

Jacek Ozimek

Transcultural psychotherapy positive and its philosophical paradigm.

I mean, at first it was a lot of questions, the magnitude of reflection, a lot of expectations. What to say - now? Crept anxiety. As with the multiplicity of ideas to make the message clear? As with everything in mind, build a simple idea and indicating the matter. She had to be change, or rather a kind of reformulation. Understanding that led to the discovery. You have to start with the story. Because you can not talk about the positive psychotherapy without transcultural rear.

"Calm

The man asked the master:

- What were you doing before you became happy and gained peace of mind?
- Usually, I chopped wood and carried water from the well.
- And now that you've met the taste of happiness and peace, what are you doing?
- What should I do? Rabi wood and carry water from the well.

The man asked, surprised:

- That's what does it differ?
- All, - said the master. - Now everything is natural. Once it was a duty, which I had to meet in spite of himself. I forced myself. I did it because I told it to do. My teacher told me to chop wood, so I chopped, but I do not feel like it. Now Rabi wood with joy. This is not an obligation, it is consciousness. It's getting colder, winter goes, the wood will be needed to heat the house. The teacher is getting old, needs more heat. I love him and I want to take care of him, so I carry his water from a well, it makes me happy. That is the difference. There is no resistance, no reluctance. I respond to the current need and is in this pleasure. "

Hic et nunc; Quod et antea - here and now; there and formerly

This is the first indicator of the philosophical paradigm of therapy positive. That's the magic of narrative, what inscribed in tradition, this kind of timeless and universal Positum. The state of "before" and the state "after". What is between you call space transformation, discovery changes. But Master remains the same! Here Master shrouding the mystery of his own Positum notes that it is ready to build its Model Balance .A consequently meets the taste of happiness and peace. Clearly see what it was "TO" and also sees what is "PO", what it is now. He crossed the road from a busy duty, the pleasant natural action.

Transcultural, universal Positum is one of the elements of building individual Positum. What is universal, transcultural Positum. And if it really is? It seems that this Positum world, experiencing history. Because it is in this dynamic pattern shape attitudes, beliefs, human activities. "What would mean humanity, if it someone faced such as it is and such as it is

believed. What would she meant as I know and watch, not as I believe in it ... "wrote C.K Norwid in the late nineteenth century. That is the question - what it means to humanity, which means a man as it is ?. This question of conscious embedding in the historical, cultural, which creates a single existential beliefs. Here is a man who entered into a certain space of time, the history, the experience of individual shapes set of individual resources. Experiencing what is good and bad. Initially only has two, as it were organically inscribed in the biographies, the potentiality of love and necessity of knowledge (science). With time, other forms of potentiality. Acquires them in the educational process, while others are the result of experiencing life. Hermeneutical circle, about which he wrote Martin Heidegger begins to roll over individual lives. The dynamic pattern of internal change, attitudes and choices always is realized in a particular paradigm. This is the time BEFORE AND AFTER time. Hence flows the knowledge of himself. Man is the best specialist himself. It creates a certain whole - Positum. You can see here that Positum (resource, the whole man) therefore constitutes a specific philosophical-anthropological all, is also a specific meaning, which is the essence of the individual, the inner interpretation aimed at naming the needs and possibilities of their achievements. Here creates a personal, existential hermeneutics of being and duration of the here and now. Past and present human can be a determinant of what will be the interpretation of this present. It is an indicator of how what is present and is currently being felt. And here it reveals the power conflicts. Those entered in the distant past, as well as those that are current picture of thoughts and emotions. As well as those that are key to the mystery of the problem, which came to wrestle (internal conflict, and the current key) In the space of thoughts, words, actions and habits often played out the drama, which space is filled with the contents of the conflict. Master of the stories he knew perfectly well that the state of PRE is a false melody. He felt no pleasure in the ongoing activities. Deeply he felt that it could be otherwise. But the reality was shaped different picture of yourself in action. Following cognitive schema THOUGHT -word-OPERATION - HABITS can deduce the following picture of the emerging conflict. Think - what am I doing this hypothesis answer: I do not know, I do not understand, do not want to do that, because I do not know what it is. Yes built a thought: maybe I'm doing something wrong, maybe I'm too stupid to discover what's going on in this action. This led to specific actions: the work done without the involvement could be negatively assessed by the one who ordered it. It is being built certain attitudes, which the image will appear in various aspects of life. Dynamic, because progressive, growing pattern of denial myself in a given situation may develop in the future, need to strengthen their own inability. And this on the basis of a vicious circle shape will be another conflict. What is needed is a reflection, reflection, discovery, the next negatives also received the full power of the positives that the crisis does not usually see. This reflection lies the secret of the transition from denial to action. In accordance with the principle of hermeneutics: ego-COGITO-COGITATUM: I think it works. And this is perhaps the greatest strength of Positive Psychotherapy. Its essence is the MAN. Not just a problem, but as it is MAN. In the analysis and interpretation (REDUCTION phenomenological) no assessment, and is trying to understand. In experiments everything is important and has

some meaning. My discovery. Power seat in a culture that points to the universal and the universal values possibility to look at their lives in the context of the experience of good and evil, accepting what I experience, understanding the essence of which is hidden, the ability to change, or better reformulation. Because I do not have to reject what is given to us. This is the power of man.

SALUTOGENESIS AGAINST PATHOGENESIS

In the process of building the specific motivation psychological and philosophical, but supported the idea of transculturalism hermeneutical reflection, the space is filled with experiences of conflict, discovery opportunities that flow from potentiality, as well as the structure of methodological psychotherapy positive:

Methodological psychotherapy positive:

- Positum
- Formula Cognitive made present in the equilibrium model, meta-language narration contained in transcultural formula parable - the universality of content and meaning
- Three stages of interaction - the attachment, differentiation, separation
- five-step therapeutic process - (OBSERVATION, INVENTORY, SUPPORT SITUATIONAL, VERBALIZATION, EXTENSION PURPOSES)
- Analysis of Differential

is inscribed experience salutogenesis. And again there is the dynamism of the process. This time it's about the dynamic state of unstable equilibrium. Salutogenesis focuses not on the factors which cause disease and the preservation of health, focused on the search for resources and factor in promoting and sustaining health. Also in terms salutogenicznym refers to specific resources, as well as what those resources support. On the psychological level overview getting to the roots of resources is carried out based on the analysis of eidetic (phenomenological). In 2005 Antonovsky, creator salutogenesis said:

"The central element of the theory of salutogenesis a sense of coherence, which is the global orientation of man, distinguished by the extent to which man has a poignant, persistent, though dynamic feeling of confidence that the stimulus flowing over the life of the internal and external environment are structured, predictable and explicable; resources are available, which will allow him to meet the demands posed by these stimuli; These challenges are the challenges it worth the effort and commitment. "

Eidetic analysis allows not only conclude that these resources actually exist, it can also say that in the real transmission, they can be a psychological construct, which is part of the existential duration. Coherence means consistency, connectivity, whole. In the language of psychology coherence also means "secondary importance", which means that the original

insight in the dynamic process of experience and understanding can take on new meaning or value. I also echoes the idea of a hermeneutic circle.

The idea of Hans Georg Gadamer, who was a disciple of Martin Heidegger's interpretation of what experienced is not possible in a neutral position (zero), devoid of any expectations. Interpreter is after all an initial beliefs that arise from the location of the culture (the effect of anthropological experience potentiality) .So so these convictions resulting from the culture, traditions and language are constantly revised in the course of moving the hermeneutic circle. Acquisition of new beliefs will be possible only when the interpreter will discover the meaning of alienation, transfer, or perceive the state of things incompatible with his original beliefs or expectations (model conflicts). These non-compliance, or are the process of discovery of such non-compliance will result in the consequences of the interpreter to the starting point, the initial assumptions, but the view will no longer be revised accordingly by the strangeness, the falsity of what was originally felt. If the process of coherence is based on the feeling of a full understanding of where the perceived stimuli can be and surprising, predictable or it will be possible to clarify them, and when you get the belief that posed by life challenges and tasks have meaning and are worth the effort, as well as when the received stimuli allow the action, here in this situation receive stressors will be held with faith and conviction that any change, reformulation is possible (3 salutogenesis rules: the sense of comprehensibility, manageability and meaningfulness). The sense of reasonableness directs attention toward the human action. It's action is a necessary factor to determine that the challenges it poses to human life are worth the effort. And again there is the principle EGO - COGITO - COGITATUM. However, in this construction the value Cogitatum- action is the essence of the process. Here's another element of philosophical pattern in positive psychotherapy. Psychological analysis is enriched by philosophical and apposition indicator axiological, and thus receive more than a theoretical value. This makes a positive model of psychotherapy that integrates different approaches impact.

PARADIGM - LOCI COMMUNES

Narrative refers to an element of cultural anthropology to create a kind of meta-language that points to a culturally determined meta-meanings. meta-language also constructs specific place culturally, psychologically and philosophically in common. Loci communes create supracultural paradigm interpretation of attitudes, choices and experiences. They are culture specific behavior patterns, meanings, as in literary studies, Aristotle referred to as topos. So what is the experience, human experience is also defined by cultural characters inscribed in the universal process of understanding. It seems that the function of psychotherapy positive play potentiality. They also represent certain loci communes-place culturally, psychologically and philosophically in common. The semantics of human potentiality draws attention to the markings own capabilities, so that points to a holistic vision of man, reflecting a resource - Positum. It can be assumed that the conflicts are the cultural, psychological and philosophical loci communes. RE. Curtius in the theory of common culturally accepted that the loci communes are trademarks cultural, which, by the presence in the culture make us think, are an essence, a truly epistemological argument on the way to transformation. Conflicts are a sign of cultural and existential necessity. Because of this necessity by the presence of

force to certain attitudes, choices, strategies, activities. Analysis of these attitudes, choices, strategies and actions may constitute an epistemological construct, which will be the beginning of the substantial transformation. Thus, the presence of conflict, awareness potentiality as places culturally, psychologically and philosophically common are specific characters of individual meanings, forcing think. Such hermeneutic motivation may be the beginning of reformulations. In the phenomenological theory of knowledge, and also the beginning of the hermeneutic circle is the state of pre-comprehension, or the state of intuitive knowledge or view of the world. This kind of preparation for the process of analysis and interpretation of what is experienced *hic et nunc*. The state of the pre-comprehension through a multitude of external factors, internal experience and the need to lead the individual, holistic *via mutationis* (route change).

SUMMARY

Transcultural psychotherapy positive - as emphasized by R. Ciesielski - has its origin in the concept of psychodynamic. However, over time assimilated in their own land, other psychotherapeutic modalities: Integration, humanities, cognitive-behavioral. It all makes the space of interpretation and philosophical motivation has been greatly expanded. An important distinguishing feature here is the idea transculturalism, and thus creates a certain philosophical paradigm constitutes an important factor in interpretation. Given that psychotherapy is a positive modality was founded in the twentieth century, and therefore the concept of intellectual connection with the philosophy of Husserl, Heidegger, Gadamer, Ricoeur is justified, as it is an instance of the deposition in a specific pattern intellectual. Phenomenology and hermeneutics are two attitudes that are indicative of psychological and philosophical overview of the existence of general and individual. The methodology of these attitudes is in correspondence with the experiences and discoveries psychotherapy positive. As a starting point you should take a holistic overview of the principle of human existence, as individuals embedded in a particular culture. Culture is an important factor for insight and interpretation of the world. Holistic vision of human coexistence also assumes that the positive and negative. It should be recognized that what is unwanted in life is an expression of what wanted, according to the principle that the knowledge of love is possible with the juxtaposition of knowledge about hate. The man would not know what is the truth, if he had not experienced a lie. Hence, holistic vision of man has its methodological reasons. With this dichotomy (good and evil, truth and lies, love and hate) flows the necessity and the possibility for specific interpretation of events which, on a circle of existence allows a person to experience that, in consequence, to return to the starting point - but at the moment a person is already after transformation. The wheel of existence is like a hermeneutical circle H. G. Gadamer. The road, which traverses the flywheel, characterized by experiences of trauma, mikrotraum, is a state BEFORE and AFTER the state. A space which is formed between the states is filled with the findings under potentiality.

It should be recognized that psychotherapy positive due to its trans-cultural value, deeply embedded into the philosophical tradition of the twentieth century, as well as their motivations located in the potential contained in cultural anthropology is a modality that has a certain philosophical paradigm motivation.