

TRANSDISCIPLINARY INTEGRATIVE APPROACH IN PSYCHIATRY, PERSONALIZED MEDICINE AND CREATIVE PSYCHOPHARMACOTHERAPY

CREATIVE, PERSON CENTERED NARRATIVE PSYCHOPHARMACOTHERAPY (CP-CNP): FROM THEORY TO CLINICAL PRACTICE

Miro Jakovljevic

Department of Psychiatry and Psychological Medicine, University Hospital Centre Zagreb, Zagreb, Croatia

The field of psychiatry is deeply divided within itself. Psychopharmacotherapy is a hot and controversial topic, glorified by some and vilified by others. Mental disorders are multifactorial and polygenic phenomena with polymorphic clinical manifestations and poorly defined endophenotypes. They are characterized with high rate of morbidity, comorbidity, disability, mortality, and treatment failures. These relentless and commonly tragic disorders represent heavy burden on patients, their families and society and there is an urgent need to improve treatment successfulness in psychiatry. The best treatments are those that utilize and integrate multiple modalities. The time is ripe for psychiatry to find its transdisciplinary integrative soul and increase treatment effectiveness. Creation and fostering hope, meaning, personal responsibility, spirit of optimism and commitment can significantly contribute to overall positive response to pharmacotherapy, but in the other way round treatment can contribute to creation and fostering hope, meaning, personal responsibility, spirit of optimism and commitment. This review addresses the concept of creative person-centered narrative psychopharmacotherapy (CP-CNP) as a transdisciplinary integrative strategy for improvement of the therapeutic effectiveness in patients with mental disorders. The CP-CNP offers an overarching theoretical framework that permits the integration of different levels of explanation from neuroscience and clinical psychopharmacology, to psychodynamics, evolutionary psychobiology and positive psychology. It is a comprehensive/holistic concept encompassing a wide array of psychological methods and pharmacologic strategies that are aimed to achieving optimal treatment outcome. The key terms of this concept are: the focus on person in treatment instead of blockbuster and stratified medicine approaches, synergistic drug combinations, enhancing resilience, antifragility and salutogenesis, not only decreasing illness but also increasing wellness, reconstructing disease and therapeutic narratives, and promoting creativity, therapeutic alliance and partnership.

Key words: mental disorders - resilience - antifragility - creative psychopharmacotherapy - person-centered narrative medicine - personal recovery

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PSYCHOPHARMACOTHERAPY AND THE SENSE OF MEANING IN LIFE

Aron Mulahalilović¹, Mevludin Hasanović^{2,3}, Izet Pajević^{2,3} & Miro Jakovljević⁴

¹*Mental Health Care Center, Public Institution „Dom zdravlja“ Gradačac, Gradačac, Bosnia and Herzegovina*

²*Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

³*School of Medicine, University of Tuzla, Tuzla, Bosnia and Herzegovina*

⁴*Department of Psychiatry and Psychological Medicine, University Hospital Centre Zagreb, Zagreb, Croatia*

A personalized and holistic approach to therapy is increasingly demanding answers to questions related to the meaning of life. Over the years, research has shown a direct link between the presence of meaning in life, health and recovery. It becomes impossible to ignore this connection as well as the issues of spirituality and religiosity that are immersed in the meaning of life. The article presents different definitions of meaning, the relationship of meaning in life and parts of meaning to quality of life, allostasis, stress, pathological conditions and recovery, and finally connecting the points between creative psychopharmacotherapy and meaning. A complementary approach to the meaning of life implies a desire for a clear, reliable understanding of three related but different dimensions: continuity (as opposed to fragmentation), purpose (as opposed to pointlessness), and value (as opposed to worthlessness). Creating personal meaning in life structures can provide a context for understanding and integrating stressful situations. Finding meaning means connecting, meaning are the expected connections and associations that human beings see in their world. In this aspect, the construction of meaning is a dimension that we

impose on the world. Each person's ability is to decide what makes their life meaningful. The meaning of life is a changing cognitive-emotional framework, directly accessible to subjective assessment based on one's own needs and values. The art of living is to discover in tough and painful life situations their true meaning, values and meaning of life, and thus health and disease. Creative psychopharmacotherapy can be used to help patients discover and explore the sensation of meaning, create a new meaning in life, a new life story, manifest their potential through recovery. Mental disorders present a chance to break with misplaced life goals and values and turn to authentic values through new forms of thinking, experiencing, behaving, and creating a successful life.

Key words: creative psychopharmacotherapy - meaning - personalized medicine - values

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RESILIENCE BETWEEN SALUTOGENESIS AND PATHOGENESIS: AN IMPORTANT CONCEPT IN CREATIVE PERSONALIZED PSYCHOPHARMACOTHERAPY

Zihnet Selimbašić¹ & Mevludin Hasanović^{1,2}

¹*Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

²*School of Medicine, University of Tuzla, Tuzla, Bosnia and Herzegovina*

Resilience is a complex multidimensional psychobiological concept that researchers define differently depending on the context of their research and theoretical orientation. Resilience indicates the ability of a child or adolescent (person) to adequately deal with problems, to continue to improve, grow and develop, and to successfully adapt to a new situation, regardless of the threats and challenges that characterize the environment. Salutogenesis is a sociomedical concept that focuses on factors that support human health and feelings of satisfaction, rather than on factors that cause disease. Through the salutogenic model, through the sense of coherence as a basic concept and a central resource, through generalized and specific resources of resilience, a person manages to preserve his physical and mental health even in the most difficult life circumstances. Promoting salutogenesis and the search for health factors, not diseases, in the study of children and young people and the importance of the salutogenic health model in times of wars, economic crises, social change, major changes on the planet can be a significant goal of treatment.

Key words: resilience - salutogenesis - pathogenesis - creative personalized psychopharmacotherapy

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MENTALIZATION AND CHANGE OF PERCEPTION IN THE CONTEXT OF CREATIVE PSYCHOPHARMACOTHERAPY FOCUSED ON PEOPLE

Emir Prljača¹, Izet Pajević^{1,2}, Mevludin Hasanović^{1,2} & Miro Jakovljević³

¹*Department of Psychiatry University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

²*School of Medicine University of Tuzla, Tuzla, Bosnia and Herzegovina*

³*Department of Psychiatry and Psychological Medicine, University Hospital Centre Zagreb, Zagreb, Croatia*

The concept of mentalization is relatively new in modern psychiatry, whose utilization is expanding daily in working with clients suffering from mental illness. Mentalization enables the incorporation of several different theoretical models and therapeutic techniques into a single whole, which encourages a holistic and integrative approach to treating patients. This theoretical model looks at different spheres of mental states, both the client seeking medical help and the doctor himself in the therapeutic process. Consequently, providing an adequate basis for the creation of a therapeutic/working alliance, which is imposed in the age of modern psychiatry, as a "condition without which it is impossible" to achieve the desired therapeutic response. Therefore, it is necessary to creatively implement treatments while creating a "therapeutic/working alliance" between the patient and the doctor in order to improve the therapeutic response and change the patient's perception.

Key words: mentalization - change of perception - creative psychopharmacotherapy

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