

Zavod za dječju i adolescentnu psihijatriju i psihoterapiju pri KBC-u Zagreb – kratka povijest i sadašnje stanje

/ The Child and Adolescent Psychiatry and Psychotherapy Unit at the University Hospital Centre Zagreb - A Brief Historical Overview and Current Situation

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KRATKA POVIJEST DJEČJE PSIHIJATRIJE PRI KBC-U ZAGREB

Sažeto prikazano, dječja i adolescentna psihijatrija postoji pri KBC-u Zagreb unatrag više od sedam desetljeća zaslugom pionirskog rada prof. dr. Maje Beck Dvoržak, koja je neposredno nakon Drugog svjetskog rata radila s djecom i adolescentima koji su imali psihičke poteškoće. Osnovni podatci o prof. dr. Maji Beck Dvoržak mogu se naći na stranicama hrvatske enciklopedije (1), a dosta su isprepleteni i s iznimnim biografijama prof. dr. Stjepana Betlheima (2) i prof. Duške Blažević (3). Dodatne reference i izvori za pojedince koji će biti navedeni u ovom tekstu su vidljivi u hrvatskoj enciklopediji na mrežnim stranicama, kao i u knjizi o vodećim hrvatskim liječnicima (4). U hrvatskoj je tradiciji dječja i

A BRIEF HISTORY OF CHILD PSYCHIATRY AT THE UNIVERSITY HOSPITAL CENTRE ZAGREB

In brief, child and adolescent psychiatry has existed at the University Hospital Centre Zagreb for more than seven decades thanks to the pioneering work of Prof. Maja Beck Dvoržak, who started working with children and adolescents with psychological disorders immediately after the Second World War. Basic information about Prof. Maja Beck Dvoržak can be found on the internet pages of the Croatian Encyclopaedia (1), and they are often linked with the exceptional biographies of professors Stjepan Betlheim (2) and Duška Blažević (3). Additional references and sources for individuals that will be mentioned in this text can also be found on the web page of the Croatian Encyclopaedia, as well as in the book on the leading Croatian medical doctors (4).

adolescentna psihijatrija proistekla iz „odrasle“ psihijatrije, kao i medicinske psihologije ili psihološke medicine i psihoterapije i psihoanalize, premda je oduvijek imala dodirne točke i s pedijatrijom, kao i s drugim suradnim strukama, npr. s psihologijom, pedagogijom, edukacijom- rehabilitacijom, socijalnim radom, sestrištvom. Sadašnji Zavod za dječju i adolescentu psihijatriju i psihoterapiju vuče korijene iz različitih dotadašnjih jedinica s obzirom na stalnu reorganizaciju sistematizacije.

U sklopu dotadašnje *Klinike za neuropsihijatriju* (predstojnik je bio prof. dr. Radoslav Lopašić) (5), neposredno nakon Drugog svjetskog rata postoji grupa liječnika koji se bave djecom i adolescentima, a dobivaju i potporu drugih kolega. Prof. Maja Beck Dvoržak je pionir dječje psihijatrije u Hrvatskoj. Ona je već 1948. godine asistent na Neuropsihijatrijskoj klinici (1,6). God. 1957. osnovala je Odsjek za dječju psihijatriju i psihoterapiju, koji je 1969. prerastao u Odjel za psihoterapiju djece i mladeži (1). Maja Beck Dvoržak usko je surađivala s kolegama koji su se bavili psihoterapijom i psihoanalizom, okupljeni oko prof. dr. Stjepana Betlheima, prof. Duške Blažević, dr. Nede Bučan, prof. Eugenije Cividini Stranić, te prof. Eduarda Klaina, a koji su nastavili svoje psihoterapijske aktivnosti unutar osnovanog psihoterapijskog odjela godine 1953. unutar tadašnje Neuropsihijatrijske klinike, što je tada bilo iznimno postignuće (7-9). Posebni aspekti o prof. Betlheimu su dostupni u knjizi u kojoj se također dotiču aspekti dječje psihijatrije (7). Naime, i sam je prof. Betlheim pokazivao interes za problematiku djece s psihičkim poteškoćama, surađivao je kao konzilijarni psihijatar i savjetnik u tadašnjem savjetovalištu za odgoj djece i omladine (poslije se to savjetovalište preimenovalo u Institut za proučavanje razvojnih problema djece i omladine, a danas nosi ime Psihijatrijska bolnica za djecu i mladež). Prof. Betlheim bio je i predavač iz psihopatologije na Višoj defektološkoj školi (10). Osnovni podatci o iznimnim doprinosima prof. dr. Duške Blažević mogu se naći na stranicama hrvatske enciklopedije (3). Ubrzo i dr. Milica Vlatković Prpić postaje bliska suradnica prof. dr. Maje Beck Dvoržak, tada još u sklopu Neuropsihijatrijske klinike (7).

Osnivanjem Centra za mentalno zdravlje pri KBC-u Zagreb, godine 1969, prethodno navedena grupa je vodeća u daljnjem razvijanju psihoterapije, psihoanalize, psihološke medicine, kao i dječje psihijatrije. Nekako istovremeno, oko godine 1971., odvaja se Klinika za psihijatriju (prof. Nikola Peršić sa svojom grupom psihijatarata) od Klinike za neurologiju (prof. dr. Sergije Dogan i grupa neurologa) (5,6,9,11,12). Godine 1988. Centar za mentalno zdravlje mijenja ime u Kliniku za psihološku medicinu. Predstojnici

In Croatia, child and adolescent psychiatry ensued from “adult” psychiatry, as well as from medical psychology or psychological medicine, psychotherapy and psychoanalysis, although it has always been closely linked with paediatrics and some other related professions such as psychology, pedagogy, education, rehabilitation, social work, and nursing. The present-day Child and Adolescent Psychiatry and Psychotherapy Unit has its roots in various previous departments due to the constant reorganization.

Immediately after the Second World War, a group of medical doctors started working with children and adolescents with the support of other colleagues at the former *Clinic for Neuropsychiatry* (headed by Prof. Radoslav Lopašić, PhD) (5). Prof. Maja Beck Dvoržak was the pioneer of child psychiatry in Croatia. Already in 1948, she worked as an assistant at the Neuropsychiatric Clinic (1,6). In 1957, Prof. Beck Dvoržak founded the Division of Child Psychiatry and Psychotherapy, which was transformed into the Department of Child and Youth Psychotherapy in 1969 (1). Maja Beck Dvoržak worked closely with psychotherapists and psychoanalysts gathered around Prof. Stjepan Betlheim, Prof. Duška Blažević, doctor Neda Bučan, Prof. Eugenija Cividini Stranić, and Prof. Eduard Klain. They continued their psychotherapy activities within the psychotherapy department established in 1953 at the Neuropsychiatric Clinic, which was an exceptional achievement at the time (7-9). More detailed information about Prof. Betlheim are available in the book that also touches on various aspects of child psychiatry (7). Prof. Betlheim showed an interest in the problems of children with mental disorders and worked as a council psychiatrist and consultant at the then counselling centre for the education of children and youth (later on, the counselling centre was renamed the Institute for the Study of Developmental Problems of Children and Adolescents, and today it is called the Psychiatric Hospital for Children and Adolescents). Prof. Betlheim was also a lecturer in psychopathology at the College of Defectology (10). Basic information on the exceptional contributions of Prof. Duška Blažević, MD, PhD can be found on the pages of the Croatian Encyclopaedia (3). Before long, doctor Milica Vlatković Prpić also became a close associate of Prof. Maja Beck Dvoržak and they both worked at the Neuropsychiatric Clinic (7).

With the establishment of the Centre for Mental Health at University Hospital Centre Zagreb in 1969, the above-mentioned group became the leader of the further development of psychotherapy, psychoanalysis, psychological medicine, and child psychiatry. At the same time, around the year 1971, the Psychiatry Clinic (Prof. Nikola Peršić and his group of psychiatrists) was separated from the Neurology Clinic (Prof. Sergije Dogan, MD, PhD and a group of neurologists) (5,6,9,11,12). In 1988, the Centre for Mental Health changed its name to become the Psychological Medi-

centra za mentalno zdravlje, odnosno nastavljajuće Klinike za psihološku medicinu (prof. dr. Duška Blažević, prof. dr. Eugenija Cividini Stranić, prof. Muradif Kulenović, prof. dr. Vladimir Gruden, prof. dr. Rudolf Gregurek, prof. dr. Marijana Braš) davali su potporu dječjoj psihijatriji, neki u većoj, ali neki u razočaravajuće nikakvoj mjeri.

Kao prvi voditelj *Psihoterapijskog odjela za djecu i omladinu* postaje prof. dr. Maja Beck Dvoržak od godine 1969, a sljedeći voditelji odjela su doc. Milica Vlatković Prpić, prof. dr. Staniša Nikolić, te prof. Vesna Vidović do 2010. godine. Liječnici koji su bili djelatnici na tom odjelu su dr. Branko Poljak, dr. Senka Ivošević, dr. Zdenka Brumen Budanko, prof. dr. Vlasta Rudan, prim. Jarmila Škrinjarić, prim. dr. Damir de Zan, dr. Stanko Matačić, doc. dr. Gordan Majić, prof. dr. Ivan Begovac, dr. Oleg Filipović, dr. Jasmina Grubišin. Psiholozi koji su bili djelatnici navedenog odjela su bili prof. Nada Anić, kao i defektologa prof. Vesna Broz. Medicinska sestra bila je Kristina Rožman.

Kao prvi voditelji *Odjela za mentalnu higijenu i dispanzera za djecu i omladinu* za područje Maksimir i Dubrava bili su dr. Mladen Berghofer, i prim. dr. Željko Borovečki. Sljedeći voditelj dispanzera je bio prim. dr. Damir de Zan. Liječnici djelatnici u dispanzeru bili su dr. Marija Čiček, dr. Ljiljana Bastaić Barath, dr. Zlatko Bastašić. Psiholozi u dispanzeru bili su prof. Arpad Barath, prof. Dubravka Ilić Supek, prof. Zvonka Gredelj, prof. Nada Naglič. Defektolozi u dispanzeru su bili: prof. Ina Mihovilčević, prof. Marija Dimitrov, prof. Ivana Štrosar. Socijalni radnici bili su Blanka Đaković, Vesna Frangeš, Ivica Jakopčić, a medicinske sestre Đurđica Godler, Biserka Cvjetičanin. Vozač u dispanzeru bio je Boris Blažeković.

Godine 2005. prof. dr. Vlasta Rudan čini značajan kvalitetni iskorak i osniva *Dnevnu bolnicu za adolescente* koja je prva dnevna bolnica za adolescente pri KBC-u Zagreb uopće, i postaje njezin prvi voditelj, odnosno većina kolega iz prijašnjeg dispanzera radi u toj novoj organizaciji (9). Sljedeći voditelj dnevne bolnice je prim. Damir De Zan. Liječnici djelatnici u dnevnoj bolnici su dr. Silvana Pleština, prof. dr. Zorana Kušević, dr. Anđelina Bokić Sabolić, Dr Aran Tomac, dr. Milena Skočić Hanžek. Defektolozi su bili: prof. Marija Dimitrov i prof. Ivana Štrosar. Socijalni radnik je bio Ivica Jakopčić. Medicinske sestre su Biserka Cvjetičanin i sestra Irena Bambulović.

Godine 2010 dolazi do objedinjavanja dotadašnjeg Psihoterapijskog odjela za djecu i omladinu i Dnevne bolnice, odnosno nekadašnjeg Dispanzera za djecu i omladinu u specijalistički Zavod za dječju i adolescentnu psihijatriju i psihoterapiju, što prerasta u Za-

cine Clinic. The heads of the Centre for Mental Health, i.e. the Psychological Medicine Clinic (Prof. Duška Blažević, MD, PhD; Prof. Eugenija Cividini Stranić, MD, PhD; Prof. Muradif Kulenović, Prof. Vladimir Gruden, MD, PhD; Prof. Rudolf Gregurek, MD, PhD; Prof. Marijana Braš, MD, PhD) supported child psychiatry, some to a high, and some, disappointingly, to no extent.

Prof. Maja Beck Dvoržak, MD, PhD became the first head of the Department of Children and Adolescent Psychotherapy in 1969. In the year 2010, she was succeeded by doctor Milica Vlatković Prpić, Prof. Staniša Nikolić, MD, PhD and Prof. Vesna Vidović. The following doctors also worked at the Department: Branko Poljak, MD; Senka Ivošević, MD; Zdenka Brumen Budanko, MD; Prof. Vlasta Rudan, MD, PhD; Prim. Jarmila Škrinjarić, MD, PhD; Prim. Dr. Damir de Zan; Stanko Matačić, MD; Associate Prof. Gordan Majić; Prof. Ivan Begovac, MD, PhD; Oleg Filipović, MD; and Jasmina Grubišin, MD. The psychologists employed at the above-mentioned department were Prof. Nada Anić and Professor Vesna Broz who worked as a defectologist. Kristina Rožman worked as a nurse.

Doctor Mladen Berghofer and Chief Physician Dr. Željko Borovečki were the first heads of the Mental Hygiene Department and Children and Adolescent Dispensary for Maksimir and Dubrava. They were succeeded by Prim. Dr. Damir de Zan. Medical doctors working at the dispensary as psychologists were: Marija Čiček, Ljiljana Bastaić Barath and Zlatko Bastašić. Prof. Arpad Barath, Prof. Dubravka Ilić Supek, Prof. Zvonka Gredelj, and Prof. Nada Naglič. The Dispensary also employed a number of defectologists: Prof. Ina Mihovilčević, Prof. Marija Dimitrov, and Prof. Ivana Štrosar, as well as social workers - Blanka Đaković, Vesna Frangeš, Ivica Jakopčić, and nurses Đurđica Godler, and Biserka Cvjetičanin. Boris Blažeković worked as a driver.

In 2005, Prof. Vlasta Rudan, MD, PhD made a significant step forward establishing the Day Hospital for Adolescents, as the first day hospital of its kind at the University Hospital Centre Zagreb. She was also the first head of that institution to which most colleagues from the previous dispensary transferred (9). She was succeeded by Prim. Dr. Damir De Zan. Medical doctors working in the day hospital were: Silvana Pleština, Prof. Zorana Kušević, Anđelina Bokić Sabolić, Aran Tomac, and Milena Skočić Hanžek. Prof. Marija Dimitrov and Prof. Ivana Štrosar worked as defectologists and Ivica Jakopčić worked as a social worker. Biserka Cvjetičanin and Irena Bambulović were nurses.

In 2010, the former Department of Child and Adolescent Psychotherapy merged with the Day Hospital, i.e. the former Children and Adolescent Dispensary to become a specialist Child and Adolescent Psychiatry and Psychotherapy Unit. The head of the Unit was Prof. Ivan Begovac, MD, PhD while Chief Physician Dr. Damir De Zan was the head of the Day Hospital. In

vod za dječju i adolescentnu psihijatriju i psihoterapiju. Voditelj tog Zavoda postaje prof. dr. Ivan Begovac, dok je jedno određeno vrijeme prim. dr. Damir De Zan voditelj dnevne bolnice. Godine 2014 se otvara stacionarni odjel za maloljetnike sa 9 kreveta, u sklopu Zavoda, što je značajan kvalitetan iskorak s obzirom da nikada u povijesti KBC-a Zagreb nije bilo ove jedinice. Idejno su doprinijeli ovom iskoraku prof. Vlasta Rudan, prof. Rudolf Gregurek, kao i prijašnji ravnatelj KBC-a Zagreba, akademik Željko Reiner, dok je sama realizacija uslijedila za vrijeme ministra zdravstva prof. Rajka Ostojića, i ravnatelja doc. dr. Zlatka Giljevića, uz praktično vođenje prof. dr. Ivana Begovca, pročelnika i sestre Irene Bambulović, kao glavne sestre.

Godine 2019. dolazi do objedinjavanja Klinike za psihijatriju i Klinike za psihološku medicinu u *Kliniku za psihijatriju i psihološku medicinu*, međutim to ne mijenja djelatnost Zavoda za dječju i adolescentnu psihijatriju i psihoterapiju. S novim predstojnicima Klinike za psihijatriju i psihološku medicinu, prof. Almom Mihaljević Peleš i sadašnjim prof. dr. Darkom Marčinkom postoje što se tiče dječje psihijatrije relativno korektni odnosi.

Aktualno (godina 2022.) na tom Zavodu rade sljedeći liječnici: pročelnik prof. dr. Ivan Begovac, specijalist psihijatrije, subspecialist dječje i adolescentne psihijatrije i psihoterapije, te djelatnici: prim. dr. Damir De Zan, subspecialist dječje i adolescentne psihijatrije i psihoterapije, prof. dr. Zorana Kušević, subspecialistica dječje i adolescentne psihijatrije i psihoterapije, doc. dr. Gordan Majić, subspecialist dječje i adolescentne psihijatrije i psihoterapije, doc. dr. Mara Tripković, subspecialistica dječje i adolescentne psihijatrije i psihoterapije, dr. Silvana Pleština, subspecialistica dječje i adolescentne psihijatrije i psihoterapije, dr. Lena Santrić, specijalistica dječje i adolescentne psihijatrije, dr. Iva Radoš, specijalistica dječje i adolescentne psihijatrije, i dr. Marija Bolfan specijalistica dječje i adolescentne psihijatrije. Psiholog je doc. dr. Trpimir Jakovina. Socijalni pedagog je dr. sc. Ivana Štrosar. Aktualno postoji osam specijalizanata iz dječje i adolescentne psihijatrije: dr. sc. Iris Žunić Išasegi, dr. Ivana Jedvaj Šumski, dr. Stjepan Greguraš, dr. Mateja Vukojević, dr. Veronika Nives Zorić, dr. Petra Lederer, dr. Ivana Stefanović, te dr. Dinko Horvat. Trenutno je na ovom Zavodu glavna medicinska sestra Zavoda, sestra Irena Bambulović; dipl. med. techn., diplomirana sestra psihijatrijskog sestrinstva; te druge sestre/tehničari: Hanna Modrušan, mag. med. techn; Antonija Abaz,, mag. med. techn; Valentino Ivče, mag. med. techn; Suzana Franjić, bacc. med. techn; Maja Jagatić, bacc. med. techn.; Ivan Bartol-Herz, med. techn.; Jelena Žgela, med. sestra, te socijalni radnik na razi-

2014, an inpatient department for minors with nine beds was opened as part of the Unit. This was a significant step forward in terms of quality, considering that the University Hospital Centre Zagreb has never had such a unit. Together with the former head of the University Hospital Centre Zagreb and academician Željko Reiner, professors Vlasta Rudan and Rudolf Gregurek have significantly contributed to this breakthrough idea. Its realization took place at the time when Prof. Rajko Ostojić served as minister for health and Assistant Prof. Zlatko Giljević was the head of the Unit. Practical management aspects were in the hands of Prof. Ivan Begovac, MD, PhD and Irena Bambulović, as the head nurse.

In 2019, the Department of Psychiatry merged with the Department of Psychological Medicine to become the Department of Psychiatry and Psychological Medicine. However, the merger did not change the activities of the Child and Adolescent Psychiatry and Psychotherapy Unit in any way. As far as child psychiatry is concerned, the relations with the new heads of the Department of Psychiatry and Psychological Medicine, Prof. Alma Mihaljević Peleš and Prof. Darko Marčinko, MH, PhD have been correct.

Currently, the following doctors work at the Unit: Head of the Unit, Prof. Ivan Begovac, MD, specialist in psychiatry, subspecialist in child and adolescent psychiatry and psychotherapy, Chief Physician Dr. Damir De Zan, subspecialist in child and adolescent psychiatry and psychotherapy, Prof. Zorana Kušević, MD, subspecialist in child and adolescent psychiatry and psychotherapy, Assistant Professor Gordan Majić, MD, subspecialist in child and adolescent psychiatry and psychotherapy, Assistant Professor Mara Tripković, MD, subspecialist in child and adolescent psychiatry and psychotherapy, Silvana Pleština, MD, subspecialist in child and adolescent psychiatry and psychotherapy, Lena Santrić, MD, specialist in child and adolescent psychiatry, Iva Radoš, MD, specialist in child and adolescent psychiatry, and Marija Bolfan, MD, specialist in child and adolescent psychiatry. Assistant Professor Trpimir Jakovina works as a psychologist and Ivana Štrosar, PhD works as a social pedagog. Currently, the Unit employs eight specialists in child and adolescent psychiatry: Iris Žunić Išasegi, PhD, Ivana Jedvaj Šumski, MD, Stjepan Greguraš, MD, Mateja Vukojević, MD, Veronika Nives Zorić, MD, Petra Lederer, MD, Ivana Stefanović, MD, and Dinko Horvat, MD. Irena Bambulović; B.Sc. in Medical Technology and Psychiatric Mental Health Nurse Practitioner together with other nurses and technicians: Hanna Modrušan, MSc in Medical Technology, Antonija Abaz, MSc in Med. Tech., Valentino Ivče, MSc in Med. Tech., Suzana Franjić, BSc in Med. Tech., Maja Jagatić, BSc in Med. Tech., Ivan Bartol-Herz, BSc in Med. Tech., Jelena Žgela, nurse and a social worker working for the whole University Hospital Centre Za-

ni KBC-a Zagreb, administrator na razini Klinike za psihijatriju i psihološku medicinu, nastavnici «škole u bolnici», radni terapeuti, te drugi djelatnici. Postoji mogućnost unutarnje rotacije unutar KBC-a Zagreb, različitih profila djelatnika. Dakle, na Zavodu su aktualno zaposlena dva profesora (Ivan Begovac, Zorana Kušević), te tri docenta (Gordan Majić, Mara Tripković, Trpimir Jakovina) uz još ostala dva doktora znanosti (Ivana Štrosar, Iris Žunić Išasegi koja je i znanstveni suradnik pri Medicinskom fakultetu u Zagrebu), dok je jedna kandidatkinja u završnoj fazi doktorata (dr. Iva Radoš).

Nekada su na tom Zavodu radili liječnici: prim. dr. Jarmila Škrinjarić, dr. Anđelina Bokić Sabolić, dr. Aran Tomac, dr. Dubravka Galez Mihaldinec, psihologica prof. Ana Kordić, defektologica: prof. Marija Dimitrov, te prof. Vesna Broz. Prije su kao sestre/tehničari radili na ovom Zavodu: Ingeborg Cindrić, Darija Karagić, Jelena Vučko, Antonio Savić, Andreja Matijević, Luka Rožman, Leo Žunić, Ognjen Rupe, Matko Gajski, Michael Jerneić.

KRATKI I IZABRANI POVIJESNI PRIKAZ RAZVOJA PSIHOTERAPIJSKIH METODA

Dodirne točke dječjih psihijatara postoje i s različitim psihoterapijskim tehnikama. Dječji psihijatri su većinom koristili različite psihoterapijske tehnike. Kao što je već u uvodu rečeno, grupa oko prof. dr. Stjepana Betlheima, prof. dr. Duške Blažević i prof. dr. Maje Beck-Dvoržak bila je vodeća u razvoju psihoterapije, psihoanalize, psihološke medicine i dječje psihijatrije. Svi dječji psihijatri su koristili različite psihoterapijske tehnike, dok su se vremenom neki profilirali u pojedinim tehnikama: psihoanalizi, psihoanalitičkoj psihoterapiji, obiteljskoj psihoterapiji, analitičkoj psihodrami, terapiji igrom (*play*), terapiji s izrađenim lutkama, dječjim crtežom, te terapiji para roditelj - malo dijete; te u grupnoj analitičkoj terapiji. Osnove kognitivno-bihevioralne terapije kod djece i adolescenata u Hrvatskoj već je devedesetih godina prošlog stoljeća postavila prof. Nada Anić. Prof. dr. Staniša Nikolić je bio zaslužan što je analitička psihodrama uopće uvedena u Hrvatsku. Ovdje se posebno mogu spomenuti i Internacionalne ljetne škole dječje psihoanalize, koje su uz trud prof. dr. Vlaste Rudan započele u Hrvatskoj i dodatno afirmirale psihoanalizu i dječju psihijatriju.

Bez obzira što su bili funkcionalno podijeljeni, različiti odjeli ili jedinice (npr. odrasli odjel u odnosu na dječji), kolege su međusobno dobro surađivali u različitim psihoterapijskim tehnikama. Tako je često i Milka Kvakčić, socijalna radnica sudjelovala u dijagnostičkim obradama i terapijskim intervencija-

greb, an administrator working for the Department of Psychiatry and Psychological Medicine, teachers of the “school in the hospital”, occupational therapists, and other employees. Various profiles of employees have the possibility to rotate within the University Hospital Centre Zagreb. The Unit currently employs two professors (Ivan Begovac and Zorana Kušević), and three assistant professors (Gordan Majić, Mara Tripković, and Trpimir Jakovina) as well as two other doctors of science (Ivana Štrosar and Iris Žunić Išasegi who is also a research associate at the School of Medicine in Zagreb) while one candidate is in the final phase of her PhD studies (Iva Radoš).

Previous generations of doctors working at the Unit include: Prim. Dr. Jarmila Škrinjarić, Anđelina Bokić Sabolić, MD, Aran Tomac, MD, Dubravka Galez Mihaldinec, MD, Ana Kordić, MSc in Psychology, Marija Dimitrov, MSc in Defectology and Prof. Vesna Broz. The following nurses and technicians previously worked at the Unit: Ingeborg Cindrić, Darija Karagić, Jelena Vučko, Antonio Savić, Andreja Matijević, Luka Rožman, Leo Žunić, Ognjen Rupe, Matko Gajski, and Michael Jerneić.

A BRIEF HISTORICAL ACCOUNT OF THE DEVELOPMENT OF PSYCHOTHERAPY METHODS

Child psychiatrists are well acquainted with various psychotherapy techniques that they have been implementing in their daily practice. As already mentioned in the introduction, the team around professors Stjepan Betlheim, Duška Blažević and Maja Beck-Dvoržak was the leader in the development of psychotherapy, psychoanalysis, psychological medicine and child psychiatry. All child psychiatrists have been using various psychotherapy techniques, and over time some of them have become experts in certain techniques, such as psychoanalysis, psychoanalytic psychotherapy, family psychotherapy, analytical psychodrama, play therapy, therapy with handmade dolls or children's drawings, parent-child interaction therapy, and in-group analytical therapy. The foundations of child and adolescent-focused cognitive-behavioural therapy in Croatia were already established in the nineties by Prof. Nada Anić. It is thanks to Prof. Staniša Nikolić that analytical psychodrama was introduced in Croatian practice in the first place. The International Summer School of Child Psychoanalysis deserves a special mention here, which, thanks to the efforts of Prof. Vlaste Rudan, was initiated in Croatia to additionally affirm psychoanalysis and child psychiatry.

When it comes to various psychotherapy techniques, the colleagues have been able to collaborate well with each other despite the fact that they were functionally divided into various departments or units (e.g., the adult department compared to the children's depart-

ma ili u organizacijskim poslovima. Također je bilo dodirnih točaka s dr. Melitom Mitrović, koja se kao fonijatar bavila mucanjem. Prof. dr. Vladimir Gruden, prof. Zlata Defilipis, kao i Elizabeta Ivančević su prakticirali psihodramu za odrasle pacijente, uz druge suradnike. Prof. Aleksandra Mindoljević je također sudjelovala u psihodramskim terapijama, kao i mnogi drugi djelatnici iz drugih institucija.

POJEDINE VAŽNE RAZVOJNE SMJERNICE DJEČJE PSIHIJATRIJE PRI KBC-U ZAGREB

Važna godina u razvoju dječje i adolescentne psihijatrije u Hrvatskoj, osim navedenih početaka, jest i godina 1974., kada profesorica Maja Beck-Dvoržak i docentica Milica Vlatković-Prpić, uz druge suradnike, organiziraju poslijediplomski studij iz dječje i adolescentne psihijatrije pri Medicinskom fakultetu u Zagrebu, koji u kontinuitetu traje sve do danas. Važna je i godina 1994., kada dječja i adolescentna psihijatrija postaje supspecijalizacija psihijatrije, te konačno godina 2011., kada ona u Hrvatskoj postaje samostalna specijalizacija (odvojena od „odrasle“ psihijatrije, odnosno kada nema ni „zajedničkog debla“ s psihijatrijom). Važan je također izniman napor profesorice Vlaste Rudan, koja je godine 2011. na Medicinski fakultet u Zagrebu uvela obveznu nastavu iz dječje i adolescentne psihijatrije u integriranom pred-diplomskom i diplomskom studiju, uz potporu Katedre, unutar predmeta „Psihijatrija“ (u jednom bloku tri tjedna traje „odrasla“ psihijatrija, uz jedan tjedan dječje i adolescentne psihijatrije), što je pri Medicinskom fakultetu jedinstven slučaj u Hrvatskoj (6).

STRUČNA DJELATNOST PREMA ZAHTJEVIMA SUVREMENE MEDICINE I STRATEŠKE STRUČNE SMJERNICE ZA SLJEDEĆIH PET GODINA RADA

Zavod za dječju i adolescentnu psihijatriju i psihoterapiju zbrinjava jednu od najvulnerabilnijih skupina uopće u hrvatskom društvu, a to su djeca koja dodatno imaju psihičke smetnje. Multidisciplinarnost (uključenost različitih struka) u Zavodu je važna kvaliteta Zavoda. Uz liječnike specijaliste Zavod ima diplomirane i više medicinske sestre, medicinske sestre, psihologe, socijalne pedagoge, socijalne radnike, učitelje, administratore, kao i potrebne pomoćne radnike- spremačice.

Postojeći organizacijski i stručni okvir postoji na sve tri razine pružanja medicinske zaštite: Ambulantni odjel s različitim ordinacijama, ukupno njih devet (ordinacija za psihoterapiju djece predškolske i škol-

ment). Milka Kvakić, a social worker, often participated in diagnostic procedures, therapeutic interventions or in organizational activities. Melita Mitrović, PhD, collaborated with the team in the field of phoniatrics. Along with other collaborators, Prof. Vladimir Gruden, PhD, Prof. Zlata Defilipis and Elizabeta Ivančević practiced psychodrama for adult patients. Prof. Aleksandra Mindoljević also participated in psychodrama therapies, as did many other employees from other institutions.

IMPORTANT GUIDELINES FOR THE DEVELOPMENT OF CHILD PSYCHIATRY AT THE UNIVERSITY HOSPITAL CENTRE ZAGREB

Another important year in the development of Croatian child and adolescent psychiatry was the year 1974 when Professor Maja Beck-Dvoržak and Assistant Professor Milica Vlatković-Prpić, together with other collaborators, organized a postgraduate study in child and adolescent psychiatry at the School of Medicine in Zagreb, which has been continuously operating ever since. The year 1994 was equally significant as the year when child and adolescent psychiatry became part of a subspecialization in psychiatry. Finally, in 2011, child and adolescent psychiatry became an independent residency programme, separate from “adult” psychiatry and without a common branch with psychiatry. Thanks to the exceptional efforts of Professor Vlasta Rudan, the compulsory classes in child and adolescent psychiatry were introduced in the Zagreb School of Medicine as part of the integrated undergraduate and graduate studies. With the support of the Department, child and adolescent psychiatry makes part of “Psychiatry” curriculum (three weeks of lectures in “adult” psychiatry combined with one week of lectures in child and adolescent psychiatry), which is a unique case in Croatia (6).

PROFESSIONAL ACTIVITY IN LINE WITH THE REQUIREMENTS OF MODERN MEDICINE AND THE STRATEGIC PROFESSIONAL GUIDELINES FOR THE NEXT FIVE YEARS OF WORK

The Child and Adolescent Psychiatry and Psychotherapy Unit takes care for one of the most vulnerable groups in the Croatian society in general, i.e., children with mental disorders. The Unit is proud of multidisciplinary and involvement of different professions. In addition to specialist doctors, the Unit employs graduate and undergraduate nurses, psychologists, social pedagogues, social workers, teachers, administrators, as well as auxiliary workers.

ske dobi; ordinacija za obiteljsku, bračnu terapiju i psihodramu; ordinacija za psihoterapiju, psihosomatiku i *liaison* psihijatriju djece i mladeži; ordinacija za poremećaj jedenja djece i mladeži; ordinacija za psihoanalitičku psihoterapiju mladeži; ordinacija za razvojne poremećaje; ordinacija za psihoterapiju para roditelj - dijete; ordinacija za razvojne poremećaje-psiholozi; ordinacija za razvojne poremećaje-defektolozi), dnevna bolnica od 20 stolica dnevno; te stacionarni odjel s 9 kreveta za adolescente, koji se također može u skoroj budućnosti proširivati. Sukladno europskim preporukama ambulantni dio (ambulante i dnevna bolnica) je okosnica liječenja, ali uz nužni stacionarni odjel. Posebno bi trebalo dalje razvijati psihosomatski pristup, *liaison* psihijatriju i psihoterapiju s obzirom da imamo jedinstvenu priliku da smo zavod unutar KBC-a Zagreb. U tom smislu već postoji suradnja s Klinikom za pedijatriju, Klinikom za neurologiju, Klinikom za internu medicinu (dijalizirani pacijenti), i drugim klinikama. Ambulantna služba u neposrednoj budućnosti treba stremiti sve većoj specijaliziranosti. Postoji mogućnost proširenja ovih aktivnosti u skoroj budućnosti (posebno se to odnosi na dnevno-bolničko liječenje, a što je sukladno europskim trendovima). Potreban je daljnji razvoj stacionarnog odjela, daljnji razvoj dijagnostike (video snimanje i opservacije djece), te daljnji razvoj psihoterapijskih metoda.

Važan aspekt liječenja je ambulantna djelatnost. U dijagnostičkoj obradi i terapiji prisutne su sve vrste dijagnoza. Najčešće dijagnostičke kategorije bile su emocionalni poremećaji (F 93 prema MKB-10), depresivni poremećaji (F 3), neurotski poremećaj, sa stresom povezani i somatoformni poremećaji (F4), poremećaji jedenja (F5). U manjem postotku su prisutne i druge dijagnostičke kategorije: psihotični poremećaji (F2), intelektualne teškoće (F7), kao i druge dijagnostičke kategorije. Na našim odjelima se primjenjuje prvi put u Hrvatskoj metoda koju je opisao profesor Achenbach, odnosno dijagnostičko dobivanje podataka o pojedinom djetetu i adolescentnu (metode za mjerenje emocionalnih i ponašajnih smetnji). Posebnost naše Klinike je u primjeni posebnih vrsta psihoterapija u odnosu na druge institucije u Hrvatskoj: individualna analitička psihoterapija, analitička psihodrama, analitička obiteljska i partnerska psihoterapija, suportivna individualna psihoterapija, kao i drugi oblici terapija. Rezultati našeg liječenja objavljeni su u različitim publikacijama i na različitim skupovima.

U dnevnoj bolnici za djecu i mladež s kapacitetom od 20 stolica svaki dan u tjednu; od toga je prosječno godišnje oko 250 hospitalizacija (prve hospitalizacije i rehospitalizacije). Specifičnost ove dnevne

The existing organizational and professional framework functions at all three levels of medical care provision: the ambulatory care department with nine offices (specialized in psychotherapy for preschool and school-aged children; family, marriage therapy and psychodrama; psychotherapy, psychosomatics and *liaison* psychiatry for children and adolescents; eating disorders in children and adolescents; adolescent psychoanalytic psychotherapy; developmental disorders; parent-child interaction therapy; developmental disorders - psychologists; developmental disorders-specialists), day hospital with twenty seats available a day, and an inpatient ward with nine beds for adolescents that can be expanded in the near future. In accordance with EU recommendations in this field, the ambulatory care services (outpatient clinics and our day hospital) are the backbone of the treatment together with the necessary inpatient department. The psychosomatic approach should be further developed as well as *liaison* psychiatry and psychotherapy given the fact that our unit operates within the University Hospital Centre Zagreb. In this sense, the cooperation with the Department of Paediatrics, Department of Neurology, Department of Internal Medicine (dialysis patients) and other departments has already been established. In the immediate future, ambulatory care service should make every effort to have a higher level of specialization as there is a possibility of expanding these activities in the near future. This especially applies to day-hospital treatment, which is in line with European trends. Further development of the inpatient department, diagnostics (video recording and observations of children), and psychotherapeutic methods is also necessary.

Ambulatory care service is another important aspect of treatment. Diagnostic assessment and therapy implement all types of diagnoses. The most common diagnostic categories are: emotional disorders (F 93 according to ICD-10), depressive disorders (F 3), neurotic disorders, stress-related and somatoform disorders (F4), and eating disorders (F5). Other diagnostic categories, such as psychotic disorders (F2), and intellectual disabilities (F7) are also covered, but to a lesser degree. Our departments also apply a method that was for the first time described by Professor Achenbach. This method implies obtaining diagnostic data about an individual child or adolescent to measure emotional and behavioural disorders. Compared to other institutions in Croatia, our Department is specific as it provides special types of psychotherapy, such as individual analytical psychotherapy, analytical psychodrama, analytical family and couple psychotherapy, supportive individual psychotherapy, as well as other forms of therapy. The results of our treatment have been published in various publications and at various scientific gatherings.

The day hospital for children and adolescents has the capacity of twenty seats, seven days a week. Out of that

bolnice je da se tijekom tjedna pojedine grupe izmjenjuju, odnosno djeca dolaze samo jedan dan u dnevnu bolnicu u tjednu, dok su druge dane druga djeca, tako da je, ukupno gledano, u jednom tjednu obrađeno oko 100 djece.

Stacionarni odjel za adolescente pri KBC-u Zagreb postoji od 1. 8. 2014. godine, s ukupno 9 kreveta, što je vrlo velika kvalitativna novina pri KBC-u Zagreb, jer do tada nije nikada postojao stacionarni psihijatrijski odjel za adolescente. Do danas je na ovom novom stacionarnom odjelu liječeno više od 1000 adolescenata. U jednoj godini bude oko 160 hospitalizacija adolescenata. Zbog pandemije covid infekcije zapaža se povećanje broja stacionarnog liječenja. Prema subjektivnoj procjeni terapeuta od liječenih pacijenata stabilan ishod se bilježi u oko 43 %; vrlo pozitivan ishod u 24,5 %, dok se nepovoljan ishod liječenja bilježi u oko 32,5 %, čime smo preliminarno vrlo zadovoljni i što je u suglasju s ishodima liječenja u internacionalnoj literaturi s obzirom na vrlo ozbiljnu kliničku sliku tijekom prijma pacijenata.

U tijeku je suradnja u implementaciji nacionalnog okvira dijagnostike djece iz autističnog spektra, uz suradnju Ministarstva zdravstva. U zadnjih nekoliko godina je dijagnostika djece iz autističnog spektra unaprijeđena pri KBC-u Zagreb (objavljeno i na web stranici KBC-a Zagreb) s obzirom da se počela provoditi dodatna dijagnostika instrumentom ADOS-2 (polustrukturirani dijagnostički protokol za dijagnostiku autističnog spektra poremećaja).

U godini 2020. do danas, djelatnici Zavoda sudjeluju u projektu o zaštiti zdravlja hrvatskih branitelja uključujući i njihovu djecu.

U tijeku je prijedlog strateškog plana razvoja dječje psihijatrije, odnosno plana razvoja pri povjerenstvu za dječju i adolescentnu psihijatriju pri Ministarstvu zdravstva.

Aktivnosti za unaprjeđenje procesa kliničkog odlučivanja razvojem kliničkih smjernica i indikatora kvalitete navedene su u nizu referenci. To su do sada napravljene smjernice ili su izrade u tijeku:

- Depresija kod djece (referenca: Majić G, Bokić-Sabolić A, Škrinjarić J, Begovac I. Smjernice za dijagnosticiranje i liječenje depresije u djece i adolescenata *Medix* 2013; 19 (106): 246- 9.).
- Autistični spektar poremećaj kod djece (referenca: Begovac I, Majić G, Vidović V, Barišić N. *Autizam ranog djetinjstva*. U: Barišić N, ur. *Pedijatrijska neurologija*. Zagreb: Medicinska naklada; 2009, str. 734-739.
- Samoozljeđivanje kod adolescenata (dostupno na web stranici KBC-a Zagreb u sustavu Alfresco).

number, there are on average about two hundred and fifty hospitalizations a year (first hospitalizations and re-hospitalizations). The specificity of our day hospital is that during the week certain groups change, meaning that children come to the day hospital only one day a week. In total, about one hundred children are treated during one week.

The inpatient department for adolescents at the University Hospital Centre Zagreb was founded on August 1, 2014, with the total capacity of nine beds. It is an important improvement for the University Hospital Centre Zagreb, which has never had an inpatient psychiatric department for adolescents. To date, more than 1,000 adolescents have been treated in the new inpatient department. Every year, about 160 adolescents are hospitalized in the department. Due to the coronavirus pandemic, there is an increase in the number of inpatient treatments. According to the therapists' subjective assessment, a stable outcome is recorded in about 43% of patients; a very positive outcome in 24.5%, while an unfavourable treatment outcome is recorded in around 32.5% of patients. Taking into account a very serious clinical pictures during patient admission, we are very much satisfied with such preliminarily results that are in line with the treatment results published in the international literature.

We also have an on-going cooperation with the Ministry of Health regarding the implementation of the national diagnostic framework for children on the autistic spectrum. Over the last few years, diagnostics for children on the autistic spectrum has been improved at the level of the University Hospital Centre Zagreb (also published on the Hospital's website), considering that additional diagnostics using the ADOS-2 (semi-structured observation schedule for diagnosing autism spectrum disorders) is now being carried out.

From the year 2020 until today, the employees of the Unit have been participating in the project on the health protection of Croatian veterans and their children.

The proposal for a strategic plan for the development of child psychiatry, i.e. a development plan at level of the committee for child and adolescent psychiatry at the Ministry of Health, is in the preparatory phase.

Various activities aimed at improving the clinical decision-making process by developing guidelines and quality indicators are listed in a series of references. This is a list of the guidelines that have been created so far or are in the process of being created:

- Depression in children (reference: Majić G, Bokić-Sabolić A, Škrinjarić J, Begovac I. Guidelines for the diagnosis and treatment of depression in children and adolescents, *Medix* 2013; 19 (106): 246- 9.

- Enureza i enkopreza, dijagnostički i terapijski algoritmi, referenca: Begovac I i sur. Dječja i adolescentna psihijatrija, e-izdanje: Sveučilište u Zagrebu Medicinski fakultet, 2021. Dostupno na: <https://urn.nsk.hr/urn:nbn:hr:105:694914>.
- Drugi dijagnostički i terapijski algoritmi (v. referencu: Begovac I i sur. Dječja i adolescentna psihijatrija, e-izdanje: Sveučilište u Zagrebu Medicinski fakultet, 2021. Dostupno na: <https://urn.nsk.hr/urn:nbn:hr:105:694914>).
- Također postoje napori u inovativnosti u ponudi novih dijagnostičkih i terapijskih postupaka.
- Autistic spectrum disorder in children (reference: Begovac I, Majić G, Vidović V, Barišić N. Autism in Early Childhood in Barišić N, ed. Pedijatrijska neurologija. Zagreb: Medicinska naklada, 2009
- Self-harm in adolescents (available on the UHC Zagreb website in the Alfresco system).
- Enuresis and encopresis, diagnostic and therapeutic algorithms (reference in: Begovac I et al. Child and adolescent psychiatry, e-edition: University of Zagreb, School of Medicine, 2021. Available at: <https://urn.nsk.hr/urn:nbn:hr:105:694914>).
- Other diagnostic and therapeutic algorithms (see reference: Begovac I et al. Child and adolescent psychiatry, e-edition: University of Zagreb, School of Medicine, 2021. Available at: <https://urn.nsk.hr/urn:nbn:hr:105:694914>).
- Efforts are also being invested in innovation so to be able to offer new diagnostic and therapeutic procedures.

Zaključno rečeno, a što se tiče stručne djelatnosti, dosadašnji Zavod se bavi dijagnostikom, liječenjem, njegovom i (re)habilitacijom bolesnika, uključujući naj-složenije oblike visokodiferencirane medicine u stacionarnoj djelatnosti, dnevnoj bolnici i poliklinici, te se to povezuje sa znanstveno- nastavnom djelatnosti.

DODIPLOMSKA I POSLIJEDIPLOMSKA NASTAVA

Na Zavodu se provodi intenzivna nastavna djelatnost iz područja biomedicine i zdravstva, kao i područja sestinstva. Zavod je nositelj nastave iz obvezne dodiplomske nastave iz dječje psihijatrije u okviru predmeta „Psihijatrija” pri Medicinskom fakultetu u Zagrebu. U jednom turnusu postoji satnica od 30 sati, a tijekom jedne akademske godine ima osam turnusa. U izvođenju nastave sudjeluju svi djelatnici Zavoda.

Unatrag oko 50 godina provodi se nastava iz psihološke medicine, obvezatnog predmeta u preddiplomskom studiju medicine, koja oko trećinu nastave ima iz područja dječje i adolescentne psihijatrije (razvojna psihologija, razvojna psihologija u odnosu na psihopatologiju i psihoterapiju; odnos dijete-liječnik, dijete s tjelesnom bolesti). U jednoj akademskoj godini postoji satnica od 150 sati. U nastavi sudjeluju dr. Ivan Begovac, dr. Zorana Kušević i dr. Gordan Majić.

Zavod je nositelj poslijediplomskog studija Medicinskog fakulteta u Zagrebu iz dječje i adolescentne psihijatrije, jedinog u Hrvatskoj. Ovaj je poslijediplomski studij obavezan za provođenje specijalizacije iz dječje i adolescentne psihijatrije. U ovom poslijediplomskom studiju, koji se održava svaku drugu godinu, postoji fond od ukupno 350 sati.

Pojedini nastavnici (prof. Kušević) sudjeluju u nastavi iz predmeta „Temelji liječničkog umijeća“, sa svojom satnicom, u nastavi izbornih kolegija „Gospodin Horvat ide doktoru” i „Dijete u krizi”, voditelj je prof. Begovac. Također je prof. Kušević voditelj izbornog poslijediplomskog kolegija pod nazivom

In conclusion, as far as professional activities are concerned, our Unit provides diagnostics, treatment, care and (re)habilitation of patients, including the most complex forms of highly differentiated medical care in inpatient, day hospital and polyclinic treatment programs, all linked with scientific and teaching activities.

UNDERGRADUATE AND POSTGRADUATE TEACHING

Our Unit organises intensive teaching activities in the fields of biomedicine and healthcare, as well as nursing. It also provides compulsory undergraduate courses in child psychiatry, organised by the School of Medicine in Zagreb. During one academic year, activities are organised in eight programme units, each one comprising thirty hours. All employees participate in the teaching activities.

The course in psychological medicine is a compulsory subject at the undergraduate level of medical studies. It has been thought for about five decades now and about one third of the curriculum is dedicated to child and adolescent psychiatry (developmental psychology, developmental psychology in relation to psychopathology and psychotherapy; patient-doctor relationship, treatment of children with physical illnesses). The curriculum comprises a total of one hundred and fifty hours. Doctors Ivan Begovac, Zorana Kušević and Gordan Majić participate in the teaching.

Our Unit also organises the only national post-graduate study in child and adolescent psychiatry together with the Zagreb School of Medicine. The post-graduate study is mandatory part of the child and adolescent psychiatry residency program. It takes place every oth-

„Psihoterapija“. Pojedini nastavnici sudjeluju u poslijediplomskom studiju iz psihoterapije, kao i na poslijediplomskom studiju iz psihijatrije. Doc. dr. sc. Mara Tripković je docent na Sveučilištu u Dubrovniku, sa svojom nastavnom satnicom na predmetima, preddiplomski studij Sestrinstvo, preddiplomska nastava iz dva predmeta: Psihijatrija i mentalno zdravlje i Zdravstveni odgoj s metodama učenja i poučavanja, koja uključuju predavanja, seminare, mentorstvo, ispite i kolokvije u skladu sa studijskim programom i izvedbenim planom. Doc. dr. sc. Trpimir Jakovina je docent na Medicinskom fakultetu u Osijeku, studiju koji se odvija na njemačkom jeziku. Glavna medicinska sestra Zavoda, Irena Bambulović; dipl. med. techn., diplomirana sestra psihijatrijskog sestrinstva, kao naslovna suradnica ima nastavu vježbi na predmetu “Zaštita mentalnog zdravlja djece i adolescenata”, na preddiplomskom studiju Sestrinstvo (redovni i izvanredni studenti) na Zdravstvenom veleučilištu. Antonija Abaz, mag. med. techn; kao naslovna suradnica ima nastavu vježbi na predmetu “Zaštita mentalnog zdravlja djece i adolescenata”, na preddiplomskom studiju Sestrinstvo (redovni i izvanredni studenti) na Zdravstvenom veleučilištu. Hanna Modrušan, mag. med. techn, kao suradnica ima nastavu vježbi na predmetu “Zdravstvena njega psihičkih bolesnika”, na preddiplomskom studiju Sestrinstvo (redovni studenti) na Veleučilištu u Bjelovaru.

Prof. Ivan Begovac je mentor dviju doktorskih disertacija, više stručnih magisterija, te više od desetak diplomskih radova. Prof. dr. Zorana Kušević je mentor jedne doktorske disertacije, te više od desetak diplomskih radova. Djelatnici aktivno sudjeluju u tečajevima prve kategorije u organizaciji Medicinskog fakulteta u Zagrebu. Od početka formiranja nove specijalizacije iz dječje i adolescentne psihijatrije KBC Zagreb je od nadležnog ministarstva zdravlja bio akreditiran u 100 % obimu za edukaciju specijalizanata iz dječje i adolescentne psihijatrije.

UDŽBENICI, POGLAVLJA U UDŽBENICIMA

Publiciranje udžbenika ili poglavlja u udžbenicima iz područja dječje psihijatrije i psihijatrije i pedijatrije ima u Hrvatskoj dugu tradiciju pri Medicinskom fakultetu u Zagrebu i pri KBC-u Zagreb, što je bilo posljedica kliničkog, nastavnog, znanstvenog i organizacijskog razvoja. Prvo udžbeničko poglavlje naslovljeno „Dječja psihijatrija“ objavljeno je godine 1959. autorice prof. Maje Beck-Dvoržak, u udžbeniku Psihijatrija urednika profesora Lopašića, Betlheima i Dogana (13). Bio je to i prvi udžbenik psihijatrije u Hrvatskoj koji su napisali nastavnici Katedre za psihijatriju i psihološku medicinu Medicinskog fa-

er year and the curriculum comprises a total of three hundred and fifty hours.

Certain teachers (Prof. Kušević) participate in the teaching of the following courses: “Foundations of Medical Profession”, “ Mr. Horvat Has to See a Doctor” and “ Child in Crisis” together with Prof. Begovac. Prof. Kušević is also the head of the elective postgraduate course called “Psychotherapy”. Some teachers participate in postgraduate studies in psychotherapy and psychiatry. Assistant Professor Mara Tripković works at the University of Dubrovnik and teaches the undergraduate courses in nursing, psychiatry and mental health, and learning and teaching methods in health education. The courses include lectures, seminars, mentoring, exams and colloquiums. Assistant Professor Trpimir Jakovina works at the School of Medicine and teaches in the study programme in German. Irena Bambulović, the head nurse with a graduate degree in psychiatric nursing and medical technology holds exercises in the course called “Mental Health Protection of Children and Adolescents” at the undergraduate study in nursing (full-time and part-time students) at the University of Applied Health Sciences. Antonija Abaz has a graduate degree in medical technology and holds exercises in the course called “Mental Health Protection of Children and Adolescents” at undergraduate studies in nursing (full-time and part-time students) at the University of Applied Health Sciences. Hanna Modrušan, has a graduate degree in medical technology and holds exercises in the course called “Health Care of Psychiatric Patients” at undergraduate studies in nursing (full-time students) at the Polytechnic in Bjelovar.

Prof. Ivan Begovac is a mentor to two PhD candidates, several master degree candidates and more than a dozen graduate students. Prof. Zorana Kušević is a mentor to one PhD candidate and more than a dozen graduate students. Employees actively participate in the first-category courses organized by the Zagreb School of Medicine. Since the beginning of the formation of the new child and adolescent psychiatry residency program, the University Hospital Centre Zagreb has been fully accredited by the competent Ministry of Health for the education of residents in training in child and adolescent psychiatry.

TEXTBOOKS AND CHAPTERS IN TEXTBOOKS

As a consequence of clinical, teaching, scientific and organizational development, the Zagreb School of Medicine and the University Hospital Centre Zagreb have a long tradition of publishing textbooks or chapters in textbooks on the topics of child psychiatry, psychiatry and paediatrics. The first textbook chapter titled “Child Psychiatry” was published in 1959 by Prof. Maja Beck-Dvoržak in the textbook titled “Psychiatry” ed-

kulteta u Zagrebu. Kao zanimljivost valja spomenuti da su profesorica Beck-Dvoržak i profesor Betlheim u spomenutom udžbeniku uopće prvi u Hrvatskoj opisali psihogenu (mentalnu, histeričku) anoreksiju (danas bismo to nazvali anoreksijom nervozom).

Prof. Maja Beck-Dvoržak godine 1984. objavljuje poglavlje „Medicinska psihologija djeteta“ u prvom izdanju udžbenika *Pedijatrija*, glavnog urednika profesora Duška Mardešića. U udžbeniku *Psihijatrija* iz godine 1995. glavnog urednika profesora Vaska Muačevića objavljuje se poglavlje pod nazivom „Dječja i adolescentna psihijatrija“ autora profesora Staniše Nikolića i profesorice Vesne Vidović. U udžbeniku *Psihijatrija* glavnog urednika profesora Ljubomira Hotujca iz godine 2006. postoje pojedina poglavlja iz područja dječje psihijatrije koje objavljuju profesorica Vesna Vidović i profesorica Vlasta Rudan. U udžbeniku *Pedijatrijska neurologija* iz godine 2009. glavne urednice profesorice Nine Barišić, objavljeno je poglavlje „Dječja psihijatrija“ grupe autora: Vesna Vidović, Ivan Begovac, Gordan Majić, Jarmila Škrinjarić, Marina Grubić, Nina Barišić. U udžbeniku *Psihijatrija* glavnih urednika profesora Begić, Jukić i Medved, iz godine 2015., postoji poglavlje naslovljeno „Psihički poremećaji dječje i adolescentne dobi“, autora Ivana Begovca, uz poglavlja „Intelektualne teškoće“ i „Disocijativni i somatoformni poremećaji“ autorice Zorane Kušević. U udžbeniku *Psihijatrija* urednika profesora Dražena Begića iz 2022. objavljena su poglavlja „Poremećaji u dječjoj i adolescentnoj psihijatriji“ Ivana Begovca „Poremećaj eliminacije“ i „Disocijativni i somatoformni poremećaji“ Zorane Kušević i „Obiteljska i partnerska (bračna) terapija“ Gordana Majića.

Što se tiče dodirne točke s medicinskom psihologijom (psihološkom medicinom) i psihoterapijom postoje također važne reference. Pojedini dječji psihijatri (Staniša Nikolić) sudjeluju kao koautori godine 1975. u pojedinim poglavljima u udžbeniku za poslijediplomsku nastavu *Dinamska psihologija i psihoterapija* autora profesora Blažević, Cividini-Stranić, Klain, Nikolić, Bućan. U prvom izdanju *Medicinske psihologije* iz godine 1979., koji su uredile profesorice Blažević, Cividini-Stranić i Beck-Dvoržak, također postoje pojedina poglavlja iz dječje psihijatrije. U udžbeniku *Osnove medicinske psihologije* iz godine 1990., glavnih urednika Staniše Nikolića, Eduarda Klaina, i Vesne Vidović, također postoje poglavlja iz područja dječje psihijatrije. Udžbenik *Psihološka medicina* iz godine 1999. glavnog urednika Eduarda Klaina također obuhvaća poglavlja iz područja dječje psihijatrije, a napisali su ih prof. Staniša Nikolić, prof. Vesna Vidović, prof. Vlasta Rudan, dr. Marija Čiček, dr. Zdenka Brumen-Budanko. U udžbeniku *Psihološka medicina* iz godine 2011., autora Rudolfa Gregureka, također ima dodirnih točaka s dječjom psihijatrijom.

ited by professors Lopašić, Betlheim and Dogan (13). This was also the first psychiatry textbook in Croatia written by the teachers of the Department of Psychiatry and Psychological Medicine of the Zagreb School of Medicine. It is interesting to note that professors Beck-Dvoržak and Betlheim were the first in Croatia to describe psychogenic (mental, hysterical) anorexia (nowadays known as anorexia nervosa) in the aforementioned textbook.

In 1984, Prof. Maja Beck-Dvoržak published the chapter titled “Medical Psychology of Children” in the first edition of the textbook titled “Paediatrics”, edited by Prof. Duško Mardešić. The chapter titled “Child and Adolescent Psychiatry” written by professors Staniša Nikolić and Vesna Vidović was published in 1995 in the textbook titled “Psychiatry”, edited by Prof. Vasko Muačević. In the eponymous textbook edited by Prof. Ljubomir Hotujac in 2006, there are individual chapters dedicated to child psychiatry by professors Vesna Vidović and Vlasta Rudan. In the textbook *Pediatric Neurology* from 2009, edited by Prof. Nina Barišić, the chapter titled “Child Psychiatry” was published by the group of authors, namely Vesna Vidović, Ivan Begovac, Gordan Majić, Jarmila Škrinjarić, Marina Grubić, and Nina Barišić. The 2015 textbook titled “Psychiatry”, edited by professors Begić, Jukić and Medved holds a chapter titled “Psychiatric disorders of childhood and adolescence” by Ivan Begovac and chapters “Intellectual disabilities” and “Dissociative and somatoform disorders” by Zorana Kušević. In the same titled textbook published in 2022 and edited by Prof. Dražen Begić, there are chapters “Disorders in child and adolescent psychiatry” by Ivan Begovac and “Disocijativni i somatoformni poremećaji” by Zoran Kušević and “Obiteljska i partnerska (bračna) terapija” by Gordana Majić.

There are also many important references tackling topics related to medical psychology and psychotherapy. In 1975, child psychiatrists Blažević, Cividini-Stranić, Klain, Nikolić, and Bućan co-authored a number of chapters in the textbook for post-graduate courses titled “Dynamic Psychology and Psychotherapy”. In the first edition of “Medical Psychology” published in 1979 and edited by professors Blažević, Cividini-Stranić and Beck-Dvoržak, there are also individual chapters on child psychiatry. In the textbook titled “Fundamentals of Medical Psychology” published in 1990 and edited by Staniša Nikolić, Eduard Klain, and Vesna Vidović, there were also chapters on child psychiatry. “Psychological Medicine”, a textbook published in 1999 and edited by the editor-in-chief Eduard Klain also includes chapters in the field of child psychiatry written by professors Staniša Nikolić, Vesna Vidović, Vlasta Rudan, Marija Čiček, and Zdenka Brumen-Budanko. The textbook titled “Psychological Medicine” from 2011 written by Rudolf Gregurek also touches upon certain aspects of child psychiatry.

Prekretnicu u objavljivanju u Hrvatskoj čini prof. Staniša Nikolić koji kao glavni urednik objavljuje samostalne udžbenike iz područja dječje i adolescentne psihijatrije u više samostalnih knjiga, a ovdje spomenimo samo najvažnije: *Psihijatrija dječje i adolescentne dobi – propedeutika* iz godine 1991. te *Mentalni poremećaji u djece i omladine - 1., 2., 3.*, iz godine 1988., 1990. te 1992., i to kao član Katedre za psihijatriju i psihološku medicinu Medicinskog fakulteta u Zagrebu. Prof. Staniša Nikolić, uz dr. Marijanu Marangunić (kao glavni urednici), godine 2004. objavljuju samostalni udžbenik *Dječja i adolescentna psihijatrija*.

U godini 2021, Ivan Begovac i sur. objavljuju samostalni sveučilišni udžbenik: *Dječja i adolescentna psihijatrija*, e-izdanje: Sveučilište u Zagrebu Medicinski fakultet, 2021. Dostupno besplatno na digitalnom repozitoriju Medicinskog fakulteta u Zagrebu: <https://urn.nsk.hr/urn:nbn:hr:105:694914>. Ukupno ima 1123 stranica, 81 poglavlja, 38 koautora, prvi sveučilišni udžbenik pri Medicinskom fakultetu u Zagrebu, koji je isključivo publiciran putem e-izdanja. Radi se o udžbeniku za diplomsku i poslijediplomsku nastavu, kvalitetna novina pri Medicinskom fakultetu u Zagrebu, značajno unaprjeđuje nastavu pri Medicinskom fakultetu u Zagrebu. Članovi Zavoda koji su bili koautori pojedinih poglavlja su: Ivan Begovac, Irena Bambulović, Marija Bolfan, Stjepan Greguraš, Trpimir Jakovina, Ivana Jedvaj Šumski, Zorana Kušević, Gordan Majić, Silvana Pleština, Iva Radoš, Lena Santrić, Mara Tripković, i Veronika Nives Zorić.

DOMAĆA I MEĐUNARODNA STRUČNA I ZNANSTVENA SURADNJA

Postoji neformalna suradnja četiri KBC-ova u području dječje i adolescentne psihijatrije (KBC Zagreb, KBC Osijek, KBC Rijeka, KBC Split). Zavod surađuje s drugim klinikama i zavodima KBC-a Zagreb, a posebno s odjelima za odrasle Klinike za psihijatriju i psihološku medicinu; Klinikom za pedijatriju, Klinikom za neurologiju, s kojima već postoje određene formalne (zajedničko dežurstvo Klinike za psihološku medicinu i Klinike za psihijatriju; zajednička katedra s Klinikom za psihijatriju i psihološku medicinu) i neformalne povezanosti (Klinika za pedijatriju, Klinika za internu medicinu). Zavod surađuje s drugim klinikama i bolnicama u Zagrebu ili Hrvatskoj, npr. Psihijatrijskom bolnicom za djecu i mladež u Zagrebu (15), Klinikom za pedijatriju KBC-a Sestara milosrdnice u području poremećaja jedenja. Zavod ima i istaknutu međunarodnu suradnju s Njemačkim psihoanalitičkim udruženjem; postoji suradnja s Klinikom za dječju psihijatriju iz Ulma; suradnja s

The work of Prof. Staniša Nikolić was a turning point in terms of textbook publishing in Croatia. He was a member of the Department of Psychiatry of the Zagreb School of Medicine and the editor-in-chief of important independent textbooks in the field of child and adolescent psychiatry. Some of the most important titles are: “Child and Adolescent Psychiatry - Propaedeutics” published in 1991 and “Mental Disorders in Children and Adolescents”, published in three volumes consecutively in 1988, 1990 and 1992. In 2004, Prof. Staniša Nikolić and Marijana Marangunić, MD, PhD as co-editors-in-chief published the textbook titled “Child and Adolescent Psychiatry”.

In 2021, Ivan Begovac and his associates published a university textbook titled “Child and Adolescent Psychiatry” (e-edition: University of Zagreb, School of Medicine, 2021. Available for free at the digital repository of the Zagreb School of Medicine: <https://urn.nsk.hr/urn:nbn:hr:105:694914>). The book comprises 1123 pages and 81 chapters. It was written by 38 co-authors and it is the first university textbook of the Zagreb School of Medicine published only in the e-textbook version. It is intended for graduate and postgraduate courses and represents a novelty while significantly improving the teaching at the Zagreb School of Medicine. Other members of the Unit staff and co-authors of the chapters are: Ivan Begovac, Irena Bambulović, Marija Bolfan, Stjepan Greguraš, Trpimir Jakovina, Ivana Jedvaj Šumski, Zorana Kušević, Gordan Majić, Silvana Pleština, Iva Radoš, Lena Santrić, Mara Tripković, and Veronika Nives Zorić.

DOMESTIC AND INTERNATIONAL PROFESSIONAL AND SCIENTIFIC COOPERATION

Four university hospital centres in Zagreb, Osijek, Rijeka and Split have an informal cooperation in the field of child and adolescent psychiatry. The Unit cooperates with other departments and at the level of the University Hospital Centre, especially with the Departments of Psychiatry and Psychological Medicine, Paediatrics, and Neurology at both informal (joint duty with the Departments of Psychological Medicine and Psychiatry; joint study programme with the Department of Psychiatry and Psychological Medicine) and informal levels (Department of Paediatrics, Department of Internal Medicine). It also cooperates with other clinics and hospitals in Zagreb and Croatia, e.g., Psychiatric Hospital for Children and Adolescents in Zagreb (15) and Sestre milosrdnice University Hospital in the field of eating disorders. The Unit also has international cooperation with the prominent German Psychoanalytic Association and collaborates with the Child Psychiatry and Psychosomatics and Psychotherapy Clinics from Ulm, Germany, and Prof. Achebach from the USA on the project on the introduction of methodology. Re-

Klinikom za psihosomatiku i psihoterapiju iz Ulma, Njemačka; suradnja na projektu s prof. Achebachom iz SAD-a na uvođenju metodologije u Hrvatsku. U zadnje vrijeme se bilježi veća povezanost rada s Hrvatskim institutom za istraživanje mozga. Smatramo da treba dalje imati suradnju s drugim stručnim udrugama, kao što je to bio i prije slučaj, a to se posebno odnosi na udruge pri Hrvatskom liječničkom zboru. Važna je također suradnja s drugim udrugama, kao što je Hrvatska liječnička komora. Važna je suradnja s različitim ministarstvima. Važni su kontakti sa centrima za socijalnu skrb, školama i specijalnim ustanovama za odgoj i obrazovanje. Važna je također suradnja s nevladinim udrugama, kao i udrugama pacijenata. Do sada postoji neformalna suradnja, npr. s domovima za nezbrinutu djecu, Caritasom, SOS dječjim selom.

SUDJELOVANJE NA STRUČNIM SKUPOVIMA U HRVATSKOJ I INOZEMSTVU, STRUČNA AKTIVNOST

Djelatnici Zavoda u zadnjih desetak godina sudjelovali na nizu stručnih skupova u Hrvatskoj i inozemstvu. Posebno ovdje ističemo organizaciju seminara „Dani Maje Beck- Dvoržak“ koji Zavod organizira već dulje od deset godina, jednom ili dva puta godišnje. Većina djelatnika Zavoda su članovi Hrvatskog društva za dječju i adolescentnu psihijatriju i psihoterapiju pri HLZ, a prof. dr. Ivan Begovac, je predsjednik tog društva od osnutka, prije više od 15 godina.

REFERENTNI CENTAR ZAVODA

Zavod za dječju i adolescentnu psihijatriju i psihoterapiju (prije Poliklinički odjel za dječju i adolescentnu psihijatriju i Dnevna bolnica za mladež) je unatrag više godina nositelj referentnog centra za dječju i adolescentnu psihijatriju i psihoterapiju pri Ministarstvu zdravstva, jedini referentni centar u području dječje psihijatrije u Hrvatskoj, kao centar izvrsnosti u području dječje i adolescentne psihijatrije.

EDUKACIJA SPECIJALIZANATA

Zavod za dječju i adolescentnu psihijatriju i psihoterapiju Medicinskog fakulteta u Zagrebu i Kliničkog bolničkog centra u potpunosti ispunjava uvjete iz čl. 4 Pravilnika o specijalističkom usavršavanju doktora medicine u 100 % ukupnog trajanja. U Zavodu se obavlja sveučilišna nastava i provodi znanstveni rad. Zavod za dječju i adolescentnu psihijatriju i psihoterapiju je jedina nastavna baza za dječju i adolescentnu psihijatriju i psihoterapiju Medicinskog fakulte-

cently, we have intensified our cooperation with the Croatian Institute for Brain Research. We believe that we should continue our cooperation with other professional associations, as was the case before, and this especially applies to the associations under the umbrella of the Croatian Medical Association. Cooperation with the Croatian Medical Chamber is also important as well as cooperation with the competent ministries. Important contacts with social welfare centres, schools and special educational institutions have been established as well, along with non-governmental organisations and patient associations. Until the present moment, informal cooperation has been established with foster care facilities, Caritas, and SOS children's village, too.

PARTICIPATION IN PROFESSIONAL GATHERINGS IN CROATIA AND ABROAD, PROFESSIONAL ACTIVITIES

In the past ten years, our employees have participated in a number of professional gatherings in Croatia and abroad. It is important to highlight the organization of the seminar called “Days of Maja Beck-Dvoržak” taking place once or twice a year over the past decade. Most of the Unit's employees are members of the Croatian Society of Child and Adolescent Psychiatry and Psychotherapy under the umbrella of the Croatian Medical Association, and Prof. Ivan Begovac has been the president of the society since its foundation, more than 15 years ago.

REFERENCE CENTRE

For several years, the Child and Adolescent Psychiatry and Psychotherapy Unit (the former Polyclinic Department of Child and Adolescent Psychiatry and the Adolescent Day Hospital) has been housing the reference centre for child and adolescent psychiatry and psychotherapy of the Ministry of Health, as the only reference centre in the field of child psychiatry in Croatia and a centre of excellence in the field of child and adolescent psychiatry.

RESIDENT IN TRAINING EDUCATION

The Child and Adolescent Psychiatry and Psychotherapy Unit of the Zagreb School of Medicine and the University Hospital Centre Zagreb fully meet the requirements of Art. 4 of the Regulations on specialist resident in training. The Unit organises university teaching and scientific work. The Child and Adolescent Psychiatry and Psychotherapy Unit is the only teaching base for child and adolescent psychiatry and psychotherapy of the School of Medicine at the University of Zagreb in the field of child

ta Sveučilišta Zagreb za područje dječje psihijatrije. Klinika i Zavod raspolažu odgovarajućim prostorom i opremom. U Zavodu se liječi dovoljan broj bolesnika i provode sve praktične procedure potrebne za usavršavanje specijalizanata. Kao dio Kliničkog bolničkog centra Zagreb, Klinika ima na raspolaganju stručnjake drugih struka i drugih medicinskih specijalnosti, kako bi se omogućilo da specijalizant stekne kompetenciju timskog rada u skrbi bolesnika. Od ukupno 9 specijalista 6 su specijalisti dulje od 10 godina, dok su 3 djelatnika specijalisti kraće od 10 godina. Zavod ima organizirane aktivnosti na području praćenja kvalitete zdravstvene zaštite. Glavni mentor je trenutno prof. dr. sc. Ivan Begovac, koji je i voditelj specijalističkog usavršavanja iz dječje i adolescentne psihijatrije pri Ministarstvu zdravstva, dok su drugi mentori; doc. dr. sc. Mara Tripković; prof. dr. sc. Zorana Kušević, kao i doc. dr. sc. Gordan Majić. Na Zavodu se također održavaju specijalistički ispiti iz dječje i adolescentne psihijatrije, u najvećem broju od kada je započeto s novom specijalizacijom, više od njih desetak, a ispitivači su prof. dr. Ivan Begovac, prof. dr. sc. Zorana Kušević, doc. dr. sc. Mara Tripković i doc. dr. sc. Gordan Majić.

Aktualni projekti i dosadašnji znanstveni projekti unatrag deset godina:

- *Potporna Sveučilišta Zagreb: Koncept prikladnosti za liječenje i emocionalna regulacija tijekom stacionarnog liječenja adolescenata s psihičkim poremećajima; školska godina 2019.-2020. do danas – aktualni projekt; voditelj: prof. dr. sc. Ivan Begovac.*
- *Internacionalni, bilateralno Njemačko-hrvatski projekt između Klinike za psihosomatiku u Ulmu i Klinike za psihološku medicinu, Zagreb: A cross-cultural comparison between Germany and Croatia patients with bulimia nervosa: the role of childhood trauma, attachment style, emotional regulation and family functioning; Voditelji: prof. dr. sc. Joern von Wietersheim i prof. dr. sc. Ivan Begovac; Razdoblje rada: 1. 1. 2013.- 31. 12. 2020. Projekt je rezultirao različitim stipendijama i studijskim boravcima, kao i publikacijama.*
- *Perinatal biomarkers of normal and abnormal brain development in premature infants revealed by structural and diffusion MRI, CSF, principal investigator: Milan Radoš; 2021- do danas; suradnica: dr. sc. Iris Žunić-Išasegi sa Zavoda za dječju i adolescentnu psihijatriju i psihoterapiju, KBC Zagreb,*
- *Role of RNA binding protein CELF1 in normal and abnormal human neuronal development, UKF/CSF: Principal investigator: Željka Krsnik; 2021- do danas; suradnica: dr. sc. Iris Žunić-*

psychiatry. The Department and the Unit have adequate facilities and equipment. A sufficient number of patients are treated at the Unit and all practical procedures necessary for the training of residents are carried out. Given the fact that it belongs to the University Hospital Centre Zagreb, the Unit can collaborate with experts from other fields and medical specialties in order to enable residents in training to acquire teamwork competences necessary for patient care. Out of a total of nine specialists, six have been specialists for more than ten years and three have been specialists for less than ten years. The Unit organises activities in the field of health care quality monitoring. Prof. Ivan Begovac currently acts as the main mentor and he also the head of specialist training in child and adolescent psychiatry at the Ministry of Health. Other mentors are: Assoc. Prof. Mara Tripković, Prof. Zorana Kušević, MD, PhD and Assoc. Prof. Gordan Majić. Specialist examinations in child and adolescent psychiatry are also held at the Unit, and mostly so since the introduction of the new residency program. More than a dozen specialist examinations were held by professors Ivan Begovac and Zorana Kušević and assistant professors Mara Tripković and Gordan Majić.

Current projects and previous scientific projects over the past ten years:

- *Support from the University of Zagreb: The concept of appropriateness for treatment and emotional regulation during inpatient treatment of adolescents with mental disorders; school year 2019-2020 to date – current project; headed by Prof. Ivan Begovac, PhD.*
- *International bilateral German-Croatian project between the Psychosomatics Clinic in Ulm and the Department of Psychological Medicine, Zagreb: A cross-cultural comparison between Germany and Croatia patients with bulimia nervosa: the role of childhood trauma, attachment style, emotional regulation and family functioning; Leaders: Prof. Joern von Wietersheim PhD and Prof. Ivan Begovac, PhD; project duration: 1 January, 2013 - 31 December, 2020. The project resulted in a number of scholarships, study visits and publications.*
- *Perinatal biomarkers of normal and abnormal brain development in premature infants revealed by structural and diffusion MRI, CSF, principal investigator: Milan Radoš; 2021- present; associate: Iris Žunić-Išasegi, PhD, Child and Adolescent Psychiatry and Psychotherapy Unit of the University Hospital Centre Zagreb,*
- *Role of RNA binding protein CELF1 in normal and abnormal human neuronal development, UKF/CSF: Principal investigator: Željka Krsnik; 2021-present; associate: Iris Žunić-Išasegi, PhD, the Child and Adolescent Psychiatry and Psycho-*

- Išasegi sa Zavoda za dječju i adolescentnu psihijatriju i psihoterapiju, KBC Zagreb.
- *Scientific Centre of Excellence for Basic, Clinical, and Translational Neuroscience* (principal investigator: Miloš Judaš; 2017 – do danas; suradnica: dr. sc. Iris Žunić-Išasegi sa Zavoda za dječju i adolescentnu psihijatriju i psihoterapiju, KBC Zagreb.
 - *Potporna Sveučilišta Zagreb: Pokazatelji terapijskog odgovora u shizofreniji, BMI 1.45, Školska godina 2018; voditelj prof.dr.sc. Marina Šagud; suradnica na projektu prof. dr. sc. Zorana Kušević;*
 - *Potporna Sveučilišta Zagreb: Utjecaj religioznosti na ishod liječenja depresije: klinički i biokemijski pokazatelji, BM106 školska godina 2017; voditelj prof.dr.sc. Marina Šagud; suradnica na projektu prof. dr. sc. Zorana Kušević.*
 - *Potporna Sveučilišta Zagreb: Učinak akutne reakcije na stres i depresivnog poremećaja na patologiju krvožilnog sustava, školska godina 2016; voditelj prof.dr.sc. Marina Šagud; suradnica na projektu prof. dr. sc. Zorana Kušević.*
 - *Potporna Sveučilišta Zagreb: Koncept prikladnosti za liječenje i emocionalna regulacija tijekom stacionarnog liječenja adolescenata s psihičkim poremećajima; školska godina 2018; voditelj doc. dr. sc. Ivan Begovac.*
 - *Potporna Sveučilišta Zagreb: Prediktivno istraživanje terapijske alijanse i emocionalne regulacije tijekom stacionarnog liječenja adolescenata s psihičkim poremećajima; školska godina 2016/2017; voditelj doc. dr. sc. Ivan Begovac.*
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 - *Potporna Sveučilišta Zagreb: Terapijska alijansa kao prediktor psihoterapijskog liječenja kod adolescenata s anksioznim poremećajima; školska godina 2014/2015; voditelj doc. dr. sc. Zorana Kušević.*
 - *Potporna Sveučilišta u Zagrebu: Prediktivno istraživanje terapijske alijanse i emocionalne regulacije tijekom liječenja adolescenata s emocionalnim poremećajima; školska godina 2013/2014; voditelj doc. dr. sc. Ivan Begovac.*
 - *Projekt Ministarstva znanosti: Osobine ličnosti i obitelji bolesnica s poremećajima jedenja nakon oporavka (108-0000000-3625); voditelj doc. dr. sc. Ivan Begovac (prethodni voditelj prof. dr. sc. Vesna Vidović). Trajanje do 1. 1. 2015;*
 - *therapy Unit of the University Hospital Centre Zagreb,*
 - *Scientific Centre of Excellence for Basic, Clinical, and Translational Neuroscience* (principal investigator: Miloš Judaš; 2017 – to date; associate: present; associate: Iris Žunić-Išasegi, PhD, the Child and Adolescent Psychiatry and Psychotherapy Unit of the University Hospital Centre Zagreb.
 - *Support from the University of Zagreb: Indicators of therapeutic response in schizophrenia, BMI 1.45, School year 2018; principal investigator: Prof. Marina Šagud, PhD; collaborator on the project Prof. Zorana Kušević, PhD;*
 - *Support from the University of Zagreb: The influence of religiosity on the outcome of depression treatment: clinical and biochemical indicators, BM106, school year 2017; principal investigator: Prof. Marina Šagud, PhD; collaborator on the project Prof. Zorana Kušević, PhD.*
 - *Support from the University of Zagreb: The effect of acute stress reaction and depressive disorder on the pathology of the vascular system, school year 2016; headed by Prof. Marina Šagud, PhD; collaborator on the project Prof. Zorana Kušević, PhD.*
 - *Support from the University of Zagreb: The concept of appropriateness for treatment and emotional regulation during inpatient treatment of adolescents with mental disorders; school year 2018; headed by Assistant Prof. Ivan Begovac.*
 - *Support from the University of Zagreb: Predictive research of therapeutic alliance and emotional regulation during inpatient treatment of adolescents with mental disorders; school year 2016/2017; headed by Assistant Professor Ivan Begovac.*
 - *Support from the University of Zagreb: Therapeutic alliance as a predictor of psychotherapy treatment in adolescents with eating disorders; school year 2015/2016; headed by Assistant Professor Ivan Begovac.*
 - *Support from the University of Zagreb: Therapeutic alliance as a predictor of psychotherapy treatment in adolescents with anxiety disorders; school year 2014/2015; headed by Assistant Professor Zorana Kušević.*
 - *Support from the University of Zagreb: Predictive research of therapeutic alliance and emotional regulation during the treatment of adolescents with emotional disorders; school year 2013/2014; headed by Assistant Professor Ivan Begovac.*
 - *Project of the Ministry of Science: Personality traits and families of patients with eating disorders after recovery (108-0000000-3625); headed by Associate Prof. Ivan Begovac (previous supervisor: Prof. Vesna Vidović, Ph.D.). Project duration: until January 1, 2015.*

Izbor knjiga ili poglavlja u knjigama u zadnjih desetak godina (djelatnici Zavoda u zadnjih desetak godina imaju više od stotinjak objavljenih poglavlja u udžbenicima):

- Ivan Begovac i suradnici. Dječja i adolescentna psihijatrija, e-izdanje: Sveučilište u Zagrebu Medicinski fakultet, 2021. Dostupno besplatno na digitalnom repozitoriju Medicinskog fakulteta u Zagrebu: <https://urn.nsk.hr/urn:nbn:hr:105:694914>. Ukupno ima 1123 stranica, 81 poglavlja, 38 koautora, prvi sveučilišni udžbenik pri Medicinskom fakultetu u Zagrebu, koji je isključivo publiciran putem e-izdanja.
- Begovac I. Psihički poremećaji u dječjoj i adolescentnoj psihijatriji. U: Begić D. (ur.) Psihijatrija. Zagreb: Medicinska naklada, 2022.
- Kušević Z. Poremećaji eliminacije“; „Disocijativni i somatoformni poremećaji“; Majić G. „Obiteljska i partnerska (bračna) terapija. U: Begić D. (ur.) Psihijatrija. Zagreb: Medicinska naklada, 2022.
- Begovac I. Regulacijski poremećaji malog djeteta. U: Tješić-Drinković D, Senečić-Čala I, Vuković J. Pedijatrija danas: Uočimo rane znakove bolesti. Zagreb: Medicinska naklada, 2017.
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- Begovac I. Savez u individualnoj psihoterapiji // Psihoterapijski pravci. Kozarić-Kovačić D, Frančšković T. (ur.) Zagreb: Medicinska naklada, 2014.
- Begovac, Ivan. Psihoterapija adolescenata // Psihoterapijski pravci. Kozarić-Kovačić D, Frančšković T. (ur.) Zagreb: Medicinska naklada, 2014.
- De Zan. Slika i crtež u psihoterapiji djece i obitelji. Zagreb: Medicinska naklada, 2013.
- Buzov Ivan, Begovac Ivan. Tajne jedne duše. Zagreb: Medicinska naklada, 2012.

Važniji i izabrani članci djelatnika Zavoda publiciranih u zadnjih desetak godina (u zadnjih desetak godina postoji više od pedesetak publiciranih radova u međunarodnim časopisima):

- Ivanova MY, Achenbach TM, Turner L, Almqvist F, **Begovac I**, i sur. Effects of individual differences, society, and culture on youth-rated problems and strengths in 38 societies. Child Psychol Psychiatry. 2022 Feb 15. doi:

A selection of books or chapters in books published in the last ten years (our employees have published more than one hundred chapters in various textbooks):

- Ivan Begovac et al. Child and adolescent psychiatry, e-edition: University of Zagreb, School of Medicine, 2021. Available for free at the digital repository of the Zagreb School of Medicine: <https://urn.nsk.hr/urn:nbn:hr:105:694914>. The book comprises 1123 pages and 81 chapters. It was written by 38 co-authors and it is the first university textbook of the Zagreb School of Medicine published only in the e-textbook version.
- Begovac I. Psihički poremećaji u dječjoj i adolescentnoj psihijatriji. In: Begić D. (ed.) Psihijatrija. Zagreb: Medicinska naklada, 2022.
- Kušević Z. Poremećaji eliminacije“; „Disocijativni i somatoformni poremećaji“; Majić G. „Obiteljska i partnerska (bračna) terapija. In: Begić D. (ed.) Psihijatrija. Zagreb: Medicinska naklada, 2022.
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- Buzov Ivan, Begovac Ivan. Tajne jedne duše. Zagreb: Medicinska naklada, 2012.

Selection of significant articles published by the Unit's employees in the last ten years (more than fifty papers were published in international journals):

- Ivanova MY, Achenbach TM, Turner L, Almqvist F, Begovac I, et al. Effects of individual differences, society, and culture on youth-rated problems and strengths in 38 societies. Child Psychol Psychiatry. 2022 Feb 15. doi: 10.1111/jcpp.13569. Online ahead of print. PMID: 35167140
- Katušić A, **Žunić Išasegi I**, Predrijevac, N, Raguž, M, Čaleta, T, Seitz S, Blažević A, Radoš M, Kostović

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- Kатуšić A, **Žunić Išasegi I**, Predrijevac, N, Raguž, M, Čaleta, T, Seitz S, Blažević A, Radoš M, Kostović I: Linking integrity of visual pathways trajectories to visual behavior deficit in very preterm infants. *Infant Behaviour and Development*, 67, 2022; 101697, 12;
 - **Žunić Išasegi I**, Kopic J, Smilović D, Krsnik Ž, Kostović I: Transient subplate sublayer forms unique corridor for differential ingrowth of associative pulvinar and primary visual projection in the prospective visual cortical areas of the human fetal occipital lobe. *Cerebral Cortex*, 9, 2021; bhab197, 13
 - Raguž M, Radoš M, Kostović Srzentić M, Kovačić N, **Žunić Išasegi I**, Benjak V, Čaleta, T, Vukšić M, Kostović I: Structural changes in the cortico-ponto- cerebellar axis at birth are associated with abnormal neurological outcomes in childhood. *Clinical Neuroradiology* 33944956, 16, 2021.
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 - Rescorla LA; Blumenfeld MC; Ivanova MY; Achenbach TM; Almqvist F; Bathiche M; **Begovac I** et al. International Comparisons of the dysregulation profile based on reports by Parents, Adolescents, and Teachers. *Journal of Clinical Child and Adolescent Psychology*; Volume: 48; Issue: 6; Pages: 866-880; Published: Nov 2, 2019
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PANDEMIJA COVID INFEKCIJE I UTJECAJ NA MENTALNO ZDRAVLJE U RH

Poznato je iz literature da polovica psihičkih poremećaja počinje prije 14. godine, odnosno dvije trećine prije 24. godine, a tu se ubrajaju depresija, anksiozni poremećaji, PTSP i drugi, tako da znanje o utjecaju covid-19 infekcije može dati odgovor na djetetovo sadašnje i buduće mentalno zdravlje, razvoj, kao i učenje i dobro osjećanje (16,17).

THE COVID-19 PANDEMIC AND ITS IMPACT ON MENTAL HEALTH IN CROATIA

It is known from the literature that one half of mental disorders begin before the age of 14, and two-thirds before the age of 24. This also includes depression, anxiety disorders, PTSD and other disorders, which implies that knowledge about the impact of the COVID-19 pandemic can provide answers to the child's current and future mental health, development, learning abilities and well-being (16,17).

Most research indicates an increased frequency of disorders during the pandemic, comparing the year 2019 and 2020 and pointing to the fact that earlier mental disorders may increase the risk of disorders related to the pandemic or induced by psychological trauma. Some authors unequivocally suggest an epidemic of mental disorders (18). Research shows that currently one in six children has mental health problems, while in 2017, one in nine children had such problems. There is also a lack of regular habilitation procedures for children who have intellectual disabilities, autistic spectrum disorders or some other developmental difficulties.

The most common symptoms related to COVID-19 mentioned in the literature are: anxiety disorders, sep-

Većina istraživanja ukazuje na povećanu frekvenciju poremećaja tijekom pandemije, uspoređujući godinu 2019 i 2020, kao i to da raniji mentalni poremećaji mogu povećati rizik za poremećaje koji su povezani s pandemijom ili koji su inducirani psihičkom traumom. Pojedini autori jednoznačno govore o epidemiji psihičkih poremećaja (18). Istraživanja pokazuju da sada jedno od šestoro djece imaju problema s mentalnim zdravljem, dok je u godini 2017. jedno dijete na devetoro djece imalo takve probleme. Uočava se također manjak redovitih rehabilitacijskih postupaka prema djeci koja imaju intelektualne teškoće ili autistični spektar poremećaja ili neke druge razvojne poteškoće.

Najčešći simptomi koji se navode u literaturi, povezani s COVID bolešću, jesu anksiozni poremećaji, separacijski anksiozni poremećaj, depresija i PTSP. Indikacije za pregled specijalista su pokušaji suicida, naglo samoozljeđivanje, intenzivan strah, panika, bespomoćnost, disocijativni simptomi, ekstremna konfuzija, nekontrolirano žalovanje, intruzivne misli, teško kognitivno oštećenje, te somatske smetnje. Istraživanja iz prijašnjih pandemija pokazuju da vidljivi simptomi neće nestati odmah nakon traumatskog događaja, već da će određeni simptomi trajati i više godina nakon karantene.

Kako da se organizacijski bolje organiziraju službe za prevenciju i liječenje ovih stanja? Britanska vlada je uložila dodatna financijska sredstva za pospješene službi mentalnog zdravlja (nagoviješteno je u ožujku godine 2021. posebno 79 milijuna funti za službe mentalnog zdravlja, koje se tiču djece i adolescenata).

U Hrvatskoj u vezi COVID-a postoje smjernice dvaju društava Liječničkog zbora, a koje se odnose na mentalno zdravlje i dječju psihijatriju, napisane godine 2020. i dostupne su na stranicama HLZ-a (19).

U RH postoji sličan trend povećanja psihičkih smetnji, koje su opisane u drugim zemljama. Tako je u Hrvatskoj došlo do povećanja nasilja u obitelji, došlo je do povećanja kaznenih djela na štetu djeteta do 14 godina (izvor MUP: u godini 2019. bilo je ukupno 2364; dok je u godini 2020 bilo ukupno 2572 nasilja u obitelji) (20), a bilježi se i povećani broj upućivanja djece specijalistima (izvor je HZZO: u godini 2019 kategorija F00-F99- od 0 do 6 godina: 6417; od 7-19 godina: 13069; dok je u godini 2020 kategorija F00-F99- od 0 do 6 godina: 19188; od 7-19 godina: 25182) (21). Stacionarno psihijatrijsko liječenje maloljetnika pri KBC-u Zagrebu pokazuje također trend povećanja: u godini 2019; ukupan broj hospitalizacija bio je 113; s dijagnozom F5 (poremećaji jedenja) ukupno 18; u godini 2020; ukupan broj hospitalizacija bio je 134; s F5 ukupno 36; dok je u godini 2021., ukupan broj hospitalizacija bio 162 s F5 dijagnozom ukupno 34.

aration anxiety disorder, depression and PTSD. Indications for specialist examination are suicide attempts, incidents of self-harm, intense fear, panic, helplessness, dissociative symptoms, extreme confusion, uncontrolled mourning, intrusive thoughts, severe cognitive impairment, and somatic disturbances. Research from previous pandemics shows that visible symptoms will not disappear immediately after a traumatic event and that certain symptoms will last for several years after the quarantine.

The question arises: How to better organize services for the prevention and treatment of these conditions? The British government has dedicated additional funding to boost mental health services (£79 million was announced in the March of 2021 specifically for mental health services for children and adolescents).

In 2020, Croatia has adopted guidelines on the coronavirus pandemic prepared by two bodies of the Medical Association specifically focusing on mental health and child psychiatry. The guidelines are available on the Croatian Medical Association's website (19).

In Croatia, there is a similar trend of increasing mental disorders, which have been described in other countries. There has been an increase in domestic violence and criminal offenses against children under the age of 14. According to the Ministry of Interior Affairs, there were 2,364 cases of domestic violence in 2019, while in 2020 there was a total of 2,572 such cases) (20). Also, in the same period more children were referred to specialists. According to the Croatian Health Insurance Fund, in 2019, there were 6417 referrals in the F00-F99 category from 0 to 6 years of age and 13069 referrals from 7 to 19 years of age, while in 2020, in the F00-F99 category there were 19188 referrals from 0 to 6 years of age and from 7 to 19 years of age there were 25182 referrals (21). Inpatient psychiatric treatment of minors at the University Hospital Centre Zagreb also indicates an increasing trend. In 2019, the total number of hospitalizations reached 113, out of which number 18 were diagnosed with F5 (eating disorders). In the next year, the total number of hospitalizations was 134, out of which number 36 were diagnosed with F5, while in 2021, the total number of hospitalizations jumped to 162 and 34 patients diagnosed with F5.

Children exposed to violence, children with neurodevelopmental difficulties (autistic spectrum disorders, intellectual disabilities) as well as children with existing psychological disorders are a particularly risky group.

Until now, the number of psychiatrists in Croatia has been insufficient. This particularly applies to the number of child psychiatrists in Croatia, i.e., there are about 45 child psychiatrists, while about 120 are needed. Even before the COVID-19 crisis, the Ministry of Health as well as heads of certain institutions and hos-

Posebno rizičnu skupnu čine djeca izložena nasilju, djeca s neurorazvojnim poteškoćama (autistični spektar poremećaja, intelektualne teškoće) kao i djeca s postojećim psihičkim smetnjama.

U HR je i do sada bio nedostatan broj psihijatarata. To se posebno odnosi na broj dječjih psihijatarata u RH (ima ih oko 45, a potrebno ih je oko 120), te se i prije kovid krize apeliralo na Ministarstvo zdravstva da se što više raspisuju specijalizacije za tu deficitarnu struku, ali i na ravnatelje pojedinih institucija i bolnica (trenutno je u edukaciji u RH više od 20 specijalizanata). Nadalje, u RH postoji nedostatnost stacionarnih kreveta (ima ih oko 60, a trebalo bi ih biti oko 120) (na to ukazuje i Twinning projekt iz godine 2017/2018, a kojemu je potpisnica s hrvatske strane i HZJZ i Ministarstvo zdravstva) (22), ali se ne čine dovoljni napori da se to poboljša. Postoje samo četiri ustanove koje su ovlaštene za liječenje maloljetnika odvojenih od punoljetnika, a to su KBC Zagreb, KBC Osijek, KBC Rijeka i Psihijatrijska bolnica za djecu i mladež, Zagreb. Ovo je određeno pravilnikom, a koji se naslanja na Zakon o osobama s duševnim smetnjama, koji je stupio na snagu godine 2015., u kojim su djeca s psihičkim smetnjama s obzirom na svoju vulnerabilnost posebno zaštićena Zakonom. Međutim, u praksi se čini da to nije dovoljno saživilo u praksi.

BUDUĆE I ZAKLJUČNE SMJERNICE, FORMIRANJE KLINIKE ZA DJEČJU I ADOLESCENTNU PSIHIJATRIJU I PSIHOTERAPIJU PRI KBC-U ZAGREB

Iz prethodno navedenog teksta postoji snažna potreba za poboljšanjem organizacijske skrbi u Hrvatskoj u području dječje i adolescentne psihijatrije, a tako i formiranje nove Klinike za dječju i adolescentnu psihijatriju i psihoterapiju pri KBC-u Zagreb, koja bi onda mogla sustavnije i lakše odgovoriti na porast psihičkih smetnji kod djece i adolescenata.

U Hrvatskoj i pri KBC-u Zagreb postoji unatrag osamdeset godina značajna povijest dječje i adolescentne psihijatrije (23). Dječja i adolescentna psihijatrija je zasebna specijalnost odvojena od odrasle psihijatrije i ima svoje različitosti od odrasle psihijatrije. Dječja psihijatrija u RH bi trebala biti prepoznata kao prioritetna djelatnost koju treba razvijati, ali u praksi to nije slučaj.

Dječja i adolescentna psihijatrija je od godine 2011. u Republici Hrvatskoj odvojena specijalizacija od psihijatrije za odrasle (ne postoji ni zajedničko deblo s psihijatrijom) sljedeći europske trendove, a zalaganjem eminentnih dječjih psihijatarata, sukladno europskim zakonskim regulativama, ali i hrvatskih zakona i propisa.

pitals were called to provide as many specializations for this deficient profession as possible. Currently in Croatia, there are more than 20 residents in training. Furthermore, there is a shortage of inpatient beds; i.e., there are about 60 inpatient beds while 120 are needed, as indicated in the Twinning project from 2017/2018 signed by the Croatian Institute of Public Health and the Ministry of Health (22). However, not enough efforts are being made to improve the shortage. Only four institutions that are authorized to treat minors separately from adults, i.e., University Hospital Centres in Zagreb, Osijek and Rijeka and the Psychiatric Hospital for Children and Adolescents in Zagreb. This is determined by the regulations that result from the Law on Protection of Persons with Mental Disorders from 2015, according to which children with mental disorders are protected by the Law as a vulnerable group. However, the implementation in practice has so far been insufficient.

CONCLUDING GUIDELINES FOR THE FUTURE - THE DEPARTMENT OF CHILD AND ADOLESCENT PSYCHIATRY AND PSYCHOTHERAPY AT THE UNIVERSITY HOSPITAL CENTRE ZAGREB

The elaboration of the current situation indicates that there is a strong need to improve all aspects of organisation in the field of child and adolescent psychiatry in Croatia, as well as to establish a new Department of Child and Adolescent Psychiatry and Psychotherapy at the University Hospital Centre Zagreb in order to be able to systematically respond to all the challenges related to an increasing number of psychological disorders in children and adolescents.

Child and adolescent psychiatry in Croatia and at the University Hospital Centre Zagreb has an eight decades long tradition (23). It is a separate specialty program organised separately from adult psychiatry and due to its specificities. Child psychiatry in Croatia should be recognized as a priority profession that needs to be further developed. However, in practice this is not the case.

Thanks to the efforts of eminent child psychiatrists, since 2019 child and adolescent psychiatry has been a residency program separate from adult psychiatry (there is no common branch with psychiatry) following European trends and in accordance with European legislation and Croatian laws and by-laws.

According to the Croatian Law on Protection of Persons with Mental Disorders (Official Gazette No. 76/14, which entered into force on January 1, 2015), separate units for minors and adults must be established (architecturally and functionally). Thus, it is no longer possible to integrate diagnostics and treat-

Prema Zakonu osoba s duševnim smetnjama Republike Hrvatske (Narodne Novine broj 76/14, koji je stupio na snagu dana 1.1. 2015.), moraju se oformiti zasebne cjeline maloljetnika u odnosu na punoljetnike (arhitektonski i funkcionalno). Prema ovome, dakle, nije više moguća integracija dijagnostike i liječenja djece i adolescenata s nekim drugim pacijentima. Sukladno tome dječja psihijatrija zahtijeva svoju posebnost i ne može se miješati s drugim strukama.

Financijski pokazatelji i veće cijene usluga u dječjoj psihijatriji, nego što su to prije bile ukazuju da je u Hrvatskoj potrebno dalje razvijati ambulantne službe dječje psihijatrije (uključujući i dnevne bolnice), kao i nedostatne stacionarne kapacitete, te dati snažnu podršku novim organizacijskim jedinicama iz dječje i adolescentne psihijatrije, dakle otvaranjem klinika za dječju i adolescentnu psihijatriju u cijeloj Hrvatskoj.

U statutu KBC-a Zagreb navedena je samostalna djelatnost dječje i adolescentne psihijatrije (u bolničkoj i specijalističko-konzilijarnoj djelatnosti) u odnosu na druge djelatnosti, pa je logično da postoji onda i zasebna Klinika za tu posebnu djelatnost. Dodatna posebna okolnost jest da postoji Zakon o osobama s duševnim smetnjama, a koji posebno štiti maloljetnike s psihičkim smetnjama, u odnosu na odrasle osobe sa psihičkim smetnjama, odnosno traži se odvojeno liječenje za maloljetnike od odraslih. Postojećim organizacijskim oblikom da je dječja psihijatrija dio odrasle psihijatrije narušava se smisao Zakona o osobama s duševnim smetnjama, jer se nalaze u istoj organizacijskoj jedinici i maloljetnici i punoljetnici. Iz svega navedenoga pod ovom točkom postoji još veća potreba za samostalnom Klinikom za dječju i adolescentnu psihijatriju unutar KBC-a Zagreb. Dakle, treba uvažiti nužnost posebnosti djelatnosti dječje i adolescentne psihijatrije, što bi onda moglo kvalitetnije otvoriti svoje usluge cijelom pučanstvu.

Stručno vijeće KBC-a Zagreba je na svojoj redovitoj sjednici u studenom 2017. dalo suglasnost za formiranje zasebne Klinike za dječju i adolescentnu psihijatriju pri KBC-u Zagreb.

Dana 14. studenog 2018. održana je tematska sjednica Saborskog odbora za zdravstvo i socijalnu skrb na temu dječje i adolescentne psihijatrije uz nazočnost tri pravobraniteljice, kao i prisutnost tadašnjeg pomoćnika ministra zdravstva prof. dr. Vilija Beroša, a danas ministra zdravstva. Jednoglasno je zaključeno da se osigura daljnja potpora razvoju dječje psihijatrije, otvaranje dodatnog stacionarnog odjela pri KBC-u Zagreb, kao i pružanje samostalnosti jedinica, odnosno formiranje novih klinika iz dječje i adolescentne psihijatrije u cijeloj RH, a koji zadovoljavaju minimalne uvjete određene pravilnicima.

Osnovna vizija nove Klinike za dječju i adolescentnu psihijatriju i psihoterapiju pri KBC-u Zagreb trebala

ment of children and adolescents with other groups of patients. Accordingly, child psychiatry implies its own specific features and cannot be mixed with other professions.

Financial indicators and higher prices of services in child psychiatry than before indicate that in Croatia it is necessary to further develop child psychiatry outpatient services (including day hospitals), as well as insufficient inpatient capacities, and to provide strong support to new organizational units for child and adolescent psychiatry. Therefore, a special department for child and adolescent psychiatry should be established for the whole of Croatia.

The statutes of the University Hospital Centre Zagreb stipulate that child and adolescent psychiatry are an independent activity (in the framework of hospital and specialist-advisory activity) in relation to other activities. It is then logical that there should be a separate department established for that special activity. In addition to that, the Law on Protection of Persons with Mental Disorders specifically protects minors with mental disorders as opposed to adults with mental disorders, i.e., it requires separate treatment of minors. Within the existing form of organisation, child psychiatry makes part of adult psychiatry, which violates the meaning of the Law on Protection Persons with Mental Disorders, since both minors and adults fall under the same organizational unit. All of the above indicates that there is an even greater need for the establishment of an independent Department of Child and Adolescent Psychiatry within the University Hospital Centre Zagreb. It is, thus, necessary to recognize a very specific nature of child and adolescent psychiatry, which could then provide its services to the broader population in a better way.

At its regular session in November 2017, the Expert Council of the University Hospital Centre Zagreb approved the establishment of a separate Department of Child and Adolescent Psychiatry.

On November 14, 2018, a thematic session of the Parliamentary Committee for Health and Social Care was held on the topic of child and adolescent psychiatry with the presence of three ombudspersons and the current Minister of Health, Prof. Vili Beroš. A unanimous decision was reached to ensure further support for the development of child psychiatry, opening of an additional inpatient department at the University Hospital Centre Zagreb, and to provide independent units, i.e., to establish new child and adolescent psychiatry clinics throughout the Republic of Croatia, which meet the minimum requirements set by relevant regulations.

The new Department of Child and Adolescent Psychiatry and Psychotherapy within the University Hospital Centre Zagreb should provide concrete, high-quality

bi biti konkretna visoko kvalitetna psihijatrijska i psihoterapijska pomoć djeci i adolescentima i njihovim obiteljima, koji su u nevolji i koji traže pomoć, uz dodatnu nastavnu i znanstveno istraživačku djelatnost, iz područja dječje i adolescentne psihijatrije. Dosadašnji Zavod se bavi dijagnostikom, liječenjem, njegom i (re)habilitacijom bolesnika, uključujući najsloženije oblike visokodiferencirane medicine u stacionarnoj djelatnosti, dnevnoj bolnici i poliklinici, te se to povezuje sa znanstveno- nastavnom djelatnosti, te tako ispunjava uvjete prerastanja u samostalnu Kliniku.

psychiatric and psychotherapeutic help to children, adolescents and their families faced with problems and looking for help, as well as additional teaching and scientific research activities in the field of child and adolescent psychiatry. So far, the Unit has been providing diagnostics, medical treatment, care and (re)habilitation, including the most complex forms of highly differentiated medical care organised through inpatient, day hospital and polyclinic activities. These activities are linked with scientific and teaching activities, meaning that all preconditions for organising an independent department are being met.

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