

S15 *Post-graduate training in psychiatry and psychotherapy : ...*

PSYCHIATRY AND PSYCHOTHERAPY

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Procedures named "psychotherapy" are extremely varied. Some of them are distinct treatment, others are unclear psychological or pedagogical forms of influencing people, presenting themselves as beneficial in a commercial way. Thus, it is proposed to define psychotherapy as a medical procedure only.

Psychotherapy is an interdisciplinary domain of knowledge, however, and it can be practiced by clinical psychologists and medical doctors of different specialities, under the condition of supplementary special education. For medical doctors it is also a basic knowledge of psychology, for psychologists - elements of pathology and therapy, for nurses, pedagogues etc - both these areas.

In Poland, even now psychotherapy is conceptually as well as practically connected mainly with psychiatry. Education in psychotherapy starts in postgraduate time, mainly for psychiatrists and clinical psychologists. Some other groups of medical doctors have recently become interested in such training too. Only very few universities offer basic information concerning psychotherapy in the undergraduate programs.

In the nearest future, basic knowledge of psychotherapy will be an important part of specialisation in psychiatry program; we expect introduction of these new regulations this year. It will also be possible to specialise in psychotherapy, this education and training will be possible after receiving the basic specialisation in psychiatry or other medical domain as well as clinical psychology.

S16 *New society-new problems: ...*

Development of psychiatry In Russia

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During last years considerable changes have occurred in psychiatry in Russia, especially after 1992, when the Law on psychiatric care was adopted (in force since January, 1993). The legal reform of psychiatry significantly provides democratisation of psychiatric care and promotes the patients rights. However there exists serious difficulties in clinical and social psychiatry : extreme centralization of psychiatric care, domination of biologically oriented therapy, shortage of clinical psychologists and social workers. Besides, the political and social changes in Russia are complicated by economic difficulties, consequences of the Chernobyl disaster and local military actions, as well as migration processes, relocated and unemployed persons. The Federal Program on urgent measures for the improvement of psychiatric care (1996-1997) is facing the financial problems. Promotion of some existing regional programs on mental health care seems to be more perspective in current situation.

S16 *New society-new problems: ...*

NEW SOCIETY, NEW PROBLEMS: MENTAL HEALTH CARE IN POST-TOTALITARIAN SOCIETIES

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Psychiatry in countries such as Ukraine, Russia, Georgia, Bulgaria and Latvia have suffered from the tight hold of totalitarian governments and lack of intellectual freedom. Many of the psychiatrists represented here worked with their colleagues in virtual isolation from the rest of the world. Now that there is the opportunity to communicate with their colleagues around the world they are trying to catch up with new psychiatric modalities, diagnoses and treatments. They are dealing with problems which have been encountered the world over but with their own unique set of circumstances. The countries represented here are striving to have effective mental health legislation, to learn international classifications, to provide adequate community and outpatient services where large psychiatric hospitals were the norm and to provide protection for the rights of their patients and the citizens at large in countries where psychiatry was used for political purposes. This symposium is organized to provide the opportunity for leading psychiatrists in each of their respective countries to further understanding and foster future international collaboration.

S16 *New society-new problems: ...*

"DID ONLY COMMUNIST IDEOLOGY MISUSE PSYCHIATRY?"

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Based on customary stereotypes in the society's way of thinking one could assert that after the collapse of the USSR illegitimate manipulation in Latvia's psychiatry is no more possible. This opinion is erroneous as manipulations with psychiatry are continuing and will do so unless qualitative changes occur in society's thinking. The 5 years of independence have proved that psychological stereotypes in people's mind are no less dangerous than inhuman political ideology, as they are more subtle, varied and adaptable by the majority of individuals. This is based on the Philistine attitude towards mentally ill people that was more intensified by the police-like functions forced on psychiatry under Soviet occupation. Numerous members of the society including psychiatrists do much harm to mental patients and society. Attempts to solve personal and other conflicts involving psychiatrists is lacking legal education and often civic awareness. One must conclude that the greatest risk factor for malevolence is hidden in the character of the individual's psychology and any social political factors act as a catalyst. This is why only persistent education of the society and doctors in matters concerning essential psychological, moral and ethical questions may guarantee them immunity against any social and political intrigues. Without comprehending the very essence of this problem the psychiatrist can become guilty without guilt under any regime and ideology.