

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

changing the script. One of them is the psychotherapeutic technique, The Hero's Journey, by Robert Dilts, developed from Joseph Campbell's idea of a single myth; i.e. a monomyth, which is in fact the narrative of all narratives. It is this model of all myths that is actually a story about the meaning of life, which is exactly what gives the patient the power to achieve the goal. This goal is also the cornerstone of all existential psychotherapeutic modalities. Life can be viewed as a journey in which each chooses their own path by choosing their own goals, in any sphere of life; private, professional, or other. Misalignment of goals or failure to achieve them can cause mental disorders, leading to a loss of the meaning of life and with this loss, one's goals. When illness appears on the journey, the treatment itself becomes the journey. By applying personalized psychopharmacotherapy and removing the symptoms of the disease, further treatment aims to help the patient enter stabilization and socialization. In this phase of treatment, the hero's journey becomes a therapeutic journey. Through setting new goals and thus changing the meaning of life, the patient is introduced to the last phase of disease prevention, where health becomes a life goal through metaphors of achieving various personal goals. The synergy of both approaches can bring the patient into a state of remission that becomes a permanent state as the patient has established their own goals, felt fulfilled and found their own meaning and purpose in life using motivation, creativity and their forgotten or neglected resources and potentials.

Key words: psychopharmacotherapy - hero's journey - TA script - personalized medicine - generative mind - generative self

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"A BEAUTIFUL WORD LIKE A BEAUTIFUL TREE ..." FROM THE PERSPECTIVE OF CREATIVE PSYCHOPHARMACOTHERAPY

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A nice word in creative psychopharmacotherapy provides: environment for purposeful activity as creative work, structured work, enjoying the nature of essence and existence; feeling of security and safety, to be treated with respect and dignity and to allow the development of a sense of belonging, value and trust; have time to express feelings to other members sympathetically, with listening: opportunities and encouragement to develop feelings and draw conclusions from experience, including illness and its treatment; getting permission and encouragement to develop a relationship with God or the absolute (however persons experience holiness) regardless of time, place, and privacy for prayer and worship, spiritual education, encouragement in faith, a sense of universal connection and forgiveness.

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ACCEPTANCE AND CHANGE AS DIALECTIC OF RECOVERY: EXAMPLES OF STORYTELLING, FAIRY TALE AND PSYCHOPHARMACOTHERAPY AS THERAPEUTIC MODALITIES

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„Narrative medicine“ promotes therapeutic healing and recovery using fairy tales and traditional folk stories. Individuals are capable of shaping their lives through various narrative strategies and re-authoring alternative stories that are concerned with different aspects of acceptance and change, as well as meaning in life, personal growth, resilience and self-realization. Psychotherapy through the eyes of stories and fairy tales can have two perspectives. Firstly, fairy tale acts like a weft around which the very story/script of the patient is formed, which in itself becomes the basis for interpreting the occurrence of