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# Tikovi u odrasloj dobi kao psihodinamski mehanizam / *Adult-Onset Tics as a Psychodynamic Mechanism*

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Uvod: Tikovi se konvencionalno razmatraju kao neurobiološki fenomeni pretežno vezani uz djetinjstvo, no klinička praksa redovito otkriva njihovu prisutnost i u odrasloj populaciji, nerijetko izvan formalnih dijagnostičkih kategorija. Ovaj rad istražuje mogućnost da tikovi u odraslih funkcioniraju kao psihodinamski obrambeni mehanizmi — organizirani odgovori psihičkog sustava na unutarnji konflikt, afektivnu preplavljenost i traumatske elemente koji nisu dostigli razinu verbalne simbolizacije. Rad je sustavni teorijski pregled psihoanalitičke i psihodinamske literature (Freud, Winnicott, Bion, Mahler, Kernberg), uz pregled neurobioloških teorija o kortiko-strijato-talamo-kortikalnim krugovima i dopaminergičnim mehanizmima. Integrirani model promatra tikove kao fenomen na spoju neurobiološke vulnerabilnosti i psihičke ekonomije. Rezultati i rasprava: Tikovi u odraslih mogu služiti funkciji motoričkog pražnjenja agresivnih i anksioznih naboja, disocijativnog prijenosa u tjelesno, kompromisnog zadovoljenja potisnutih impulsa te komu-

Introduction: Tics are conventionally regarded as neurobiological phenomena primarily associated with childhood, but clinical practice regularly reveals their presence in the adult population as well, often outside formal diagnostic categories. This paper explores the possibility that tics in adults function as psychodynamic defense mechanisms—organized responses of the psychic system to inner conflict, affective flooding, and traumatic elements that have not reached the level of verbal symbolization. The paper is a systematic theoretical review of psychoanalytic and psychodynamic literature (Freud, Winnicott, Bion, Mahler, Kernberg), along with an overview of neurobiological theories on cortico-striato-thalamo-cortical circuits and dopaminergic mechanisms. The integrated model views tics as a phenomenon at the intersection of neurobiological vulnerability and psychic economy. Results and discussion: In adults, tics may serve the function of motor discharge of aggressive and anxious drives, dissociative transfer into the body, compromise satisfaction of repressed impulses, and communication of nonverbalized distress. We dis-

nikacije neverbaliziranog distresa. Razlikujemo pet kliničkih tipova prema dominantnom psihodinamskom mehanizmu. Terapijski pristup koji integrira psihoanalitički rad sa simbolizacijom, EMDR te kognitivno-bihevioralne tehnike pokazuju se klinički superiornijim od isključivo farmakoterapijskog pristupa Zaključak: Psihodinamsko razumijevanje tika kao mehanizma obrane mijenja terapijsku paradigmu: simptomu nije samo cilj eliminacija potisnutih sadržaja, nego ga možemo upotrijebiti za psihodinamsko razumijevanje i simbolizaciju.

tinguish five clinical types according to the dominant psychodynamic mechanism. A therapeutic approach that integrates psychoanalytic work on symbolization, EMDR, and cognitive-behavioral techniques appears to be clinically superior to a purely pharmacotherapeutic approach. Conclusion: A psychodynamic understanding of tics as a defense mechanism changes the therapeutic paradigm: the aim is not only elimination of the symptom and repressed content, but also the use of the symptom for psychodynamic understanding and symbolization.