

OPINION

Dissertation Topic: THE PHILOSOPHICAL UNDERSTANDING OF PSYCHIATRIC DISORDERS IN THE LIGHT OF HANS-GEORG GADAMER'S HERMENEUTICS OF MENTAL HEALTH

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Edmund Charley 's dissertation is in the challenging and contemporary multidisciplinary field of interrelationship between philosophy , psychology, psychotherapy and mental health medicine. This requires specialized knowledge, a broad scientific outlook, willpower, a scientific supervisor -leader and a lot of courage to develop it. Edmund Charlie, accept this challenge!

The dissertation is developed in four main chapters, each containing separate subsections, following the logic of a scientific philosophical-psychological development about mental health, through the modern practical trends of deinstitutionalization of psychiatry and the introduction of psychotherapy as an important professional discipline in mental illnesses and the prevention of mental health. It is here that the specific conversation with the client, imbued with empathic support according to the interpretation of Hans-Georg Gadamer, can make a philosophical contribution to the prevention and treatment of mental illnesses, including psychogenic and endogenous in nature. When a scientific philosophical analysis of Gadamer 's theoretical views is done in detail and analyzed in the deep essence of the multi-layered messages and archetypal essences, the psychotherapist will be relieved to apply them in his individual work with the client/patient respectively.

In the dissertation, the doctoral student first presents the concept of hermeneutics according to Hans-Georg Gadamer, for mental health. As he writes, “ Hermeneutic theory, especially at work on Gadamer , puts strong accent on the examination on mental ones diseases from contextual angle and the study on the environment on the patient, for receiving on more nuanced understanding ". Gadamer combines caregiving and how it gives meaning to the patient's experiences, according to his individuality and specific illness." Contextual information allows on the specialist yes customize care according to the unique ones needs on everyone client and meetings with him ".

Very clearly Gadamer analyzes that " The environment which includes the personal surroundings on the patient, the social his context and experience, shapes in a large degree the point of view his point and that which experiences, in the mental disorder". From here the doctoral student makes a very good conclusion that " The study of the environment on the patient requires from the suppliers on services for mentally health carefully Yes are considering all relevant factors outside the symptoms for Yes adapt the interventions to the specific ones situations ."

In a separate subsection E. Charlie does a prehistoric analysis of the stages of an early, religiously naïve stage of explaining mental disorders, followed by the strictly pragmatic biological stage of neurology, genetics, internment, biological psychiatry. At the same time, Plato's profound philosophical concepts of body and mind challenge the early naïve ones perceptions. Gadamer in his philosophical concept examines mental health, from a comprehensive point of view, taking into account the experiences of the individual, the symptoms of the disease and the circumstances of the environment, i.e. social, cultural and personal factors.

The doctoral student summarizes that the "problem" in modern times is the dominance in psychotherapy of the medical view, supported by modern highly developed techniques of biological, imaging-diagnostic evaluations of the human body and brain. As the main goal of his scientific research, the doctoral student sets the study " how hermeneutics on Gadamer, who everything deflects from the typical one accent on psychiatry on the brain, maybe provided philosophical understanding for the problems on the mental health. " Very aptly he assumes that the philosophical reasonings made can" be from decisively meaning for understanding on the internal world (soul) of the client and the challenges that experiencing . The method on Gadamer expands the idea , as accepts holistic approach to life and highlights the meaning for the inclusion on patients in decisions on healthcare specialists. The purpose in these interactions is yes everything established how everything feelings the client through dialogue, without everything drops out the focus from the specific one psychiatric issue . ” Thus the doctoral student sets “ the goal of the current one development " ..to suggested alternative point of view point by the problems on the mental health like at the same time everything encourages empathy and understanding , through presentation on philosophical interpretation on the psychiatric ones diseases. "

Three serious tasks in the logical sequence of scientific research are developed in the dissertation . Three main areas of research are laid out:

- The first is appearance and manifestation on psychiatric diseases , with emphasis on the philosophical interpretation through hermeneutic reasoning .
- On secondly place, consider the questions related to the mental health, especially in the light on distribution on mental pandemic - related disorders from K ovid -19.
- On third place, he establishes alternative ones approaches for understanding and treatment on mental disorders such as everything uses the hermeneutic approach proposed in the study " .

E. Charlie clearly states that “hermeneutics gives priority on communication and understanding , such as allows on the patients to share the pain and to put it objectively within on social, cultural or the financial ones questions. She improves the communication between the patient and the specialist and allows on the psychiatrists to treat the main one problem , instead only the symptoms . ” The theoretical basis is on the "theory of Mind, combining Ricoeur and Gadamer 's hermeneutics, where "the framework for understanding mental problems is through reflection based on historical consciousness" and epiphenomena . Thus, the doctoral student assumes that the understanding and treatment of mental health problems in a person can be improved through the holistic approach, directing "mental health problems to the inner conflicts of the mind". Very aptly, the doctoral student chose as the first theoretical component the study of the patient's thoughts, through role-playing, Gadamer 's hermeneutics, emphasizing discourse, collaborative attention and non-verbal signs. The second theoretical component, the dualistic theory of mind, “ promotes a shift in perspective point - from medical analysis of brain injuries to more complex look on the problems on the mental health like internal mental conflicts. Here, again "through the philosophical ideas of Gadamer, where the mind is distinguished from the brain ", the doctoral student presents Gadamer 's conceptual framework for the factors of psychotic disorder and his working definitions.

In chapter 2, the problems of mental health, the negative effects of social and religious discrimination on the sick, as well as the directions that started the humanistic psychotherapeutic impact, the change in social and medical attitudes and practices are discussed in historical terms. Here, the doctoral student proposes the introduction of a "step" to Gadamer to study the causal mechanisms of mental illnesses and the interpersonal problems provoking these illnesses with subsequent individualization of psychological care for the patient. In great detail and well

structured, the doctoral student presents Gadamer 's four concepts: the hermeneutic circle; prejudice; the merging of horizons; the game. All this to be realized through multidisciplinary teams of work with the mentally ill, where discussion, introspection and interpretation dominate, studying linguistic analysis in human behavior, including between professionals and the patient.

The conceptual framework for applying Gadamer 's hermeneutics helps interpreters understand and compare situations by helping patients understand more about the interrelationship between the situation, relationships with others, their emotional experiences, their personal analyzes and behavioral responses. Interpretations should be made primarily by family and community members, where their cultural and emotional norms intertwine, to compare and analyze similarities and differences, specificity of prejudices, the potential for effective solutions to the problem. In a separate part, the doctoral student presents philosophical texts by other authors: Heidegger, Hegel, Merleau-Ponty .

Gadamer 's perspective on dialogue and influence on depression, where the foundation is on merging perspectives with discourse. It is very detailed and from a psychological point of view well interpreted how depression "suffocates" a person emotionally and he cannot "open up to others", discuss and understand their points of view, therefore he avoids conversations and communication. Charlie interprets how the depressed person distorts the image of himself and others, how this causes him to maintain alienation and detachment from the outside world. The lack of a "unifying story" between the depressed and the non-depressed person has been interpreted. Here, the doctoral student suggests that the depressed person should not be isolated, but enter into a "shared perspective and search for connection." The doctoral student's understanding that " the degree of depression correlates with complexity and frequency on this one internal discourse ".

In his final interpretation, Charlie posits how "the understanding of the inner psychic world at the patients leads to a „paradoxical process” in which the professional changes his way of thinking, develops a new perspective from which to interpret and interact more effectively with the mentally ill person". The doctoral student presents personal proposals for the reorganization of the health care system, based on the models of Gadamer 's hermeneutic approach .

In conclusion of my opinion, I consider that E. Charlie's doctoral dissertation achieves a very good scientific contribution in expanding the medical model of diagnostic assessment and therapy in mental illnesses with the introduction of Gadamer 's hermeneutic model . The improved

model of therapeutic dialogue is very well described, in which the cultural features in which the individual grew up, the experienced traumatic events left a "psychic mark" on the perception, the personal interpretation of the relationship with the external reality and specific behavior that emerges are observed and analyzed from the socially accepted norm. Extremely valuable are the serious philosophical psychological analyzes and interpretations that the doctoral student makes based on the serious contributions of philosophical thinkers from the recent past, corresponding to the explanation of mental disorders and the possibility of extended medical and psychological treatment. The approach that the doctoral student proposes for an interdisciplinary team to work with neurotic and serious mental illnesses is serious and modern.

Critical remarks and recommendations .

- Basically, I have no critical remarks about E. Charlie's thesis. Technically, I think it is better to talk about "mental" and not "psychiatric diseases" (the disease is mental, and the profession and medical specialty is psychiatry) . I suggest that this be underlined in the text.
- As a clinical psychologist with many years of psychotherapy practice in psychiatric clinics, I believe that in the last 20 years in Bulgaria, they have developed quite well clinical-psychological investigations and interpretations, diagnostic evaluations, and therapeutic practices added to the medical model, but they are not yet part of traditional medical practice. I definitely believe that Charlie's dissertation will help clinicians and clinical psychologists to be convinced and to broaden and deepen their professional thinking, to understand how the essence of the hermeneutic thinking model and dialogue will improve current psychotherapy practice. Therefore, I recommend that in the near future the doctoral student will issue a practical guide that will help in the specialization of psychiatrists, clinical psychologists, psychotherapists, to understand a therapeutic practice for mental illnesses, understood through the philosophical-psychological achievements of Gadamer .

From the position of my professional conviction and stated affirmative vote, I propose that the members of the Scientific Jury award Edmund Charley the educational and scientific degree of Doctor of Philosophy.

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Sofia

Prepared the opinion:

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