

CREATIVE PERSON-CENTERED PSYCHOPHARMACOTHERAPY IN THE CONTEXT OF PRENATAL PSYCHIATRY - DILEMMAS AND CHALLENGES

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The authors presented a psychopharmacotherapeutic approach to the treatment of women in the prenatal period that requires a personalized, person-centered treatment plan. Treatment should include care for the mental health of women of childbearing age, pregnancy planning, during the prenatal period, and then during the postpartum period. The authors highlighted creative psychopharmacotherapy which is the foundation of holistic and integrative treatment of mental disorders. They emphasize the significant role of the mother in the emotional development of the child, which begins while the child is still in the womb. Mothers who stop taking psychotropic drugs during pregnancy have an increased risk of recurrence of the mental disorder after childbirth because the mother's psychiatric illness is not a benign event and can cause significant morbidity for both the mother and her child, therefore, discontinuation or denial of medication during pregnancy is not always the safest option. For more serious disorders, such as schizophrenia, bipolar disorder, and severe depression, medications may be needed during pregnancy and lactation, despite complex evidence based on the effects of psychotropic medications on the fetus and newborn. Perinatal mental health has become a significant focus of interest in recent years. The randomized controlled examinations provide evidence of the effectiveness of psychological and psychosocial interventions at the individual level. It is necessary to make a new conceptual shift in the approach to maintaining the mental health of pregnant women and newborns, and that is to optimize the mental health of pregnant women, and not simply reduce the symptoms of mental disorders from which they suffer before conception, during pregnancy and after childbirth. Dilemmas and challenges of psychopharmacotherapeutic treatment in the prenatal period are intensified by the knowledge that the psychological difficulties of mothers can significantly affect the integrity of the safe relationship between mother and child, which is essential for the emotional, cognitive, and behavioral development of the child. Often, these problems existed before pregnancy or occurred during pregnancy, and they are often the deterioration of the mental state due to discontinuation of pharmacotherapy during this period.

The quality of the biopsychosocial milieu in the fetal period and childhood during the early neuroplastic development phase is one of the determinants of risk for diseases during the life cycle. For this reason, the mental health of pregnant women and mothers must be optimized. For many of these women, health is optimized with pharmacotherapy.

Key words: creative person-centered psychopharmacotherapy - prenatal psychiatry - mental disorders

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INTEGRATING THE CONCEPT OF CREATIVE PSYCHOPHARMACOTHERAPY AND GROUP PSYCHOTHERAPY IN CLINICAL PRACTICE

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Modern psychiatric treatment is largely dictated by national and international guidelines rested on evidence-based data, including psychopharmacotherapy and psychotherapy. An alternative to the rigid application of official guidelines and criterion for the standards of treatment in psychiatric practice is the concept of creative psychopharmacotherapy. It is a concept based on the integration of different

approaches to a person as whole, mental disorders and their treatment into person-centered clinical practice. In this sense, group psychotherapy and creative psychopharmacotherapy today are part of the overall integrative efforts in psychiatry. Neuroscientific discoveries suggest that they share similar neural pathways that lead to changes in brain function and symptoms relief. Various integrative elements make group psychotherapy and psychopharmacotherapy in combination more effective and efficient. The integration of the concept of creative psychopharmacotherapy and group psychotherapy into everyday clinical practice can improve treatment options as well as clinical practice by creating opportunities for research and development of new modalities of overall treatment.

Key words: creative psychopharmacotherapy - group psychotherapy - clinical practice

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EPIGENETICS IN PSYCHIATRY

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Changes in gene expression that lead to predictable, stable and possibly heritable alterations in cell function that are not due to changes in DNA sequence is the current definition of epigenetics. Ever growing evidence suggests that antipsychotic drugs used routinely for schizophrenia therapy induce their effects by modulating the host epigenome. The key epigenetic mechanisms targeted by antipsychotic drugs include DNA methylation, histone modification, and noncoding RNA expression. Understanding the pharmacoepigenetics of an antipsychotic drug is crucial to predicting its extrapyramidal effects, therapeutic dosage, treatment efficacy, and treatment strategy, and will facilitate personalized interventions. Further related drug discovery should target the induction of selective chromatin remodeling and gene-specific expression effects.

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ACCEPTANCE OF DIAGNOSIS IN PSYCHIATRY AND INFLUENCE ON TREATMENT IN THE LIGHT OF CREATIVE PSYCHOPHARMACOTHERAPY

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In this paper, we focused on the complexity of diagnosis in psychiatry and problems during its communication, and its acceptance / non-acceptance, both by the patient and family members of the patient, which has a significant impact on the success of treatment. It is not uncommon for somatic diseases to be related to mental illness, which due to damage to certain organs requires adequate psychiatric therapy. The treatment process is a joint agreement between the patient, his / her family members and the psychiatrist regarding the explanation of the illness, how to take the medication and the agreement with the patient about the psychotherapy that would suit him / her best. Psychosocial support to the patient(s) is also very important in the treatment of psychiatric patients, because only with such support do we empower sick people, their families and the social environment, and the result is successful treatment and reintegration into everyday life in the community.

Key words: diagnosis in psychiatry, stigmatization, treatment, creative psychopharmacotherapy

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