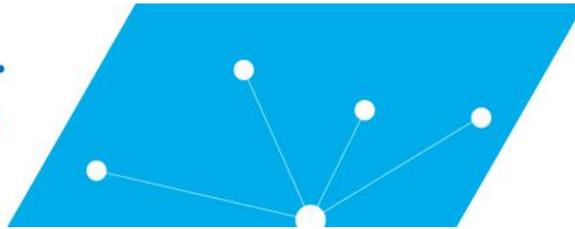


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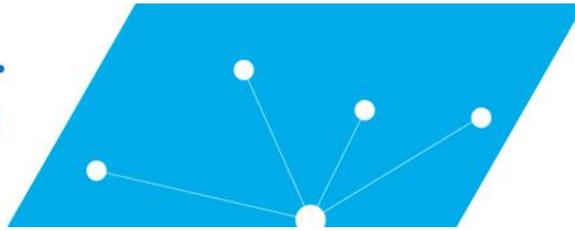
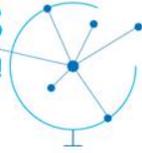
Historical Trauma through the Contextual Therapy Lenses: Hungary, Russia and Turkey Cases.

Presenters: Tatiana Glebova, Eموke Tarjan, Fatma Arici-Sahin, Ibrahim Keklik and Zoltán Iszlai.

Socio-historical context is an important part of the factual dimension of contextual therapy theory. Ivan Boszormenyi-Nagy (1987) noted that “facts or destiny” are “essential determinants of one’s basic nature and the fairness of obligations.” Along with genetic input, life cycle events and other facts unique to each individual and family, shared cultural or national histories interact with other dimensions of relational reality. Turbulent history of the 20th century brought social injustices to several generations of modern families around the globe. Contextual therapy offers a comprehensive approach of understanding and evaluation of complex impacts of trauma from a multigenerational perspective as well as therapeutic methods to minimize their negative consequences. According to contextual therapy theory, such calamities as wars, persecution, genocide, economic hardship “may function as the destructive delegating factor” (Boszormenyi-Nagy & Krasner, 1986). At the same time, wisdom, resilience and relational resources may present an opportunity for transgenerational legacies. Severe historical traumas and social injustices disturb the human order, as it is understood within the contextual therapy paradigm, in many ways, destroying webs of family connections, robbing parents of resources to care for their children, forcing children to take adult roles, and damaging trust and trustworthiness. Left “unacknowledged and unrequited” (Boszormenyi-Nagy & Krasner, 1986), injustice leads to many variations of destructive entitlement that, in its turn, carry social and familial consequences.

This presentation’s aim is to facilitate a discussion of how socio-historical events may impact current family relationship and individual functioning as well as how, in their turn, they may contribute to current social context in three countries – Hungary, Russia and Turkey, through the contextual theory lens. The presenters provide brief descriptions of historical events in their countries they believe were pivotal for understanding of current challenges they see in clinical practice with families and in the broader social systems. However, “A knowledge of past events is intrinsically valuable only if it is useful for the future” (Boszormenyi-Nagy & Krasner, 1986). Thus, the presenters will also provide examples of constructive transformation of negative past experiences and discuss how mental health professionals

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may help families and communities to “recast” (Boszormenyi-Nagy & Krasner, 1986) the historical past into more effective ways of offering future care and to work toward prevention of further destructive entitlement (Cotroneo, 2015).