



## Prof. dr. Alfred Pritz – utemeljitev Zlatega priznanja za razvoj psihoterapije

**Častni** prof. dr. Alfred Pritz se je rodil leta 1952 v St. Lorenzenu na Štajerskem v Avstriji. Po študiju psihologije in pedagogike je leta 1976 doktoriral iz psihologije. Že v času osnovnega študija je začel psihoanalitsko edukacijo v neoanalitskem pristopu Igorja Carusa ter jo zaključil kot najmlajši avstrijski psihoterapevt. Ta osebna izkušnja je gotovo pripomogla k njegovemu prepričanju, da lahko začne že mlad univerzitetni diplomant uspešno psihoterapevtsko delovati in da psihoterapevtska dejavnost ne more biti domena ljudi, katerih starostni znaki naj bi pričali za njihovo izkušnost in modrost. Iz te pozitivne izkušnje se je rodila ideja psihoterapije kot prvega življenjskega poklica in je pred leti kulminirala v ustanovitve Univerze Sigmunda Freuda (USF), katere Fakulteta za psihoterapijo omogoča študij psihoterapije takoj po maturi.

Alfred Pritz spada v majhno skupino ozaveščenih psihoterapevtov, ki so vedeli, da psihoterapija ne bo mogla postati ugledna znanstvena disciplina in družbeno prepoznaven poklic, dokler se bodo pripadniki posameznih pristopov zapirali v ozko zakoličene vrtičke svojih pristopov. Iz te skupine je prišla pobuda zakona o psihoterapevtski dejavnosti v začetku osemdesetih let minulega stoletja. Alfred je kmalu postal motor te skupine, ki je dosegla, da so se psihoterapevti posameznih pristopov začeli pogovarjati in poslušati drug drugega. Ko so dosegli soglasje o treh nosilnih stebrih psihoterapevtskega izobraževanja, so iskali in dosegli soglasje med maksimalističnimi edukativnimi standardi psihoanalitskih in minimalističnimi standardi nekaterih drugih pristopov. Da to ni šlo zlahka, govori časovni okvir enega desetletja, ki je bil potreben, preden je leta 1990 avstrijski parlament sprejel zakon o psihoterapevtski dejavnosti, skupaj z zakonom o psihološki dejavnosti. Za Alfredov delež v tem zahtevnem, desetletje trajajočem procesu, govori dejstvo, da ga imajo psihoterapevti, poznavalci razmer, za očeta avstrijskega zakona o psihoterapiji.

Istega leta 1990 ga najdemo še v Straßburgu, med dobrim ducatom psihoterapevtov iz treh evropskih držav, ki so razpravljali o prihodnosti psihoterapije in svoje vizije povzeli v znamenito Straßbursko deklaracijo, ki še vedno velja za magno charto psihoterapije. Straßburska ideja pa je leto kasneje rodila konkreten sad, ustanovitev Evropske zveze za psihoterapijo leta 1991 na Dunaju. Alfred Pritz je od njene ustanovitve dalje kot generalni tajnik zagotovilo kontinuitete in motor njenega razvoja. Evropska zveza za psihoterapijo postaja letos, z osemnajstimi leti starosti polnoletna. V teh letih je prerasla v mogočno gibanje, ki širom Evrope povezuje največ psihoterapevtov in psihoterapevtskih združenj.

Z ustanovitvijo Svetovnega sveta za psihoterapijo leta 1995, ki mu od ustanovitve dalje prav tako predseduje Alfred, pa se je globalizirala in pomembno prispeva k razvoju psihoterapije na vseh kontinentih sveta. Pri čemer pa ne poročajo o negativnih učinkih njene globalizacije.

SKZP bi si lahko štela v čast, da je človek, ki je toliko prispeval za razvoj psihoterapije v Evropi in v svetu, pripravljen sprejeti njeno zlato priznanje, čeprav ne bi imel neposrednih zaslug za slovensko psihoterapijo. Pa jih ima. Omenimo le nekatere. Prva je morda ta, da ima Slovenija že od leta 1992 svojega predstavnika v predsedstvu EAP. Odtlej je Alfred spremljal in spodbujal dialog med posameznimi psihoterapevtskimi pristopi v Sloveniji in s svojim obiskom 1997 prispeval, da smo leto kasneje ustanovili Slovensko krovno zvezo za psihoterapijo, ki je kmalu postala pooblaščen članica Evropske zveze. Po nekaj letnikih triletnega študija propedeutike ali osnovnih psihoterapevtskih znanj smo razmišljali, kako temu študiju dati širšo družbeno veljavo. Ko nam je Alfred v službenih in osebnih stikih pripovedoval o svoji nameri ustanovitve

privatne univerze in fakultete za psihoterapijo, smo skupaj z njim iskali možnost priznanja naše propedeutike v okviru novo nastajajoče univerze. Ko je dosegla univerza državno priznanje oz. akreditacijo, nas je v dogovoru o priznanju propedeutike Alfred presenetil z velikodušno ponudbo programa dodiplomskega študija psihoterapije na USF. Brez njegovega zaupanja psihoterapevtom, delujočim v okviru SKZP, ne bi imeli letos že četrtega razpisa v prvi letnik diplomskega študija in prvega vpisa v podiplomski magistrski študij. In prav študenti dodiplomskega študija, ki jih je vsako leto več, so realno upanje, da bo slovenski človek v enem do dveh desetletjih imel primerljiv dostop do psihoterapevtskih storitev kot njegov sodržavljan v tej ali oni razviti evropski deželi. Brez Alfreda bi v tem oziru še nadalje bili – oprostite dramatičnemu izrazu – v brezupni situaciji.

Naj še omenimo, da je izdal in uredil je okoli 40 knjig iz področja psihoterapije, iz katerih tudi mi črpamo svoja znanja in se usposabljammo za vse bolj kvalitetno delo.

Zato mu SKZP kot izraz globoke hvaležnosti poklanja zlato priznanje za razvoj psihoterapije. □

*Odbor za podelitev priznanj za razvoj psihoterapije:  
Janko Bohak, Jernej Vidmar, Samo Pastirk*

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## Prof. Dr. Alfred Pritz – Golden Award for the Development of Psychotherapy

*Honorary* professor Dr. Alfred Pritz was born in 1952 in St. Lorenzen in the Styria region of Austria. After obtaining a Degree in Psychology and Pedagogy, he continued to study Psychology and gained a doctorate in 1976. While studying for his degree he was also undertaking psychoanalytic training in the neoanalytic school of Igor Caruso from which he qualified as the youngest Austrian psychotherapist. It may be that this personal experience helped to shape his conviction that a young person, completing a university course, is mature enough to meet the demands of psychotherapy work. And that furthermore psychotherapy is not a profession in which gray hair and wrinkles alone are a sign of a practitioner's experience and wisdom. Out of this positive experience the idea was born that psychotherapy could be studied at a university level, which culminated in the opening of the Sigmund Freud University. It offers students a much desired opportunity to study at its Faculty for Psychotherapy immediately after successfully completing Maturation exams.

Alfred Pritz belongs to a small group of conscientious psychotherapists who know that the closed doors behind which various modalities work and train cannot remain shut if psychotherapy is to develop. In order to become a respected scientific discipline and a widely recognized profession, psychotherapists have to open the door to each other and start accepting their differences. This group, at the beginning of the 80s, gave the impetus for a Law for Psychotherapy. Alfred soon became the driving force behind this group which aimed at establishing a successful dialogue between different psychotherapeutic modalities. First they reached an agreement on the three main principles of psychotherapy education, later they reached an agreement on the common standards of psychotherapy education. Negotiations were difficult and protracted, especially between the highly demanding standards of psychoanalytic schools and the minimal demands of some other psychotherapeutic modalities. It took a decade before the Austrian parliament passed the Law for Psychotherapy in 1990. The Law for Psychology was also enacted at that same time. Alfred's input in this decade-long process was immeasurable and deservedly he became known as the father of the Austrian Law for Psychotherapy.

In that same year 1990 we also find him in Strasburg where he, together with a number of psychotherapists from three other European countries, discussed the future of psychotherapy and their vision for it. This resulted in the well known Strasburg declaration which still holds as the Magna Carta of psychotherapy. The Strasburg idea came to fruition and European Association for Psychotherapy (EAP) was born in 1991 in Vienna. Alfred Pritz as the General Secretary continues to provide firm direction for its future development. EAP is about to celebrate its 18th birthday and its coming of age. During this time it has become a strong movement, which throughout Europe connects more psychotherapists and associations than any other organisation.

When the World Association for Psychotherapy (WAP) was founded in 1995, Alfred's role in the field of psychotherapy was marked on an international level by his election as President - a position he still holds today. EAP has thus become globalized and now plays a leading part in the further development of psychotherapy on all continents. It is worthy of note that we have heard of no negative effects of this globalization.

Slovene Umbrella Association for Psychotherapy (SKZP) would feel honored if a man who has contributed so much to the development of psychotherapy in both Europe and in the World, has agreed to accept its Gold Award, without having any direct contribution in Slovenia. But it is not so, Alfred's contributions to the development of psychotherapy in Slovenia are numerous. The first one being that Slovenia has, since 1992, a representative on the central committee of EAP.

*Alfred has consistently shown interest and encouraged dialogue among separate psychotherapeutic modalities in Slovenia. His visit in 1997 contributed to the founding of SKZP a year later, which shortly afterwards became a member of EAP. His next contribution involved help with extending our 3-year course of Propedeutics ie. basic psychotherapeutic skills. We had started to investigate ways in which this course might have greater recognition when we met with Alfred. It was then that we learned about his intention to found a private university with a faculty for psychotherapy. Together we looked into ways in which our Propedeutics study could be recognised by such university. The process was demanding and required much patient perseverance, but finally SFU was successfully opened. Alfred then made us a generous offer which allowed us to run a diploma study in Slovenia under the umbrella of the SFU.*

*Without his trust, we would not now have our 4th year of diploma study and 1st year of master study. The number of enrolling students, which is growing every year, offers us realistic hope that in the foreseeable future a slovene person will have comparable access to psychotherapeutic help as his counterpart in other European countries. Without Alfred we would stay - and please excuse my dramatic phrase – in a hopeless situation.*

*We must also acknowledge Alfred's prolific work as a writer. He has published and edited over 40 psychotherapy books, from which both experienced and student psychotherapists are able to learn and develop their professional skills.*

*We would therefore ask you, please, to accept this Golden Award for the Development of Psychotherapy, as a sign of the deep gratitude and respect SKZP holds for you. □*

*Awards Committee for the Development of Psychotherapy  
Janko Bohak, Jernej Vidmar, Samo Pastirk*

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