



**International Glossary
of
Positive Psychotherapy**

English - Serbian

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
Actual capacities in literature
Actual conflict
Actual concept
Adiposity / obesity
Aggression
Alcoholism and drug abuse
Alternative concept
Ambivalente
Angina pectoris
Analysis of utterances
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

Serbian

Akadske poteskoce
Aktivna hipnoza
Aktualne sposobnosti
Aktualne sposobnosti
Aktualne sposobnosti u literaturi
Aktualni konflikt
Aktualni koncept
Gojaznost / Obezitet
Agresivnost
Alkoholizam i zloupotreba sa lekovima
Alternativni koncepti
Ambivalentnost
Angina pectoris
Analiza izgovora
Neuroza anoreksia
Anksiozna hierarhija
Redukcija anksioznosti
Aksioznost / strah
Arhetipovi
Asocijacije
Atasiranja / spajanje
Paznja-uspostavljanje paznje kod dece i mladih
Autogeni Trening

Model Balansiranja
Balint Grupa
Osnovne sposobnosti
Osnovne sposobnosti u literaturi
Osnovni koncept
Osnovni konflikt
Nesvesno uriniranje, Enureza
Ponasanje, voljno-ne voljno
Bihevioralni Terapeut
Prosirenje cileva
Bronhialna Astma

Sposobnosti
Sposobnosti, primarni i sekundarni
Sposobnost znanja (ucenja)

| | |
|---|---|
| Capacity to know, media of | Sposobnost znanja (ucenja), za medije |
| Capacity to love | Sposobnost za ljubav |
| Certitude | Izvesnost |
| Child psychologist | Deciji psiholog |
| Cleanliness | Cistoca |
| client-centered therapy | Terapia Klient u Centar |
| Climacteric | Klimakterijum |
| Colitis ulcerativa | Cir kolutusa |
| Communication with my ill organ | Razgovor sa mojim bolesnim organom |
| Compulsive neurosis | Kompulsivna neuroza |
| Concepts | Koncepti |
| Concepts of illness | Koncepti bolesti |
| Conflict | Konflikt |
| Conflict contents and conflict dynamics | Sadržaj konflikta i dinamizmi konflikta |
| Conflict in the PPT | Konflikt u Pozitivnoj Psikoterapiji |
| Conflict, inner | Unutrasnji konflikt |
| Conflict, unprocessed, latent | Konflikt, ne procesiran, latentan |
| Conflict situation | Konfliktna situacija |
| Consciousness | Svesnost |
| Contact | Kontaktnost |
| Conversation therapy | Terapija medjusobnog razgovora |
| Courtesy | Ljubaznost |
| Criminality | Kriminalnost |
| Cultural psychology | Kulturalna psihologija |
| D | |
| Daily plan | Dnevni plan |
| Dealing with conflict, | Suocavanje sa konfliktom |
| Four forms of degeneracy | Cetiri forme izrodjenosti |
| Dependence | Zavisnost |
| Depression | Depresija |
| Detachment | Odred |
| Defence | Odbrana |
| Defence mechanism | Odbrambeni mehanizmi |
| Development | Razvoj |
| Diabetes mellitus | Dijabet mellitus |
| Differentiation | Diferencijacija |
| Differentiation analysis | Analiza diferencijacije |
| Differentiation-analytic inventory | Inventar Analize Diferencijacije |
| Diligence / Achievement | Marljivost / Dostignuca |
| Disc prolapse | Prolaps diska |
| Disobedience | Neposlusnost |
| Doctor-patient-relationship | Doktor-pacient-odnosi |
| Doubt | Sumnja |

E

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

Edukacija
Retardirana ejakulacija
Ohrabrenje, situacije
Esencijalna hipertenzija
Ekzibicionizam
Ekzistencijalna analiza
Anksiozna egzistencija
Ekstroverzija u bihevioralnoj terapiji

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

Vera / Religija
Verodostojnost
Strah od grupe
Strah od samoce
Strah od buducnosti
Strah od zajednice
Fetisizam
Prvi intervju
Pet nivoa tretiranja
Frojdianske kome
Frigidnost

G

Generalization
Genuineness - congruence
Gestalt Therapy
Group psychotherapy

Generalizacija
Utvrđenje-skladnost
Gestalt terapija
Grupna psihoterapija

H

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

Zdrava interpretacija PPT
Zdravo
Smetnje u srcu
Srcani udar
Homoseksualnost
Postenost / Iskrenost
Nada
Esencijalna Hipertenzija
Hipohondrija
Histericna reakcija

I

I
Identifikation
Identity crisis
Individual Psychology

Ja
Identifikacija
Kriza identifikacije
Individualna Psihologija

| | |
|---|---|
| Individuation | Individualnost |
| Inferiority complex | Kompleks inferiornosti |
| Instrumentalities of senses | Instrumentalnost osecaja |
| Integration | Integracija |
| Interaction, stages of attachment - Differentiation - Detachment | Interakcija, faze atasanja Diferencijacija- Deatanje |
| Interaction-analysis | Interakcija-analiza |
| Interpersonal relationship | Interpersonalni odnosi |
| Interpretation | Interpretacija |
| Interval training | Interval treninga |
| Introversion | Introverzija |
| Inventorization | Inventarizacija |
| Irritability | Nadrazivanje / iritiranje |
| J | |
| Jealousy mania | Manicna ljubomora |
| Justice | Pravda |
| K | |
| Kleptomania | Kleptomanija |
| L | |
| Laziness | Lenost |
| Learning theory | Teorija ucenja |
| Libido | Libido |
| Life events | Dogadjaji u zivotu |
| Life-Style | Nacin(stil) zivota |
| Literary concepts: Who is your favorite author? | Knizevni koncept: Ko je vas omiljeni autor? |
| Logotherapy | Logoterapija |
| Love | Ljubav |
| M | |
| Mania | Manija |
| Mania, delusion | Manija, deluzija |
| Masochism | Mazohizam |
| Masturbation | Masturbiranje |
| Mental hygiene | Mentalna higijena |
| Micro- and macrotrauma | Mikro i makrotrauma |
| Microtrauma-theory | Teorija mikrotraume |
| Misunderstanding | Nesporazumi |
| Modeling | Modeliranje |
| Modeling dimension | Model dimenzije |
| Models of etiology of diseases | Modeli etiologije bolesti |
| Modes of the capacity to love | Modaliteti sposobnosti za ljubav |
| Music as bearer of concepts | Muzika kao oslonac koncepata |

| | |
|---------------------------------|------------------------------------|
| Mythology | Mitologija |
| N | |
| Narcissism | Narcizam |
| Neurologist | Neurolog |
| Neurosis | Neuroze |
| »No diagnosis«-principle | ,Bez dijagnoze' - principi |
| O | |
| Obedience | Povinovanje |
| Observation / Distancing | Obzervacija / Distanciranje |
| Oedipus complex | Edipov kompleks |
| Orderliness | Regularnost |
| P | |
| Paranoia | Paranoidnost |
| Partner therapy | Terapija partnerstva |
| Patience | Strpljenje |
| Penis envy | Zavisnost od penisa |
| Persona | Licnost |
| Phantasy | Fantazija |
| Phobias | Fobije |
| Pleasure principle | Princip zadovoljstva |
| Positive Family Therapy | Pozitivna Porodicna terapija |
| Positive programme | Pozitivni program |
| Positive sexual therapy | Pozitivna Seksualna Terapija |
| Potency disturbances | Poremecaji potencije |
| Premature ejaculation | Prerana ejakulacija |
| Progressive relaxation | Progresivna Relaksacija |
| Progressive relaxation training | Treniranje Progresivne Relaksacije |
| Projection | Projekcija |
| Psychiatrist | Psihijatar |
| Psychoanalysis | Psihoanaliza |
| Psychoanalyst | Psihoanaliticar |
| Psychodynamic | Psihodinamican |
| Psychology, analytical | Psihologija, analiticna |
| Psychoserum | Psihoserum |
| Psychocis | Psihoze |
| Psychotherapist | Psihoterapeut |
| Punctuality | Tacnost |
| Punishment | Kazna |
| R | |
| Reaction types | Tipovi reakcije |

| | |
|---|------------------------------------|
| Reality control | Realna kontrola |
| Reference persons | Referentne osobe |
| Regression | Regresija |
| Relaxation training | Relaksivna terapija |
| Reliability, precision, conscientiousness | Tacnost, preciznost |
| Religion / Faith | Religija, vera |
| Repression | Represija |
| Resistance | Rezistentnost |
| Rheumatism | Reumatizam |
| S | |
| Sadism | Sadizam |
| Schizophrenia | Sizofrenija |
| Selective susceptibility to conflict | Selektivna senzibilnost konflikta |
| Self-assertiveness training | Treniranje auto-asertivnosti |
| Self-concept | Koncept o sebi |
| Self-help | Pomoc sebi |
| Sexuality | Seksualnost |
| Siblings rivalry | Rivalnost brace i sestre |
| Single therapy | Terapija sa neudatim / neozenjenim |
| Stages of interaction in the therapy | Faze interakcije u terapiji |
| Stimulus / response-model | Model stimulacije i odgovora |
| Stomach ulcer | Cir na stomaku |
| Stories as media in psychotherapy | Price kao medije u psihoterapiji |
| Stress | Stres |
| Striving for superiority | Borba za superiornost |
| Sublimation | Sublimiranje, |
| Suggestion | Sugestija |
| Super ego | Super-Ja |
| surface marker buoy | Povrsinski Nad-Ja |
| Symptom | Simptom |
| T | |
| Taking anamnesis | Uzimanje anamneze |
| Terms of illness | Terminologija bolesti |
| The collective unconscious | Kolektivno nesvesno |
| The Double-bind-type | Dvolicni tipovi |
| The Id | Id |
| The naive-primary-type | Primarni naivni tip |
| The secondary-type | Sekondarni tip |
| Thematic Apperception Test | Tematski Aperceptivni Test |
| Therapy plan | Terapeutski plan |
| Thrift | Stednja |
| Time | Vreme |
| Transactional Analysis | Transakcionalna analiza |

| | |
|---|--|
| Transference | Transfer |
| Translation of conventional expressions for illness | Prevod konvencionalnih izreka za bolesti |
| Trust - confidence | Verodostojnost-konfidencijalnost |
| Types of time configuration | Konfiguracija vremenskih podataka |
| U | |
| Unconscious, individual | Nesvesno, individualno |
| Unity | Zajedništvo |
| Upbringing | Razvoj |
| V | |
| Valuing attention | Vrednovanje paznje |
| Verbalization | Verbalizacija |
| Vertigo | Vertigo |
| W | |
| Warmth | Toplina |
| What is? / What ought to be? | Sta je - Sta treba uraditi? |
| Will of meaning | Zelja za radoznalost |
| WIPPF | WIPPF / WIPPP |