

Instead of the Introduction. Dedicated to the reader, to tell about the author and the history of the publication of the two volumes of “Modern Psychoanalysis”.

Dear Reader,

Before you start studying the book of Doctor Horst Kaechele and Helmut Tomae, which you were so much looking forward to, I consider it to be very important to introduce the author, the history how the idea occurred and the long way of its turning into life.

We met with Doctor Kaechele for the first time long ago, in the previous century in 1998. It was the 7th Eastern –European seminar of International Psychoanalytical Association, which was held by the only Russian psychoanalytical association of Moscow of those times. We took part in the seminar with the first president of ArPA Andrey Khachatryan and one of its cofounders Zoya Khimchyan. During the banquet we were next to Horst Kaechele and soon started a conversation with him. Horst was interested in everything: our history, culture, politics, and soon our conversation concentrated on the war in Kharabakh, on real problems of blockade, and of course on the situation that psychoanalysis and our association occurred in Armenia.

We told about the meaning and necessity of the psychoanalysis in such historical period, about the enthusiasm of the enthusiasts and about the great interest of the young generation towards the psychoanalysis. Horst listened without interrupting us and very concentrated on the talk. I was involved in the talk too much and

shared my “pain” with him: the great desire to go on with the process Psychoanalysis’s development in Armenia was hampered because of the lack of the real chances of psychoanalytical education for the members of ArPA¹, it was a real challenge to get in touch with the international contacts because of the blockade, as there was no post, no literature, no teachers willing to come and teach for free. “Maybe it seems you a crazy thing to dream about the development of psychoanalysis in a hungry, cold, and blocked country”, - I asked him. I remember his laconic and strict answer: “Of course! One should be a little bit crazy to dare”. “And what about you? Will you come?”, - I asked him immediately. The answer was surprising. “Of course, with great pleasure!” “Waiting!” “Deal!” We exchanged with our addresses. Zoya and I were amazed with him, and started making plans, dream for the future meetings. But it did not last long, skepticism of Andrey Khachatryan confused us and we were in despair, as he said: “How could you be that happy like children, a kind man said something to make you glad...” But we did not know Doctor Kaechele well enough.

After New Year I got a letter from him, he wrote that he was ready to leave for Armenia with a group of his colleagues. We quickly discussed the plan of the seminars on “Actual problems Psychoanalysis, Psychotherapy, and psychological consults” and the first international ArPA seminar took place due to Doctor Horst Kaechele on March 1999. What a great program it was! Three days per 6 hours seminars based on both theory and practice, presentations of clinical cases and supervisions, daily

¹ Armenian Psychoanalytical Association

summarizing discussions and a seminar in the psychological center “Arevamanuk” in Gyumri.

Doctor Horst Kaechele, psychiatrist, psychoanalytic, one of the well-known scientists in the field of studying psychoanalytical process, Doctor of Medicine, Dean of the Department of Psychotherapy in the Ulm University, director of the Stuttgart center of psychotherapeutic studies, invited professor of Psychoanalysis in the London University, member of the committee of Psychoanalytical studies in the International Psychoanalytical Association, Ex-president of German Psychoanalytical society with his colleagues in the blocked Yerevan, in very severe living conditions (without central heating, in the hostel of international organization “Doctors without Borders”) held all the planned seminars in the cold hall of Institute of National Health, his coat put on, and so did all of us.

Nobody felt the cold. His manner of freely theorizing the specific features of analytical process, as well as presenting the clinical cases passed in the form of conversations and thinking, which gave to the participant the opportunity to get involved in that process of thinking and realization.

All of us were shocked by the simplicity and modesty of that deeply erudite psychoanalytic. We did not have idea about his humanism and generosity yet. ArPA got from him 12 volumes of Freud’s works, books on sexual pathology and psychosomatics, and of course the 2 volumes of the well known German book on psychoanalytical therapy.

The result of many years cooperation with the professor Helmut Tome and the 2 volumes of the book published in 1985, had been already translated, published in English, Hungarian, Spanish,

Italian, Lithuanian, Polish, Portuguese, Romanian, Czech and his first volume was published in Russian in 1985.

During one of the meetings with the students in the Institute after Brusov², where I was the head of Psychology Department, the problem was raised, that there is no literature on Psychology in Armenian at all. Kaechele offered to translate and publish in Armenian the students'- book "Modern Psychoanalytics". We were very glad to hear that and supported the idea.

This is how the project occurred, which required the cooperation from three parts, the idea seemed very nice, the realization-very easy. Students for a symbolic payment under the control of the head of the Germany department and other professors should have done the translation of the first volume from Germany to Armenian.

The members of ArPA and Department of Psychology did the scientific editing of the translation. Doctor Kaechele covered all the expenses of that small but for us very significant project. Unfortunately, everything only seemed that easy, and turned out to be very difficult.

The quality of the translation was not satisfying. "The difficult" pages were omitted. The translation turned out to be that different from the original (we took for bases the Russian version, as we did not know German), that it seemed the words had been translated beyond their meaning. Nowadays, having experience in the field of scientific editing of the Psychoanalytic translations from French, I can recognize in a realistic way how hard was that work, and that the translation of such kind of

² Now Linguistic University after Brusov

specialized texts are beyond the power even of the 4-year-student.

But then... We need a student-book. We need it urgently! We were eager to have it and the idea seemed real. But unfortunately... In a second all our hopes to have the first book on psychoanalytic therapy in Armenian, so much forces and so much money were gone in vein. We were annoyed, despaired and ashamed. But... the possibility to have a book in our native language seemed to be gone forever. It would possibly be like that, if not the character of Horst Kaechele!

In 2007 Andrey Khachatryan told me that H. Kaechele offered him to do the translation of the book, and that it will be from English to Armenian. It gave us hope – at last the Armenian reader will have chance to study Psychoanalysis in his native language.

We met with Horst again in 2010. We invited him to visit us and gave seminars in ArPA after he had given seminars in Tbilisi. Teaching Psychoanalysis is another prosperous side of Kaechele's activity, about which he usually does not speak much.

But it doesn't have to reduce his great input at all.

And here is he, again with us. The same simplicity and easy-goingness, the same easy way of presenting the material, the specific way of keeping silence and listening, when the student and the professional seemed to be on the same level. During the break time we spoke with him about the book again, and he happily let me know, that the work is almost done. But unfortunately... this time again the project failed.

In March 2010 Andrey Khachatryan had died. The work remained incomplete. No way out? There is no way to realize the idea... But not for Horst Kaechele !

He like nobody else realized the importance of the book's publishing in Armenian. And we were eager to have that very student-book in our native language, as it is not a simple "catechism", which teaches to follow the known "truths", methods or techniques. In this book the authors follow the principle of the history and show the way psychoanalytic psychotherapy came to life. Give the opportunity to see its "laboratory", various approaches, understand their logic, studying each level in details and its position in the process of Therapy. The authors offer to think, compare and search, and to find the unique way of professionalization for you. In his Introduction, that Andrey Khachatryan has managed to write before his death, he tells about the structure and content of the book in details, as well as about its peculiarities and obvious advantages.

To what he has said, I would like to add that it will be useful not only for the skilled professionals, but for the beginners too. Here one can find a lot of useful and important material for reflection and self-development.

Dear Reader! Now that you've got acquainted with the dramatic story of the translation and publication of the book, you realize that you hold in your hands the result of the third trial of its "birth". It succeeded due to incredible dedication, perseverance and energy of Horst Kaechele and member of ArPA Anahit Krischyan, who was a volunteer to bring to life that process: organize the translation of the two volumes, control all the

process from the beginning till the end, and we all are very grateful to her for that.

I would like to add that the existence of “Modern Psychoanalysis” in Armenian proves, that we have a lot to learn from Doctor Horst Kaechele, not only as a scientist, practic and a great explorer in Psychoanalysis, but as a great humanist, a Man that can desire, dare and reach his goals, which proves the Armenian publication of the book you can hold in your hands now.

I would like to express gratefulness to Doctor Horst Kaechele from the part of members of ArPA, Armenian reader and me. Our dream came true at the eve of 20th anniversary of ArPA, which I consider not to be a simple coincidence.

Thank You very much Doctor Kaechele

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