

CAN WRITING POEMS AND TAKING PHOTOS HELP THE PSYCHIATRIST TO IMPROVE HIS HUMANITY AND THE MENTAL HEALTH OF HIS PATIENTS?

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SUMMARY

The relationship between the art forms of photography and poetry and mental wellbeing is described, both for the psychiatrist and for the patient. These, as well as other art forms, improve the experience of human persons interior life. It is suggested that these art forms, as well as music and dance, can be helpful in the treatment of Depression.

Key words: poetry – photography - Mental Wellbeing

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INTRODUCTION

Here we describe the experience of a psychiatrist who is both a poet and a photographer. The questions we would like to address are; What is the meaning to a psychiatrist that he/she is also a poet and a photographer? How does this express humanity and what are the implications for psychiatry? Can writing poems and taking photo help the psychiatrist to improve his humanity and the mental health of his/her patients?

BEING HUMAN

Apparently these activities (the psychiatrist, the poet and the photographer) seems to be so different each other; and maybe they are really different, but being a Human Person, a "man" or "woman" is the real connection between them, not vice-versa. When a psychiatrist appreciates the arts, the poems, and has the ability to create poems, this indisputably can support his interior peacefulness, and induce him to improve his introspectiveness. All these notions off course facilitate the role of the psychiatrist in better understanding the interiority - or interior world/life - of the patients.

The ability of a person who can both take photographs and write poetry, when it is present, enables that person both to capture beautiful photos and to support the involvement of the viewer (or of the reader-viewer) within the meaning of the poems.

BEAUTY, PSYCHIATRY AND DEPRESSION

In Italy we organised, over the past year 2017, the annual European Depression Day events (23 events all over the Country) having the annual theme focused on

the "beauty and arts" ("*Il mondo della bellezza: depressione, arte, vita*"). "Beauty will save the world", said Dostoevskij; and we made this sentence, last October, the central theme of our conferences.

Educating people (and the patients) about the sensibility of art leads them to pay more attention to introspectivity, and supports them even when they are less well. Then, often, song or dance can also be used for therapeutic aims as atypical ways of treating depression, augmenting the use of "antidepressants", as well as in psychiatric rehabilitation (D'Errico 2017, Tavormina et al. 2017).

CONCLUSION

Writing poems is the real psychotherapy for the psychiatrist! (Tavormina 2012, Tavormina 2017).

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