

### Dabrowski's Polish Books

#### Details Books 1 – 10:

Translations and summaries are provided by Magda Luczak, psychologist, Edmonton.

Book 1: Dabrowski, Kazimierz (1974) Dwie Diagnozy [Two Diagnoses]. Polskie Towarzystwo Higieny Psychiczej.

In this book the author talks about two diagnosis; literary diagnosis and psychiatric diagnosis to describe the same case. The author wants to point out the weaknesses in the classification system used to identify illness, increase awareness that individual description of a particular case done by a skilled explorer has as much intake. As well Dabrowski wants to confirm his hypothesis that an expert of human nature is far better equipped to make a diagnosis than most psychologist and psychiatrists who think that the time spend at university has given them enough information to understand the many multilevel symptoms and syndromes. Dabrowski uses the literary works to classify the psychiatric cases and to demonstrate his theory.

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Book 2: Dabrowski, Kazimierz. Mental hygiene in everyday life. Panstwowy zaklad wydawnictw lekarskich, Warsaw 1964.

This book is focussed on the mental health of the individual as well as of the group. The author's goal is to help people in their everyday lives with family, work, friends, raising children, everyday problems, and conflicts with the external world as well as with oneself. The author hopes that this book will prove to be beneficial for the individual and in that will increase the need for personal growth as well as will help to deal with the outside environment. Dabrowski talks about the new mental health as a science that encompasses medicine, psychology and pedagogy which can give the individual many methods of prevention as well as help the individual in self learning. Mental hygiene introduces a moral aspect into the field of mental health, it is a new field which can adapt to the new civilization and help with the negative consequences which can cause the demise of culture and it's way of life.

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Book 3: Dabrowski, Kazimierz. Co to jest higiena psychiczna? [What is mental hygiene?] Nasza ksiegarnia, Warsaw 1962.

The author talks about how mental hygiene came to be and how it now deals primarily with healthy individuals and groups. Its goals are to help the individual in proper growth, in overcoming and decreasing everyday life problems, as well to adapt in a healthy way to the surroundings. Mental hygiene can add a different point of view (psychological, pedagogical, social and medical); it sees mental health in a new light and with a new perspective. In this book the author explains what is mental health and talks about the mental health conferences that took place and what was decided during that time.

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Book 4: Dabrowski, Kazimierz. Nasze dzieci dorastaja (Our children are growing up). Wiedza powszechna, Warsaw 1960.

In this book the author talks about adolescent children and the problems they face while growing up. The book deals with describing the general phases of human growth, physiological and biological components of growth as well as the period of childhood and pre-pubescence. The chapters deal with the intellectual life of adolescence, the most common physical and psychological disorders that can be observed during this time as well as sexual and pedagogical education that should occur during this time. In addition to this, Dabrowski talks about the education of raising adolescents within the family context, the social aspects and characteristics of adolescence.

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Book 5: Dabrowski, Kazimierz. Pasja rozwoju. [Passion of growth]. Polskie towarzystwo higieny psychicznej, Warsaw 1982.

As per the author Kazimierz Dabrowski: This small book is dedicated to the principals and developmental dynamism, according to the author there are the important principals for people who are gifted with self-awareness and the need for self direction in personal growth as well as the need for helping others in their development. The author feels that these two principals have been omitted from the dialogue of professionals in the fields of psychology, pedagogy and medicine- in particular the principals of different levels of development have been substituted by the phases of biological growth. What is missing is the principal(s) that needs to be accessible by the people who are developing and are looking for more than just reasoning and intellectualism- these people know that there is something more which is the higher emotional development.

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Book 6: Dabrowski, Kazimierz. Nerwowosc dzieci i mlodziezy. [Nervousness of children and teenagers.] Panstwowe zaklady wydawnictw szkolnych, Warsaw 1958.

This book is meant to help professionals like teachers, doctors and foremost parents in educating and parenting their 'nervous' children. The material presented in this book deals with the nervousness observed in children, its symptoms and ways of dealing with it therapeutically. The author wants to increase the sensitivity level of doctors, psychologists, educators, sociologists and parents to the neurosis of children.

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Book 7: Dabrowski, Kazimierz. O desyntegracji pozytywnej: szkic teorii rozwoju psychicznego czlowieka poprzez nierownowage psychiczna, nerwowosc, nerwice I psychoneurwice. [About positive disintegration: Outline of the theory of human mental development through nerve imbalances, neuroses and psychoneuroses.] Panstwowy zaklad wydawnictw lekarskich, Warsaw 1964.

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Book 8: Dabrowski, Kazimierz. Trud istnienia. Difficulty of existence. Wiedza Powszechna, Warsaw 1975.

In this book the author introduces his own interpretation on mental health, and indicates many important points in autopsychotherapy. The author's considerations allow the reader to reflect on him/herself and help in finding individual paths of self-growth.

Contents of the book:

- What is multilevel existence?
- Positive disintegration
- Inner psychological surrounding and it's biggest dynamisms
- Human personality, its structure and function
- Research methods of multilevel human worth
- Psychopathy- the biggest barrier in individual and group development
- What is mental health?
- The right to ones own, individual, as well social paths of development

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Book 9: Dabrowski, Kazimierz. Psychoterapia przez rozwoj. Psychotherapy through development. Polskie Towarzystwo Higieny Psychiczej, Warsaw 1979.

From the author: this book is meant to help as well as to introduce new methods in psychotherapy based on positive disintegration. This is the first book written solely on psychotherapy thus the theory on positive disintegration needs to be introduced. From Dabrowski himself, quoting Marcel Proust 'Everything I know that is great comes from people with neurosis. It is they, no one else, who created religion and made works of art. The world will never know what a huge debt of gratitude it owes them; especially it will never know how much they suffered in order to give to the world. We delight in their subtle music, beautiful paintings, thousands of delicate things but we will never know how many sleepless nights, crying, crazy laughter, asthmas, epilepsy went into these creations, and in particular the fear of death, which is the worst of all.'

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Book 10 - 1: Dabrowski, Kazimierz. W poszukiwaniu zdrowia psychicznego. In search of mental health. Panstwowe Wydawnictwo Naukowe, Warsaw 1989.

Bogdan Suchodolski wrote the forward and talks about Dabrowski's work and what it has done for humankind. He also introduces the theory and terms used to describe certain concepts; for example the hardship of existence, point of existence, and search for the essence of existence. The terminology also includes terms like love, feelings, intelligence and attachments that have not been looked at in the scientific field before. According to Suchodolski the creator of the theory of positive disintegration was analysing huge metaphysical anomalies like good and bad, life and death, subject and object, development and lack of it. Suchodolski also talks about how Dabrowski stood behind many artists and creators who have been labelled as crazy, and talked about the development that comes through overcoming adversities.

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Book 10 - 2: Dabrowski, Kazimierz. W poszukiwaniu zdrowia psychicznego. [In search of mental health.] Wydawnictwo Naukowe PWN Warszawa 1996.

In this book the forward is done by Andrzej Kawczak who apparently was a close friend of Dr. Dabrowski, he talks about the life and struggles of Dr. Dabrowski and the development of the theory of positive disintegration. According to Kawczak the two became very close friends and Dr. Dabrowski propositioned Kawczak to work together. The forward also mentions a bit about the acceptance and fellowship the theory received in Edmonton, in particular by people like Tadeusz Weckowicz, William Hague, Dr. Leo Mos, Bill Tillier, Dr. Dexter Amend, Dr. Michael Piechowski and Dr. Marlene Rankel. There is also a description of the conferences that took place and what was discussed during that time. One of the biggest fears of Dr. Dabrowski was whether he could make it to the conference in Miami (his health was failing him), "I don't know whether my health will allow me to go to Miami, and this is something horrible, what some people can accomplish with my theory" said Dr. Dabrowski.

Added thanks to Jacek Romanski.

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Book 11: Dabrowski, Kazimierz. (1974). Dwie Diagnozy [Two Diagnosis]. Warszawa: Polskie Towarzystwo Higieny Psychiczej.

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Book 12: Dabrowski, Kazimierz. (1979). Dezintegracja pozytywna [Positive Disintegration]. Warszawa: Państwowy Instytut Wydawniczy. [ISBN 83-06-00022-6]

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Book 13: Dabrowski, Kazimierz. (1989). Elementy filozofii rozwoju Kopia na użytek akademicki. [Elements of the philosophy of the development of copy for the use of academic] Warszawa: Polskie Towarzystwo Higieny Psychiczej.

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Book 14: Dabrowski, Kazimierz. (1991). Moralność w polityce Wielopoziomowosc funkcji uczuciowych i popędowych w życiu społecznym i politycznym oraz instytucjach. [Morality in politics multi-level function emotional and impulsive in social and political life and institutions]. Warszawa: bis.