ABSTRACTS

SIDE EFFECTS OF PSYCHOTHERAPY

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Most medical interventions and therapeutic procedures contain potential risk of harmful effect on patient's medical condition. The decision about indication of psychotherapeutic treatment is connected with comparison of expected benefit and potential damage that may be caused by such treatment, bearing in mind the basic principle – primum non nocere.

Psychiatrist – psychotherapist often consciously takes risk of potential transient side effects of therapeutic procedure because, on the other hand, anticipates and evaluates possibility of significant improvement of patient's health. Psychotherapeutic process is characterized with relation between patient and psychotherapist, which is marked with maximum confidence, revelation of most intimate feelings. A specific transfer relation develops during psychotherapy, characterized with very dependent position of the patient. Psychotherapist becomes, in a way, basic therapeutic remedy during psychotherapeutic process, and therefore, in accordance with particularity of medical procedure, side effect may come out of personality of psychotherapist.

There are reasons why in medical practice today it is believed that not every medical doctor is capable of exercising psychotherapy if he/she does not fulfill certain requests. It is especially important for psychotherapist to be aware of his/her “blind spots“, limitations connected with personality, and especially educational level and limitations. The question of formal qualifications for psychotherapeutic work comes out of the above mentioned, as well as the question of appropriate education for this kind of treatment.

APPLICATION OF NEW ANTIPSYCHOTICS: BETWEEN THE HOPE FOR BETTER TREATMENT AND SERIOUS SIDE EFFECTS

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An ideal antipsychotic is that which successfully treated psychosis and in same time not causes side effects. Unfortunately, for now, that kind of antipsychotics no existed. The first discovered antipsychotics are accepted in psychiatric praxis as a revolutionary shift in the treatment of mental patients. Thanks to them the patients are moved from the hospital to the community. After that the patient became full member of community. But, the patients treated with AP in spite of that, had more or less serious side effects. Side effects were often danger for life of patients. The occurrence of clozapine on the market had a cause hope that the science is on the threshold of discovery of new antipsychotics, which are safer for the patient than those before, which called the first-generation antipsychotics. New antipsychotics called the second-generation antipsychotics. In the current time we are witnesses certain advantages of newer generation of antipsychotics, but every day we are discovering their side effects, which are not so rarely, and harmless to patients.