

**Bogdan de Barbaro**

**Psychotherapist as a Citizen. Private and Non-private Experiences**

The end of the second decade of twenty-first century sets a particular challenge for systemic therapists who are able to perceive the relationship between what happens in macrostructures (on the social level), mesostructures (in local communities and family) and individuals. The idea of psychotherapist's neutrality, self-restraint and even his absence in the social space arouses more and more serious doubts as the world of politics invades the therapist's office with its tensions and dilemmas. Although the rule forbidding diagnosing of unexamined individuals and making the diagnosis public is generally accepted without question, the act of describing social and political phenomena by means of professional psychological language can become at least desirable. It is particularly important to reflect upon such processes as the spiral of civil hatred, the attitude towards the Other and the atrophy of social sensitivity in the vast part of Polish society, as well as, in the field of morality, the perseverance of patriarchal patterns and expansion of hedonism.

The political self described by occidental psychotherapists deserves to be reflected upon in Poland, too.