

OPINION

by Assoc. Prof. Dr. Stoyan Iliev Chilikov;

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on Dissertation work for acquiring the scientific and educational degree
"Doctor" in Scientific field of High Education: 2. Humanities, Professional
field: 2.4 Religion and Theology(Pastoral Psychology)

on the topic: " **PASTORAL CARE FOR FAMILIES IN PSYCHO-SOCIAL
ADDICTION THERAPY "**

by **Krasimir Nikolov Ivanov,**

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The opinion was prepared in accordance with the requirements of the Law for the development of the Academic Staff of the Republic of Bulgaria, the Regulations for its Implementation and the New Regulations for the Conditions and Procedure for the Acquisition of Scientific Degrees and the Occupation of Academic Positions at the University of Sofia "St. Kliment Ohridski", amended and supplemented by the AC on 26.05.2021.

The reviewing of the materials is according to the order of the Rector of Sofia University "St. Kliment Kliment". No. RD 38-51/ 27.01.2023).

Krasimir Nikolov Ivanov has provided all the necessary documents concerning the procedure for the defense of the dissertation.

1.Data about the dissertant and the procedure

Krasimir Nikolov Ivanov has studied and graduated from the Faculty of Theology, Sofia University "St. Kliment Ohridski". He completed his Individual Plan and was discharged with the right to defend. The dissertation, which has been

submitted to me for review, has been discussed at a meeting of the Department of Practical Theology of the Theological Faculty, Sofia University St. Kliment Ohridski. At the same meeting it was decided to admit it to public defence. At the first meeting of the scientific jury, a chairman was elected and the authors were appointed to draw up reviews and opinions. The procedure was followed and I consider that no violations were committed.

Before moving on to the essence of the dissertation work, I would like to emphasize one main advantage of the author in connection with the preparation of the dissertation: he has many years of practical experience and specialized psychological work as an expert, psychologist and psychotherapist in supporting the personal development of students, psychotherapeutic work with families in schools and centers, as well as psychosocial rehabilitation programs at the National Drug Addiction Center and the State Psychiatric Hospital for the Treatment of Drug Addiction and Alcoholism in Suhodol.

2. Dissertation data

The dissertation contains a total of 179 standard pages. It consists of a preface, introduction, development in three chapters, conclusion and list of references. Separately to it with added two appendices with question cards and research on the topic of the dissertation. The bibliography is mainly from Bulgarian, Russian and English sources. In addition, electronic resources were also used.

With the preface, the doctoral student introduces the topic by presenting a summary of the motives of his research work.

The introduction justifies the choice of the topic and its relevance; the subject, object, aims and objectives of the research are clearly formulated. As a positive element, I take into account the mentioned historiography on the problem, which indicates a good knowledge of the literature on the research problem.

The dissertation consists of three chapters. The first chapter of the study is entitled "The shepherd and pastoral care for the family in the context of the Orthodox Church". In this first introductory chapter, the author explores some

important features of pastoral ministry. The first few sub-points outline the person and ministry of the pastor and the meaning of soul care. The last few subsections of the first chapter of the dissertation are about the family as an object of pastoral care and an introduction to the addiction model. The author defines addictions and explains the basic patterns of addictions.

The second chapter of the dissertation is entitled "The doctrine of man and his vocation according to the Holy Fathers in relation to the psycho-social therapy of addictions". In this main chapter, the author argues the patristic teaching about man as a psychophysical being in order to move on to his main goal, which is the treatment of addicts, their psycho-social therapy and spiritual care. The dissertation examines the main methods of psycho-social rehabilitation, describes the essence of art therapy, cognitive-behavioral therapy, and the problem of iatrogenics. In this chapter, the author has proposed psychological rather than spiritual rehabilitation. After each of the three chapters, the author has drawn conclusions and summaries of the tasks achieved.

The third chapter is entitled "Therapy of families in the context of psycho-social therapy of addicted persons". In it, the dissertation student analyzes the factors that condition co-dependencies, its stages of formation, as well as the methods of therapy. At the end of the third chapter, the dissertation offers the results of interviews conducted with three priests in connection with their work with addicts, mainly drug addicts.

In the conclusion of the research paper, the main conclusions of the essay are drawn based on the thesis statement.

3. Evaluation of the scientific contributions

The topic of the dissertation is dissertationable and extremely relevant and important both for Pastoral Theology/Pastoral Psychology/ and for the church and society as a whole. The author is a psychologist with many years of experience, which helps him practically in the analysis of the scientific problem and the solution of the tasks set in the dissertation work. The dissertation student has mastered academic writing and methodologically well presents his text in the introduction. I appreciate the idea of interviews with priests who work with

addicts. This, although not completely, fills a huge void that is felt by the lack of pastoral experience and care in the dissertation work. Krasimir Nikolov Ivanov made three scientific contributions to his dissertation:

1. "First study in our country dedicated to pastoral care for the families of addicts;

2. A systematic and scientifically based attempt is made to substantiate and better understand the need to introduce pastoral care for the families of addicts who are in psycho-social therapy;

3. The existing experience in the spiritual care of the parents and families of addicts who are in the process of psycho-social therapy is investigated as a basis for future development.

I accept, albeit conditionally, the first of the mentioned scientific contributions, considering that Krasimir Nikolov Ivanov's dissertation is the first dissertation devoted to this topic. Along with this, however, I will repeat that the topic is extremely relevant and important, therefore it has been worked on in one form or another in the other higher education institutions in Bulgaria where theology is taught. Usually the focus of the work is pastoral care for drug addicts. That is why I recommend that the author, if he decides to publish his work, should do so, but that it should be after the main revision of the text, taking into account the critical comments made by the members of the scientific jury, as well as after reviewing the text again by the relevant specialists in the scientific field.

4. Critical remarks and recommendations

1. The main problem in the dissertation text is related precisely to the lack of pastoral experience of the author of the text. This problem would have been minimized if the author had drawn on the rich experience in the field from literature in foreign languages.

In the first chapter, the author writes about the shepherd and his ministry, about the family and dependencies, so that he can then move on to the pastoral care set forth in the next two chapters. In essence, however, this does not happen.

The presentation of the text is extremely theorized with an emphasis not on pastoral work, which is almost absent in the dissertation, but on psychological therapeutic work. The title of the subject, the hypothesis and the thesis of the study put an emphasis precisely on pastoral care, but this is practically not fulfilled in the content and analysis of the text. In this context, the real research work on the scientific problem indicated in the introduction, the research thesis and hypothesis is missing.

2. The image and personality of the shepherd and the pastoral work are conveyed in the text too unrealistically, idealized, scholastically and not corresponding to the real life of the priest as a shepherd, guardian of souls and healer in a certain sense.

3. The author does not clearly distinguish pastoral care from Christian care. A pastoral approach to caring for families in addiction therapy is not clearly defined. It is not clear how the pastoral approach and care complement and interact with the psychotherapeutic approach. This is embedded in the tasks of the dissertation, but throughout the text the pastoral approach and care are considered very little and not together, but parallel and in parallel with the psychotherapeutic one. In the introduction, the author sets himself the task of pointing out pastoral care, but this is not actually carried out. The emphasis is on the psychotherapeutic work of a team of specialists.

4. The specific ways of pastoral care for the addict and co-addicts are not proposed. The sacraments are only mentioned in the text without analyzing their meaning and role in the overall process of pastoral care. No mention is made of the role of confession and how it differs from psychoanalysis or ordinary spiritual conversation. The place of asceticism in this spiritual healing process is not addressed. As well as the problem related to incorrect pastoral approaches to soul care. Iatrogenicity has not been compared with pynnogenicity - what harm can the priest and the doctor /in the specific case the psychotherapist/ do to the addicts and their families in case of improperly conducted therapy.

5. Abstract details. Publications and participation in scientific forums.
Personal impressions of the dissertation.

The abstract is written as required and correctly reflects the content of the dissertation.

Krasimir Nikolov Ivanov has submitted three publications that are in the field of his dissertation.

6.Conclusion

Despite the errors and inaccuracies of the dissertation as pointed out, I declare that I will vote positively on the procedure of Krasimir Nikolov Ivanov for the award of the PhD in the professional field 2.4 Religion and Theology(Pastoral Theology).

29.03.2023.

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Sofia