

Psihološka medicina u Kliničkom bolničkom centru Zagreb kao klinički, edukativni i znanstveni temelj psihoterapije u Hrvatskoj

/ Psychological Medicine at the University Hospital Centre Zagreb as the Clinical, Educational and Scientific Foundation of Psychotherapy in Croatia

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UVOD

O radu jedne Klinike može se mnogo napisati. Svakako je važno navesti informacije koje se odnose na stručna i znanstvena postignuća ostvarena na Klinici. Psihoterapijski odjel Neuropsihijatrijske klinike na Rebru 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 provode u okviru Zavoda za psihoterapiju. Centar za mentalno zdravlje, a kasnije Klinika za psihološku medicinu je godinama bila centar edukacije i provođenja psihoanalitičke psihoterapije za sve dobne skupine. Klinika je razvijala edukacijske programe kako u okviru dodiplomske nastave tako i u okviru poslijediplomske nastave

INTRODUCTION

A lot can be said about the work of a clinic. It is certainly important to provide information related to professional and scientific accomplishments of the Clinic. 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. Since the integration, the activities of the Department of Psychological Medicine have been carried out within the Psychotherapy Division. For many years, 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 for all age groups. The

i programa trajne edukacije za liječnike. U prikazu se podsjećamo niza važnih djelatnika koji su svojim radom doprinijeli ugledu i prepoznatljivosti Klinike.

Tematsko izdanje časopisa „Socijalna psihijatrija“, povodom 50 godina osnutka Klinike za psihijatriju Kliničkog bolničkog centra Zagreb (Klinika za psihijatriju je službeno osnovana 1971. godine) je prigoda da se osvrnemo na prošla vremena i dostignuća. Kliniku za psihijatriju i Kliniku za psihološku medicinu sada objedinjava Klinika za psihijatriju i psihološku medicinu.

O Klinici za psihijatriju će detaljnije pisati drugi autori, a tekst o Klinici za psihološku medicinu zajednički je osvrt predstojnika Klinike za psihijatriju i psihološku medicinu, prof. dr. sc. Darka Marčinka, višegodišnjeg predstojnika Klinike za psihološku medicinu, prof. dr. sc. Rudolfa Gregureka i doc. dr. sc. Vedrana Bilića.

Potrebno je podsjetiti se i važnih osoba koje su svojim radom doprinijele ugledu i prepoznatljivosti Klinike za psihološku medicinu kao široko prepoznatog centra edukacije i provođenja psihoterapije. Djelatnici Psihoterapijskog odjela Neuropsihijatrijske klinike na Rebru, koji je prerastao u Centar za mentalno zdravlje i kasnije u Kliniku za psihološku medicinu bili su začetnici i kasnije vodeći eksperti psihoterapijskog pristupa u psihijatriji i medicini, kao i začetnici dječje psihijatrije i psihoterapije u Hrvatskoj. Centar za mentalno zdravlje, a nakon toga Klinika za psihološku medicinu bila je desetljećima vodeća klinička, znanstvena i edukacijska psihoterapijska ustanova ne samo u Hrvatskoj, nego i u širem području. Na Klinici se provodila psihoterapija svih dobnih skupina: djece, adolescenata i odraslih. Klinika je razvijala edukacijske programe kako u okviru dodiplomske tako i u okviru poslijediplomske nastave i programa trajne edukacije liječnika. Edukacijski programi su uključivali i ostale djelatnike u području mentalnog zdravlja, posebice medicinske sestre i tehničare. U Klinici je od 2001. g. Referentni centar za psihoterapiju, od 2006. Referentni centar za dječju i adolescentnu psihoterapiju, a od 2009. Referentni centar za psihosomatsku medicinu i suradnu (*liaison*) psihijatriju Ministarstva zdravstva Republike Hrvatske.

Klinika za psihološku medicinu nastala je na temelju Centra za mentalno zdravlje koji je nastao na temelju Psihoterapijskog odjela Neuropsihijatrijske klinike na Rebru. Centar za mentalno zdravlje, koji su popularno zvali 'Ci-zi-mi-zi' je zalaganjem tadašnjeg višegodišnjeg predstojnika, prof. dr. sc. Muradifa Kulenovića stekao status samostalne klinike, te je preimenovan u Kliniku za psihološku medicinu.

Psihodinamička psihoterapija je u svojim raznim terapijskim modalitetima tijekom cijelog postojanja

Department has been developing both undergraduate and postgraduate training programmes as well as continuous education programmes for medical doctors. This text will remind us of a number of important employees whose work has contributed to building reputation and recognition of the Department.

The thematic issue of *Social Psychiatry* on the occasion of the 50th anniversary of the Department of Psychiatry of the University Hospital Centre Zagreb (the Department of Psychiatry was officially founded in 1971) is an opportunity to reflect on past times and achievements. The Department of Psychiatry and Psychological Medicine nowadays unites what used to be two separate departments.

Other authors will write in detail about the Department of Psychiatry whereas the text about the Department of Psychological Medicine is a joint review written by the Head of the Department of Psychiatry and Psychological Medicine, Professor Darko Marčinko, PhD, the long-time head of the Department of Psychological Medicine, Professor Rudolf Gregurek, PhD and Chief Physician Doc. Vedran Bilić, MD, PhD.

It is necessary to look back on certain prominent figures whose work has contributed to the reputation and recognition of the Department of Psychological Medicine as a widely recognized centre providing training and implementing psychotherapy. The employees of the Department of Psychotherapy at the Neuropsychiatric Clinic of the University Hospital Centre Zagreb, which developed into the Mental Health Centre and subsequently the Department of Psychological Medicine were the founders and leading experts in the psychotherapeutic approach in psychiatry and medicine, as well as the founders of child psychiatry and psychotherapy in Croatia. For decades, the Mental Health Centre, and subsequently the Department of Psychological Medicine, was the leading clinical, scientific and educational psychotherapeutic institution not only in Croatia, but in many other countries. The Department has been providing psychotherapy to all age groups, i.e., children, adolescents and adults. It has also been developing both undergraduate and postgraduate training programmes as well as continuous training programmes for medical doctors. Training programmes have included other mental health professionals, especially nurses and technicians. Since 2001, the Department also holds the Reference Centre for Psychotherapy and the Reference Centre for Child and Adolescent Psychotherapy since 2006. The Reference Centre for Psychosomatic Medicine and Collaborative (*Liaison*) Psychiatry of the Croatian Ministry of Health was added in 2009.

The Department of Psychological Medicine emerged from the Centre for Mental Health, which was established on the basis of the Psychotherapeutic Ward of the Neuropsychiatric Clinic at the University Hospital Centre Zagreb. Thanks to professor Muradif Kulenović, PhD and the long-time head of the Mental Health Cen-

Psihoterapijskog odjela, Centra za mentalno zdravlje i Klinike za psihološku medicinu, odnosno gotovo sedamdeset godina, bila vodeća terapijska i edukacijska djelatnost. Pacijenti su liječeni individualnom psihoanalitičkom psihoterapijom, psihoanalizom, grupnom analizom, psihodinamičkom psihodromom, obiteljskom psihoterapijom, autogenim treningom, hipnozom, ambulantno, u dnevnoj bolnici i na stacionarnom odjelu.

I drugi terapijski modaliteti, kao što su grupna psihoterapija u srednjoj i velikoj grupi, terapijska zajednica, Balintove grupe, suradna psihijatrija, pa i modificirani autogeni trening i psihoterapija traumatiziranih osoba su se također oslanjali na psihodinamičke spoznaje. Te spoznaje su primjenjivane i u forenzičkim vještačenjima koje su provodili djelatnici klinike.

Naime, sama psihoterapijska tehnika i rad s pacijentima i klijentima ne mogu biti neovisni i odvojeni od ličnosti i znanja psihoterapeuta koji ju provodi. A kako je većina psihoterapeuta imala psihodinamičku edukaciju iz neke psihodinamičke metode ili iz više njih: individualne psihoanalitičke psihoterapije, grupe analize, obiteljske psihoterapije, psihodinamičke psihodrame i psihoanalize, u provođenju drugih tehnika i modaliteta liječenja, u terapijskim intervencijama i u razumijevanju pacijenata i interakcija s njima, dolazilo je do izražaja temeljno usmjerenje i poznavanje psihodinamičkih procesa. Za sve psihodinamičke tehnike, osim za psihoanalizu, u ustanovi su provodene edukacije, koje su obuhvaćale vlastito iskustvo, supervizije i teorijske seminare. Klinika je niz godina bila i sjedište psihodinamičkih psihoterapijskih društava: Hrvatskog društva za psihoanalitičku psihoterapiju i Instituta za grupnu analizu Zagreb.

Uz dominaciju psihodinamički orijentiranih tehnika, na Klinici su se provodile i tehnike psihoterapije koje se nisu temeljile na psihodinamičkim spoznajama. Jedna od njih je bila autogeni trening, a druga je kognitivno-bihevioralna psihoterapija.

Kognitivno-bihevioralna psihoterapija na Klinici se uglavnom povezuje s višegodišnjim terapijskim, edukacijskim i znanstvenim radom profesorice Nade Anić, a kasnije prof. dr. sc. Nataše Jokić-Begić.

Autogeni trening kao terapijska tehnika se provodio od samih početaka. Tehniku je uveo već sam prof. Betlheim, koji, iako je bio opće prepoznat kao psihoanalitičar, nije bio isključiv, već tolerantan i prema drugačijim terapijskim pristupima. Kasnije se autogenim treningom bavila prof. dr. sc. Eugenija Cividini Stranić, koja je također bila predstojnica Klinike. Ona je u temeljnu tehniku autogenog treninga integrirala psihodinamičko razumijevanje i psihodi-

tre, popularly called 'Ci-zi-mi-zi', acquired the status of an independent clinic and was renamed the Department of Psychological Medicine.

Psychodynamic psychotherapy has been the leading therapeutic and educational activity in its various therapeutic modalities throughout the existence of the Psychotherapy Department, the Centre for Mental Health and the Department of Psychological Medicine for almost seven decades. Patients were treated with individual psychoanalytic psychotherapy, psychoanalysis, group analysis, psychodynamic psychodrama, family psychotherapy, autogenic training, hypnosis in outpatient, inpatient or day hospital wards.

Other therapeutic modalities, such as group psychotherapy organised in medium or large-sized groups, therapeutic community, Balint group meetings, collaborative psychiatry, as well as modified autogenic training and psychotherapy of traumatized persons also relied on psychodynamic findings. These findings were also applied to forensic examinations conducted by the staff working at the Department.

In other words, psychotherapeutic techniques and working with patients and clients cannot function independently and separately from the personality and knowledge of the psychotherapist who conducts it. Since most psychotherapists have undergone psychodynamic training in one or several psychodynamic methods (individual psychoanalytic psychotherapy, group analysis, family psychotherapy, psychodynamic psychodrama and psychoanalysis), the basic direction and knowledge of psychodynamic processes came to the fore in implementing other treatment techniques and modalities, and therapeutic interventions as well as in understanding and interacting with patients. The Department conducted trainings in all psychodynamic techniques, except for psychoanalysis, which included exchange of experience, supervision and theoretical seminars. For many years, the Department was also the seat of psychodynamic psychotherapeutic associations, such as the Croatian Association for Psychoanalytic Psychotherapy and the Institute of Group Analysis Zagreb.

The main techniques were predominantly psychodynamic, but the Department also performed psychotherapy techniques that were not based on psychodynamic findings. One of such techniques was autogenic training, and another cognitive-behavioural psychotherapy.

At the Department, cognitive-behavioural psychotherapy is mainly associated with many years of therapeutic, educational and scientific work of professor Nada Anić, and later on professor Nataša Jokić-Begić, PhD.

Autogenic training is a therapeutic technique that has been conducted from the very beginning. The technique was introduced by professor Betlheim, who was generally recognized as a psychoanalyst, yet his inclusivity and tolerance exposed him to diverse therapeutic approaches. Later on, professor Eugenija Cividini Stranić, PhD

namičke intervencije, te je takvim kombiniranim pristupom uspješno liječila grafospazam. Svakako je povodom autogenog treninga potrebno istaknuti rad višegodišnjeg predstojnika klinike prof. dr. sc. Vladimira Grudena. Prof. Gruden je izrazito popularizirao tu metodu te je autogeni trening zahvaljujući i njegovom širokom društvenom angažiranju daleko prešao okvire same Klinike. Autogeni trening je i danas psihoterapijska metoda koja ne samo što je opstala, nego se i dalje razvija. Implementacijom moderne tehnologije sada u vježbanju mogu sudjelovati ne samo pacijenti koji fizički dođu na Kliniku, nego i oni koji imaju pristup internetu, bez obzira na njihovu fizičku lokaciju.

POVIJEST KLINIKE ZA PSIHOLŠKU MEDICINU

Klinika za psihološku medicinu nastala je iz Centra za mentalno zdravlje, koji se razvio na temelju Psihoterapijskog odjela. Te temeljno psihoterapijske organizacijske cjeline slijedile su povijest Kliničkog bolničkog centra Zagreb i njegovih brojnih organizacijskih promjena. Centar za mentalno zdravlje se formalno osamostalio 1971. god. Te godine iz tadašnje Neuropsihijatrijske klinike formiraju se tri ustanove: Klinika za neurologiju s neuropatologijom, Klinika za psihijatriju i Centar za mentalno zdravlje. Centar za mentalno zdravlje svoje početke ima u Psihoterapijskom odjelu tadašnje Neuropsihijatrijske klinike na Rebru i Medicinskog fakulteta Sveučilišta u Zagrebu, koji je osnovan 1953. godine. Centar za mentalno zdravlje sastojao se od više jedinica: Poliklinike za psihoterapiju, Dnevne bolnice za liječenje odraslih osoba, Stacionarnog psihoterapijskog odjela, Odjela za dječju i adolescentnu psihijatriju i psihoterapiju i Dnevne bolnice za adolescente.

U pokretanju novog i naprednog, osim povoljnog tajminga i vanjskih okolnosti, vrlo važno je postojanje iznimnih osobnosti koje ne samo što imaju napredne ideje, nego su u stanju te ideje prenijeti drugima, koji ih slijede i pomažu u njihovoj realizaciji. Jedna takva osobnost bio je prof. dr. sc. Stjepan Betlheim, a druga prof. dr. sc. Duška Blažević. Entuzijazam za psihoanalizu, psihodinamiku i implementaciju psihodinamičkih metoda i spoznaja u liječenje bolesnika i u edukaciju je prof. Betlheim širio već od 1948. godine kad je došao na Rebro. Njegova bliska suradnica bila je prof. dr. sc. Duška Blažević, također karizmatična ličnosti. Za nju doc. dr. sc. Ivan Buzov kaže da je imao dojam kako ono što je govorila profesorica dolazi iz dubine mora, iz nespješnog, odnosno da su njene spoznaje bile duboke i upečatljive. Taj karizmatični dvojac je počeo

and also the head of the Department continued working with autogenic training. Professor Stanić integrated psychodynamic understanding and psychodynamic interventions into the basic autogenic training technique to successfully treat graphospasm or mogigraphia. In the context of autogenic training, it is necessary to emphasize the work of the long-term head of the Department, professor Vladimir Gruden, PhD. Professor Gruden has made this method widely known and thanks to his social engagement, autogenic training has reached many people far beyond the Department. Autogenic training is currently an ever evolving and further developing psychotherapeutic method. Thanks to modern technology, all patients with an internet access can participate in trainings regardless of their physical location.

HISTORY OF THE DEPARTMENT OF PSYCHOLOGICAL MEDICINE

The Department of Psychological Medicine emerged from the Centre for Mental Health, which was developed on the basis of the Psychotherapy Department. These organizational units that were fundamentally psychotherapeutic in character followed the footsteps of the University Hospital Centre Zagreb and its many organizational transformations. The Centre for Mental Health formally became independent in 1971 when three institutions were formed from the then Neuropsychiatric Clinic: the Department of Neurology with Neuropathology, Department of Psychiatry and Centre for Mental Health. The Centre for Mental Health has its beginnings in the Department of Psychotherapy of the former Neuropsychiatric Clinic at the University Hospital Centre and the School of Medicine of the University of Zagreb, founded in 1953. The Centre for Mental Health consisted of several units, namely: Polyclinics for Psychotherapy, Adult Day Hospital, Inpatient Psychotherapy Department, Department for Child and Adolescent Psychiatry and Psychotherapy and Adolescent Day Hospital.

When starting something new and revolutionary, it is not only necessary to find the right timing and external circumstances, but it is crucial to have outstanding personalities promoting advanced ideas who are able to convey these ideas to others, who follow them and assist them in the implementation. Professor Stjepan Betlheim, PhD and professor Duška Blažević, PhD, were certainly such personalities. Since 1948 when he first joined the University Hospital Centre Zagreb, professor Betlheim was spreading enthusiasm for psychoanalysis, psychodynamics, implementation of psychodynamic methods and knowledge in the treatment of patients and in education. Professor Duška Blažević, PhD was his close associate and also a charismatic person. Assist. Prof. Ivan Buzov explained that he was under the impression that whatever professor Blažević had said came from the depths of the sea, from the unconscious and that her insights were very deep and

okupljati psihijatre koji su imali interes za psihodinamiku i takav pristup u psihijatriji.

Jezgru odjela činili su, dr. sc. Duška Blažević i dr. sc. Maja Beck-Dvoržak koja se počinje baviti dječjom psihijatrijom. Nešto kasnije pridružuju se prof. dr. sc. Eugenija Cividini-Stranić, prof. dr. sc. Eduard Klain, dr. sc. Milica Prpić i dr. Neda Bućan.

Za Centar za mentalno zdravlje posebno je važan datum 5. siječnja 1969. godine kada je izgrađena i otvorena nova zgrada, za što posebne zasluge ima prof. dr. sc. Duška Blažević koja je postala i prva predstojnica Centra. Prof. dr. sc. Stjepan Betlheim odlazi u mirovinu neposredno prije završetka izgradnje nove zgrade (1968. godine). Njegova bista je desetljećima krasila ulazni dio klinike.

Osamostaljenjem pojedinih Klinika (neurološke i psihijatrijske) i Centra za mentalno zdravlje 1971. godine uspostavlja se i puni identitet psihijatrijske znanosti koja se izdvojila iz tadašnje neuropsihijatrije pri čemu obje struke dobivaju na značenju i vrijednosti.

Osnivanjem Centra za mentalno zdravlje otvoren je i Odjel za mentalnu higijenu čiji je prvi voditelj bio prim. dr. Mladen Berghofer, a nakon njega prim. dr. Željko Borovečki kada je Odjel prerastao u Dispanser za mentalno zdravlje s voditeljem prim. dr. mr. sc. Damirom De Zanom.

Prof. dr. sc. Duška Blažević prvi je predstojnik Centra za mentalno zdravlje od 1969. do 1980. godine. Prof. Blažević je bila prva žena sveučilišni profesor psihijatrije u ovom dijelu Europe. Drugi predstojnik Centra za mentalno zdravlje bila je prof. dr. sc. Eugenija Cividini-Stranić od 1980. do 1987. godine. Prof. dr. sc. Muradif Kulenović bio je predstojnik Centra za mentalno zdravlje od 1987. do 1988. g. kada Centar pod njegovim vodstvom i uz njegov angažman stječe status Klinike Medicinskog fakulteta Sveučilišta u Zagrebu i mijenja ime u Kliniku za psihološku medicinu kojoj je prof. Kulenović bio na čelu do 1995. godine. Prof. Kulenović vodio je Kliniku tijekom Domovinskog rata kada su djelatnici Klinike bili aktivno uključeni u skrb i liječenje branitelja i stradalnika Domovinskog rata. Prof. Kulenović bio je jedan od osnivača biblioteke „Psiha“, koje je publicirala prijevode značajnih psihodinamičkih knjiga. Također je pokretač i glavni urednik časopisa „Psihoterapija“. Uz njegovo ime se također povezuje implementacija Balintovog pristupa u medicini. Niz godina prof. Kulenović je organizirao i vodio školu Balintove metode u okviru Interuniverzitetskog centra (IUC) u Dubrovniku. Također je organizirao i vodio ljetnu školu psihoanalitičke psihoterapije u kojoj je sudjelovao niz svjetskih istaknutih stručnjaka iz područja psihoanalize i psihoanalitičke psiho-

striking. This charismatic duo started bringing together psychiatrists with an interest in psychodynamics and such an approach in psychiatry.

The core of the Department consisted of Duška Blažević, Ph.D., and Maja Beck-Dvoržak, PhD who has just started working in child psychiatry. Subsequently, professor Eugenija Cividini-Stranić, Ph.D., professor Eduard Klain, Ph.D., Milica Prpić, PhD, and doctor Neda Bućan joined the team.

January 5, 1969 is an especially important date for the Centre for Mental Health. On that date, the new building was opened and for that professor Duška Blažević deserves special mention as the first head of the Centre. Professor Stjepan Betlheim, PhD retired in 1968 just before the construction of the new building was completed. His bust has adorned the entrance to the Department for decades.

After neurological and psychiatric departments and the Centre for Mental Health started functioning independently in 1971, the full identity of psychiatric science was established separately from neuropsychiatry. Thus, both professions gained in meaning and value.

With the establishment of the Centre for Mental Health, the Department of Mental Hygiene was also opened. Its first head was Chief Physician Mladen Berghofer, MD followed by Chief Physician Željko Borovečki, MD when the Department grew into a Mental Health Dispensary headed by Chief Physician Damir De Zan, MD, MSc.

Professor Duška Blažević, PhD was the first head of the Centre for Mental Health from 1969 to 1980. Professor Blažević was the first female university professor of psychiatry in this part of Europe. Professor Eugenija Cividini-Stranić, PhD was the second head of the Centre for Mental Health from 1980 to 1987. Professor Muradif Kulenović, PhD was the head of the Centre for Mental Health from 1987 to 1988. Under his leadership and with his engagement the Centre acquired the status of a department of the School of Medicine at the University of Zagreb and changed its name to the Department of Psychological Medicine. Professor Kulenović was in charge of the Department until 1995, including the period of the Croatian War of Independence, when the employees were actively involved in various activities related to providing care and treatment of veterans and victims of the war. Professor Kulenović was one of the founders of the “Psyche”, an edition that published translations of important psychodynamic titles. He is also the initiator and editor-in-chief of the periodical titled “Psychotherapy”. His name is also associated with the implementation of Balint’s approach in medical science. For many years, professor Kulenović organized and led the Balint Method School within the Interuniversity (IUC) in Dubrovnik. He also organized and led a summer school of psychoanalytic psychotherapy with the participation of a number of world-renowned experts in the field

terapije. Nakon njegove prerane smrti vođenje te škole su preuzeli dr. Dinko Podrug, dr. Peter Dunn i dr. Vedran Bilić. Ta škola nije ugašena, ali pauzira zbog nepovoljne epidemiološke situacije.

Prof. dr. sc. Vladimir Gruden bio je predstojnik Klinike za psihološku medicinu od 1995. do 2003. godine, prof. dr. sc. Rudolf Gregurek od 2003. do 2015. g., a prof. dr. sc. Marijana Braš od 2015. do 2019. g. Od 2019. g. prof. dr. sc. Alma Mihaljević-Peješ bila je v. d. pročelnika objedinjene Klinike za psihijatriju i psihološku medicinu, a od 2020. predstojnik Klinike za psihijatriju i psihološku medicinu je prof. dr. sc. Darko Marčinko.

Uz ime prof. Rudolfa Gregureka, uz implementaciju suradnog pristupa, važno je spomenuti da je uz ostale, preuzeo od prof. Klaina školu psihotraume u okviru IUC Dubrovnik, a ta škola je i dalje aktualna.

Klinika za psihološku medicinu je slijedila organizacijski okvir Centra za mentalno zdravlje. Sastavni autonomni dijelovi Klinike, sa svojim pročelnicima, glavnim sestrama i djelatnicima bili su Klinički psihoterapijski odjel s kapacitetom od 16 postelja, Poliklinički psihoterapijski odjel i Dnevna bolnica (za odrasle) s kapacitetom od 40 stolica. Klinika je također uključivala Polikliniku za djecu i mladež te Dnevnu bolnicu za adolescente s kapacitetom od 20 stolica.

Polikliniku za djecu i mladež osnovala su prof. dr. sc. Maja Beck-Dvoržak i dr. sc. Milica Prpić. Od 2005. god. ustanovljena je Dnevna bolnica za adolescente s pročelnicom prof. dr. sc. Vlastom Rudan. Nakon prof. Beck-Dvoržak, pročelnik je do umirovljenja 1999. godine prof. dr. sc. Staniša Nikolić. Prof. Nikolić je nakon studijskog boravka u Parizu implementirao novu psihodinamičku tehniku – psihodinamičku psihodramu, koju je uspješno s nizom suradnika niz godina provodio na Klinici. U sesijama psihodrame sudjelovali su i specijalizanti psihijatrije. Nakon odlaska prof. Nikolića u mirovinu pročelnik odjela je postala prof. dr. sc. Vesna Vidović. Ta Poliklinika je preasla u Zavod za dječju i adolescentnu psihijatriju, kojem je pročelnik prof. dr. sc. Ivan Begovac.

Za mandata prof. Gregureka desile su se velike arhitektonske promjene. Već u vrijeme kad je prof. Kulenović bio predstojnik Klinike, česte teme na jutarnjim sastancima Klinike bili su planovi o nadograđivanju Klinike. Čule su se razne ideje, neke na razini fantazija, na koji način povećati prostor klinike. Te želje, koje su bile izraz potrebe proširenja prostornih kapaciteta Klinike su tada i ostale fantazije. Ali nisu izgubljene. Zalaganjem učenika prof. Kulenovića, prof. Gregureka, u povoljnom su trenutku te ideje transformirane u stvarnost.

of psychoanalysis and psychoanalytic psychotherapy. After his untimely death, doctor Dinko Podrug, doctor Peter Dunn and doctor Vedran Bilić took over the management of the school. The school has not been closed down but the activities are temporarily suspended due to the unfavourable epidemiological situation.

Professor Vladimir Gruden was the head of the Department of Psychological Medicine in the period 1995 - 2003, professor Rudolf Gregurek, PhD in the period 2003 - 2015, and professor Marijana Braš, PhD in the period 2015 - 2019. Professor Alma Mihaljević-Peješ, PhD was the acting head of the integrated Department of Psychiatry and Psychological Medicine in 2019 while professor Darko Marčinko, PhD is the head of the Clinic for Psychiatry and Psychological Medicine since 2020.

It is important to mention that professor Rudolf Gregurek did not only introduce the collaborative approach, but he also, together with other colleagues, took over the School of Psychotrauma within the Interuniversity (IUC) in Dubrovnik. The School still plays an important role in the field.

The Department of Psychological Medicine followed the organizational framework of the Centre for Mental Health. The Clinical Psychotherapy Department with the capacity of sixteen beds, Polyclinic Psychotherapy Department and the Adult Day Hospital with the capacity of 40 chairs were the autonomous constituent parts of the Department. The Department also included the Polyclinic for Children and Youth and the Adolescent Day Hospital with the capacity of 20 chairs.

The Polyclinic for Children and Youth was founded by professor. Maja Beck-Dvoržak, PhD and Milica Prpić, PhD. Since 2005, the Adolescent Day Hospital was established by the head professor Vlasta Rudan, PhD. After professor Beck-Dvoržak, professor Staniša Nikolić was the head until his retirement in 1999. After his study visit to Paris, professor Nikolić implemented a new psychodynamic technique, i.e., psychodynamic psychodrama, which he successfully conducted with a number of associates at the Department for many years. Psychiatry residents have also participated in psychodrama sessions. After professor Nikolić retired, professor Vesna Vidović became the head of the Department. This Polyclinic has grown into the Division of Child and Adolescent Psychiatry, headed by professor Ivan Begovac, PhD.

During his term professor Gregurek undertook to introduce comprehensive transformations. At the time when professor Kulenović was the head of the Department, plans to upgrade the Department were frequently discussed during morning meetings. Various ideas were presented as to how to expand the space of the Department and some were mere fantasies. Such aspirations were an expression of the need to expand the Department's spatial capacities and they remained fantasies at the time. However, they have not been lost. Owing to the efforts of students of professor Kulenović and professor Gregurek these ideas and fantasies turned into reality.

Stara zgrada je desetljećima udomljavala psihodinamičku psihoterapiju i kao takva bila široko prepoznata, gotovo na razini simbola psihoterapije na ovdašnjim prostorima. Međutim, zbog narušene statike prilikom izgradnje Poliklinike KBC-a Zagreb moralo ju se srušiti. Rušenje stare zgrade je za mnoge bio emocionalno zahtjevan događaj, koji nije mogao proći bez razdoblja žalovanja. Osoblje i sva djelatnost Klinike su tijekom izgradnje nove zgrade privremeno preseljeni u ispražnjene prostore bivših Klinika za pedijatriju i ORL klinike na Šalati. Te klinike su prethodno preseljene u novo izgrađene prostore na lokaciji u Kišpatičevojoj. Godine 2013. nakon dovršenja izgradnje nove zgrade Klinike za psihološku medicinu, koja je popularno nazvana 'crvena zgrada' klinika se vraća na lokaciju u Kišpatičevojoj, useljava u nove prostore, koji su integrirani u objedinjeni kompleks KBC-a Zagreb. Vjerojatno proces žalovanja nije bio u potpunosti dovršen, jer mnogi djelatnici, iako su se našli u novim i modernim prostorima, žalili su za posebnim šarmom stare zgrade, koja je bila prožeta nizom sjećanja i emocija. Važno je istaknuti da u cijelom razdoblju dislociranja klinički rad nije bio prekinut ni jedan dan.

U razdoblju od 2015. g. do integracije u novu kliniku zadnji predstojnik Klinike za psihološku medicinu bila je prof. dr. sc. Marijana Braš. Ona se posebno bavila promocijom palijativne medicine i liječenjem onkoloških i psihotraumatiziranih bolesnika. Zajedno je s bliskim suradnikom, prof. dr. sc. Veljkom Đorđevićem, koji je posebno bio angažiran u implementaciji psihijatrijskih spoznaja u društvenoj zajednici, a i u liječenju pretilih bolesnika pokrenula novi kolegij „Komunikacija u medicini“. Postepeno dolazi do implementacije druge temeljne paradigme, do djelomičnog odmaka od dominacije psihodinamičkih temelja i do odlaska psihodinamičkih psihoterapijskih društava s klinike.

KLINIČKI STACIONARNI ODJEL

Ambulantnu psihoterapiju je u nekim okolnostima potrebno nadopuniti mogućnostima koje pruža rad s pacijentima u Okviru dnevne bolnice i stacionarnog liječenja. Klinički stacionarni odjel provodi program stacionarne psihoterapije. Stacionarni odjel nastavlja dugu tradiciju kliničkog psihoterapijskog odjela. Klinička stacionarna psihoterapija ima neke osobitosti po kojima joj pripada izdvojeno mjesto. Klinička psihoterapija je područje u kojem se isprepliću, dopunjuju i kombiniraju razne terapijske razine: psihijatrijska, psihoterapijska i socioterapijska. Timski rad je jedna od osnovnih sastavnica liječenja na kliničkom stacionarnom odjelu. Klinička sredina kao sastavni dio okvira liječenja u određenim je situacijama

The old building hosted psychodynamic psychotherapy for decades and was widely recognized as such. One could argue that it was the local symbol of psychotherapy. However, due to the fact that the statics of the building were disturbed during the construction of the University Hospital Centre Zagreb, it had to be demolished. For many, the demolition of the old building was an emotionally demanding event, which could not pass without a period of mourning. During the construction of the new building, the staff and all activities of the Department were temporarily moved to the vacated premises of the former Department of Paediatrics and the Department of Otorhinolaryngology at Šalata. Both Departments had previously been moved to the newly built premises on the location in Kišpatičeva Street. In 2013, after the completion of the new building of the Department for Psychological Medicine, which was popularly called the 'red building', the Department was moved back to the location in Kišpatičeva Street integrated into the complex of the University Hospital Centre Zagreb. The mourning process probably did not come to an end since many employees, despite the fact that they were working in the new and modern facility, still grieved for the special charm of the old building, which was imbued with many memories and emotions. It is important to note that during this entire period of dislocation to the new building, the work was not interrupted for a single day.

Professor Marijana Braš, PhD was the last head of the Department of Psychological Medicine during the period from 2015 until the integration into the new department. She was actively promoting palliative medicine and treatment of oncology and psychotraumatized patients. Together with her close associate, professor Veljko Đorđević, PhD, who was especially engaged in the implementation of psychiatric findings in the broader social community, and treatment of obese patients, professor Braš launched a new course "Communication in Medicine". Gradually, the second fundamental paradigm was implemented; the dominance of psychodynamic foundations partially seized whilst psychodynamic psychotherapeutic associations left the department.

INPATIENT DEPARTMENT

In some circumstances, outpatient psychotherapy needs to be supplemented by the possibilities provided by day hospital and inpatient treatment. The inpatient department implements the programme of inpatient psychotherapy. The inpatient department continues the long tradition of the clinical psychotherapy department. Certain characteristics of clinical inpatient psychotherapy have to be analysed separately. Clinical psychotherapy is an area intertwining, complementing and combining psychiatric, psychotherapeutic and sociotherapeutic levels of treatment. The clinical inpatient department builds its work on teamwork as one of the main prerequisites. In certain situations, a specific environment of

nezamjenjiva i neophodna. Klinički psihoterapijski stacionarni odjel nastao je kao rezultat integracije psihoterapije u psihijatrijsku praksu, a omogućio je i proširenje indikacijskih područja za psihoterapiju.

Klinička psihoterapija nije samo nadopuna ambulantne psihoterapije nego ju možemo promatrati i kao zasebnu psihoterapijsku tehniku koja ima svoje specifičnosti. U okviru kliničke psihoterapije psihijatri prilagođavaju psihoterapijski pristup potrebama i mogućnostima hospitaliziranih pacijenata i posebnostima kliničke sredine. Na stacionarnom odjelu do punog izražaja dolazi timski rad. Integracija terapijskih razina zahtijeva usku suradnju svih sudionika liječenja: pacijenata, psihijatara, psihologa, socijalnih radnika, radnih terapeuta, medicinskih sestara, socijalnih pedagoga. Suradnja obogaćuje proces liječenja i psihoterapijski proces i liječenje donosi novu kvalitativno poboljšanu dimenziju.

Kod velikog broja pacijenata postoji indikacija za upravo takav oblik liječenja, ne zanemarujući činjenicu da se veliki broj pacijenata ne može liječiti ambulantno u našoj Klinici zbog udaljenosti boravišta. Bitna značajka ove vrste terapije je izdvajanje pacijenata iz njihove uobičajene socijalne sredine. Ta socijalna sredina na pacijente jako utječe. Djelovanje socijalne sredine na psihičko zdravlje može biti dvojako. S jedne strane, povoljna socijalna sredina je vrlo važna u održavanju optimalnog psihičkog funkcioniranja. Međutim, sredina, odnosno ljudi s kojima je osoba u interakciji može biti i negativna, neprijateljska, bez razumijevanja. U tom slučaju interakcije u takvoj sredini pogoršavaju psihičko stanje pacijenata. U takvim je okolnostima svakako indicirano izdvajanje pacijenta iz njegove životne sredine. Udaljavanje pacijenta iz takve životne sredine koristi pacijentu, ali i njegovoj okolini, omogućava im predah, a ujedno omogućava odvijanje terapijskog procesa u mirnijim uvjetima. Radi se o privremenom izdvajanju koje je nužno za ostvarivanje odmaka pacijenta od uobičajenih, a teških interakcija s okolinom. Izrazito poremećeni odnosi s okolinom također mogu ometati ambulantno liječenje. Prije svega, pacijent se nakon pregleda i terapije vraća u istu okolinu, a mogućnosti održavanja teških interakcija, kako pacijenta, tako i njegove socijalne okoline su iscrpljene te dolazi do frustracija koje onemogućavaju uspostavljanje mirnog ozračja, bitnog preduvjeta za oporavak i liječenje.

Uklanjanjem iz zahtjevne okoline i zaprimanjem u okolinu koja zaštićuje dolazi do olakšanja psihičkih tegoba mnogih pacijenata.

Terapijsko ozračje na odjelu omogućava odnose u terapijskom okviru koji osigurava sadržavanje, razumijevanje i modifikaciju interakcija i odnosa sudionika.

a clinic as a part of treatment is irreplaceable and necessary. The Clinical Psychotherapy Inpatient Department was created as a result of the integration of psychotherapy into psychiatric practice. It has also enabled the expansion of the indication areas for psychotherapy.

Clinical psychotherapy does not only supplement outpatient psychotherapy, but it can also be perceived as a separate psychotherapeutic technique that with its own specifics. In clinical psychotherapy, psychiatrists adapt their psychotherapeutic approaches to the needs and possibilities of hospitalized patients as well as to the specific characteristics of the clinical environment. Integration of various therapeutic levels requires close cooperation between all participants in the treatment, i.e., patients, psychiatrists, psychologists, social workers, occupational therapists, nurses, and social educators. Collaboration enhances both the healing and the psychotherapeutic processes as it introduces a new and qualitatively improved dimension into the treatment.

In a large number of patients there is an indication for this form of treatment, taking into account that a large number of patients cannot be treated on an outpatient basis in our Department because the facility is far away from their place of residence. This type of therapy is also marked by another important feature: patients are separated from the social environment to which they are usually exposed. This social environment strongly influences a patient's mental health. The effects of the social environment on mental health can be twofold. On the one hand, a favourable social environment is very important in maintaining optimal psychological functioning. However, the environment, i.e., the people with whom a person interacts, can also be negative, hostile, or unsupportive. In that case, interactions in such an environment aggravate a patient's mental health. In such circumstances, the patient needs to be isolated from the environment. Removing the patient from a hostile environment benefits the patient as well as their environment, allowing them a break from the routine, and the therapeutic process to take place in calm conditions. The separation is temporary and necessary to achieve the detachment from the usual, yet difficult interactions with the environment. Extremely disturbed relationships with the environment can also interfere with outpatient treatment. Most importantly, after the initial examination and therapy, the patient usually goes back to the same environment where it is difficult both for the patient and the environment to endure difficult interactions. This leads to frustration and prevents the establishment of a peaceful atmosphere, as an essential prerequisite for further recovery and treatment.

Removing the patient from a challenging environment and providing a protective one can alleviate psychological problems for many patients.

The therapeutic atmosphere allows for relationships in a therapeutic setting that provides content, understanding and modification of interactions and relationships between the participants. In addition to improving men-

Osim poboljšanog psihičkog funkcioniranja pacijenta na odjelu, nastojimo postići i njihovo bolje funkcioniranje nakon povratka u uobičajenu socijalnu sredinu.

Klinički odjel u većini elemenata slijedi načela terapijske zajednice, te se dva puta u tjednu održavaju sastanci terapijske zajednice na kojima su nazočni svi pacijenti i cjelokupno osoblje. Različita zaduženja podijele pacijenti između sebe. Terapijske aktivnosti uz svakodnevnu vizitu uključuju predavanja, literarne večeri, kviz, organizirane posjete raznim ustanovama u gradu. Svakodnevna obveza je i okupacijska terapija koju vodi kvalificirani radni terapeut. Terapijske aktivnosti u užem smislu su individualna terapija (2-3 puta/tjedan), grupna terapija s liječnikom i s medicinskom sestrom (šest puta/tjedan). Bolesnici mogu sudjelovati u grupnom vježbanju autogenog treninga ako su zainteresirani, a nema kontraindikacija. Terapijske aktivnosti obuhvaćaju bitne oblike funkcioniranja pacijenata u njihovom svakodnevnom životu.

Indikacije za liječenje na Stacionarnom odjelu su:

- a) Dijagnostički nejasna stanja
Kod takvih stanja bolnička sredina pruža mogućnost promatranja pacijenta u realnim interakcijama u svakodnevnim situacijama što je osoblju i psihijatru velika pomoć u boljem razumijevanju pacijenta.
- b) Situacije u kojima ambulantno psihijatrijsko i psihoterapijsko liječenje ne daje očekivane rezultate.
- c) Teritorijalna udaljenost koja onemogućava ambulantno liječenje u onom intenzitetu koji je pacijentu potreban i drugi realni razlozi koji ometaju ambulantno liječenje.
- d) Ometajući čimbenici za ambulantno liječenje psihičke prirode koje obično imaju pacijenti sa znatno poremećenim psihičkim funkcioniranjem, na primjer, kad tjeskoba pacijenta postane teško podnošljiva, te onemogućava odvijanje ambulantnog psihoterapijskog procesa. Međutim, ako je pacijentovo psihičko stanje znatno ugroženo te osoba nije u mogućnosti kontrolirati svoje ponašanje, koje može ugrožavati njega ili okolinu, liječenje na psihoterapijskom odjelu nije indicirano. U tim slučajevima je indicirana hospitalizacija u psihijatrijskoj ustanovi u kojoj su moguće sve mjere zaštite pacijenta i okoline.

DNEVNA BOLNICA

S obzirom na buduće veće usmjerenje cijele Klinike na liječenje bolesnika oboljelih od psihosomatskih bolesti, pozitivna je činjenica da je već aktivna Dnevna bolnica koja se bavi upravo takvim bolesnicima.

tal functioning of the patient staying at the inpatient department, we strive to achieve their better functioning after returning to the habitual social environment.

In most elements, our department follows the principles of the therapeutic community. We organise regular meetings the therapeutic community twice a week attended by all patients and all members of the staff. Patients are asked to divide various tasks among themselves. In addition to regular doctor's visits, therapeutic activities include lectures, literary evenings, quizzes, and organized visits to various institutions in the city. A qualified occupational therapist leads the so-called occupational therapy, which has to be attended on daily basis. In the narrow sense, therapeutic activities imply individual therapy (two to three times a week) and group therapy with a doctor and a nurse (six times a week). Patients can participate in group autogenic trainings if they show interest for this type of activity without contraindications. Therapeutic activities comprise essential forms of the patient's functioning in everyday life.

Indications for treatment in the inpatient department are the following:

- a) Diagnostically unclear conditions
In such conditions, the hospital environment provides the opportunity to observe the patient in real everyday interactions, which is very helpful to the staff and the psychiatrist in order to better understanding the patient.
- b) Situations in which outpatient psychiatric and psychotherapeutic treatment does not lead to the expected results.
- c) Territorial distance that makes outpatient treatment impossible in terms of the necessary as well as other realistic reasons that hinder the outpatient treatment.
- d) Interfering factors for outpatient treatment of a psychic nature that are usually experienced by patients with significantly impaired psychological functioning, e.g., when the patient's anxiety becomes hard to tolerate and thus prevents the outpatient psychotherapy process. However, if the patient's mental condition has been significantly compromised and the person is unable to control their behaviour to the extent that it might endanger themselves or their environment, the treatment at the psychotherapy department will not be indicated. In such cases, hospitalization in a psychiatric institution is indicated, where all measures to protect the patient and the environment are available.

DAILY HOSPITAL

Given the fact that a greater focus of the entire Department will be on the treatment of patients with psychosomatic diseases, it is very positive that the Day Hospital is already active in dealing with such patients.

Prikladnost pacijenta za liječenje u Dnevnoj bolnici procjenjuje se indikacijskim intervjuom. Isključuju se teže psihoorganski promijenjeni, dekompenzirano psihotični, izrazito suicidalni i homicidni bolesnici, kao i oni koji nisu u mogućnosti svakodnevno samostalno dolaziti. Rad Dnevne bolnice je organiziran prema principima terapijske zajednice s elementima terapije miljeom. Okosnica liječenja u Dnevnoj bolnici je grupna psihoterapija, a svi psihijatri s pacijentima rade i individualno. U grupnim sesijama koje vodi psihijatar sudjeluju i specijalizanti psihijatrije. U radu sudjeluju i drugi terapeuti Klinike, ako su kod njih pacijenti u kontinuiranoj individualnoj terapiji. Prije vremena obilježenog epidemiološkim ograničenjima, godinama se provodila velika grupa u kojoj su uz pacijente Dnevne bolnice sudjelovali i neki ambulantni pacijenti.

POLIKLINIČKI PSIHOTERAPIJSKI ODJEL

Psihoterapijski odjel osnovan u okviru Neuropsihijatrijske klinike bio je prvi psihoterapijski odjel u ovom dijelu Europe pri čemu je važno istaknuti da to bio prvi takav odjel na Medicinskom fakultetu što je i u svjetskim okvirima rijetkost jer je tek manji broj sveučilišta u svijetu u svom sklopu imao psihoterapijske odjele. Krajem pedesetih godina Odjel za psihoterapiju prerasta u Centar za mentalno zdravlje s većim kapacitetom i proširenim zadacima.

Poliklinika za psihoterapiju odraslih slijedila je tradiciju Odjela za psihoterapiju. Njeni pročelnici najčešće su bili i predstojnici Centra za mentalno zdravlje, a kasnije Klinike za psihološku medicinu. To su bili prof. dr. sc. Duška Blažević, zatim prof. dr. sc. Eugenija Cividini-Stranić.

Polikliniku za psihoterapiju vodio je prof. dr. sc. Eduard Klain. Na početku svoje psihoanalitičke karijere prof. Klain je bio u didaktičkoj analizi kod prof. Betlheima, koji mu je ujedno bio i šef. Stoga je razumljivo da je uz takav uzor njegov osobni interes za psihoanalizu bio dodatno osnažen. Prof. Klain je tijekom cijele svoje dugogodišnje karijere promovirao i poticao razvoj psihodinamičke misli kako na klinici, tako i šire. Prof. Klain je bio uzor i edukator mnogim budućim istaknutim hrvatskim psihoanalitičarima i grupnim analitičarima. I danas, u dubokoj životnoj dobi aktivno, u granicama mogućnosti, sudjeluje u psihodinamičkoj edukaciji. Prof. Klain je početkom Domovinskog rata imenovan za glavnog ratnog psihijatra RH. Godine 1991. osnovao je Odjel za duševno zdravlje Glavnog stožera saniteta Republike Hrvatske. Taj Odjel je davao smjernice zbrinjavanja oboljelih od ratne psihotraume za cijelu Hrvatsku. Djelatnici Klinike za psihološku medicinu

In order to establish if the patient is suitable for the treatment in the Day Hospital an interview needs to be performed. Patients with severe psycho-organic alterations, psychotic decompensation and highly suicidal and homicidal patients are excluded, as well as those who are unable to get to therapy on their own on a daily basis. The Day Hospital operates according to the principles of the therapeutic community with some elements of milieu therapy. Group psychotherapy is the backbone of treatments provided at the Day Hospital and all psychiatrists work with patients individually. Psychiatry residents also participate in group sessions led by a psychiatrist. Other therapists participate in the work as well if their patients undergo continuous individual therapy. Prior to the period marked by epidemiological restrictions, a large group composed of the patients of the Day Hospital and a number of outpatients functioned for many years.

POLYCLINICAL PSYCHOTHERAPEUTIC DEPARTMENT

The Department of Psychotherapy established within the Neuropsychiatric Clinic was the first department of the kind in this part of Europe. It is important to emphasise that it was also the first department of the kind at the School of Medicine, which was a rarity even at the global level taking into account that only a few universities in the world had psychotherapy departments. In the late 1950s, the Department of Psychotherapy grew into the Centre for Mental Health with greater capacities and wider range of tasks.

The Adult Psychotherapy Polyclinic followed the tradition of the Department of Psychotherapy. Its heads most often served as the heads of the Centre for Mental Health, which subsequently became the Department of Psychological Medicine. These were professor Duška Blažević, PhD and professor Eugenija Cividini-Stranić, PhD.

The Psychotherapy Polyclinic was run by professor Eduard Klain, PhD. At the beginning of his psychoanalytic career, professor Klain attended didactic analysis with professor Betlheim, who was also his supervisor. Undoubtedly, having professor Betlheim as the role model further strengthened his personal interest in psychoanalysis. Throughout his long career, professor Klain has promoted and encouraged the development of psychodynamic thought both at the department and beyond. Professor Klain was a role model and educator to many prominent Croatian psychoanalysts and group analysts. Even today, in his old age, professor Klain actively participates in psychodynamic education as much as he can. At the beginning of the Croatian War of Independence, professor Klain was appointed the chief war psychiatrist. In 1991, he founded the Department of Mental Health of the General Staff of the Republic of Croatia. This Department provided guidelines for the care of patients with war psycho-trauma for

dali su veliki doprinos neposrednom liječenju osoba s posttraumatskim stresnim poremećajem te znanstvenim i stručnim doprinosom u teoriji i tehnici liječenja ratne psihotraume. Važno je napomenuti da se i danas veliki broj bolesnika s ratnom psiho traumom liječi u Klinici za psihijatriju i psihološku medicinu.

Poliklinika za psihoterapiju temeljila je svoj psihoterapijski pristup na psihoanalitičkoj teoriji. Osnovna izobrazba većine psihoterapeuta Poliklinike bila je psihodinamička. Većina psihoterapeuta završila je edukaciju iz neke psihodinamičke tehnike. Tijekom oko 70 godina, od Psihoterapijskog odjela, preko Centra za mentalno zdravlje i Klinike za psihološku medicinu iskristalizirale su se i opstale sljedeće psihodinamičke psihoterapijske tehnike: psihoanaliza, psihoanalitička terapija, grupna analiza, partnerska i obiteljska terapija, psihoanalitička psihodrama, kratka dinamička psihoterapija, suradna psihoterapija, ali i neke druge neanalitičke terapije: hipnoza, autogeni trening i kognitivno-bihevioralna psihoterapija.

U okvirima Klinike provodili su se programi psihodinamičke edukacije iz grupne analize, psihoanalitičke psihoterapije, iz partnerske i obiteljske terapije, a djelomično i iz psihoanalize i Balintovih grupa.

Psihodinamičke spoznaje su proširivane i na druga medicinska područja putem suradnog pristupa koji je utemeljen na psihoanalitičkim dostignućima i uveden u mnoge klinike Kliničkog bolničkog centra Zagreb. Za proširivanje suradnog pristupa posebno je zaslužan prof. dr. sc. Rudolf Gregurek, koji je i doktorirao u tom području.

Zahvaljujući zalaganju zadnje predstojnice samostalne Klinike prof. dr. sc. Marijane Braš na poliklinici je otvorena Ambulanta za psihijatrijsko psihoterapijsku potporu ženama oboljelim od raka dojke. Pokrenuta je i dnevna bolnica sa specifičnim programom liječenja prilagođenim upravo tim bolesnicama. Zalaganjem prof. dr. sc. Veljka Đorđevića pokrenuta je dnevna bolnica za liječenje pretilih osoba što je bilo uže područje njegovog stručnog interesa. Međutim, promjenom društvenih okolnosti u to vrijeme započinje nezaustavljiv proces odlaska prije svega psihoanalitičara u privatnu djelatnost. Psihoanalitičari koji su otišli činili su jaku jezgru Hrvatskog psihoanalitičkog društva, koje više nije bilo povezano s Klinikom. Proces odlaska u privatni sektor se nastavio. U privatni sektor je otišlo ukupno 9 psihodinamički educiranih psihijatara, koji su u punoj radnoj sposobnosti. Tome treba pribrojiti i desetak onih koji su otišli u mirovinu, te se broj psihodinamički educiranih psihoterapeuta na Klinici znatno smanjio.

whole territory of Croatia. The staff of the Department of Psychological Medicine has greatly contributed to direct treatment of people with post-traumatic stress disorder and with their scientific and professional work they were instrumental in developing theoretical and technical aspects of war psycho-trauma treatment. It is important to note that even today a large number of patients dealing with psychological consequences of war trauma are treated at the Department of Psychiatry and Psychological Medicine.

The Psychotherapy Polyclinic based its psychotherapeutic approach on psychoanalytic theory. Most psychotherapists were trained in psychodynamics and various psychodynamic techniques. Over the period of about seven decades, starting from the Department of Psychotherapy, and through the Centre for Mental Health and the Department of Psychological Medicine, the following psychodynamic psychotherapeutic techniques have crystallized and survived - namely psychoanalysis, psychoanalytic therapy, group analysis, partner and family therapy, psychoanalytic psychodrama, short dynamic psychotherapy, collaborative psychotherapy together with a number of various non-analytical therapies, such as hypnosis, autogenic training and cognitive-behavioural psychotherapy.

The Department conducted various programmes of psychodynamic training in group analysis, psychoanalytic psychotherapy, partner and family therapy, as well as in certain aspects of psychoanalysis and the Balint group therapy.

Psychodynamic insights have been extended to other medical fields through a collaborative approach based on psychoanalytic achievements and introduced in many other departments of the University Hospital Centre Zagreb. Professor Rudolf Gregurek was particularly engaged in expanding the collaborative approach and he also holds a PhD in this field.

Thanks to the efforts of the last head of the independent Department, professor Marijana Braš, PhD, an outpatient clinic for psychiatric psychotherapeutic support for women with breast cancer was opened at the polyclinic. A day hospital was launched with a specific treatment programme tailored to these patients. Professor Veljko Đorđević, started a day hospital for the treatment of obese people as this was a special area of his professional interest. The change of the social system at that time resulted in an unstoppable process, i.e., many psychoanalysts started opening their own private practices. The psychoanalysts who left formed a strong core of the Croatian Association for Psychoanalytic Psychotherapy that was no longer associated with the Department. The process of transferring to the private sector continued. A total of nine psychiatrists trained in psychodynamics and in full working capacity went to the private sector. In addition to that, a dozen psychiatrists retired, which resulted in a significantly decreased number of psychotherapists trained in psychodynamics and working at the Department.

ZAVOD ZA PSIHOTERAPIJU

Nakon integracije Klinike za psihološku medicinu u Kliniku za psihijatriju i psihološku medicinu 2020 god., Klinički psihoterapijski odjel, Poliklinički psihoterapijski odjel i Dnevna bolnica za odrasle gube autonomiju te su sažeti u Odjel za psihosomatsku medicinu i psihoterapiju, kao jedini odjel Zavoda za psihoterapiju. Odjel dječje i adolescentne psihijatrije i Dnevna bolnica za adolescente postaju sastavni dijelovi Zavoda za dječju i adolescentnu psihijatriju.

Psihoterapija i ostale djelatnosti bivše Klinike odvijaju se u okviru Zavoda za psihoterapiju kojem je v.d. pročelnik doc. dr. sc. Vedran Bilić provode se u okviru Odjela za psihosomatsku medicinu i psihoterapiju.

Mnogi djelatnici Zavoda za psihoterapiju provode individualnu i grupnu psihoterapiju, grupnu analizu i obiteljsku psihoterapiju temeljenu na psihodinamičkim principima, a provodi se i vježbanje autogenog treninga u raznim terapijskim okvirima: ambulantno, u okviru dnevne bolnice i na stacionarnom odjelu. Vježbanje autogenog treninga se provodi svakodnevno *online*, a u fizičkoj prisutnosti dva puta u tjednu.

Na Zavodu se provodi i edukacija iz psihoterapije koja se temelji na psihodinamičkim principima za specijalizante psihijatrije i dječje psihijatrije. U tijeku su tri male iskustvene grupe s otprilike 30 učenika. Osim iskustvenih grupa održavaju se i teorijski seminari s temama iz psihodinamike i grupne analize. U tom dijelu edukacije sudjeluje niz djelatnika Zavoda, koji su svi educirani iz psihoanalitičke psihoterapije i/ili iz grupne analize.

NASTAVNE AKTIVNOSTI

Katedra za psihijatriju s medicinskom psihologijom osamostaljuje se 1974. g., a prvi pročelnik Katedre je prof. dr. sc. Nikola Peršić. Članovi Katedre za psihijatriju i medicinsku psihologiju za predmet „Medicinska psihologija“ su u to vrijeme prof. dr. sc. Duška Blažević, doc. dr. sc. Maja Beck-Dvoržak, doc. dr. sc. Eugenija Cividini-Stranić, doc. dr. sc. Eduard Klain, doc. dr. sc. Milica Prpić. Nakon utemeljenja Klinike za psihološku medicinu dotadašnji predmet „Medicinska psihologija“ mijenja naziv u „Psihološka medicina“.

Djelatnici Klinike bili su pročelnici Katedre za psihijatriju i psihološku medicinu u razdoblju od 1988. do 2000. god. kada je pročelnik Katedre bio je prof. dr. sc. Eduard Klain, zatim prof. dr. sc. Vesna Vidović od 2002. do 2003. g. Pročelnik Katedre od 2006. do 2016. g. bio je prof. dr. sc. Rudolf Gregurek. Zadnje dvije godine mandata zbog njegove spriječenosti zbog

THE DEPARTMENT OF PSYCHOTHERAPY

Following the integration of the Department of Psychological Medicine into the Department of Psychiatry and Psychological Medicine in 2020, the Clinical Psychotherapy Department, Polyclinic Psychotherapy Department and the Adult Day Hospital have lost their autonomy and were merged into the Psychosomatic Medicine and Psychotherapy Ward, as the only one of its kind at the Institute of Psychotherapy. Child and Adolescent Psychiatry Ward and the Adolescent Day Hospital became integral parts of the Institute of Child and Adolescent Psychiatry.

Psychotherapy and other activities of the former Department are organised at the Institute of Psychotherapy, whose acting head is Assistant Professor Vedran Bilić, PhD.

Many employees of the Institute of Psychotherapy conduct individual and group psychotherapy, group analysis and family psychotherapy based on psychodynamic principles. Autogenic training is taking place in various therapeutic settings, i.e. in outpatient, inpatient and day hospitals. Autogenic training is conducted daily online, and in physical presence twice a week.

The Institute also provides education in psychotherapy based on psychodynamic principles for psychiatry and child psychiatry residents. Three small experiential groups with approximately 30 participants are currently underway. In addition to experiential groups, theoretical seminars on topics related to psychodynamics and group analysis are held. A number of employees of the Institute participate in this part of the training, and all of them are trained in psychoanalytic psychotherapy and/or group analysis.

TEACHING ACTIVITIES

The Department of Psychiatry and Medical Psychology became independent in 1974. The first head of the Department was professor Nikola Peršić, PhD. Members of the Department of Psychiatry and Medical Psychology teaching Medical Psychology at that time were professor Duška Blažević, PhD, doctor Maja Beck-Dvoržak, PhD, doctor Eugenija Cividini-Stranić, PhD, doctor Eduard Klain, PhD, and doctor Milica Prpić, PhD. After the founding of the Department of Psychological Medicine, the former course in Medical Psychology changed its name to Psychological Medicine.

The employees of the Department were the heads of the Department of Psychiatry and Psychological Medicine in the period 1988-2000 professor Eduard Klain, followed by professor Vesna Vidović in the period 2002-2003. Professor Rudolf Gregurek was the head of the Department during the period 2006-2016. During the last two years of his term due to illness, he was replaced by professor

bolesti mijenjala ga je prof.dr.sc Alma Mihaljević-Peleš. Članovi katedre su bili prof. dr. sc. Vesna Vidović, prof. dr. sc. Vlasta Rudan i prof. dr. sc. Ivan Begovac.

U akademskoj godini 1965/66. počinje redovita nastava predmeta „Medicinska psihologija“ (danas Psihološka medicina) za studente V. semestra. U to vrijeme održavala su se samo predavanja, a od 1971. godine uvode se i vježbe za studente. Od ak. god. 1979/80. medicinska psihologija predaje se u III. semestru. Predmet Psihološka medicina bio je podijeljen u dva dijela: prvi u II. semestru s 30 sati nastave i drugi u VI. semestru s 20 sati nastave, da bi od ak. god. 2016./17. ponovno odvijao u jednom dijelu u V./VI. semestru (20 sati predavanja, 20 sat seminara i 20 sati vježbi). Od ak. god. 2010./11. u okviru turnusa iz predmeta „Psihijatrija“ uključena je nastava iz dječje i adolescentne psihijatrije u trajanju 30 sati.

Nastavnici Klinike za psihološku medicinu vode i nekoliko izbornih predmeta u okviru studija medicine („Gospodin Horvat ide doktoru“; „Tjeskoba i kako je se osloboditi“, „Posttraumatski stresni poremećaj“ i „Interpersonalni odnosi“).

Poslijediplomska nastava iz psihoterapije i dječje psihijatrije započela je 1974. g. i od tada se redovito održavaju dva poslijediplomska stručna studija. Tijekom devedesetih godina organizirana je i poslijediplomska nastava iz psihotraumatologije.

Slijedom osuvremenjivanja poslijediplomske nastave na Medicinskom fakultetu i organiziranjem doktorskog studija djelatnici Klinike vode nekoliko predmeta u okviru studija (metodološki predmet „Metode istraživanja psiholoških funkcija i ponašanja“, te izborne predmete: „Suradna i konzultativna psihijatrija i psihoterapija“, „Posttraumatski stresni poremećaj“, „Metode upravljanja ustanovama mentalnog zdravlja“).

Alma Mihaljević-Peleš, PhD. Other members of the Department were professor Vesna Vidović, PhD, professor Vlasta Rudan, PhD and professor Ivan Begovac, PhD.

Regular classes in Medical Psychology (today called Psychological Medicine) for the fifth semester students started in the academic year 1965-66. At that time, only lectures were held, and exercises for students were introduced in 1971. Medical Psychology is taught during the second semester since the academic year 1979-80. The course in Psychological Medicine was divided into two parts: the first in one in the second semester with 30 hours of lectures and the second in the sixth semester with 20 hours of lectures. Since the academic year 2016-17, it was once again organised in one part during the fifth and sixth semesters (20 hours of lectures, 20 hours of seminars and 20 hours of exercises). Thirty hours of lectures in child and adolescent psychiatry were introduced in the course in Psychiatry during the academic year 2010-11.

Teachers of the Department of Psychological Medicine also teach a number of elective courses in medical studies (“Mr. Horvat has to see a doctor”; “Anxiety and how to get rid of it”, “Post-traumatic stress disorder” and “Interpersonal relationships”).

Postgraduate classes in psychotherapy and child psychiatry began in 1974 and since then two postgraduate professional studies have been held regularly. During the 1990s, postgraduate classes in psycho-traumatology were organized.

Following the modernization of postgraduate studies at the School of Medicine and the organization of doctoral studies, the Department staff teaches a number of regular courses, i.e., Methods of Research of Psychological Functions and Behaviour, as well as elective courses, i.e., Collaborative and Consultative Psychiatry and Psychotherapy, Post-traumatic Stress Disorder, and Methods to Manage Mental Health Institutions.

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