

Jerzy Dmuchowski

Why One Does Not Talk Politics in Group Psychotherapy?

Group psychotherapy is one of the possible answers to psychological and social problems of contemporary world – weakening of interpersonal bonds, difficulties in building and maintaining relationships between lovers and friends, loneliness, feeling of emptiness and the lack of meaning of life, superficiality and unstable character of contacts with others. Group psychotherapy can also prove to be a useful tool when it comes to coping with symptoms of general socio-cultural crisis, such as the decrease of social confidence, trivialization and brutalization of public discourse, growth of hateful divisions within the society, xenophobia, expansion of populisms and nationalisms, fall of authorities, rise of authoritarian leaders to power and blind submission to their voices. In this speech I will show how the participants of psychotherapeutic groups regain the ability to create bonds, learn to trust others, reach out for a dialogue, care for the others and put oneself in their shoes, experience intimacy, play and cooperation, but also to fulfill one's own ambitions and needs, fight and compete without harming each other and – last, but not least – appreciate authorities while being able to test and confront them.