

PRIMENA ART TERAPIJE U KLUBU LEČENIH PSIHOZA NA VOJNOMEDICINSKOJ AKADEMIJI TOKOM PANDEMIJE COVID-19

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Sažetak. Pacijenti sa psihotičnim poremećajem imaju mogućnost kontinuiranog angažovanja u okviru aktivnosti pri Klubu lečenih psihoza Vojnomedicinske akademije. Edukativno psihološke i art terapijske radionice se odvijaju jednom nedeljno, kao i povremene posete muzejima i galerijama van okvira ustanove. Obustavljanje rada Dnevne bolnice usled pojačanih epidemioloških mera na početku izbijanja pandemije uticalo je na javljanje nesigurnosti, napetosti i anksioznosti kod pacijenata, koji su za to vreme nas redovno kontaktirali ispoljavajući nadu da ćemo početi da radimo. Svesni važnosti zdravstvene i psihološke podrške organizovali smo mogućnost održavanja Kluba i pre otvaranja Dnevne bolnice, uz pojačane epidemiološke mere. Način održavanja Kluba bio je identičan onom pre izbijanja epidemije uz poštovanje setinga, u isto vreme i na istom mestu. Prepoznavanje i odgovaranje na potrebe korisnika u vidu održavanja Kluba u početnom periodu pandemije uticalo je na uspešnije prepoznavanje neprijatnih osećanja i reakcija, kao i uspešnije prevladavanje novonastalne stresne situacije u periodima pod merama potpune izolacije. Cilj ovog rada je prikaz aktivnosti Kluba tokom pandemije u formi art terapijskih radionica i psihološke edukacije kako bi pospešili proces prevazilaženja kriznih situacija. Teme na kojima smo radili doticali su se najviše pitanja doživljaja epidemiološke situacije, straha od infekcije, odnosa prema promenama koje su usledile u vidu obaveznog nošenja maski, pojačanih higijenskih mera, obrade informacija koje primaju preko medija, načinima suočavanja sa stresom. Doživljaj sigurnosti koju Klub pruža, uz art terapijske tehnike, psihoedukaciju, podsticanje socijalnog angažovanja i preuzimanje proaktivnije pozicije doprineli su očuvanju mentalne stabilnosti naših pacijenata.

Ključne reči: art terapija, psihotični poremećaj, klub

APPLICATION OF ART THERAPY IN THE CLUB FOR TREATED PSYCHOSES AT THE MILITARY MEDICAL ACADEMY DURING THE COVID-19 PANDEMIC

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Abstract. Patients with psychotic disorders have the possibility of continuous engagement within the activities of the Club of Treated Psychoses of the Military Medical Academy. Educational psychological and art therapy workshops take place once a week, as well as occasional visits to museums and galleries outside of the institution. The suspension of the work of the Day Hospital due to intensified epidemiological measures at the beginning of the outbreak of the pandemic affected the expression of insecurity, tension and anxiety among patients, who during that time regularly contacted us expressing the hope that we would start working. Aware of the importance of health and psychological support, we organized the possibility of holding the Club even before the opening of the Day Hospital, with enhanced epidemiological measures. The way the Club was held was identical to the one before the outbreak of the epidemic with respect to the setting, at the same time and in the same place. Recognizing and responding to the needs of users in the form of maintaining the Club in the initial period of the pandemic influenced the more successful recognition of unpleasant feelings and reactions, as well as the more successful overcoming of the newly created stressful situation in periods under complete isolation measures. The aim of this paper is to present the activities of the Club during the pandemic in the form of art therapy workshops and psychological education in order to promote the process of overcoming crisis situations. The topics we worked on mostly touched on the issues of experiencing the epidemiological situation, fear of infection, attitudes towards the changes that followed in the form of mandatory wearing of masks, enhanced hygiene measures, processing of information received through the media, ways of dealing with stress. The experience of safety provided by the Club, along with art therapy techniques, psychoeducation, encouraging social involvement and taking a more proactive position contributed to preserving the mental stability of our patients.

Key words: art therapy, psychotic disorder, club