

Ivan Úlehla: The Art of Helping. Social work book of methods
Písek, Renaissance 1996. Ed. 1, pp. 151

[CZ: „Učebnice metod sociální praxe“, which stands for “Workbook of methods of social practice”. It is a kind of language game based on similarity between “work” („práce“) and “practice” („praxe“) in Czech language. Anyway, officially has to be referred to “social work”, not to “social practice”]

A. Translation of the table of contents

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Conclusion of work contract

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[in the meaning what he is allowed to go and what is not allowed]

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B. Translation of the Introduction

Introduction

In the beginning it is advisable to say more about the fairy-tale I am coming from, or what are the theoretical and philosophic foundations, that forced me to write this book. It is a fairy-tale in which Heraklitos of Efesos is being on about [the fact] all is flowing, and it is not possible to step twice into the same river, Buddha is teaching his disciples that looking for [striving for?] any stability is a delusion, because the only warranty is the change. It is a fairy-tale of George Barkley, who points out that it is not possible “to have a problem not having it in one's mind” in the same time. In this fairy tale Ludwig Wittgenstein denotes [shows] how the meaning of the word is created by its meaning and, that we, mankind, are living in the world that was created in language. Of course, here is Gregory Bateson with his observation that our mind deal more with the difference between thing than things as such, as well. Umberto Maturana and Francisco Varela illustrate that the response of living organisms, incl. man, is not determined by the acting stimulus, but by the internal state of the organism itself, that makes a decision [designates?] if the organism is possibly able to react. In my fairy tale are von Glasersfeld, Niklas Luhman, Kurt Ludewig, Jacques Derrida, Steve de Shazer and von Foerster, discussing together the constructivism, cybernetics of the second order, post-structuralism, post-modern ethics, social systems and problem solving [in Czech could be solutions of problems as well]. Nearby are J. R. R. Tolkien and Robert Fulghum and their stories about people and words.

This fairy tale is called **the systemic approach**. Those who are concerned, may be interested in Czech translation of books by Insoo Kim Berg and Kurt Ludewig, the book by Soňa Pecháčková, or the thesis by Štěpánka Podrazilová and/or Kateřina Peclová, or articles in journal “Kontext” or in workbooks “KONS” by the Institute for Systemic Experience.

Here [in further text] I will concerned with the consequences of above mentioned fairy tale for practical aspects of working with people, and for the answer to [CZ: “(re)solving”] the question that has nearly everybody who decided to help to the others stumbled at: “**Gosh, how should I deal with [this issue]?**” I dare, this is the most famous experience from those that usually are rather not mentioned among professionals. As this question is used to stick me and my close colleagues up [CZ: we are assailed by], I would like to offer our sight of how to deal with this question, according to both own experience and the authors and theories we have learned from. Experience is gained mainly from the therapeutic practice and training programmes of Institute for Systemic Experience, then from my private therapeutic practice and from seminars towards the methods of social work that I have deliver at Dept. of Social Work at Faculty of Philosophy and Arts, Charles University. The most [of my knowledge] I have learned during the cooperation with my friend and colleague of the Institute [for Systemic Experience], dr. Vratislav Strnad.

Soňa Pecháčková: Report on Systemic Therapy

Prague, Institute for Systemic Experience 1993. Ed. 1, pp. 169

A. Translation of the table of contents

PREFACE BY EDITOR

THEORY

PSYCHOTHERAPY OF THE SECOND HALF OF 20 CENTURY
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- Cybernetics of the second order
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- Epistemology of Gregory Bateson
 - Epistemology of pattern
 - Double bind
 - Unit of evolution, unit of information, ...
 - Circular causality and epistemologic mistake
- Ontology of Humberto Maturana
 - Experimental research of perception
 - Autopoietic systems
 - Structural determinism
 - Myth of instructive interaction
 - Structure-determined coupling
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 - Circular questioning
 - Cybernetics of the second order
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 - Reflecting teams
 - Response of families to presence of the team
- Brief Therapy Family Centre
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Journals and publications
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Trainings in systemic therapy

SUMMARY

BIBLIOGRAPHY

B. Translation of the Introduction

Instead of introduction

I have founded out that to write down the first sentence is the biggest difficulty of the whole book. One of the basic therapeutic rules of Brief Family Therapy Centre is: "If something doesn't work, do anything else".

My "anything else":

1. Report on Systemic Therapy is my thesis
2. There is not anything like systemic therapy^{*)}
3. The order of chapters doesn't matter [it is up to you]
4. If you will start with Steve de Shazer's lecture (p. 59), it will make me happy

Thank you

S. P.

Prague, 27 September 1992

^{*)} This way only the language custom is labeling that what should be properly called "the systemic approach to the psychotherapy"

C. Translation of the Motto of the book

Motto:

Merry: "Would you think it rude, if we asked what you are going to do with us, and which side you are on?"

Treebeard: "I am not going to do anything with you: not if you mean by that 'do something to you' without your leave. We might do some things together. I don't know about sides. I go my own way; but your way may go along with mine for a while."

"Would

J. R. R. Tolkien