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Obilježja terapijskog procesa u programu za liječenje poremećaja ličnosti – iskustva iz RIO programa

/ Characteristics of the Therapeutic Process in a Personality Disorder Treatment Program – Experiences From the RIO Program

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Izvanbolnički program RIO, punim nazivom *Razum i osjećaji*, organiziran je i implementiran u Klinici za psihijatriju „Sveti Ivan" prije dvanaest godina. Održava se svake godine, traje tri mjeseca, dvaput tjedno, a kombinacija je različitih dokazano učinkovitih terapijskih metoda. Program RIO inicijalno je predviđen za pacijente s graničnim poremećajem ličnosti, da bi se tijekom višegodišnjih iskustava indikacije pro-

The outpatient RIO program, with the full name Reason and Feelings (Croatian: *Razum i osjećaji*), was organized and implemented at the "Sveti Ivan" Psychiatry Clinic twelve years ago. It is held every year, lasts three months, takes place twice a week, and combines various therapeutically effective, evidence-based methods. The RIO program was initially intended for patients with borderline personality disorder, but over years of

širile i na neke druge poremećaje ličnosti (narcističke, mješovite). Indikacije za sudjelovanje individualno se procjenjuju tijekom indikacijskog intervjua koji vodi psihijatar s iskustvom u radu u programu RIO. Program uključuje po dvanaest seansi psihodinamske grupne psihoterapije, KBT (DBT) radionica, *art*-terapije te po pet radionica psihoedukacije i terapije filmom. Dvije su radionice posvećene socijalnoj problematici i vođene od socijalnog radnika. Cijeli se program integrira na tjednim sastancima terapijske zajednice, a supervizira dvaput mjesečno od supervizora koji ne sudjeluje u programu. Cilj je radionice prikaz specifičnosti sadržaja i procesa kao i specifičnosti terapijskih intervencija u homogenoj grupi poremećaja ličnosti te nekih aspekata procjene uspješnosti. U interakciji s polaznicima radionice prodiskutirat će se moguća implementacija sličnih programa u dnevnobolničkim uvjetima drugih ustanova u RH, kao i dinamika prikazanog procesa uz razmjenu iskustava u radu s ovom kategorijom pacijenata polaznika. Maksimalan je broj sudionika po radionici 50.

experience, the indications have been expanded to include some other personality disorders (narcissistic, mixed). Indications for participation are assessed individually during an intake (indication) interview conducted by a psychiatrist experienced in working in the RIO program. The program includes twelve sessions each of psychodynamic group psychotherapy, CBT (DBT) workshops, art therapy, as well as five psychoeducation workshops and five film therapy workshops. Two workshops are devoted to social issues and are led by a social worker. The entire program is integrated at weekly therapeutic community meetings and is supervised twice a month by a supervisor who does not participate directly in the program. The aim of the workshop is to present the specific features of the content and process, as well as the specific therapeutic interventions in a homogeneous personality disorder group, and some aspects of evaluating treatment success. In interaction with workshop participants, possible implementation of similar programs in day-hospital settings in other institutions in Croatia will be discussed, along with the dynamics of the presented process and an exchange of experiences in working with this category of patients. The maximum number of participants per workshop is 50.