

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

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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

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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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## PREFORMATIVE, PERFORMATIVE AND NARATIVE IN CREATIVE PERSON CENTERED PSYCHOPHARMACOTHERAPY

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*Psychopharmacotherapy does not stand alone.* The act of prescribing involves much more than solely choosing “best” medication. It seems that somewhere in the process of trying to objectify and scientify our therapy, we have neglected an important and effective dimensions of it. Psychopharmacology should consider much more than just biological dimension of drugs. Psychological, social and behavioral factors that influence drug metabolism, efficacy and side-effects are largely overlooked. Obviously, the subtext of information provided by the medical professional inevitably contains suggestion. Important part of that subtext is consisted in way we think of it, we talk of it and we perform that information.

Defining of preformative and performative psychopharmacotherapy was attempted as well as description of narrative *creative person-centered* psychopharmacotherapy. Studies that indicate that medicines (SSRI) do not work on its own but as amplifier of the influence of the living conditions on mood are provided. Undirected susceptibility to change hypothesis which request acknowledging the importance of social, psychological, environmental factors to explain such the mechanisms underlying the recovery from the disease is explained. Understanding the role of medicines (SSRIs) as amplifier of the influence of the living conditions on mood represents a critical step in developing a creative, person-centered psychopharmacotherapy aimed at better matching patients with treatment and avoiding potential harmful consequences.

**Key words:** preformative - narative - creative person-centered psychopharmacotherapy

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## EMOTIONAL CONTAMINATION IN THE CONTEXT OF CREATIVE PSYCHOPHARMACOTHERAPY

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It is well known that emotions have always attracted the special attention of both laymen and scientists because life without emotions is unthinkable. Emotions prepare us for all life circumstances regardless of their qualities and intensities.

Reviewing the available literature, the authors described the phenomenon of emotional contamination and its importance in interpersonal relationships with a focus on “infecting” other people’s emotions. Research has shown that individuals mimic facial expressions as well as other emotional reactions of others by emotional contamination in interaction with another person manifesting emotional behavior, and in such situations mimic model reactions, with the perception of their own reactions eliciting an appropriate emotional state.

They stressed the importance of patients perceptions of the emotions of the physicians treating them and the caring attitude that is crucial to contributing to treatment outcomes in clinical practice. Specific expectations between the patient and his physician, when they meet and achieve a physician-patient relationship, reduce uncertainty, and play a useful and crucial role in healing. A caring emotional practitioner who can effectively connect with patients is a huge boon to health.

The connection of emotional contamination with creative psychopharmacotherapy and with several therapeutic options is especially described, determined in different ways either through narrative psychopharmacotherapy, through assertive and positive communication, creating a favorable and positive therapeutic relationship whereby a partnership is created, which together leads to the main goal, which is the successful treatment of the patient to the mutual satisfaction. It is useful for patients to have a doctor who spends more time with them and listens carefully and, with adequate emotions, strongly and effectively facilitates treatment. They conclude that emotional contamination is a phenomenon