

Abstract

Trauma and Psychosis: An Ecological Approach

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When we talk about psychotic disorders, we should keep in mind that it is a very heterogeneous group of psychiatric disorders. It would be more accurate to talk about psychoses as a syndrome, that is, a feature of the clinical picture that can be caused by very diverse causes and is present in very diverse psychiatric disorders. In other words, psychosis is a feature of the clinical picture in which delusional thoughts and hallucinations prevail, in various psychiatric disorders. Psychotic clinical pictures can be present from dementia, acute psycho-organic syndromes, various addictions, mood disorders to schizophrenia, which are most often identified with psychoses, which is *viciium artis*. Environmental factors or ecological factors, as indicated in the title, according to our school of psychiatry, are very important factors in the emergence of psychotic clinical pictures in addition to biological and psychological ones. It should be noted that an acute or chronic psychoorganic syndrome without environmental stimulation in the form of light, day, clock or calendar will certainly have a more pronounced psychotic clinical picture. Addictions to alcohol and other addictions are an excellent example of how environmental factors can influence the clinical picture and the appearance of psychotic clinical pictures superimposed on the addiction. The means of addiction itself is an external factor that changes the quality of psychopathology, and if we add to that the ecological systems in which the individual lives and acts, for example, the work or family environment or other groups in which the individual affected by addiction acts, then the connection between ecological systems and psychopathology, trauma and psychosis becomes clearer. Mood disorders with psychotic clinical pictures become particularly complicated due to environmental factors and psychotraumatic events. Schizophrenics are particularly sensitive to environmental and traumatic events. Environmental factors play a special role in the formation of psychopathology, especially psychotic quality. Environmental factors such as deprivation, isolation, placement in an institution, lack of social contacts, etc. are true pathoplastic factors in the formation of the psychopathology of schizophrenia.

Keywords: psychosis, ecology, trauma

Sažetak

Trauma i psihoza ekološki pristup

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Kad govorimo o psihotičnim poremećajima tada trebamo imati na umu da je riječ o vrlo heterogenoj skupini psihijatrijskih poremećaja. Točnije bi bilo govoriti o psihozama kao o sindromu, to jest obilježju kliničke slike koja može biti uzrokovana vrlo raznolikim uzrocima a i prisutna je u vrlo raznolikim psihijatrijskim poremećajima. Drugim riječima psihoza je obilježje kliničke slike u kojem prevladavaju sumanute misli i halucinacije, u različitim psihijatrijskim poremećajima. Psihotične kliničke slike mogu biti prisutne od demencija, akutnih psihoorganskih sindroma, različitih ovisnosti, poremećaja raspoloženja pa do shizofrenija koje se najčešće poistovjećuju s psihozama što je vicium artis. Okolišni faktori ili ekološki faktori kako je istaknuto naslovu, prema našoj psihijatrijskoj školi vrlo su važni faktori u nastanku psihotičnih kliničkih slika uz biološke i psihološke. Napomene radi akutni ili kronični psihoorganski sindrom bez okolišne stimulacije u vidu svjetla, dana, sata ili kalendara bit će sigurno izraženije psihotične kliničke slike. Ovisnosti o alkoholu i drugim ovisnostima odličan su primjer kako ekološki faktori mogu utjecati na kliničku sliku i pojavu psihotičnih kliničkih slika superponiranih na ovisnost. Samo sredstvo ovisnosti je vanjski faktor koji mijena kvalitetu psihopatologije a ako tome dodamo i ekološke sustave u kojima pojedinac živi i djeluje, primjerice radno ili obiteljsko okruženje ili druge skupine u koja djeluje pojedinac pogođen ovisnošću tada veza između ekoloških sustava i psihopatologije, traume i psihoze postaje jasnija. Poremećaji raspoloženja s psihotičnim kliničkim slikama postaju uslijed ekoloških faktora i psihotraumatskih događaja posebno komplicirani. Shizofrenije su posebno osjetljive na ekološke i traumatske događaje. Ekološki faktori igraju posebnu ulogu u formiranju psihopatologije poglavito one psihotične kvalitete. Ekološki faktori kao primjerice deprivacija, izolacija, smještaj u ustanovu, manjak socijalnih kontakata i sl. pravi su patoplastični čimbenici u formiranju psihopatologije shizofrenija.

Ključne riječi: psihoza, ekologija, trauma