

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

a mental disorder. The second perspective is the perspective of healing or getting out of a "fairytale" story/script by changing an incoherent life narrative into an alternative coherent narrative. The aim of this pilot case studies approach was to use a narrative approach based on stories and fairy tales in order to promote psychological growth, meaning in life, resilience, self-realization and improved well-being and highlight the dialectic of recovery, an interplay of acceptance and change. With properly applied creative, person-centered narrative psychopharmacotherapy, the patient is capable of changing their beliefs in order to reach a new meaning and way of life, and thus to facilitate the lowering of symptomatology, its disappearance and possibly even a cure, whatever that may mean for an individual. At the end of mental health medication treatment personal recovery is a wishful therapeutic goal. Considering its promising results, clinical implications and possible further applications are discussed.

Key words: dialectics of change - fairy tale - script - psychopharmacotherapy - personalized approach - narrative psychotherapy - healing, personal recovery - coherent life story

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TREATMENT IN PSYCHIATRY IN A NEW CLASSIFICATION ATTIRE IN THE SHADOW OF SILENCE AND UNPROCESSED TRAUMAS FROM THE PAST: The Imperative of Perfectionism in the Present and Shame and Discomfort in the Future

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The new classification systems in psychiatry have dressed both patients and psychiatrists in completely new attire. One (DSM -5) is widely used and critics are hardly at peace with the psychiatry of normal living conditions and phenomena and a missed opportunity to 'save the normal'. The second attire is still standing on the mold in tailoring salon in Geneva (ICD-11) and is being ornamented by the online testing through a global network of clinical practice, now around 15,000 clinicians and mental health professionals, before it is distributed to psychiatrists worldwide.

The objective is to (be) treated better and to keep quiet. We remain silent for fear, shame and insecurity in the face of devastating tendencies in the modern world. Unprocessed traumas and mourning from the past in current global setting support various mental disorders. Trauma leaves strong emotions, so if it has not been processed and the loss has not been mourned, these charged emotions get the characteristics of emotional volcanoes or timed bombs that are easily activated. Unprocessed group trauma among political or ideological leaders can become a means of strong manipulation of the masses. And the 'masses' are immersed, globally, in the mentalization of cognitive achievement at the expense of the emotional principle.

By forcing competitiveness, perfectionism and narcissism, people try to 'be successful' at all costs. Perfectionism is a phenomenon that, under the influence of scientific and technological progress, computerization and globalization, increasingly affects the psychosocial development, functioning of the individual and society as a whole. Perfectionism is increasingly associated with anxiety and affective disorders, obsessive-compulsive disorders, eating disorders, and suicidality. Virtual reality, virtual sexuality, pornography, pervasive alienation and loneliness create a position of shame and cultural discomfort, which is so far the price of conformism. But in the Manichean prism, we might also call the new age an era of shamelessness and perversion in the broader sociocultural context leaving open the key question: "Can modern civilization avoid self-destruction?"

Key words: treatment in psychiatry - new classification - silence - unprocessed traumas - imperative of perfectionism - shame and discomfort - past - present - future

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