



Star Male di Testa (Italian Edition)

Luigi Anepeta

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Star Male di Testa (SMT) è un compendio divulgativo sulle esperienze di disagio psichico, frutto di una vita di studi e di pratica terapeutica critica.

La moderna psichiatria, restaurando una rigida barriera tra normalità e anormalità sulla base dell'assenza o della presenza di sintomi, fa un duplice torto: alla normalità, perché impedisce ad essa di prendere atto del suo statuto precario e in parte mistificato, e all'anormalità, perché toglie ad essa qualunque significato che non sia riconducibile ad una primaria disfunzione del cervello.

L'ipotesi organicistica è stata avanzata, senza prova alcuna, dagli psichiatri dell'Ottocento. Gli eredi attuali – i neopsichiatri – sostengono che essa sia stata confermata dai recenti sviluppi delle neuroscienze. Si tratta di un'impostura.

L'avversione alla psichiatria organicistica da parte dell'autore è nata con la scelta stessa di dedicarsi ai problemi della salute e del disagio mentale.

Ricostruendo la storia sociale, familiare e interiore dei singoli soggetti e fornendo un'interpretazione psicodinamica di gran parte dei sintomi, dei vissuti e dei comportamenti che essi sperimentano, il saggio ne illumina il significato radicalmente umano, univocamente riconducibile al conflitto tra due logiche: la logica dell'appartenenza (le "ragioni" degli altri) e la logica dell'individuazione (le "ragioni" dell'io).

In questa nuova ottica, le esperienze di disagio psichico hanno sempre un significato potenzialmente evolutivo. Il loro trasformarsi in "malattie" dipende dal fatto che, per motivi soggettivi, sociali e spesso legati all'intervento psichiatrico, tali potenzialità non trovano modo di dispiegarsi.

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