

Uvodnik

/ Editorial

Velika mi je čast i zadovoljstvo da mogu predstaviti tekstove za tematski broj časopisa „Socijalna psihijatrija“, a povodom 50 godina osnutka Klinike za psihijatriju Kliničkog bolničkog centra Zagreb (Klinika za psihijatriju osnovana je 1971. god.). Prije tri godine su Klinika za psihijatriju i Klinika za psihološku medicinu objedinjene u današnju Kliniku za psihijatriju i psihološku medicinu KBC-a Zagreb. Klinika danas ima 5 zavoda (Zavod za kliničku psihijatriju; Zavod za personologiju, poremećaje ličnosti i poremećaje hranjenja; Zavod za hitna i krizna stanja s Nacionalnim centrom za psihotraumatologiju; Zavod za psihološku medicinu; Zavod za dječju i adolescentnu psihijatriju). Kadrovski potencijali Klinike uključuju aktualno (2022. godine) 72 liječnika (specijalista psihijatrije ima 50, specijalista dječje i adolescentne psihijatrije 9, specijalizanata psihijatrije aktualno imamo 5, specijalizanata dječje i adolescentne psihijatrije 8). Među liječnicima ima 24 doktora znanosti i još 3 magistra, uz to su doktori znanosti 1 psiholog i 1 defektolog. Važno je naglasiti da je nekoliko doktorata u fazi izrade. Ukupno imamo 14 liječnika u kumulativnom radnom odnosu s Medicinskim fakultetom Sveučilišta u Zagrebu (Begić, Marčinko, Mihaljević-Peleš, Rojnić Kuzman, Skočić-Hanžek, Šagud, Gregurek, Begovac, Kušević, Ražić Pavičić, Živković, Vuksan Ćusa, Bajs Janović, Jevtović). Imamo 9 psihologa te 70 medicinskih sestara i tehničara (9 magistrica i magistara sestrinstva te 3 diplomirane medicinske sestre). U timu Klinike su i tri radna terapeuta, jedan defektolog te četiri osobe u okviru administrativnog osoblja. Na Klinici je aktivno 5 referentnih centara (Psihoterapija; Dječja i adolescentna psihijatrija; Psihosomatska medicina i suradna psihijatrija; Racionalna psihofarmakoterapija i druge biološke metode liječenja u psihijatriji; Afektivni poremećaji) kao i nekoliko stručnih društava pri Hrvatskom liječničkom zboru te Hrvatsko psihijatrijsko društvo. Liječnici Klinike aktivni su i u Akademiji medicinskih znanosti Hrvatske (više liječnika su redoviti i suradni članovi) pri kojoj postoji i Kolegij za psihijatriju AMZH-a koji vodi doajen Klinike Miro Jakovljević, a uz troje zaposlenika Klinike (Begić, Marčinko, Mihaljević-Peleš) u kolegiju su i neki umirovljeni zaposlenici Klinike. Djelatnici Klinike su i u uredništvima časopisa „Psychiatria Danubina“ (indeksirana u Current Contents i drugim bazama) i „Socijalna psihijatrija“ (indeksirana

It is a great honour and pleasure to be able to present texts published in the thematic issue of the journal “Social Psychiatry” on the occasion of the 50th anniversary of the establishment of the Department of Psychiatry of the University Hospital Centre Zagreb (the Department of Psychiatry was founded in 1971). Three years ago, the Department of Psychiatry and the Department of Psychological Medicine merged into what is today the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb. Currently, the Department comprises 5 divisions (Clinical Psychiatry; Personology, Personality Disorders and Eating Disorders; Emergency and Crisis Conditions with the National Centre for Psychotraumatology; Psychological Medicine; Child and Adolescent Psychiatry). The Department’s staff currently (2022) employs 72 medical doctors (50 specialists in psychiatry, 9 specialists in child and adolescent psychiatry, 5 psychiatry residents, and 8 child and adolescent psychiatry residents). Among our medical doctors, 24 hold PhDs and 3 have Masters of Science degrees. In addition to that, one psychologist and one special education teacher also hold PhDs in their respective fields. It is important to emphasize that several PhDs are in the preparation phase. We have 14 doctors in a cumulative employment relationship with the School of Medicine of the University of Zagreb (Begić, Marčinko, Mihaljević-Peleš, Rojnić Kuzman, Skočić Hanžek, Šagud, Gregurek, Begovac, Kušević, Ražić Pavičić, Živković, Vuksan Ćusa, Bajs Janović, and Jevtović). We also have 9 psychologists and 70 nurses and medical technicians (9 Masters of Nursing and 3 graduate nurses). The Department’s team includes three occupational therapists, one special education specialist and four members of administrative staff. There are 5 active reference centres at the Department (Psychotherapy; Child and Adolescent Psychiatry; Psychosomatic Medicine and Collaborative Psychiatry; Rational Psychopharmacotherapy and Other Biological Methods of Treatment in Psychiatry; Affective Disorders) as well as several professional associations within the Croatian Medical Association and the Croatian Psychiatric Society. The Department’s doctors are also active in the Croatian Academy of Medical Sciences where several doctors are full or associate members. The Croatian Academy of Medical Sciences also holds the College of Psychiatry led by the doyen of the Department, Miro Jakovljević, and together with three employees of the Department (Begić, Marčinko, Mihaljević-Peleš) some of its retired employees are also members. Members of our staff are also on the editorial boards of the journals *Psychiatria Danubina* (indexed in Current Con-

u *Scopusu* i drugim bazama). Važno je naglasiti kako pod voditeljском prof. Mire Jakovljevića, časopis „*Psychiatria Danubina*“ bilježi rast IF, koji aktualno (2022. godine) iznosi 2,69. „Socijalna psihijatrija“ je naš najdugovječniji psihijatrijski časopis koji je počeo izlaziti 1973. godine. Stručnjaci Klinike uključeni su i u Strategiju mentalnog zdravlja u RH, kao i brojna stručna povjerenstva više ministarstva. Djelatnici Klinike su u organizacijskom odboru više tradicionalnih stručnih skupova (Psihijatrijski kongres; Psihofarmakoterapijski kongresi; INPC Pula; Hrvatski psihijatrijski dani; Psihoterapijski kongresi; Podunavski psihijatrijski simpoziji...), niza tečajeva te znanstvenih skupova stručne edukacije (Antidepresivi; Antipsihotici; Anksiozni poremećaji; Transseksualnost; niz psihodinamski orijentiranih skupova – u HAZU). Glavna smo nastavna baza Medicinskog fakulteta Sveučilišta u Zagrebu.

Tematski broj časopisa „Socijalna psihijatrija“ je prigoda da se u tekstovima autori osvrnu i na prošla vremena te dostignuća. Jedan od ciljeva ovog tematskog broja je uz povijesni osvrt opisati i aktualne trendove u struci te naglasiti važnost Klinike za psihijatriju i psihološku medicinu za KBC Zagreb, Medicinski fakultet (ali i druge fakultete) i psihijatriju kao bitan dio cjelokupne kliničke medicine. Važno je naglasiti da se u literaturi, nakon svakog poglavlja, može pronaći popis relevantnih radova i drugih publikacija autora s Klinike za psihijatriju i psihološku medicinu KBC-a Zagreb. Psihijatrija je kao struka zadnjih desetljeća dosta evoluirala, kako na dijagnostičkoj tako i na terapijskoj razini, a i društveno značenje psihijatrije sve je prisutnije. Psihijatrija je unutar KBC-a Zagreb postala sastavni i nezaobilazni dio ukupne kliničke medicine, stigma je sve manja, a stručnjaci s Klinike godinama sudjeluju u timskom interdisciplinarnom radu koji je odlika svake uspješne medicine.

Poglavlje „Zavod za kliničku psihijatriju: jučer, danas, sutra“, autora Marine Šagud (uspješne voditeljice Zavoda) i suradnica (Alma Mihaljević-Peješ, Bjanka Vuksan Ćusa, Martina Rojnić Kuzman) opisuje sveobuhvatnu skrb osoba oboljelih od poremećaja iz kruga shizofrenije, poremećaja raspoloženja i kognitivnih poremećaja, a koje uključuje akutno liječenje na intenzivnoj njezi, liječenje na otvorenom dijelu odjela, boravak u Dnevnoj bolnici te ambulantno liječenje na Zavodu. Zavod za kliničku psihijatriju pod ovim imenom postoji od 2019. godine, međutim njegov razvoj pratimo od 70-ih godina prošlog stoljeća. Poseban naglasak je na optimalnoj primjeni psihofarmakoterapije, mjerenju koncentracije psihofarmaka, korištenju različitih psihometrijskih mjernih instrumenata, primjeni ostalih bioloških metoda: elektrokonvulzivne terapije (EKT), repeti-

tents and other databases) and *Social Psychiatry* (indexed in Scopus and other databases). It is important to emphasize that under the leadership of Professor Miro Jakovljević the journal *Psychiatria Danubina*'s impact factor has increased and it is currently 2.69 (2022). *Social Psychiatry*, first launched in 1973, is our longest-running psychiatric journal. The Department's experts are also involved in developing of the National Mental Health Strategy and participate in the work of numerous expert panels within several ministries. They are also sitting on organizing committees of several traditionally held professional events (Psychiatry Congress, psychopharmacotherapy congresses, INPC Pula, Croatian Psychiatric Days, psychotherapy congresses; Danube psychiatry symposiums...), a series of courses, professional trainings and scientific conferences (topics: antidepressants, antipsychotics, anxiety disorders, transsexuality, a series of psychodynamically oriented events at the Croatian Academy of Sciences and Arts - HAZU). In addition to that, we are the main teaching base for the School of Medicine of the University of Zagreb.

This thematic issue of *Social Psychiatry* is an opportunity for the authors to reflect on the past times and achievements. In addition to providing a historical overview, one of the goals of this thematic issue is to describe current trends in the profession and to emphasize the important role that the Department Psychiatry and Psychological Medicine plays in relation to the University Hospital Centre Zagreb, School of Medicine (as well as other branches of the University) and psychiatry as an essential part of overall clinical medicine. It is important to emphasize that the scientific literature often has many references to relevant papers and other publications published by authors from the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb. Psychiatry as a profession has evolved significantly in recent decades, both at the diagnostic and therapeutic levels, and its social significance is increasingly present. Within the University Hospital Centre Zagreb, psychiatry has become an integral and indispensable part of overall clinical medicine as stigma toward psychiatry is diminishing and for many years the experts from the Department have been participating in interdisciplinary teamwork, which is a hallmark of successful medicine.

The chapter titled “The Division of Clinical Psychiatry: Yesterday, Today and Tomorrow” by Marina Šagud (a very successful head of the Institute) and colleagues (Alma Mihaljević-Peješ, Bjanka Vuksan Ćusa, Martina Rojnić Kuzman) describes comprehensive care for patients with schizophrenia, mood disorders and cognitive disorders, including acute intensive care treatment, treatment in the open part of the unit, treatment in day hospital and outpatient treatment. The Division of Clinical Psychiatry has existed under this name since 2019, but we have been following its development since the 1970s. Special emphasis is placed on the optimal application of psychopharmacotherapy, measurement

tivne transkranijske stimulacije (rTMS) te fototerapije, kao i na oporavku bolesnika i njihovoj integraciji u društvo. Jedna od bitnih aktivnosti Zavoda je i nastavni i znanstveni rad. Zavod ne postoji u izolaciji, nego se ostvaruje suradnjom s drugim zavodima naše Klinike, kao i drugim psihijatrijskim ustanovama, institutima, te brojnim drugim stručnjacima iz zemlje i svijeta. Ovaj tekst daje i detaljan popis radova bivših i sadašnjih djelatnika Zavoda, a koji su navedeni u literaturi.

„Psihološka medicina u Kliničkom bolničkom centru Zagreb kao klinički, edukativni i znanstveni temelj psihoterapije u regiji“ je poglavlje koje potpisuju Vedran Bilić, Rudolf Gregurek i Darko Marčinko. Psihoterapijski odjel Neuropsihijatrijske klinike bolnice Rebro (današnji KBC Zagreb) je povijesni temelj Centra za mentalno zdravlje, a kasnije Klinike za psihološku medicinu koja je sada integralni dio Klinike za psihijatriju i psihološku medicinu. Aktivnosti Klinike za psihološku medicinu se od integracije dviju Klinika provode u okviru Zavoda za psihoterapiju, koji od 2020. godine uspješno vodi Vedran Bilić. Centar za mentalno zdravlje, a kasnije Klinika za psihološku medicinu je godinama bio centar edukacije i provođenja psihoanalitički orijentiranih psihoterapija (kao i drugih psihoterapijskih modaliteta) za sve dobne skupine. Klinika je razvijala edukativne programe kako u okviru dodiplomske nastave tako i u okviru poslijediplomske nastave i programe trajne edukacije za liječnike. U ovom poglavlju se prisjećamo niza važnih stručnjaka koji su svojim radom doprinijeli ugledu i prepoznatljivosti psihoterapije i psihološke medicine, ne samo unutar KBC-a Zagreb i Hrvatske, nego i šire. Opće je poznato da je Zavod (ranije Klinika) za psihološku medicinu jaki edukativni centar s posebnim naglaskom na edukaciju iz psihoanalitički orijentiranih psihoterapija (individualna, grupna, obiteljska). Velik dio edukacije specijalizanta psihijatrije, ali i drugih specijalizanata provodi se na Zavodu za psihološku medicinu. Većina psihijatara na Zavodu za psihološku medicinu su i uži specijalisti iz psihoterapije. Djelatnici Zavoda sudjelovali su u pisanju više sveučilišnih udžbenika, stručnih i popularnih knjiga. Važno je naglasiti kako su stručnjaci psihološke medicine sudjelovali u utemeljenju te uređivanju časopisa „Psihoterapija“. Djelatnici današnjeg Zavoda organizirali su i sudjelovali u desecima međunarodnih skupova, psihijatrijskih kongresa, ljetnih škola kao i drugih psihoterapijskih seminara.

Sljedeće poglavlje „Zavod za hitna i krizna stanja s Nacionalnim centrom za psihotraumatologiju“ potpisuju bračni i profesionalni par, voditeljica Zavoda i Nacionalnog centra Maja Bajs Janović i Špiro Janović, dugogodišnji voditelj Zavoda te aktualni državni

of psychopharmacological concentration, use of various psychometric measuring instruments, application of other biological methods, such as electroconvulsive therapy (ECT), repetitive transcranial stimulation (rTMS) and phototherapy, as well as on patient recovery and re-integration into society. Teaching and scientific work are very important activities of the Division. The Division does not exist in isolation but operates in cooperation with other divisions of our Department as well as other psychiatric institutions, institutes and numerous other national and international experts. The text also provides a detailed list of the publications by the former and current employees of the Division.

Vedran Bilić, Rudolf Gregurek and Darko Marčinko are the authors of the chapter titled Psychological Medicine at the University Hospital Centre Zagreb as the Clinical, Educational and Scientific Foundation of Psychotherapy in Croatia”. The Department of Psychotherapy at the Neuropsychiatric Clinic of the University Hospital Centre Zagreb was the historical foundation of the Centre for Mental Health, and subsequently the Department of Psychological Medicine, which is currently an integral part of the Department of Psychiatry and Psychological Medicine. Following the integration, the activities of the Department of Psychological Medicine have been carried out within the Psychotherapy Division under the successful leadership of Vedran Bilić since 2020. The Centre for Mental Health, which later on became the Department of Psychological Medicine, had played a central role in organizing education and implementing psychoanalytic psychotherapy (as well as other psychotherapy modalities) for all age groups. The Department has been developing both undergraduate and postgraduate training programmes as well as continuous education programmes for medical doctors. In this chapter, we recall a number of important employees whose work has contributed to building reputation and recognition of the Department not only within the University Hospital Zagreb and Croatia, but worldwide. It is generally known that the Division (formerly the Clinic) of Psychological Medicine is an important educational centre focusing on education in psychoanalytically oriented psychotherapy (individual, group, family). A large part of the resident training is conducted at the Division of Psychological Medicine. Most of the psychiatrists at the Division of Psychological Medicine are also specialists in psychotherapy. Employees of the Division have participated in writing several university textbooks, professional and popular books. It is important to emphasize that experts in psychological medicine participated in founding and editing the journal titled *Psychotherapy*. Current employees of the Division have organized and participated in dozens of international conferences, psychiatric congresses, summer schools and other psychotherapy seminars.

The following chapter on “The Emergency and Crisis Situations Division with the National Centre for Psychotraumatology” is signed by a married couple and co-workers, head of the Division and National Centre, Maja Bajs

tajnik u Ministarstvu hrvatskih branitelja. U poglavlju daju osvrt na taktički i strateški iznimno bitno područje hitnih i kriznih stanja s posebnim osvrtom na Nacionalni centar za psihotraumu kao i na bitnu suradnju s Ministarstvom hrvatskih branitelja. Zavod za hitna i krizna stanja s Nacionalnim centrom za psihotraumatologiju od 2016. g. razvojno ujedinjuje nekoliko jedinica Klinike za psihijatriju i psihološku medicinu KBC-a Zagreb te Nacionalni centar za psihotraumatologiju. Povijesno, preteča ovog zavoda je Centar za krizna stanja (CKS), osnovan 1986. godine, u formacijskoj organizaciji Klinike za psihijatriju KBC-a Zagreb, kao zajednički projekt bolnice i grada Zagreba. U tekstu poglavlja autori su se prisjetili i ranijih djelatnika Zavoda među kojima je i naš prerano preminuli kolega, Mladen Lončar, a na kraju poglavlja navode se i radovi djelatnika Zavoda.

U poglavlju „Razvoj personologije i tretmana poremećaja ličnosti i poremećaja hranjenja“ moji prvi suradnici (Maja Šeparović Lisak, Sanda Radanović Čorić, Marija Božičević, Duško Rudan, Nenad Jakšić) i ja pokazali smo pionirski i entuzijastički angažman na području poremećaja ličnosti i poremećaja hranjenja sa željom da ovo područje dobije zasluženo mjesto u psihijatriji i kliničkoj medicini. Godine 2012. unutar tadašnje Klinike za psihijatriju KBC-a Zagreb, uz podršku tadašnjeg predstojnika Klinike prof.dr. sc. Mira Jakovljevića, formira se zasebna ustrojbeno jedinica na Klinici, a čiji je cilj klinička obrada i tretman oboljelih od poremećaja ličnosti i poremećaja hranjenja. Navedena ustrojbeno jedinica je koncipirana u formi odjela i dnevne bolnice, ustrojbeno prvotno kao specijalistički zavod unutar Klinike, a kasnije kao zasebni Zavod. U nazivu ustrojbene jedinice (Zavod za personologiju, poremećaje ličnosti i poremećaje hranjenja) prvi termin je personologija, koji smo izabrali upravo u cilju smanjenja stigmatizirajućeg prizvuka koji termin poremećaji ličnosti ima kod dijela ljudi. Personologija, koja se bazira na riječi *persona*, u prijevodu osoba, u fokusu ima upravo ličnost pojedinca, uključujući varijacije ličnosti koje u konačnici idu do razine poremećaja ličnosti. S obzirom da se i kod velikog dijela oboljelih od poremećaja hranjenja u osnovi radi upravo o problemu aberacija na planu ličnosti, naziv Zavoda povezuje sva tri termina nazivom Zavod za personologiju, poremećaje ličnosti i poremećaje hranjenja. Kapaciteti Zavoda uključujući tripartitni model rada, su u obliku stacionarnih kapaciteta (bolnički odjel), dnevne bolnice i ambulantnog rada. Pri tome primjenjujemo multidisciplinarni pristup koji uključuje timski rad liječnika, psihologa i medicinske sestre kao i ostalih članova tima (radni terapeuti, socijalni radnici i dr.) s bolesnicima. Provodimo i

Janović and Špiro Janović, longtime head of the Division and current state secretary in the Ministry of Croatian Veterans. The chapter provides an overview of emergency and crisis situations, as an extremely significant field, with a special reference to the National Centre for Psychotrauma and important cooperation with the Ministry of Croatian Veterans. Since 2016, then the Emergency and Crisis Situations Division with the National Centre for Psychotraumatology has been integrating several units of the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb and the National Centre for Psychotraumatology. Historically, the Centre for Crisis Situations (CKS) was founded in 1986 it is the forerunner of this Division of the Department of Psychiatry at the University Hospital Centre Zagreb, as a joint project of the hospital and the City of Zagreb. In the text, the authors also pay tribute to the former employees of the Division, including our colleague Mladen Lončar who passed away prematurely. At the end, the chapter also lists publications of the Division's employees.

In the chapter titled “Development of Personology and Treatment of Personality Disorders and Eating Disorders”, my closest collaborators (Maja Šeparović Lisak, Sanda Radanović Čorić, Marija Božičević, Duško Rudan, Nenad Jakšić) and I present pioneering and enthusiastic engagement in the field of personality and eating disorders with the aim to earn this field its deserved place in psychiatry and clinical medicine. In 2012, within the then Department of Psychiatry of the University Hospital Centre Zagreb with the support of the then Head of the Department, Professor Miro Jakovljević, MD, Ph.D., a separate organisational unit was formed at the Department. This organisational unit was conceived in the form of a clinical unit and day hospital, initially organised as a specialist division within the Department, and later as a separate Division. The name of the organisational unit (Division of Personology, Personality Disorders and Eating Disorders) contains the term personology in the first place, which we chose to reduce the stigmatizing connotation that some people have with the term “personality disorder”. Personology, which is based on the word *persona*, i.e., person, focuses precisely on the personality of the individual, including personality variations that ultimately extend to the level of personality disorders. Considering that in many patients with eating disorders we discern aberrations in personality, the name of the Division connects all three terms into the name ‘Division of Personology, Personality Disorders and Eating Disorders’. The capacities of the Division include a tripartite work model in the form of inpatient facilities (hospital ward), day hospital and outpatient work. In our work we apply a multidisciplinary approach that includes teamwork of doctors, psychologists, and nurses as well as other team members (occupational therapists, social workers, etc.) who all deal with patients. We also train residents in the field of personology and eating disorders. The list of references at the end of the chapter lists the papers and 13 books published under the editorship of Darko Marčinko (with the participation of several em-

edukaciju specijalizanata iz područja personologije i poremećaja hranjenja. U literaturi na kraju poglavlja navedeni su radovi kao i 13 objavljenih knjiga pod uredništvom Darka Marčinka (uz sudjelovanje više djelatnika Klinike) od kojih jedna ima status udžbenika („Suicidologija“). Važno je naglasiti značajan doprinos Vlaste Rudan, profesorice psihijatrije i psihoanalitičarke koja je radni vijek provela na Klinici za psihološku medicinu te je bila i jest edukator mnogim generacijama psihijatara i drugih stručnjaka iz područja mentalnog zdravlja.

Iduće poglavlje „Dječja i adolescentna psihijatrija na Klinici za psihijatriju i psihološku medicinu KBC-a Zagreb“, potpisuju Ivan Begovac i suradnici. Pri KBC-u Zagreb postoje aktivnosti dječje psihijatrije već unatrag dulje od 70 godina, zaslugom prof. dr. sc. Maje Beck Dvoržak, kao i drugih eminentnih dječjih psihijatara. Danas Zavod uspješno vodi Ivan Begovac. Uz kliničku djelatnost vrlo je bitna nastavna, edukativna i znanstvena aktivnost stručnjaka ovog Zavoda. Najčešće dijagnostičke kategorije su anksiozni i depresivni poremećaji, kao i druge dijagnostičke kategorije: poremećaji jedenja, neuro-razvojni poremećaji i drugo. Odlika kliničkog rada su multidisciplinarnost, primjena različitih vrsta psihoterapija, te rad s djecom i roditeljima. U znanstvenoj djelatnosti Zavod aktualno sudjeluje u nizu znanstvenih projekata povezanih s poremećajima jedenja, emocionalnom regulacijom te neuroznanosti. Zavod je voditelj referentnog centra za dječju i adolescentnu psihijatriju pri Ministarstvu zdravlja, kao centar izvrsnosti. Publikacije djelatnika su dostupne na kraju ovog poglavlja, a za spomenuti je i udžbenik „Dječja i adolescentna psihijatrija“ glavnog urednika Ivana Begovca, koji je izišao 2021. godine i koji je slobodno dostupan na web stranici Medicinskog fakulteta u Zagrebu.

Tekst poglavlja „Razvoj sestrinstva na Klinici“ potpisuje troje magistara sestrinstva – Zdenka Aurer (glavna sestra Klinike za psihijatriju i psihološku medicinu KBC-a Zagreb), Marija Božičević (glavna sestra Zavoda za personologiju, poremećaje ličnosti i poremećaje hranjenja) i Zoran Bradaš (glavni tehničar Zavoda za kliničku psihijatriju). Na Klinici za psihijatriju i psihološku medicinu trenutačno je zaposleno 70 medicinskih sestara i tehničara; 37 medicinskih sestara i tehničara srednje stručne spreme, 21 prvostupnik sestrinstva, 9 magistrica i magistara sestrinstva i 3 diplomirane medicinske sestre. Danas su kompetencije medicinskih sestara i tehničara u psihijatriji usmjerene na pružanje sigurne, kvalitetne i kreativne sestrinske skrbi, komunikaciju unutar multidisciplinskog tima te provođenje intervencija temeljenih na znanju i dokazima usklađenih sa standardima sestrinske profesije.

ployees of the Department), one of which has the status of a textbook, i.e., *Suicidology*. It is important to emphasize the significant contribution of Vlasta Rudan, professor of psychiatry and psychoanalyst who spent her working life at the Department of Psychological Medicine and has been educating many generations of psychiatrists and other professionals in the field of mental health.

The next chapter is titled “The Child and Adolescent Psychiatry and Psychotherapy Unit at the University Hospital Centre Zagreb” and written by Ivan Begovac and associates. Child and adolescent psychiatry have been present at the University Hospital Centre Zagreb for more than seven decades thanks to the pioneering work of Prof. Maja Beck Dvoržak as well as other eminent child psychiatrists. Today, the Child and Adolescent Psychiatry and Psychotherapy Unit is successfully led by Ivan Begovac. In addition to clinical activity, the Unit organises important teaching, educational and scientific activities. The most common diagnostic categories are anxiety and depressive disorders, as well as eating disorders, neurodevelopmental disorders, and other. Clinical work is characterized by multidisciplinary, application of different types of psychotherapy, and work with children and parents. In scientific activity, the Unit currently participates in a number of scientific projects related to eating disorders, emotional regulation and neuroscience. The Unit has been housing the reference centre for child and adolescent psychiatry and psychotherapy of the Ministry of Health, as a centre of excellence. The publications of the staff are available at the end of this chapter. It should be noted that the textbook titled *Child and Adolescent Psychiatry* edited by Ivan Begovac and published in 2021 is freely available on the website of the School of Medicine in Zagreb.

The chapter titled “Nursing Development at the Department” is signed by three Masters of Nursing: Zdenka Aurer (head nurse of the Department of Psychiatry and Psychological Medicine at the University Hospital Centre Zagreb), Marija Božičević (head nurse of the Department of Personology, Personality and Eating Disorders) and Zoran Bradaš (head medical technician of the Division of Clinical Psychiatry). The Department of Psychiatry and Psychological Medicine currently employs 70 nurses and medical technicians, 37 nurses and medical technicians with secondary education, 21 Bachelors of Nursing, 9 Masters of Nursing and 3 graduate nurses. Nowadays, the competencies of nurses and medical technicians in psychiatry are directed at providing safe, quality and creative nursing care, communicating within a multidisciplinary team and conducting knowledge- and evidence-based interventions aligned with the standards of the nursing profession.

The chapter titled “Psychologists at the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb” is edited by Leonida Akrap, Nenad Jakšić, Ana Čima Franc, Kornelija Oelsner, Trpimir Jakovina, Ida Šamanović, Zrinka Zarevski, Aleksandra Plavec and Ana-Strahinja Ratković Uršić. The chapter

Poglavlje „Psiholozi na Klinici za psihijatriju i psihološku medicinu KBC-a Zagreb“ uređuju Leonida Akrap, Nenad Jakšić, Ana Čima Franc, Kornelija Oelsner, Trpimir Jakovina, Ida Šamanović, Zrinka Zarevski, Aleksandra Plavec i Ana-Strahinja Ratković Uršić. U poglavlju su prikazani prošlost (uz povijesni osvrt) te sadašnjost kliničke psihologije na Klinici. Također su date osnove psihodijagnostike, psihologijske obrade kao i psiholoških tretmana koji se provode na Klinici. Poglavlje završava opisom znanstveno-istraživačke djelatnosti uz popis bitnih publikacija psihologa Klinike. Interes za znanost i praćenje najnovijih znanstvenih spoznaja iz kliničke psihologije i psihijatrije očituje se i u djelatnosti nekih psihologa s Klinike u radu uredništva međunarodnog časopisa „Psychiatria Danubina“. Više psihologa koji su nekoć radili ili su trenutno zaposleni na Klinici steklo je naziv doktora znanosti, a aktualno je troje kliničkih psihologa u procesu stjecanja tog znanstvenog zvanja.

Tekst „Radna terapija za kvalitetniji svakodnevni život pacijenata“ su napisale Tihana Beinrauch, Anđela Šuker i Kristina Kain. U tekstu opisuju okupacijsku znanost kao jednu od novijih, suvremenih znanstvenih disciplina te primjenu radne terapije kao zdravstvene djelatnosti čiji je cilj omogućiti pojedincima i skupinama postizanje optimalnog funkcioniranja u aktivnostima dnevnog života. Radni terapeuti na Klinici za psihijatriju i psihološku medicinu sudjeluju i provode radnoterapijska istraživanja u kliničkoj praksi, kontinuirano se educiraju i introduciraju stečena znanja u svakodnevnom radu na Klinici. Isto tako, na Klinici se provode i kliničke vježbe za Studij radne terapije na kojima radni terapeut mentorira i koordinira pripravnike prvostupnike Radne terapije. Tekst kao i svakodnevna praksa jasno ukazuju koliko je radna terapija bitan dio multidisciplinskog tima na našoj Klinici.

Poglavlje „Povezanost Katedre za psihijatriju i psihološku medicinu Medicinskog fakulteta s Klinikom za psihijatriju i psihološku medicinu KBC-a Zagreb“ napisao je Dražen Begić, dugogodišnji (od 2012. godine) pročelnik Katedre za psihijatriju i psihološku medicinu Medicinskog fakulteta Sveučilišta u Zagrebu. Ovo poglavlje informira nas o brojnim poveznicama Katedre s Klinikom. Naša Katedra jedna je od 34 katedre Medicinskog fakulteta Sveučilišta u Zagrebu. Ona je utemeljena kao Katedra za neuropsihijatriju 1921. godine i njezin razvoj slijedi povijest Klinike za neuropsihijatriju. Godine 1971. dolazi do razdvajanja klinika, a 1974. godine i katedri, kada nastaje Katedra za psihijatriju s medicinskom psihologijom i mentalnom higijenom. Godine 1995. Katedra mijenja naziv u Katedru za psihijatriju i psihološku medicinu. Danas djeluje na dva radilišta: Klinika za psihi-

trijatrije i psihološke medicine, Klinika za psihijatriju i psihološku medicinu KBC-a Zagreb“ uređuju Leonida Akrap, Nenad Jakšić, Ana Čima Franc, Kornelija Oelsner, Trpimir Jakovina, Ida Šamanović, Zrinka Zarevski, Aleksandra Plavec i Ana-Strahinja Ratković Uršić. U poglavlju su prikazani prošlost (uz povijesni osvrt) te sadašnjost kliničke psihologije na Klinici. Također su date osnove psihodijagnostike, psihologijske obrade kao i psiholoških tretmana koji se provode na Klinici. Poglavlje završava opisom znanstveno-istraživačke djelatnosti uz popis bitnih publikacija psihologa Klinike. Interes za znanost i praćenje najnovijih znanstvenih spoznaja iz kliničke psihologije i psihijatrije očituje se i u djelatnosti nekih psihologa s Klinike u radu uredništva međunarodnog časopisa „Psychiatria Danubina“. Više psihologa koji su nekoć radili ili su trenutno zaposleni na Klinici steklo je naziv doktora znanosti, a aktualno je troje kliničkih psihologa u procesu stjecanja tog znanstvenog zvanja.

The text titled “Occupational therapy for a better daily life of patients” was written by Tihana Beinrauch, Anđela Šuker and Kristina Kain. In the text, they describe the occupational science as one of the more recent and modern scientific disciplines and the application of occupational therapy as a healthcare activity whose goal is to enable individuals and groups to achieve optimal functioning in their daily activities. Occupational therapists at the Department of Psychiatry and Psychological Medicine participate in, conduct occupational therapy research in clinical practice, are continuously educated and introduce the acquired knowledge in their daily work at the Department. In addition to that, the Department conducts clinical exercises for the occupational therapy studies, where occupational therapists mentor and coordinate Bachelors of Occupational Therapy. Their text as well as everyday practice clearly indicate the importance of occupational therapy within the multidisciplinary team at our Department.

The chapter titled “Links between the Department of Psychiatry and Psychological Medicine of the School of Medicine with the Clinical Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb” was written by Dražen Begić, long-time (since 2012) head of the Department of Psychiatry and Psychological Medicine of the School of Medicine of the University of Zagreb. The chapter provides information about the numerous links between the School of Medicine and our Department. The Department of Psychiatry and Psychological Medicine of the School of Medicine is one of the 34 Departments of the School of Medicine of the University of Zagreb. It was founded as the Department of Neuropsychiatry in 1921 and its development follows the history of the Clinical Department for Neuropsychiatry. In 1971, the Clinical Department of Neuropsychiatry was divided into two departments and in 1974, the same happened with university departments when the Department of Psychiatry with Medical Psychology and Mental Hygiene was formed. In 1995, the Department changed its name to the Department of Psychiatry and Psychological Medicine. Today it operates at two sites: the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb and the Vrapče

jatriju i psihološku medicinu KBC-a Zagreb i Klinika za psihijatriju Vrapče. Članovi Katedre napisali su nekoliko temeljnih udžbenika iz psihijatrije, psihološke medicine, dječje i adolescentne psihijatrije, suicidologije, psihotraumatologije. Najnoviji je udžbenik „Psihijatrija“ urednika Dražena Begića. U njoj 20 autora na sveobuhvatan način prikazuje područje suvremene psihijatrije. Dražen Begić je napisao i udžbenik „Psihopatologija“, u kojoj je sadržana opća, ali i specijalna psihopatologija, s rječnikom pojmova iz područja psihopatologije. Knjiga je doživjela četiri izdanja (2011., 2014., 2016. i 2021. godine) i čini dopunsku literaturu na studiju medicine.

„Aktivnosti Hrvatskoga psihijatrijskog društva“ uređuju Alma Mihaljević-Peleš i Martina Rojnić Kuzman. Hrvatsko psihijatrijsko društvo (HPD) je utemeljeno 1992. godine u tadašnjoj Klinici za psihijatriju KBC-a Zagreb. Od utemeljenja do danas predsjednici su bili: prof. dr. sc. Vasko Muačević (1992.-1994., KBC Zagreb), prof. dr. sc. Ljubomir Hotujac (1994.-2010., KBC Zagreb), prof. dr. sc. Vlado Jukić (2010.-2018., Klinika za psihijatriju Vrapče) i prof. dr. sc. Alma Mihaljević-Peleš (2018.-, KBC Zagreb). Glavna misija HPD-a je unaprjeđenje psihijatrijske skrbi u Republici Hrvatskoj, što se temelji na postojećem Statutu društva. Sekcija mladih psihijatara i specijalizirana psihijatrije Hrvatske je dio HPD-a, a osnovana je 2005. godine s ciljem promicanja edukacije iz psihijatrije.

Miro Jakovljević napisao je zasebno poglavlje „Psihijatrija pred izazovima našeg vremena: u potrazi za svojim autentičnim identitetom“, a što je i odličan uvod u naš sljedeći projekt (vezan uz tematski skup planiran za kraj 2023. godine, kao stručni skup te knjiga-udžbenik „Psihosomatika danas“. U ovom poglavlju Miro Jakovljević daje znanstveni i stručni okvir transdisciplinarnog integrativnog psihijatrije i medicine komorbiditeta. Miro Jakovljević spada po znanstvenoj i stručnoj produkciji u vodeće psihijatre u regiji te je uspješno vodio više projekata, a neki od njih su i aktualno u tijeku. Glavni je urednik časopisa „Psychiatria Danubina“, koji je vodeći psihijatrijski časopis u regiji. Struktura današnje Klinike za psihijatriju i psihološku medicinu utemeljena je upravo u vrijeme kada je Miro Jakovljević entuzijastički vodio Kliniku za psihijatriju (2007.-2015. godine). U svom radu u psihijatriji (na Kliniku je došao iz Sarajeva 1979. godine) uspješno je spojio kliničku aktivnost sa znanstvenim te edukativnim angažmanom. Rezultati njegovog rada su impresivni te ukazuju na neiscrpu energiju te vizionarski pristup u struci, uz načelo cjeloživotnog učenja i edukacije kolega.

Darko Marčinko

predstojnik Klinike za psihijatriju i psihološku medicinu KBC-a Zagreb

Clinic for Psychiatry. The members of the Department have written a number of fundamental textbooks in psychiatry, psychological medicine, child and adolescent psychiatry, suicidology, and psychotraumatology. The latest textbook titled *Psychiatry* was edited by Dražen Begić. In this textbook, twenty authors comprehensively present the field of contemporary psychiatry. Dražen Begić also wrote the textbook titled *Psychopathology*, which describes general and special psychopathology and provides a dictionary of terms in the field of psychopathology. The book has seen four editions (2011, 2014, 2016 and 2021) and is supplementary literature for medical studies.

The chapter on “Activities of the Croatian Psychiatric Association” is edited by Alma Mihaljević-Peleš and Martina Rojnić Kuzman. The Croatian Psychiatric Association (HPD) was founded in 1992 in the then Department of Psychiatry of the University Hospital Centre Zagreb. From its foundation until today, the presidents were: Professor Vasko Muačević, MD, PhD (1992–1994, University Hospital Centre Zagreb), Professor Ljubomir Hotujac, MD, PhD (1994–2010, University Hospital Centre Zagreb), Professor Vlado Jukić, MD, PhD (2010–2018, University Psychiatric Hospital Vrapče) and Professor Alma Mihaljević-Peleš, MD, PhD (2018–, University Hospital Centre Zagreb). The main mission of the HPD is to improve psychiatric care in the Republic of Croatia, as laid down in its current Statute. The Section of Young Psychiatrists and Psychiatry Residents of Croatia is part of the HPD established in 2005 with the aim of promoting education in psychiatry.

Miro Jakovljević is the author of a separate chapter titled “Psychiatry confronted with the challenges of our time: in search of authentic identity”, which is also an excellent introduction to our next project planned for the end of 2023 in the form of a professional conference and a textbook *Psychosomatics Today*. In this chapter, Miro Jakovljević provides a scientific and professional framework of transdisciplinary integrative psychiatry and comorbidity medicine. Miro Jakovljević is one of the leading psychiatrists in the region in terms of his scientific and professional outreach. He has successfully led several projects, some of which are currently ongoing. Jakovljević is the editor-in-chief of the journal *Psychiatria Danubina*, the leading psychiatric journal in the region. The structure of today's Department of Psychiatry and Psychological Medicine was founded precisely at the time when Miro Jakovljević enthusiastically led the Department of Psychiatry (2007-2015). In his work in psychiatry (he came to the Department from Sarajevo in 1979), Miro Jakovljević has successfully combined clinical activities with scientific and educational work. The results of his work are impressive and indicate his inexhaustible energy and visionary approach to the profession together with the principle of lifelong learning and education of colleagues.

Darko Marčinko

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