



Survival in Society

Eugene Heimler

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Survival in Society Eugene Heimler

Eugene Heimler's self-help method of social functioning has been developed and tested – and proved extraordinarily successful – for over forty years. Here he describes in detailed theory and through cases his interviewing and therapeutic techniques, in which a relationship of equality between 'helper' and 'helped' is paramount. His aim has been to help people as individuals and in groups to make the most of their abilities, however latent, and to use positively their inner resources and past experience. He sees not only the past as influencing the present but present actions determining what we select from the past. Success or failure to function within ourselves and in society depends on the balance between satisfaction, defined as the ability to use one's potential, and frustration, defined as one's inability to use it. Too little frustration can be as damaging as too much: to function normally we constantly transform frustration into satisfaction. In other words, success is one's ability to transform the unacceptable – to oneself and to society – into the acceptable. Throughout the book emphasis is placed on the importance for the individual of making his own decisions. Here he is helped by Heimler's decision-making tool – his scale of social functioning – which enables him to understand his life situation and to act accordingly. The scale is of diagnostic value to the therapist, but its main use is to the patient. Professor Heimler's method has been applied both to people in need of treatment and to 'healthy' individuals who want to explore their untapped potentials; it has been used by teachers at all educational levels to help students become more creative, in the employer/employee relationship, and by social workers in all fields. Heimler owes much to many past and contemporary practitioners. The originality of his work lies in his synthesis of existing theories and practices into a successful working method.

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