

## 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

that happens every day in life, especially in specific situations, and that it is up to professionals to use this type of therapeutic opportunity and assistance in the right way to help their patients and be creative in a psychopharmacotherapeutic sense.

**Key words:** emotions - emotional contamination - creative psychopharmacotherapy - the doctor-patient relationship

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## THE SIGNIFICANCE OF UNDERSTANDING BODY LANGUAGE IN DEPRESSED PATIENTS WITHIN THE CONTEXT OF CREATIVE PSYCHOPHARMACOTHERAPY

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Since it is generally known that the human body is the best image of the human soul, this paper aims to explain how important body language is when diagnosing psychiatric diagnosis "depression". It is important to point out the importance of other alternative approaches in the treatment of depression when standard psychopharmacotherapy is not enough. Body language is a powerful form of non-verbal communication that provides important traces of intentions, emotions, and motivations in other people. In everyday life, we collect information about what people think and feel by their body posture, manners, and gestures. (Tipper et al. 2015). Evaluations of clinical depression are traditionally based on verbal information. However, non-verbal expressive behavior, related to reflexive feedback of a person, may reveal negative emotional or social processes that are not fully controlled by patients (Fiquer et al. 2013). Karkou and Sanderson (2006) claim that dance therapy, along with other artistic therapies (art therapy, drama therapy, and music therapy are other artistic therapies that are applied in Great Britain) offers an attractive opportunity for patients because it enables them to work on those issues that are placed on non-verbal and pre-verbal level.

Creative psychopharmacotherapy is the concept that involves creativity as its main means (Jakovljević 2013). In this context, the importance of physical activity and body movements will be emphasized in the treatment of depression, when regular psychopharmacotherapy is not sufficient.

To conclude, the patient has the right to actively take part in creating a therapeutic relationship and responsibly contributes to overcoming psychopathology. The importance of physical activities and body movements is emphasized in the treatment of depressive people. Studies have shown that the anti-depressive effect of physical activity is increased with simultaneous use of antidepressants, as well as that movement therapy and music therapy, together with regular pharmacotherapeutic methods, help with fast recovery and that they can be used in a creative approach to problem-solving.

**Key words:** body language, depression, non-verbal communication, creative treatment, art therapies

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## PSYCHOPHARMACOTHERAPY AND THE HERO'S JOURNEY: MENTAL HEALTH MEDICINES AND SCRIPT CHANGE

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The concept of a script in Transactional Analysis (TA) can be considered as the basis for the occurrence and duration of mental disorders. As such, a script change can be the solution leading to improved mental health and well-being. In addition to redecision therapy, offered by TA, there are other techniques for