

DREAM - PRESENTING CONFLICT ISSUE IN RELIGUOS YOUNG GIRL

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The dream is unique psychodynamically informative instrument used to facilitate an understanding of psychopathology, personality structure, psychodynamics as well as psychotherapeutic process. From the psychodynamically functional viewpoint dreams can be classified as presenting conflict issue, impending crisis, psychodynamic-diagnostic, affective state, self-representational, relational-transferential, resistant-defensive, and problem-solving, decision-making dreams. The explanations of dreams are active processes of free association and symbol recognition that include collaboration of therapist and patients in achieving mutual understanding of the dream. The central psychodynamic formulation may be embolden in patients dream as it is in our case example.

A 23-year old girl come to therapist because of insomnia and repetitive dream (every night for the last year) of big fat snake appearing on the edge of her bed. She has been regularly awaked, screamed, turned the all lights in house on and awaked her parents, grandfather and two sisters. She is the middle of the three sisters, with regular early psychomotor development, finished primary and high school, now a student of the fifth year of the faculty for primary school teacher. Her family is paternal, very religious. She is in an emotional relationship for a year with a boy from her Christian community of young people and they made mutual understandings about do not have premarital sexual relations.

At the first meeting, it was evident that there is no other serious psychological symptoms besides anxiety accompanying the conflict presented persistently though the dream of snake that symbolize the phallus. Clarification of the conflict issue brought to conscious level made it possible to the client to reconsider her determination about "pre-marital purity" through the brief psychodynamic orientated psychotherapy. After the clarification of symbol appearing in dream, she stopped dreaming the snake, and decided to talk with her boyfriend about their relationship.

Key words: dream - conflict - psychodynamic formulation - clarification

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RECOVERY INDICATORS IN OPIATE ADDICTION TREATMENT

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Introduction: Opiate addiction is a complex condition with serious consequences and requires long-term, personalized and integrated care. Multidisciplinary and therapeutic approach aimed at recovery and measuring by indicators are the key to improve the outcomes of opiate addiction treatment.

Objective: To measure the outcomes of outpatient medical assisted treatment of opiate addiction and the quality of addicts' life during five years through recovery indicators.

Methods: The results are based on data collected from WHOQOL-BREF questionnaire, Pompidou questionnaire, urine analysis and measured by the expert consensus document which includes areas of individual response (retention, abstinence, stable relationships), harm reduction (risk behavior and crime) and involvement in the society (employment). Diagnosis is based on the ICD-10 criteria. Retrospective review of the five-year opiate addiction treatment outcomes in the Department for Mental Health and Addiction Prevention.

Results: The results indicate positive and stable recovery trends. We can observe high retention rate in the treatment, good results on the personal recovery plan and employment, stable partner relationships and social inclusion.

Data shows good opiate abstinence rate. There were no new HIV positive persons also few number of new HCV positive. Quality of life (on all four domains - physical health, psychological health, social relations, and environment) was statistically significantly higher for patients who are married or in a domestic partnership than the patients who are single or divorced.

Conclusion: These results indicate that we achieved good outcomes in the opiate addiction treatment which also provide benefits not only for individuals but families and the community as well. Having access to good quality mental health care may facilitate recovery and it is important to provide quality, evidence-based treatment.

Keywords: opiate addiction - recovery - treatment - quality of life