



Introduction



The introduction will be short so as to allow for more time for the study of the contents of the issue... First, let us note that this issue is a milestone, as it is the 20th for a period of 10 years. We were planning on celebrating but a painful event in the psychotherapeutic community forces us to only commemorate it...

I will begin with the mournful event: It is the death of Petros Polychronis, an exceptional colleague, and a beloved friend to many. That is the first article of the journal by **Dionysis Sakkas: “Petros Polychronis (1951-2021), a rare human being”**. Moving but also informative, it combines scientific thinking with personal experiences and memories. A farewell to Petros Polychronis as a remarkable therapist who also possessed unique qualities as a human being...

Then, there are the tributes to the “ten year and 20 issues anniversary of the journal”. There are seven articles, that appear in the order in which they were submitted. I will enumerate them here. Number 1, by **Katia Charalabaki: “Ten years, Twenty Issues: Between two Disasters”** is an extensive historical and personal account of these ten years, mainly emphasizing on the wider socio-political context and experiences of people during this decade. Number 2, by **Dimitris Kokkalis: “Three poems”** is a poetic – lyrical expression of time in the decade, that specifically highlights deeper personal and relational experiences of the era. Number 3, **Katerina Theodoraki: “Journal anniversary”** The core of this article, also, is the wider context and its effects on the work of psychotherapists, through changes that occurred on our patients’ structure of relationships and interactions. There is also, however, an experiential aspect to it as the creation of the “Ancient Greek Literature Study Group” and the subsequent study of ancient authors had a palliative and illuminating effect regarding modern day difficulties. In number 4, **Kostas Batsalias: “On the ten-year anniversary of the journal...”**. Following the Editorial Committee’s proposal to the readers to discuss a paper from the journal that has touched them on a professional and personal level, he discusses Jaakko Seikkula’s paper from issue 16, May 2020, titled “Psychosis Is Not an Illness, but a Survival Strategy in Severe Stress: A Proposal for and Addition to a Phenomenological Point of View”, explaining how and why it actually “touched” him. Number 5, **Nikos Kaldirimitzian: “Choosing an article for the 10th anniversary of HE.S.T.A.F.T.A.’s journal”**. The paper that “spoke” directly to his personal, family and professional life was “Families and therapists in the face of



economic crisis. Challenges and opportunities” by Pomini, V., Legaki, A. M., Mellou, L., Pantazi, Z., Pappa, X., Soldatou, M. and Tomaras V., from May 2017, Issue 10. Number 6, **Valeria Pomini: “A journal in five steps”**. As a member of the journal’s Editorial Committee, from the beginning, and a member of the Board of HE.S.T.A.F.T.A., the author gives a historical account of the decade, completing her recollections with thoughts, questions and comments (mostly favourable). Number 7, **Sofia Petta: “On meaning, on uncertainty and on time in Therapy. “Encounters” with a Journal”**. This is an in-depth analysis of coming in contact with the journal and of the connection of this relationship to psychotherapeutic experiences. It delves into scientific, philosophical and experiential levels, providing specific examples of papers and their authors’ questions.

The next paper is entitled **“The therapeutic alliance in group versus individual systemic-dialectical psychotherapy: A comparative study”** and is written by **Marilena Mandrakou, Rossetos Gournellis and Valeria Pomini**. The subject of the therapeutic alliance and therapeutic relationship is discussed extensively, and there are comparisons and correlations between different psychotherapeutic approaches, both group and individual.

Next paper is **“A collaborative series of discussions in the 2nd grade of high school about love, relationships and sexuality: Systemic perspectives and issues of psychosexual development in the public school”** by **Valia Mastrodimou**. It is a particularly original and authentic presentation of the relationship between psychotherapeutic and school intervention during adolescence, concerning key issues like love and sexuality... But there is also a discussion concerning the interaction of school psychologists and teachers...

The issue concludes with a book presentation. **Kia Thanopoulou** presents **Evangelia Andritsanou’s** book **“Antigone. A daughter, a land”**. Through the presentation of the book, there is another in-depth discussion of Ancient Greek literature, concerning characters and the relationships between them. It resembles a revival of the before-mentioned “Ancient Greek Literature Study Group”...

We said that the introduction will be short, but this was probably not accomplished. The Editorial Committee’s ultimate suggestion to its readers is: We expect your criticism, your thoughts and your opinions for improving our journal...

Enjoy reading!

On behalf of the Editorial Committee,

Katia Charalabaki