



**International Glossary
of
Positive Psychotherapy
English - Macedonian**

**A project of
International Academy of
Positive and Cross-Cultural Psychotherapy
– Professor Peseschkian Foundation –**



Positive Psychotherapy
since 1968

A gap has been filled: finally, there is a glossary of Positive Psychotherapy.

About 150 terms of the world-renowned method of Positive Psychotherapy are explained by its founder - Nossrat Peseschkian - and by Anas Aziz, a long-standing colleague. In this glossary not only the strictly psychological and psychiatric terms are taken into account but also therapeutic, educational and ideological aspects and theories are included.

(Lexikon der Positiven Psychotherapie. Fischer Verlag)

Thanks to the co-operation of a global network of centres of Positive Psychotherapy as well as many other supporters of this method, we can experience the development of Positive Psychotherapy in many countries. Collaborators of the centres and trainers are of great help for this development and have also cooperated in an international project of Peseschkian Foundation: One of the last books by Nossrat Peseschkian - in collaboration with Anas Aziz - the ***Lexikon der Positiven Psychotherapie („Encyclopedia of Positive Psychotherapy“)*** contains a valuable glossary of terms of Positive Psychotherapy in German and English. This glossary has meanwhile been translated by some trainers of Positive Psychotherapy into their mother tongues. The Foundation would like to offer the glossary in as many languages as possible. We would like to take this opportunity to thank all the previous and future contributors for their wonderful work.

English

A

Academic difficulties
Active hypnosis
Actual capacities
Actual capacities in literature
Actual conflict
Actual concept
Adiposity / obesity
Aggression
Alcoholism and drug abuse
Alternative concept
Ambivalente
Analysis of utterances
Angina pectoris
Anorexia nervosa
Anxiety hierarchy
Anxiety reduction
Anxiety / fear
Archetypes
Association
Attachment
Attention-getting behavior in children and youth
Autogenic Training

B

Balance-model
Balint Group
Basic capacities
Basic capacities in literature
Basic concept
Basic conflict
Bedwetting
Behavior, desired - undesired
Behavior therapist
Broadening of goals
Bronchial asthma

C

Capacities
Capacities, primary and secondary
Capacity to know

Macedonian

Akademski te{kotii
Aktivna hipnoza
aktuelni kapaciteti
aktuelni kapaciteti vo literatura
aktuelen konflikt
aktuelen koncept
Debelost / vgoenost
Agresivnost
Alkoholizam i koristewe na narkoti~ni sredstva
Alternativen koncept
Ambivalenten / kolebliv
Analiza na izrazuvawa
Angina pectoris
Anorexia nervosa
Hierarhija na anksioznost / voznemirenost
Namaluvawe na anksioznost/voznemirenost
Anksioznost / strav
Arhetip
Asocijacija
Prilog
Vid na odnesuva{e za dobiva{e vnimanie
Deca i mladi
Avtogensko trenirawe

Balansiran model
Balint grupa
Osnovni kapaciteti
Osnovni kapaciteti vo literatura
Osnoven koncept
Osnoven konflikt
Mokrewe vo krevet
Odnosuvawe, posakuvano-ne posakuvano
Bihevoristi~ki terapevt
Pro{iruvawe na celite
Bronhijalna astma

Kapaciteti
Kapaciteti, primarni i sekundarni (osnovni i sredni)
Kapacitet da prepoznae{

Capacity to know, media of	Kapacitet da prepoznae{, mediumski
Capacity to love	Kapacitet da saka{
Certitude	Doverba / sigurnost
Child psychologist	Detski psiholog
Cleanliness	Li~na higijena/~istota
Client-centered therapy	Psihoterapija / Terapija za klienti
Climacteric	Kriti~en
Colitis ulcerativa	Colitis ulcerativa
Communication with my ill organ	Komunikacija so mojot bolen organ
Compulsive neurosis	Kompulsivna nevroza
Concepts	Koncepti
Concepts of illness	Koncepti na bolest
Conflict	Konflikt
Conflict contents and conflict dynamics	Sodr`ina na konfliktot i dinamika na konfliktot
Conflict in the PPT	Konfliktot vo pozitivnata psihoterapija (PPT)
Conflict, inner	Konflikt, vnatre{en
Conflict, unprocessed, latent	Konflikt, neprocesiran/nepreraboten, latenten
Conflict situation	Konfliktna situacija
Consciousness	Svest
Contact	Kontakt
Conversation therapy	Razgovorna terapija / psihoterapija
Courtesy	Qubeznost
Criminality	Kriminalnost
Cultural psychology	Kulturna psihologija
D	
Daily plan	Dneven plan
Dealing with conflict	Upravuvawe so konflikt
Four forms of degeneracy	^etiri formi na degeneriranost
Dependence	Zavisnost
Depression	Depresija
Detachment	Samostojnost / Izdvoenost
Defence	Odbrana
Defence mechanism	Mehanizam na odbrana
Development	Razvoj
Diabetes mellitus	Diabetes mellitus
Differentiation	Razlikuvawe
Differentiation analysis	Analiza na razlikuvawe
Differentiation-analytic inventory	Diferencijacija - analiti~ko popi{uvawe
Diligence / Achievement	Aktivnost / Postignuvawe
Disc prolapse	Spu{tawe na trkaloto
Disobedience	Neposlu{nost
Doctor-patient-relationship	Odnos lekar-pacient
Doubt	Somnevawe

E

Education
 Ejaculatio retardata
 Encouragement, situational
 Essential hypertension
 Exhibitionism
 Existential analysis
 Existential anxiety
 Extraversion in Behavior therapy

Образование
 Ejaculatio retardata
 Ohrabruvawe, situaciona
 Esencijalna hipertenzija
 Egzibicionizam
 Egzistencijalna analiza
 Egzistencijalna anksioznost
 Ekstra verzija vo bihevoristi~kata terapija

F

Faith / Religion
 Faithfulness
 Fear of groups
 Fear of solitude
 Fear of the Future
 Feeling of community
 Fetishism
 First interview
 Five-Stage-Treatment
 Freudian Slips
 Frigidity

Doverba / Religija
 Vernost
 Strav od grupi
 Strav od osamenost
 Strav od idnina
 Чувство за заедницата
 Фетишизм
 Prvo intervju
 Третман во пет фази
 Фројдова лизга
 Рамнодушност / нељубезност

G

Generalization
 Genuineness - congruence
 Gestalt Therapy
 Group psychotherapy

Generalizacija
 Автентичност-Сложување
 Terapija na Gestalt
 Grupna psihoterapija

H

Health Interpretation in the PPT
 Healthy
 Heart disturbance
 Heart infarction
 Homosexuality
 Honesty / Candor
 Hope
 Hypertension, essential
 Hypochondria
 Hysterical reaction

Интерпретација на здравјето во ППТ
 Zdrava
 Дисфункција на срцето
 Инфаркт на срце
 Хомосексуалност
 Чесност/Искреност
 Nade`
 Hipertenzija, esencijalna
 Хипохондрија
 Histeri~na reakcija

I

I
 Identifikation

Jas
 Identifikacija

Identity crisis	Криза на идентитетот
Individual Psychology	Individualna psihologija
Individuation	Individualizacija
Inferiority complex	Комплекс на инфериорност / Комплекс на пониска вредност
Integration	Integracija
Interaction, stages of attachment - Differentiation - Detachment	Interakcija, fazi na privrzanost Diferencijacija-Samostojnost
Interaction-analysis	Interakcija - analiza
Interpersonal relationship	Meѓuoveki odnosi
Interpretation	Interpretacija
Interval training	meѓuvremensko trenirawe
Introversion	Интроверност
Inventorization	Инвентаризација
Irritability	Раздразливост
J	
Jealousy mania	Mania na qubomornost
Justice	Pravda
K	
Kleptomania	Kleptomanija
L	
Laziness	Mrzelivost
Learning theory	Teorija na uweve
Libido	Libido
Life events	`ivotni nastani
Life-Style	na~in na `iveewe
Literarg concepts: Who is your favorite author?	Literaturni koncepti: Koj e va{iot omilen avtor?
Logotherapy	Логотерапија
Love	Qubov
M	
Mania	Manija
Mania, delusion	Manija, zabluda
Masochism	Masohizam vo psihoanaliza
Masturbation	Masturbacija
Mental hygiene	Mentalna higijena / psiho-higijena
Micro- and macrotrauma	Микро и макро траума
Microtrauma-theory	Теорија на макро траума
Misunderstanding	Nedorazbirawe
Modeling	Modelirawe
Modeling dimension	Dimenzija na modelirawe
Models of etiology of diseases	Модели на етиологија на болести

Modes of the capacity to love	Видови на капацитетот за сакање
Music as bearer of concepts	Музика како носител на концепти
Mythology	Mitologija
N	
Narcissism	Нарцизам
Neurologist	Nevrolog
Neurosis	Nevroza
»No diagnosis«-principle	Принцип "bez dijagnoza"
O	
Obedience	Poslu{nost
Observation / Distancing	Nabquduvawe / Distancirawe
Oedipus complex	Oedipus комплекс
Orderliness	Discipliranost
P	
Paranoia	Параноја
Partner therapy	Partner terapija
Patience	Strplivost
Penis envy	Завист од пенис
Persona	Persona
Phantasy	Fantazija
Phobias	Fobija
Pleasure principle	Princip na zadovolstvo
Positive Family Therapy	Pozitivna semejna terapija
Positive programs	pozitivna programa
Positive sexual therapy	pozitivna seksualna terapija
Potency disturbances	Potenciski naru{uvawa
Premature ejaculation	predvremeno izvikuvawe
Progressive relaxation	Прогресивна релаксација
Progressive relaxation training	Прогресивно релаксирачка обука
Projection	Проекција
Psychiatrist	Психијатар
Psychoanalysis	Психоанализа
Psychoanalyst	Психоаналитичар
Psychodynamic	Психодинамика
Psychology, analytical	Психологија, аналитичка
Psychoserum	Психосерум
Psychosis	Психоза
Psychotherapist	Психотерапевт
Punctuality	Точност
Punishment	Казна

R

Reaction types
Reality control
Reference persons
Regression
Relaxation training
Reliability, precision, conscientiousness
Religion / Faith
Repression
Resistance
Rheumatism

Видови на реакција
Контрола vгz реалноста
Лица за консултација
Регресија
Релаксирачко тренирање
Верност, прецизност
Совесност
Религија / Доверба
Репресија
Резистенција

S

Sadism
Schizophrenia
Selective susceptibility to conflict
Self-assertiveness training
Self-concept
Self-help
Sexuality
Siblings rivalry
Single therapy
Stages of interaction in the therapy
Stimulus / response-model
Stomach ulcer
Stories as media in psychotherapy
Stress
Striving for superiority
Sublimation Suggestion
Super ego
Surface marker buoy
Symptom

Садизам
шизофренија
Селективна подложност на конфликтот
Авто-самодоверливо тренирање
Концепт на самоуправа / самоуправа
Самопомош
Сексуалност
Брат-сестра ривалност
Една терапија
Фази на интеракција во терапијата
Стимул / одговор модел
Чир на желудникот
Приказните како медија во психотерапијата
Стрес
Борење за супериорност
Крајна / sublimirana сугестија
Супер его
шамандура на површината со маркер
Симптом

T

Takeing anamnesis
Terms of illness
The collective unconscious
The Double-bind-type
The Id
The naive-primary-type
The secondary-type
Thematic Apperception Test
Therapy plan
Thrift
Time

Анамнеза / medicinska istorija
терминологија на болеста / услови на болеста
Sevкупна несвест
Dilema (dvoli~en tip)
Инстикт
основен/наивен вид
Секундарен вид
Тест за перцепција на темата
Терапевтски план
Штедење
Време

Transactional Analysis	Трансакциона анализа
Transference	Пренесување
Translation of conventional expressions for illness	Превод на стручни izrazi за болести
Trust - confidence	Доверба - сигурност
Types of time configuration	Видови на конфигурирање на времето
U	
Unconscious, individual	Несвесен, индивидуален
Unity	Единство
Upbringing	Воспитание
V	
Valuing attention	Оценување на вниманието / користење на вниманието
Verbalization	Вербализација
Vertigo	Вртоглавица
W	
Warmth	Возбудливост
What is? / What ought to be?	Што е-/ што треба да биде?
Will of meaning	Значење
WIPPF	WIPPF