

Rise of the Eternal Prince or Vivat, King, Vivat!!! To the 80th Anniversary of M.E. Litvak

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Mikhail Efimovich Litvak - psychotherapist and psychologist with 50 years of experience, one of the most famous psychotherapists in Russia, candidate of medical sciences, doctor of sociological sciences, corresponding member of the Russian Academy of Natural Sciences (RANS), Honorary Member of the European Association for Psychotherapy (EAP). He is the author of more than 30 books translated into 12 languages and published in a total circulation of more than 5 million copies.

The author of the original psychotherapeutic methods "Psychological Aikido", "Scenario Reprogramming", "Targeted Modeling of Emotions", "Intellectual Trance", "Psycho-laughotherapy", "Intellectual Nirvana", "Modeling Emotions", "Correction and Prediction of Fate". People all over the world are showing interest in these techniques, so the seminars of Mikhail Litvak are held with great success not only in Russia, but also in another 24 countries of the near abroad, Europe and America.

Mikhail Efimovich was born in Rostov-on-Don, under the sign of Gemini - on June 20, 1938, in the family of doctor Efim Markovich Litvak (1912 - 1964) and his wife Bertha Izrailevna. Childhood fell on the difficult war years that little Misha spent with his mother in the evacuation, but his father went through the war as a senior doctor in an infantry regiment.

After returning with his family to the destroyed Rostov, he entered the school, successfully completed it with a silver medal, however, as he recalls, "I was afraid to go to the Faculty of Physics and Mathematics in university, because there I had to pass the entrance exam in mathematics, but in the medical institute with a silver medal was taken without exams".

After graduating from school in 1955, he entered the Rostov State Medical Institute. It is curious that his student classmates were Vitaly Leonidovich Kapustyansky and Anatoly Ivanovich Shevelev, and his classmate Yuri Alekseevich Kutuyavin later became masters of the Rostov Psychiatric School.

During his studies at the medical treatment department he actively participated in student research activities, attended various student circles. He achieved the greatest success by studying at the SSS (?) at the Department of Operative Surgery and Topographic Anatomy. However, as Mikhail Efimovich recalls, despite the fact that "it smacked of postgraduate studies, to my misfortune, instead of graduate school, I joined the army, into personnel service. Now I understand that it was a happy occasion. What would I do if I became a teacher in this department?! In general, lucky" [1].

He began his medical practice in 1961 as a military surgeon in the Soviet Army, where he was called up for personnel service at the age of 23 after graduating from the medical institute and served in various positions in army medical institutions. In 1967, at the age of 29, he was assigned to the army for health reasons.

“After the army, I wanted to go to the residency for patanatomy,” says Mikhail Efimovich. - But I was lucky again. Moscow has not approved.

After working for six years as a military surgeon, he came to psychiatry - to the clinic of Professor Mikhail Pavlovich Nevsky, who saw his talent in a young doctor and took him even without primary specialization, saying, “He already has a scientific mindset, and we will teach him psychiatry”.

“My classmates led me to Professor Nevsky M.P, who offered me to become a psychiatrist. I reluctantly agreed. Then I realized what a favor he showed me. Immediately - without the knowledge of psychiatry - become a regular intern! I fell in love with psychiatry a week later and am still passionately in love. He began to work hard and three years later began to teach students sporadically. But they didn’t take me to the pulpit and didn’t even give reports. So, I began to speak in debates. However, I was engaged in pedagogical work under the guidance of Kutyavin Y.A. at the psychology department of the Pedagogical Institute and the Law Faculty of the University”.

Since 1967, Litvak M.E. worked in the psychiatric clinic of the Rostov Medical Institute as a psychiatrist, and since 1980 - as an assistant in the department of psychiatry at the faculty of advanced training of doctors, where he participated in teaching in general improvement cycles in general psychiatry, narcology, psychotherapy, medical psychology and sexology. Research interests before 1980 were entirely concentrated in the field of clinical and treatment of schizophrenia (about 30 scientific publications).

In 1980, fate prepared for Mikhail Efimovich a difficult test, putting him before an existential choice - a serious illness, disability, oblivion and lack of money or a drastic change in his outlook, the pursuit of a high goal, the highest achievement in life, joy, creativity, health.

“When I was 42 years old, I developed a violation of cerebral circulation in the system of the vertebrobasilar artery. Three months I spent in the hospital. I felt good only when I lay down. I thought a lot, but when I walked it swayed. It was clear to me that if this continues, then at 52 years old it will be possible to go to another world. And again a chain of random circumstances” [1].

Recalling this period, Litvak M.E. tells: Professors Sergey Liebikh and Igor Con came to us. They turned all my mind. Then I met the works of Eric Bern. After this, it was possible to read the works of Freud, Fromm, Horney, Schopenhauer, Nietzsche and many others. These notes later formed the basis of my book “From Hell to Paradise”.

He began to introduce psychotherapeutic methods in his medical practice and develop his own since 1979. At the same time, he became seriously interested in psychology, and, absorbed in the writings of Eric Bern, he gradually developed his author’s psychological system based on transactional analysis (using philosophy and formal logic) authoring system of psychological communication, later received the name of “psychological aikido”. Thus, in the 80s the scientific and clinical interests of Mikhail Litvak finally shifted towards psychotherapy, psychosomatics, sexology and medical psychology.

It is now psychotherapy is a generally recognized prestigious specialty, and in those distant Soviet years, Mikhail Yefimovich had to overcome many difficulties - and the skeptical attitude of his colleagues, and the resistance of his superiors. Despite all the difficulties, in 1986 work was completed on a Ph.D. thesis entitled “Clinic and complex treatment of neuroses depending on the system of personal relationships”, which was successfully defended in 1989 in the Tomsk Research Institute of Mental Health.

In 1984, I almost flew out of the institute as an old teacher with a hopeless scientific future. Some flew. I nevertheless defended myself in 1989, having changed two scientific leaders in the way. Boris Dmitrievich Petrakov became my final leader not only in form, but in fact as well. Thanks to him, I understood how to do scientific work. By my 50th birthday, I was not only a happy person, but I felt like him. Of course, there were troubles, but I quickly got out of them.

In 1984, the CROSS Club (“The Club decided to master stressful situations”) was formed and began to work, the founder and permanent leader of which was and remains Mikhail Efimovich.

I came to the conclusion that patients should be treated not so much with medicines as they should teach proper communication with oneself, with relatives and strangers, in general, properly build communication and successfully solve one’s affairs both at work and in personal life.

Gradually, my activities and interests shifted towards prevention. The CROSS club was visited by healthy people who had communication problems. At their request, I began to write manuals, brochures, and then books. So, my activity began to go beyond the institution, the city and the region [2].

Since 1990, Mikhail Litvak began to conduct at the faculty of postgraduate education one-and-a-half-year courses in psychotherapy. Since 1999, an independent course has been allocated to the psychiatry refresher course, where psychotherapy and clinical psychology cycles took place.

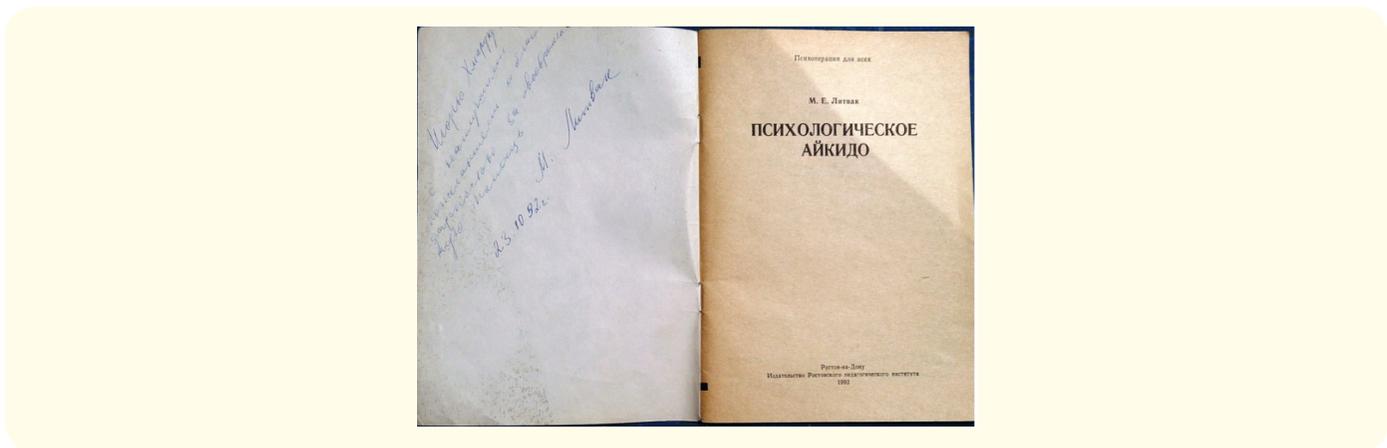
From 1984 to 2006, Mikhail Efimovich Litvak was the chief freelance psychotherapist of the Rostov region, was the chairman of the regional qualification commission under the Ministry of Health of the Rostov region on certification of psychiatrists, psychotherapists, narcologists and neuropathologists. He is a member of the European Psychotherapeutic Association (certificate issued in Vienna on January 29, 2002), the International Psychotherapeutic Association (certificate issued in Vienna on September 26, 2008), has the Recognition Certificate No. 5 of the All-Russian Professional Psychotherapeutic League for significant contribution to the development of domestic psychotherapy and a whole a number of other diplomas and certificates.

All that I have achieved is connected with my cowardice - Mikhail Efimovich recalls with a grin. - I was afraid that I would be accused of ignorance, and constantly followed the literature. I did not scandal, and everything that I needed came to me.

I read lectures on the text (I was afraid without the text) - then they turned into books by themselves.

It was the writer’s path that brought great fame to Mikhail Efimovich - in 1992 he began to publish his books. Although his scientific bibliography by this time already had about 200 scientific publications, including a book published by the Knowledge Society in 1982, Drug Addiction and Their Consequences (M. Litvak, V. Nazarov, O. Siletsky), and a guide for physicians “Epilepsy”, in collaboration with Yu. A. Kutyavin and V.M. Kovalenko, - his writing career began with the publication of “Psychological Aikido”. Issued by the publishing house of the Rostov Pedagogical Institute at the author’s own expense, she looked very modest, about the size and thickness of a school notebook, rather than a book.

How could I then, being the intern of the Department of Psychiatry of the Rostov Medical Institute, believe that I, literally, taking on my hands and dragging a pair of new-born copies with Mikhail Efimovich, these half a ton of newborn circulation, is present at the historical birth of something great?! Imagine that this booklet after some 25 years will become a bibliographical rarity, the first sign and the harbinger of a victorious march of a five millionth army of books of its future editions?! And among the half dozen books donated to me by Mikhail Efimovich with the handwritten signature of the author it is she who is most dear to me...



Here is what the author himself says about the development of his writing career many years later: I started writing books at the request of the CROSS club members. They simply did not remember everything that was told to them. So began my publishing and writing activities. The basic theoretical development of the thesis formed the basis of all my books.

Then in 1993 the book "Psychological Diet" was published, as well as "Neurosis: clinic and treatment" - both based on the dissertation materials. True, for this I had to organize my own publishing house, where I published the book "The Algorithm of Luck".

At this time, fate brought me to the publishing house "Phoenix". The publisher suggested that I increase the volume of my books and release them in the form of one, 600 pages, which I did. And at the end of 1995 I published my first fat book in this publishing house, which I called "If you want to be happy. Psychology of communication", which contained all 4 aspects of communication - with yourself (I), with a partner (Me and You), with a group (I and YOU) and with strangers (I and THEY). The book immediately became a bestseller and was reprinted several times. In 2000, it was substantially reworked. Its total circulation has already exceeded 200 thousand copies.

In 1997, my favorite lectures on psychotherapy were published under the title "From Hell to Paradise". In 1998, by order of businessmen, I published the book "The Sperm Principle", which turned out to be the most widely read book, which has already withstood more than 40 publications.

By order of the publisher, the book "Sex in the family and at work" was published in 2001, which I regard as a scientific monograph, because it summarizes the experience of a large sociological study (approximately 11,000 families) [3].

The scientific career of Mikhail Efimovich Litvak was quite difficult: in 1989, after two unsuccessful attempts to defend himself, he managed to defend his PhD thesis in medicine, on the subject of neuroses, only from the third attempt. Dissertant at that time was 51 years old. And at 61, Mikhail Efimovich successfully defended his doctoral thesis in sociology on the topic "Methods of resocialization in the context of sociocultural uncertainty".

Unfortunately, as it should be, without becoming a prophet in his own country, the deserved recognition of Mikhail Litvak received only retirement and leaving the walls of the Rostov Medical Institute (now - Medical University, Rostov State Medical University), to whom he devoted nearly four decades.

Since September 2001, I retired, but I have not lost my connection with the institute so far. I did everything that I could not achieve at the institute outside of it (Ph.D., professor, academician, etc.).

After leaving the university in 2001, Mikhail Efimovich concentrated his energy on the CROSS club. With seminars and lectures he traveled almost all corners of our country, dozens of countries of near and far abroad (USA, England, France, Switzerland, Italy, etc.), worked with the Olympic team of the country.

Branches of his club CROSS successfully work in more than half of Russia's regions. The busy schedule of his lectures and seminars, which are successfully held in 24 (!) Countries of the world, is planned a couple of years in advance, and people four times younger than him will envy the life energy and pace of his life. Google provides a little less than a million links to a query about it, and Yandex generally reports about 14 million results found. He is scolded and admired; he is worshiped and hated. His books, as they say "went to the people" and already long ago dismantled for quotes. And although some colleagues in the workshop treat him with skepticism (secretly envying his popularity and demand), but his wards sincerely love him (as he affectionately calls his students and all those who regularly come to his seminars).

His life path was not strewn with roses ... Many people familiar with the difficult biography of Mikhail Efimovich easily notice between the lines of his psychological novel "The Adventures of the Eternal Prince" these or those parallels with the fate of the main character. And

he, in general, doesn't hide it much...

I am satisfied with my whole life, I think that I didn't bring much disappointment to others either. But until 42, I considered myself an unhappy person. I do not want to cause you pity. There were no tragic moments in my life. And all my sufferings were cheap.

I thank fate for the fact that it deprived me of a gold medal at school, did not allow me to graduate school, did not allow me to become a surgeon, failed or slowed down the defense of my dissertations, did not let me go to administrative positions and did, as it seemed to me, disgusting then".

Being sincerely inspired by Leibniz's words that "who does not become himself, he betrays God," he creates his own unique psychotherapeutic method of "script reprogramming" - a method of correcting and correcting personality structure and fate, which allowed tens of thousands of people to "throw off the frog skin of their scenario "and" become the King for himself and benefit society.

"Becoming a King is the only way not only to feel a happy person, but also to be one.

The king is not a position, not a title, not a social status, but a state of mind. The king is the man who managed to become himself ... and besides, to benefit society. Externally, the King is a top-class professional who has his own working methods, his own style. It cannot be replaced by another. We meet such Kings among cooks, tailors, artists, doctors, lawyers. And in general in any specialty has its Kings".

To him - dear and beloved Mikhail Efimovich - the true King in his profession, the King not by birth, but by vocation and merit, to him - the Teacher, indifferent to accepting "praise and praise", he - long ago From the bottom of my heart, wish good health, great human happiness and unlimited vital energy that inspired and inspired millions of its readers, pupils and followers!

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