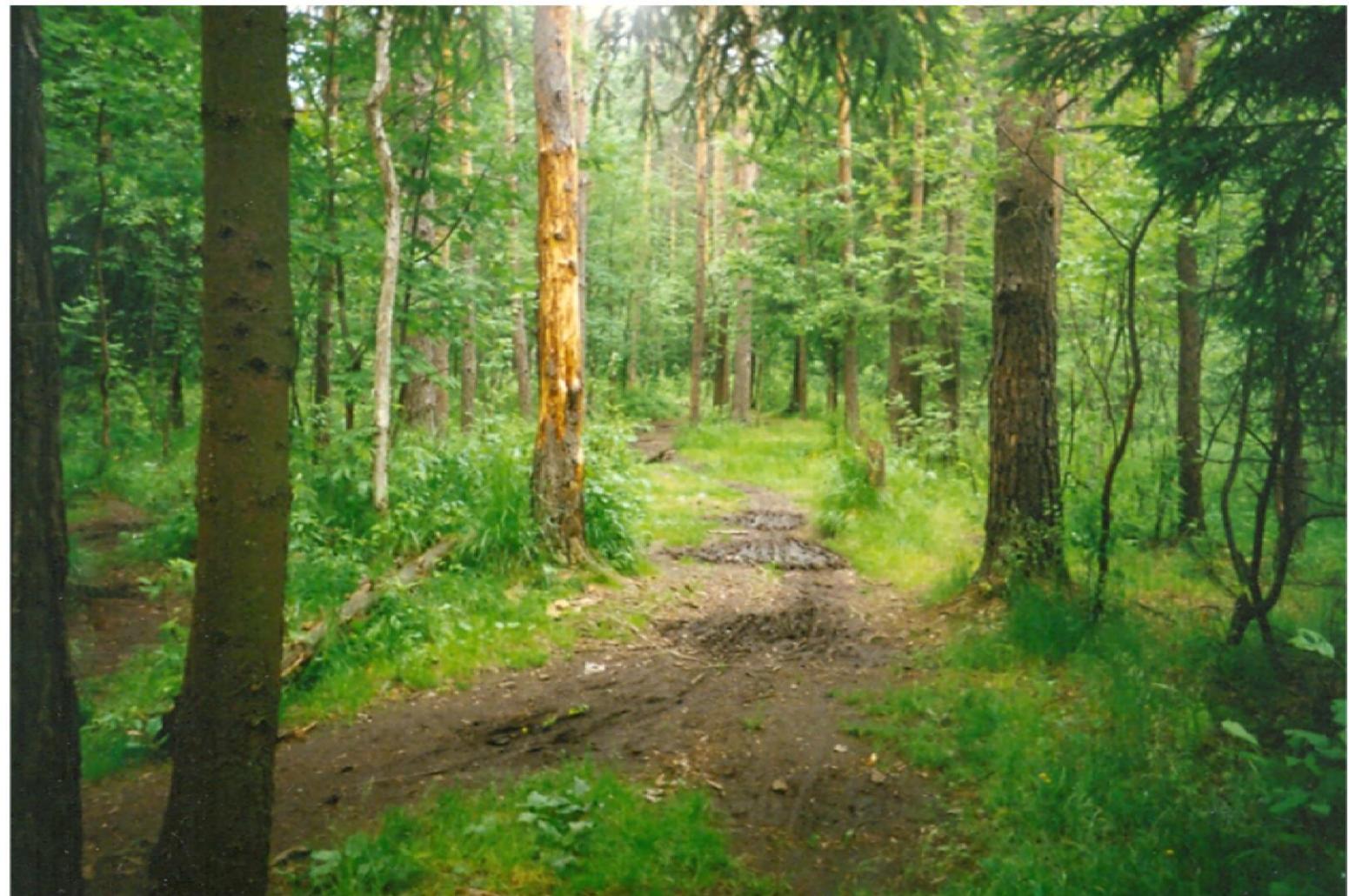


Профессор М.Е. Бурно
Психотерапия для российских пациентов с
переживанием своей неполноценности

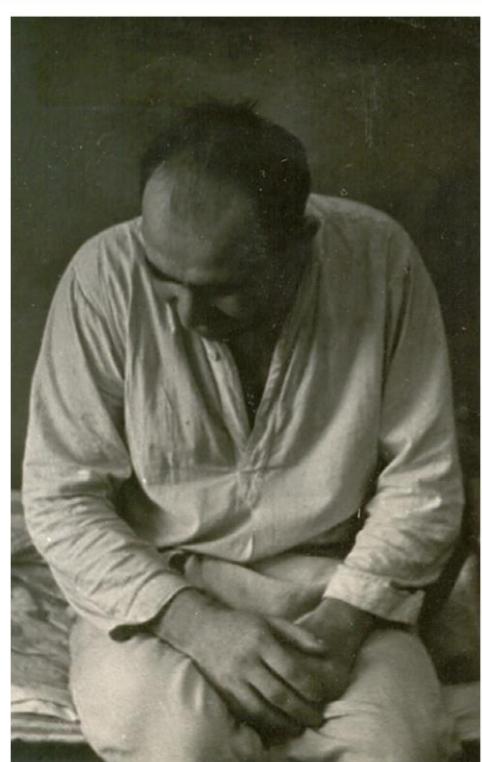


Professor M.Ye. Burno
Psychotherapy for Russian patients with the feeling
their inferiority





This Psychotherapy is Therapy by means of Creative self-expression (M. Burno). It is the native original method for patients and healthy people with the suffering of Russian Chehov intelligentsia.



This is, first of all, the hard suffering, self-analysis of one's complex of inferiority with the feeling of guilt before those who feel even worse. The mainly anxious, depressive (in the wide meaning of the word) patients with *personality disorders*, *schizotypal*, *schizophrenic* patients (among them mental invalids).



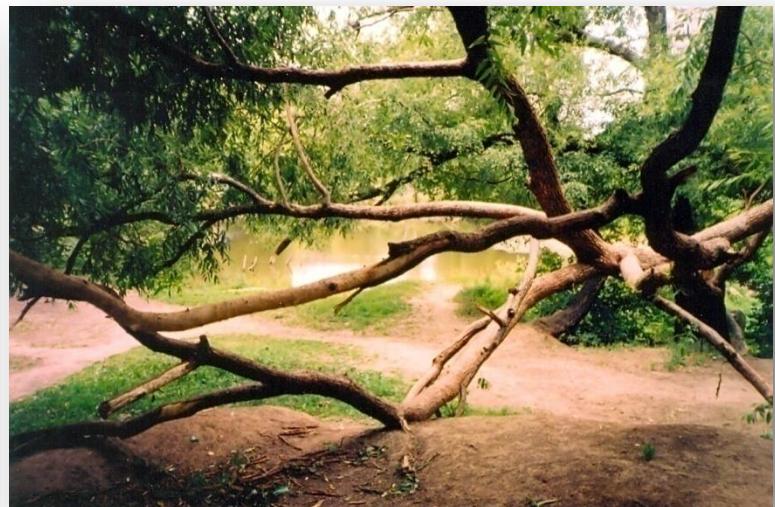
Encyclopedia of pathographies
By Alexander Schuvalov

symptoms of diseases are not considered here as pinned labels but as important natural reference points which help the to find their own paths to their own creative autistic, psychasthenic etc. Uniqueness, their own Love and their own Sense.

The Essence of the Method. Patients or healthy people supervised by a psychotherapist learn some elements of *characterology, clinic, creative therapy, pathography* in different forms of creative self-expression. In order to learn to express themselves creatively in harmony with their natural characterological peculiarities. In order to gain their own healing inspiration as unique persons. Natural characters and



Here are some creative photographs of Nature made by patients with *psychasthenic* and *autistic* characters (in the wide meaning of the word). Realistically impressionist (and at the same time personally unique) felling of their meeting trees in one case and autistic symbolic in another case. This is of course only a very little part of our complicated method.



The Practice of the Method. Eye-to-eye meetings, creative home-tasks, groups for creative self-expression, realistic psychotherapeutic theatre (today creatively improved by doctor I.U. Kalmykova) are all the practical ways of applying this method. Particular methods of creative therapy intertwined with each other are as follows: therapy by making creative works, therapy by creative contact with the Nature, with literature, art and science, therapy by inspirational and creative immersion into the past etc. Long-term therapy by this method lasts 2 – 5 years. Short versions – not less than week.





The results of the help of this kind (especially long lasting) – is a required more or less expressed spiritually creative healing idea of life. A clear feeling and understanding of your own, personal, precious pushes apart the senseless and amorphous mess of the anxious depression. The patients with endogenic process get stable spiritual remissions, which we usually don't see when using only medicinal therapy. The patients with personality disorders get stable compensation.





The Method helps the person, first of all, with special required creative inspiration. It is the light feeling of my own Love, my social use corresponding to the peculiarities of my nature, the feeling rich in contents and understanding.

This is just the *creative inspiration* as a deep understanding, immersion into my personality with a radiant glance. It is not a trance – that is going out of one's personality with a look inside yourself.





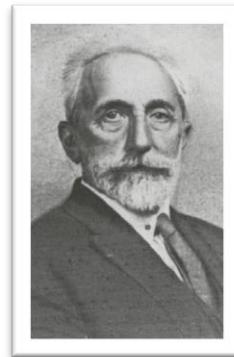
In some cases our patient at his old age thanks his psychotherapist for the happy creative life in spite of his pathological experience. His difficulties are lit up with creative inspiration and are not so hard. In other cases the mental invalid lives at least with a little sunny sense in his soul and is able to help his relatives.



The doctors, whom I especially thank as predecessors for our Method, the method of clinical Medicine.



Hippocrates
(~460 – ~370 BC)



Alexander Yarotsky
(1866-1944)
Russia



Ernst Kretschmer
(1888-1964)
Germany



Peter Gannuschkin
(1875-1933)
Russia



Semen Konstorum
(1890-1950)
Russia



Wolfgang Kretschmer
(junior)
(1918-1994)
Germany



The Method is used in Russia and our neighboring countries for more than 30 years. The Method is worked out in 22 dissertations, in hundreds of publications. It is taught in 8 higher educational establishments.

Here are a few synopsises of the thesis of the last dissertations on different versions of the Method.



Dr. I.U. Kalmykova
The version of the Method
for schizophrenic patients



Dr. G.R. Muchamethzyanova
The version of the Method
for patients with
schizotypal disorders +
alcoholism



Dr. A.S. Igovskaja
The version of the Method
for hypochondriac patients
with personality disorders



Dr. T.V. Orlova
The version of the Method
for patients in palliative
medicine



A detailed Directory on the Method – <http://ttc-burno.narod.ru/>

It is the site of the Center of Therapy by means of Creative self-expression by M.E. Burno and Characterological Creatology in the structure of The Russian Professional Psychotherapeutic League (Moscow). The Learned Secretary of the Center is Doctor Kirill Gorelov.





Characterological creatology is a large field of investigation and practice. It includes the practical Therapy by means of Creative Self-expression of mental healthy persons with the feeling of inferiority and various investigations of Culture in the wide meaning. These are investigations of life of people at different periods of time coming, first of all, from the natural soul peculiarities.



Some books on our psychotherapeutic Method and Characterological Creatology



4th ed. of my book
“Therapy by means of
Creative Self-expression”
(2012)



3th ed. of my book
“On characters of people” –
for psychotherapists and
patients (2008)



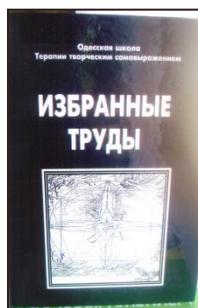
My book on Clinical
Psychotherapeutic Theatre
(2009)



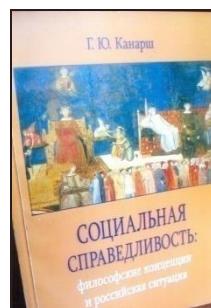
The Collective Practical
Handbook on the Method



The book by Dr. Vladimir
Madorsky on Psychotherapy
hard schizophrenic patients
among them with the help of
a Variant of our Method



Selected works Odessa
School of Therapy by means
of Creative Self-expression
(our Method) (2007)



The books by philosopher
Grigori Kanarsh about Social
Russian life going from
Characterological Creatology



Autobiographic book by
Tatyana Slavskaja, a Russian
poet. The Method helped her
spiritually to bear her hard
disease

Our Method is realized not by psychotherapeutic technics, but by lively, full-blooded ways. These ways include the whole personality of the psychotherapist, the Nature and Culture of the Country. The method is a special psychotherapeutic pedagogical (educational) help in a natural scientific way. This help gives birth creative inspiration and forms creative style of life, just as it promotes therapeutic (in the high meaning of the word) development (growth) of soul. It is becoming clearer what is my own way of life in accordance with my own characterological personality peculiarities.



The basic ethic, educational rules in our practice (The Method and Characterological Creatology).

A. There are no “bad” or “good” characters and mental disorders just as there are “bad” or “good” nationalities and religions. But there is natural predisposition of a concrete person either to the good or to the evil in own characterological way. It may be in the nature of any character or mental disorder. For example: we know immoral sanguine persons and absolutely moral authoritarily tense persons.





B. We must not discuss the characters and disorders of living people. And we are away(outside) from policy.





C. In Therapy by means of Creative Self-expression we are not artists, scientists or politicians. We study psychotherapeutically Nature and Culture basing only on elementary knowledge. It is often a school program. Our rule here is the minimum of good information and the maximum of our creativity in the way of our Method.



Спасибо!

Thank You!

