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Las enfermedades mentales (Psicologia Y Counseling / Psychology and Counseling) (Spanish Edition)

Walter Hugo Dr. Ghedin

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Desde las culturas más antiguas hasta la actualidad, las enfermedades mentales han estado rodeadas del misterio de lo intangible, un magma indefinido de comportamientos extraños, emociones fuera de control y síntomas de variada profusión e intensidad que no encuentran aún certidumbre sobre el origen, ni un lugar preciso en el entretejido cerebral. Pareciera que, cuanto más avanzamos, menos sabemos; no por desmerecer los nuevos aportes, sino por la multiplicación de caminos que se abren cada vez que nos acercamos a un destino que aparenta ser promisorio. Este es el desafío del conocimiento: no bajar los brazos y seguir adelante con la esperanza en que cada revelación es un logro en sí misma. Los avances en las neurociencias, la genética, el psicoanálisis, la psicología cognitiva e innumerables aportes de otras corrientes del mundo "psi", tratan de responder a una pregunta clásica, más cercana a las grandes cuestiones existenciales que a los dilemas terrenales: ¿Qué es y por qué se enferma nuestro psiquismo? Me atrevo a decir que este libro tiene un lado obediente y otro rebelde (¿hablará de mí, quizá?). El primero me sirve para contar cómo la psiquiatría clasifica, reúne y nombra los síntomas en diferentes cuadros clínicos; del segundo recupero y defiendo la singularidad humana, el marco de referencia personal, a partir del cual cada uno de nosotros comprende, siente y organiza la vida. Detrás de cada sujeto que adolece del sufrir mental hay una personalidad que se ha cerrado a la dinámica de la experiencia, que ha dejado de ser libre o ha perdido los referentes de identidad; y peor aun, se siente incomprendida por un entorno poco empático con los vaivenes del alma. Las variables expuestas no son incompatibles, se aúnan y se enriquecen mutuamente; tampoco son estancas, cambian con los adelantos de la ciencia y los nuevos paradigmas culturales y sociales. Me gustaría que Las enfermedades mentales no fuera leído sólo como un manual que cumple con las exigencias del "modelo descriptivo médico", porque es también el testimonio del dolor humano, de las "urgencias del alma" y sus múltiples interpretaciones.

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