

Table of Contents

Acknowledgements	7
Introduction: The realness of reality	9
“New reality”	9
Reality in psychiatry and psychotherapy	14
Realification as an analytic concept, reality as an ethnographic object	21
“Real socialism” and the reality gap	25
A world lost	29
Infantile fantasies	31
Depression as idiom, problematization, and assemblage	33
Methods in the ethnography of depression	34
Summary and overview of chapters	38
 PART I: DIAGNOSTICS	43
Chapter One: Critical conditions	45
“I couldn’t manage anymore”	45
Idioms of distress	50
A time before depression	52
The afflictions of <i>Homo sovieticus</i>	57
The politics of the suicide rate	59
Depression at the margin	63
A most unfortunate man	67
Pharmaceuticals and real depression	71
Raising awareness	74
Critical conditions	75
Conclusion	79

Chapter Two: Affective disorder	81
Diagnostic transformation	84
A deficit of realness	87
Referentiality of diagnostics	91
Clinical agency	96
Diagnosing purchasing power	102
Conclusion	107
 PART II: THERAPEUTICS.....	109
Chapter Three: The psychopolitics of incapacity and care	111
From care to assistance	114
“Chronic rentosis”.....	120
<i>Urealnienie</i> : maturity, emotionality, and the depressive position	124
The immaturity of pan Roman	130
Emotionality	137
Pani Honorata: incapacity, anger, and acceptance	141
Conclusion	144
 Chapter Four: The ethic of powerlessness	147
The Twelve Steps	153
Crisis and reform	156
<i>Anonimowi Depresanci</i>	160
Powerlessness	165
Entrustment	170
The powerless subject	173
Conclusion	176
 In lieu of conclusion	179
Notes	185
List of figures	223
References cited	225
Index	245