ubrzo nakon njegova ulaska, zbog njegovih teškoća da se izrazi, zbog toga što je često govorio „ne znam“ grupa ga je označila kao „najslabiju kariku“, nekoga poput Patrika, tj. onoga kome najviše treba pomoći i nekoga kome nije mjesto u grupi.

sion referring to Jakov's exclusion was “Who is the weakest link now”, probably fearing for her own position. It should be noted that after Patrik was excluded and before Jakov was introduced, the group was already “looking for” the next weakest link, so they first labelled Robert as “the child in the group” even though he was not the youngest member in terms of age, but because they knew the least about him, thus identifying him with Patrik who also shared little about himself with the group. Robert felt that and opened up a lot in the last couple of sessions.

In this way, as group members do in the second phase of the group process, the group fought for social hierarchy, and without weighing their words they unilaterally “analyzed”, i.e. made comments about their group colleagues and looked for scapegoats.

Jakov joined the group a few months after Patrik had left. Immediately at the start of his introduction, Jakov emphasized to them that he had been the conductor's patient for a long time, which is why she had the impression that the group labelled him as her favorite or someone with whom she has a history. It should be noted that Jakov himself often addressed the conductor directly, presenting parts of previous sessions and trying to take a special position, in a way seeking protection in a group that did not welcome him well. However, shortly after he joined, due to his difficulties in expressing himself and due to the fact that he often said “I don't know” the group labeled him as the “weakest

Agresija grupe namijenjena voditeljici se premjestila na najnovijeg člana, onoga koji je zauzeo „Patrikovu poziciju“.

Također, grupa se i bojala novih članova kojima nije dobro, bojali su se za svoj prostor u grupi kao i napredak grupe kao cjeline. Treba naglasiti da je grupa također u Jakova projicirala svoje loše dijelove te se nadala da ako njega izbací van, da će s njime nestati i njihove loše osobine.

Spominjući tepih kao neki element u terapiji koji podsjeća na Patrikovo isključenje i pokazivanje njegove agresije, donijeli su ga i u zadnju grupu predosjećajući da se u Jakovu nakupila njihova agresija te da je spreman za svoje „samoubojstvo“ u grupi. Jakov, dakle, napade nije izdržao te je konačno isključenje uslijedilo kada je on direktno napao člana koji je bio najagresivniji prema njemu i time si zapečatio sudbinu u grupi.

Voditeljici pokušaji interpretacije grupne dinamike u slučaju s Jakovom nisu urodili plodom s obzirom na jake destruktivne snage u grupi. Na intervencije je posebno pazila, s obzirom na to da je shvatila kako Jakova grupa doživljava kao voditeljičinog miljenika kako se on i ponašao, pa je smatrala da bi jasno zaštićivanje Jakova dodatno pogoršalo stanje.

link“, someone resembling Patrik, i.e. the one who needs the most help and someone who does not belong in the group.

The group's aggression aimed toward the conductor shifted toward the newest member, the one who took “Patrik's position”.

In addition, the group was afraid of new members who were not doing well, they feared for their own place in the group, and also for the progress of the group as a whole. It should be noted that the group also projected their bad qualities onto Jakov and hoped that if they kicked him out, all of their bad traits would disappear with him.

Mentioning the rug as an element in therapy that reminds of Patrik's exclusion and his display of aggression, they brought it up during the last session feeling that their aggression had accumulated in Jakov and that he was ready for his “suicide” in the group. Jakov did not withstand the attacks and the final exclusion followed when he directly attacked the member who was the most aggressive towards him, thus sealing his fate in the group.

The conductor's attempts to interpret the group dynamics in Jakov's case were not successful, taking into consideration the strong destructive forces in the group. She paid special attention to the interventions, having realized that the group perceived Jakov as the conductor's favorite, which is also how he behaved, so she believed that clearly protecting Jakov would further worsen the situation.



ZAKLJUČAK

Za vrijeme početaka vođenja grupne terapije postoji opasnost od suviše autoritativnog vođenja grupe te se iz vida tada gubi smisao grupnog iskustva. Suviše autoritativno vođenje evocira transferne distorzije autoritativnih roditeljskih figura. Sada s vremenskim odmakom, pitamo se bi li Patrik sam izašao iz grupe i bi li ga grupa na to potaknula, bez voditeljičinog direktnog preuzimanja odgovornosti.

Sa stajališta kontratransfera, u tepih koji je donijela na posao kako bi radni prostor učinila ugodnijim, sasvim je sigurno bilo zamotano puno anksioznosti, krutog držanja pravila i brige za grupu. Vjerujemo da će je metafora skrivena u tepihu pratiti dalje u grupnom radu. Može skrivati, koliko pozitivno, toliko i negativno, kako za članove grupe tako i za voditeljicu.

S obzirom na to da su se u matriksu grupe pojavljivale aluzije o tepihu u kojem je nešto sakriveno, kao agresija koja vodi u smrt tj. isključenje iz grupe ako se agresija pokaže, jasno je zašto je proces detronizacije bio otežan, a prorada transfernih elemenata strogih roditeljskih figura, koja je bila bitna za pomak u terapiji, bila prolongirana.

Pojavljivanje neprijateljstva prema terapeutu je neizbježno u razvoju grupe,

CONCLUSION

In the initial stages of conducting group therapy, there is a risk of leading the group in an excessively authoritative manner, and the meaning of group experience is then lost from sight. Overly authoritative guidance evokes transference distortions of authoritative parental figures. Now, after some time has passed, we wonder if Patrik would have left the group on his own or if the group would have encouraged him to do so without the conductor directly assuming that responsibility.

From a countertransference point of view, a lot of anxiety, rigid adherence to rules and concern for the group was surely wrapped up in the rug which she brought to work in order to make the workspace more comfortable. We believe that the metaphor of something being hidden in the rug will follow her further in her group work. It can hide many positive and many negative aspects, both for the group members and for the therapist.

Considering that allusions about the rug in which something was hidden appeared within the group matrix, such as aggression that leads to death, i.e. exclusion from the group if aggression is shown, it is clear why the process of dethronement was difficult and why the processing of transference elements of strict parental figures, which was essential for a shift in therapy, was prolonged.

The emergence of hostility towards the therapist is inevitable during group development, but this hostility or the aggress-

no to neprijateljstvo ili agresivan krak transfera se održao relativno dugo, te se grupa dugo zadržala u drugoj fazi grupnog procesa. Agresija i ljutnja na voditeljicu vidjela se i u pomaknutoj agresiji na člana grupe i izboru žrtvenog jarca koji je zamijenio mjesto isključenom članu. Razlog tom zadržavanju u drugoj fazi grupnog procesa i usporene detronizacije zasigurno je bio i odabir članova koji su većinom imali stroge autoritativne roditelje.

Ipak, kontejniranje i metaboliziranje direktne i indirektna agresije usmjerene što prema voditeljici, što prema žrtvenom jarcu, omogućila im je, iako uz prolongiran period, uspješnu detronizaciju voditeljice i prorađivanje strogih i kažnjavajućih autoriteta te daljnji napredak u terapiji i privatnom životu.

sive side of transference was maintained for a relatively long time, and the group remained in the second phase of the group process for a long time. Aggression and anger towards the conductor were also noticeable in the aggression shifted towards a member of the group and in the choice of a scapegoat who took the place of the excluded member. This retention in the second phase of the group process and the slow dethronement were certainly due to the selection of group members, most of whom had strict authoritative parents.

Nevertheless, containing and metabolizing direct and indirect aggression directed towards the conductor and the scapegoat enabled them, albeit for a prolonged period, to successfully dethrone the conductor and work through the strict and punishing authorities, as well as to make further progress in their therapy and their private lives.

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