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Uvid u stigmu i autostigmu kroz radnu terapiju

/ Insights Into Stigma and Self-Stigma Through Occupational Therapy

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U liječenju osoba s psihičkim bolestima susrećemo se s nizom poteškoća i prepreka. Dio tih prepreka nalazimo u stigmatizaciji, ali i autostigmatizaciji naših pacijenata. Postaju, ne vlastitom krivnjom, izoliraniji članovi društva. Stigmatizacija često utječe na tijek liječenja jer osoba zbog očekivanja i pritiska okoline odgađa traženje pomoći i lošije je terapijske suradljivosti. Osobe koje se susreću s učestalom stigmatizacijom nerijetko internaliziraju negativne stereotipe i predrasude koje društvo ima o njima. Za vrijeme svog boravka na akutnom psihijatrijskom odjelu, pacijenti svakodnevno sudjeluju u radnoj terapiji. Potiče se sudjelovanje u aktivnostima koje zahtijevaju socijalne i kogni-

In treating people with mental disorders, we encounter a series of difficulties and obstacles. Some of these barriers stem from the stigmatization and self-stigmatization of our patients. Through no fault of their own, they become increasingly isolated members of society. Stigmatization often affects the course of treatment, as the individual, due to expectations and pressure from the environment, delays seeking help and shows poorer adherence to therapy. People who are frequently exposed to stigmatization often internalize the negative stereotypes and prejudices that society holds about them. During their stay in an acute psychiatric ward, patients participate daily in occupational therapy. They are encour-

tivne vještine te kreativne tehnike. Kreativne tehnike zahtijevaju sklad svih kognitivnih i socijalnih vještina. Koristeći se kolaž-tehnikom, potaknuli smo pacijente da daju sliku sebe koja isključuje stigmatizaciju i autostigmatizaciju. Uz smjernice i upute, pacijenti pronalaze način da prikažu sebe, ali bez ranjivosti koju bi razgovor u grupnom okruženju zahtijevao. Istodobno daju oduška kreativnoj strani svoje osobnosti. U izrađenim kolažima prikazuju svoje interese, način života, što ih veseli i opušta, te to sklapaju u jednu smislenu sliku o sebi. Kroz kreativan rad pacijenata možemo dobiti vrijedne i korisne informacije koje daju dodatan, dublji i posebniji uvid u njihov doživljaj sebe, bez pritisaka i očekivanja njihove okoline. Tako se pacijentima omogućuje lakše razlikovanje njih samih od nametnutih doživljaja okoline. Edukacija društva i integriranje pacijenata u život zajednice kao jednako vrijednih, poželjnih i potrebnih članova tog istog društva, ključan su faktor u cjelokupnom liječenju pacijenata. Kroz grupni rad za vrijeme radne terapije uviđamo da su potrebni minimalni poticaji i smjernice da pacijenti daju svoj doprinos. Omogućujući im aktivno sudjelovanje u zajednicama dobiva se odnos koji potiče i potpomaže efikasnije i bolje razumijevanje, a samim time i liječenje pacijenata.

aged to take part in activities that require social and cognitive skills, as well as creative techniques. Creative techniques demand the integration of all cognitive and social abilities. Using collage techniques, we encouraged patients to create an image of themselves that excludes stigma and self-stigmatization. With guidance and instructions, patients find a way to depict themselves without the vulnerability that would be required in a group discussion setting, while at the same time giving expression to the creative side of their personality. In the collages they produce, patients portray their interests, lifestyle, what brings them joy and relaxation, assembling these elements into a meaningful picture of themselves. Through patients' creative work, we can obtain valuable and useful information that provides an additional, deeper, and more specific insight into their self-experience, without the pressures and expectations of their surroundings. In this way, patients are helped to distinguish more easily between their own self and the imposed perceptions of the environment. Education of society and the integration of patients into community life as equally valuable, desirable, and needed members of that same society are key factors in the overall treatment process. Through group work during occupational therapy, we observe that only minimal encouragement and guidance are needed for patients to contribute. By enabling their active participation in communities, a relationship is created that fosters and supports more effective and better understanding, and consequently more effective treatment of patients.