

Psiholozi na Klinici za psihijatriju i psihološku medicinu Kliničkog bolničkog centra Zagreb

/ Psychologists at the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb

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POVIJEST

Od vremena prvih psihologinja zaposlenih na Klinici za psihijatriju, odnosno Centra za mentalno zdravlje, profesorice Zlate Radošević i Katarine-Zlate Defilipis, koje su pionirski utirale put novim generacijama kolega, afirmirajući struku ponajprije svojim osobnim integritetom, vještinama i talentom, bitno se promijenio način obrazovanja i osposobljavanja, kao i zahtjevi svakodnevne prakse kliničkih psihologa u psihijatrijskim ustanovama. Za razliku od razdoblja „samoukih“ psihologa, koji su svojim fakultetskim obrazovanjem bili bolje pripremljeni za znanstveno-istraživački nego za klinički rad, danas u praksu dolazimo s visokom razinom kompetencija i praktičnih znanja. Zahvaljujući novim kolegijima i specijalističkim programima na matičnim fakultetima te sustavu vježbeništva i licenciranja od Hrvat-

HISTORY

Education, training and the requirements of clinical psychology daily practice in psychiatric institutions have significantly changed since the times of professors Zlata Radošević and Katarina-Zlata Defilipis, the first psychologists employed at the Department of Psychiatry, i.e., the Centre for Mental Health, who had paved the way for new generations of colleagues and endorsed the profession thanks to their personal integrity, skills and talent. In contrast to “self-taught” psychologists who were educated in a way preparing them more for scientific research and much less for clinical work, nowadays we are able to enter practice with a high level of competence and practical knowledge. Thanks to new college courses, specialist programmes and the system of traineeships and licensing organised by the Croatian Psychological Chamber

ske psihološke komore (HPK), ostvarena je uspješnija cirkulacija i integracija znanstvenih spoznaja i kliničkih iskustava. Time je kliničarima omogućeno permanentno obrazovanje, kao i istovremeno sudjelovanje u oblikovanju obrazovnog procesa.

Druga značajna transformacija prakse psihologa zaposlenih u bolnicama posljednjih desetljeća odnosi se na promjenu fokusa i obima usluga s pretežno psihodijagnostičkih aktivnosti na tretmane, tj. neposredno pružanje pomoći pacijentima putem psihološkog savjetovanja, psihoedukacije i psihoterapije. Taj proces afirmacije pomagačkog aspekta psihološke djelatnosti uvjetovan je različitim društvenim i administrativnim okolnostima (npr. Odluka HZZO 2013. o novim uslugama psihologa), ubrzan tijekom i nakon Domovinskog rata, a zahvaća kliničku psihologiju u RH općenito. No, kao svojevrstu prekretnicu, „lokalnu“ preteču ovih promjena izdvojili bismo osnivanje Centra za krizna stanja 1985. pri našoj Klinici, u kojem je po prvi puta zaposleno dvoje psihologa s primarnim zadatkom pružanja psihološke pomoći putem tele-apel službe, kriznih intervencija i kratkih oblika psihoterapije, uključujući i sudjelovanje u sustavu dežurstava tele-apel službe (u čemu smo aktivni i danas). Početkom i tijekom Domovinskog rata telefonska služba tadašnjeg Centra za krizna stanja imala je važnu ulogu u pružanju psihološke podrške cjelokupnom stanovništvu, kao i u organizaciji prvih edukacija iz kriznih tele-apel intervencija za druge pomagačke službe i udruge u RH.

SADAŠNJOST

Kao članovi stručnih interdisciplinarnih timova psiholozi na Klinici sudjeluju u radu svih kliničkih zavoda te svim ambulantnim, dnevnoambulantnim i bolničkim vidovima djelatnosti. Ukupno je trenutno zaposleno 9 psihologa, svi sa statusom kliničkog psihologa (stečena posebna dopusnica HPK ili završena specijalizacija iz kliničke psihologije). S obzirom na podatak da je kasnih 70-tih godina na dvije tadašnje psihijatrijske klinike djelovalo ukupno 9 kolega (1), čini se da, usprkos naraslom obimu potreba i usluga, u tom pogledu od tada nismo napredovali.

Psihodijagnostika

Trudimo se na Klinici očuvati tradiciju visokih standarda obuhvatnosti, individualiziranosti i temeljitosti u provedbi postupaka psihologijske procjene pacijenata. Opiremo se shvaćanju psihodijagnostike kao „testiranja“, tj. rutinske, mehaničke i brze procedure koja se može provoditi „na traci“. Radi se o sveobuhvatnom, multimetodskom i kompleksnom skupu postupaka, kojim se, osim podataka korisnih

(CCP), a more successful circulation and integration of scientific discoveries and clinical experiences have been achieved. In this way, clinicians are able to receive permanent education and simultaneously participate in the shaping of the educational process.

Another significant transformation of the practice for psychologists employed in hospitals that has taken place over recent decades is related to changing the focus and scope of services from predominantly psychodiagnostic activities to treatments, i.e., the immediate provision of assistance to patients through psychological counselling, psychoeducation and psychotherapy. The process of affirmation of the helping aspect of psychology is conditioned by various social and administrative circumstances (e.g. Decision of the Croatian Health Insurance Fund from 2013 on new psychology services). It was accelerated during and after the Croatian War of Independence and it comprises clinical psychology in Croatia in general. An important turning point and precursor of these changes was the establishment of the Crisis Centre at our Clinic in 1985. For the first time, the Centre employed two psychologists whose primary task was to provide psychological assistance via a phone line, crisis interventions and short forms of psychotherapy, including participation in the system of on-call phone services that we still provide. At the beginning and during the Croatian War of Independence, the open phone line of the Crises Centre played an important role in providing psychological support to the entire population, as well as in organizing the first forms of education in crisis phone line interventions for other assistance services and associations in Croatia.

PRESENT TIME

As members of professional interdisciplinary teams, psychologists at the Department participate in the work of all the clinical institutes and all the outpatient, day-hospital and hospital aspects of activities. The Department currently employs nine clinical psychologists who acquired their special permit from the Croatian Chamber of Psychologists or completed their specialization in clinical psychology. Given the fact that in the late 1970s nine colleagues worked at two psychiatric clinics, it seems that despite the increasing volume of various needs and services, we have not progressed in this regard since.

Psychodiagnostics

At the Department, we strive to preserve the tradition and maintain high standards of coverage, individual approach and thoroughness in the implementation of psychological evaluation of patients. We do

za postavljanje pravovremene i točne dijagnoze, procjenjuju osobine ličnosti pacijenta, njegove zdrave snage, kognitivne sposobnosti, aktualna motivacija i životna situacija, kapacitet za promjenu i mogućnost profitiranja od određenih oblika terapije, i slično. Od psihologa se zahtijeva dobro poznavanje psihopatologije, psihometrijskih karakteristika psihologijskih instrumenata, sposobnosti osmišljavanja, integriranja i razumljivog saopćavanja mnoštva prikupljenih podataka, i nadalje, komunikacijske vještine potrebne za uspostavljanje atmosfere povjerenja i suradnje s pacijentom. Nerijetko je tijekom postupka ili pri saopćavanju rezultata dijagnostike pacijentu potrebna emocionalna podrška, savjetovanje ili čak krizna intervencija.

U radu koristimo provjerene i najsuvremenije psihologijske instrumente (testove, upitnike) te se redovito educiramo za njihovu primjenu, uglavnom putem tečaja u organizaciji Naklade Slap. Neki od nas, kao eksperti za pojedine tehnike i sami su edukatori kolega širom RH (npr. za projektivnu tehniku „Mozaič“). No, i dalje najkorisnija tehnika psihološke procjene ostaje klinički intervju, stoga puno ulažemo u razvijanje svojih komunikacijskih i psihoterapijskih znanja i vještina.

Psihološki tretmani

Osim psihološkog savjetovanja i psihoedukacije, svi psiholozi Klinike educirani su i u radu s pacijentima primjenjuju individualne i grupne psihoterapijske oblike tretmana: kognitivno-bihevioralnu, geštalt, logoterapiju, transakcijsku analizu, integrativnu i psihoanalitičku psihoterapiju, grupnu analizu te psihodramu. Kao samostalni voditelji ili koterapeuti psiholozi su osobito aktivni u radu velikih i malih grupa pacijenata u okviru dnevnih bolnica svih zavoda. Na Zavodu za shizofreniju od 2010. prvi u RH, u suradnji s Neuropsihologijskom klinikom iz Hamburga, provodimo grupni i individualni metakognitivni trening, inovativni tretman za pacijente sa psihozom, koji kombinira elemente kognitivno-bihevioralne terapije, kognitivne rehabilitacije i psihoedukacije. Osim toga, ambulantno su provodeni metakognitivni treninzi specifično usmjereni na pacijente s depresijom i graničnim poremećajem ličnosti, kao i analitički orijentirana terapija za traumatizirane osobe. Među nama ima i pionira u RH iz područja seksualne terapije, koji osim psihoterapijskog rada sudjeluju i kao edukatori i supervizori u ovom području. Od 2009. godine psiholog vodi *neurofeedback* laboratorij s fokusom na tretmane za poboljšanje koncentracije u pacijenata s različitim psihijatrijskim poremećajima.

not understand psychodiagnostics as a form of “testing” or a routine, mechanical and rapid procedure that can be carried out automatically. We see it as a comprehensive, multi-methodological and complex set of procedures which, combined with the information useful for setting a timely and accurate diagnosis, are used to assess the patient’s personality traits, healthy strengths, cognitive abilities, current motivation and life situation, capacity for change and the possibility of profiting from certain forms of therapy. Psychologists are required to have a good knowledge of psychopathology and psychometric characteristics of psychological instruments and need to have the ability to design, integrate and intelligibly communicate a multitude of data collected. Above all, there is a need to have necessary communication skills in order to establish an atmosphere of trust and cooperation with the patient. During the procedure or on the occasion when the results of diagnostics are being communicated, the patient very often needs emotional support, counselling or even crisis intervention.

In our work we use proven and state-of-the-art psychological instruments (tests, questionnaires) and regularly undergo trainings for their application, mainly organized by Naklada Slap. Some of us, as experts in particular techniques, provide trainings for colleagues throughout Croatia (e.g. for the “Mosaic” projective technique). However, a clinical interview is still the most useful psychological assessment technique and, therefore, we invest a fair amount in developing our communication skills and psychotherapeutic knowledge.

Psychological treatments

In addition to psychological counselling and psychoeducation, in working with patients all psychologists at the Department are educated in individual and group psychotherapeutic forms of treatment, i.e., cognitive-behavioural, gestalt, logotherapy, transactional analysis, integrative and psychoanalytic psychotherapy, group analysis and psychodrama. As independent therapy leaders or co-therapists, they are particularly involved in the work with large and small groups of patients in day hospitals. Since 2010 and in cooperation with the Clinical Neuropsychology Unit from Hamburg, our Unit for Schizophrenia has been the first to conduct group and individual metacognitive trainings as an innovative treatment for patients with psychosis that combines various elements of cognitive-behavioural therapy, cognitive rehabilitation and psychoeducation. In addition to that, metacognitive trainings specifically aimed at patients with depression and borderline personality disorder were performed on an outpatient basis, as well as the analytically oriented therapy for trauma-

Iako smo većinom psiholozi „opće prakse“, neki od nas fokusirali su se na rad s pacijentima sa psihozom, reakcijama na stres i posttraumatskim stanjima, patologijom ličnosti, seksualnom problematikom ili emocionalnim teškoćama koja prate somatske bolesti, dok su se neki fokusirali na rad s djecom, što je posebna grana kliničke psihologije. Osim toga, aktivno surađujemo s drugim somatskim klinikama i zavodima unutar KBC-a Zagreb, poput kardiologije, endokrinologije, urologije i nefrologije, a sudjelujemo i u predtransplantacijskim obradama pacijenata. Redovito pružamo psihološku podršku zaposlenicima KBC-a Zagreb, što je postalo osobito važno tijekom pandemije COVID-19.

Od 2018. do danas sudjelujemo u radu mobilnih timova, projektu koji se na Klinici provodi u suradnji s nizozemskim Institutom Trimbos pod vodstvom prof. dr. sc. Rojnić-Kuzman, koji se oslanja na koncept psihijatrije u zajednici, kojim se pacijentima s najtežim psihičkim bolestima i njihovim obiteljima pruža izvaninstitucionalna podrška.

Kao vanjski suradnici sudjelujemo u nastavnim programima Filozofskog fakulteta Sveučilišta u Zagrebu, Fakulteta hrvatskih studija Sveučilišta u Zagrebu, Filozofskog fakulteta Sveučilišta u Osijeku, Medicinskog fakulteta Sveučilišta u Zagrebu i Medicinskog fakulteta Sveučilišta u Osijeku. Više stotina studenata psihologije obavilo je studentsku praksu na našoj Klinici, djelujemo kao mentori Poslijediplomskog specijalističkog studija iz kliničke psihologije i kao mentori tijekom odrađivanja vježbeničkog staža psihologa. Iz naših redova potekli su i neki od sada aktivnih nastavnika na studijima psihologije Sveučilišta u Zagrebu.

Znanstveno-istraživački rad

S obzirom na temeljna znanja i kompetencije stečene tijekom sveučilišnog obrazovanja u području kvantitativne metodologije, statistike i psihometrije, klinički psiholozi posebno su vješti u osmišljavanju i provođenju istraživačkih aktivnosti, a ta znanja primjenjuju u okviru multidisciplinarnih znanstvenih timova u zdravstvenom sustavu. Psiholozi Klinike sudjeluju u znanstveno-istraživačkim djelatnostima u području psihopatologije, samostalno ili u suradnji s kolegama psihijatrima i ostalim liječnicima unutar KBC-a Zagreb, ali i s drugim psihijatrijskim ustanovama unutar i izvan RH. Pritom objavljujemo stručne i znanstvene radove o različitim psiho(pato)loškim fenomenima relevantnima u kontekstu razvoja psihijatrijskih i somatskih bolesti, uključujući ratne i civilne posttraumatske reakcije i posljedice (2-7), patološke crte i strukture ličnosti (8-10), suicidalnost (8,11,12), kognitivne deficite (13), kvalitetu

tized people. Our team also comprises a number of pioneers in the field of sexual therapy in Croatia. Besides psychotherapeutic work, they have also been participating as educators and supervisors in this field. Since 2009, our psychologists have been running a neurofeedback laboratory focusing on treatments to improve concentration in patients with various psychiatric disorders.

Although we are psychologists working mostly as “general practitioners”, some of us have focused on working with patients with psychosis, stress reactions and post-traumatic conditions, personality pathology, sexual problems or emotional disabilities that accompany somatic diseases, while others have focused on working with children as a special branch of clinical psychology. Furthermore, we actively collaborate with other somatic clinics and departments within the University Hospital Centre Zagreb, i.e., departments of cardiology, endocrinology, urology and nephrology, and participate in pre-transplant treatment of patients. We regularly provide psychological support to the employees of the University Hospital Centre Zagreb, which has proved to be particularly important during the COVID-19 pandemic.

From 2018 until today, we have been participating in the work of mobile teams. This project is implemented at the Department in cooperation with the Trimbos Institute from the Netherlands, under the leadership of professor Rojnić-Kuzman, PhD. The mobile teams project relies on the concept of community psychiatry and provides non-institutional support to patients with the most severe mental illnesses as well as to their families.

As external associates, we participate in the curricula of the Faculty of Humanities and Social Sciences, School of Medicine and the Faculty of Croatian Studies of the University of Zagreb and the Faculty of Humanities and Social Sciences and the School of Medicine of the University of Osijek. Several hundred students of psychology have completed student internships at our Department and we act as mentors of the Postgraduate Specialist Study Programme in Clinical Psychology as well as mentors during the psychologist traineeship. Some of the currently active teachers at the psychology studies of the University of Zagreb also come from our ranks.

Scientific and research work

Given the basic knowledge and competencies acquired during university education in the field of quantitative methodology, statistics and psychometry, clinical psychologists are particularly skilled in designing and conducting research activities, and they apply this knowledge in multidisciplinary scien-

života (14), seksualne smetnje i tretmane (15-18), učinak psiholoških i psihijatrijskih tretmana (19-21), *neurofeedback* tretmana (22), poremećaje hranjenja (23), kao i psihometrijske validacije mjernih instrumenata (24-26).

Psiholozi Klinike bili su formalni članovi velikih znanstvenih projekata, među kojima možemo izdvojiti međunarodni projekt '„Molekularni mehanizmi PTSP-a', pod voditeljstvom tadašnjeg predstojnika Klinike za psihijatriju prof. dr. sc. Mira Jakovljevića, u kojemu su u više država ispitivani genetski i psihološki aspekti ratom uzrokovanog PTSP-a. Naš interes za znanost i praćenje najnovijih znanstvenih spoznaja iz kliničke psihologije i psihijatrije očituje se i u djelatnosti nekih psihologa s Klinike u radu uredništva međunarodnog časopisa *Psychiatria Danubina*. Više psihologa koji su nekoć radili ili su trenutno zaposleni na Klinici steklo je titulu doktora znanosti, a aktualno je troje kliničkih psihologa u procesu stjecanja tog znanstvenog zvanja.

tific teams within the health system. Psychologists at our Clinic participate in scientific research in the field of psychopathology independently or in cooperation with fellow psychiatrists and other doctors working at the University Hospital Zagreb, as well as with other psychiatric institutions in Croatia and abroad. In parallel with that, we publish professional and scientific papers on various psycho(patho)logical phenomena relevant for the development of psychiatric and somatic diseases, including war and civil post-traumatic reactions and consequences (2-7), pathological traits and personality structures (8-10), suicidality (8,1,12), cognitive deficits (13), quality of life (14), sexual disorders and treatments (15-18), effect of psychological, psychiatric (19-21), or neurofeedback treatments (22), eating disorders (23), and psychometric validation of measuring instruments (24-26).

Our psychologists have formally taken part in large scientific projects, e.g. "Molecular mechanisms of PTSD", an international project headed by professor Miro Jakovljević, in the framework of which various genetic and psychological aspects of war-related PTSD were examined in several countries. Our interest in science and latest scientific discoveries in clinical psychology and psychiatry is also evidenced in the fact that a number of psychologists from the Clinic currently work for the editorial board of the international journal *Psychiatria Danubina*. Several psychologists who previously worked or are currently employed at the Clinic have earned their doctor of science degrees, and three clinical psychologists are currently in the process of acquiring it.

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