

CHILD PSYCHIATRY IN BOSNIA AND HERZEGOVINA: HISTORY OF DEVELOPMENT - REVIEW

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SUMMARY

The paper gives an overview of the spatial conditions, human resources and development course of child and adolescent psychiatry as an independent profession.

The beginnings of the development date back to 1959, when the Department of children and youth is opened in Sarajevo at the Neuropsychiatric Clinic, which continues without interruption even today. After that was opened same department in Banja Luka and after a certain period of outpatient work, and stationary departments in Tuzla and Mostar. Over time, as the world's developed and improved understanding of the needs of treatment of mental disorders, and as the trends of professional approaches changed from time to time, the same set of guidelines were followed by the professional work of staff members in the departments. As the material opportunities allowed, in all localities there is a clear tendency to improve spatial conditions. However, personnel capability has improved at a slightly faster pace, so by the war time in Bosnia-Herzegovina (BH) between 1992 and 1995, in BH were mostly trained professional teams. In meanwhile, the need for psychiatric assistance has largely exceeded the human resource capabilities.

The situation of war has changed dramatically in the present situation, departments are empty, and there is a paradoxical situation that the patient in the hospitals does not exist, but the reason is bizarre, since because of the war, physically, patients are not able to access to hospitals. This situation also contributes to the departure a large number of staff, which is in the child psychiatry, and so was insufficient.

Despite this, during the war in Sarajevo, the Psychiatric Clinic conducts research on psychiatric morbidity and evaluation of population trauma due to war stress in the city of Sarajevo, and included the population of children and adolescents who remained in the city. The project is implemented only in the city area, because Sarajevo was city, three and half years under the total military siege.

Further on, the paper elaborates the status of spatial and human resources capacity in the post-war period up to the present day. There is an evident expansion of the psychological assistance service throughout the territory of BH, which has been largely on the initiative and all the necessary assistance of the international community through non-governmental organizations, but with the involvement of the remaining domestic staffs. They were also stated the government projects, in the last two decades, on the professional training of staff working in Mental Health Centers across the country.

In the latest age of the last ten years, a number of private psychological counselling centers have been opened that, beside the psychiatrists, are led by certified psychotherapists, psychologists, pedagogues, and teachers. This fact is very important for the future, because this is a good part solving the current lack of professionalism to provide psychological assistance to the population in developmental age. All professionals involved in the human psyche were aware of how important the timely recognition and provided expert assistance, when it comes to developmental age.

In the post-war period, certain scientific researches on the psychological trauma severity of the population are being carried out, and the results of some of these researches are mentioned in this paper.

The paper concludes with the statement that the current state of development of child psychiatry in the country is satisfactory in relation to the conditions that we had the past decade, but with the suggestion that a long way to furthering this profession and its affirmation at the global level is in the future.

Key words: *development of child and adolescent psychiatry - war in Bosnia and Herzegovina 1992-1995 – Bosnia and Herzegovina*

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INTRODUCTION

Recent scientific findings have confirmed the connection between mental disorders in adulthood with characteristics psychosexual and psychosocial development in early childhood (Daneš 2003). Therefore, child psychiatry has its own special place in psychiatry and is inseparable from it. In clinical practice, also, the way children's psychiatrists work, among other things, determined and cooperation with related disciplines dealing with the problems of development age, and these are psychologists, pedagogues, social pedagogues, social workers, educators and others. In this should be stated that none of the aforementioned professional profiles

cannot replace a child psychiatrist in matters related to the psychopathology of developmental age.

The psychodynamic approach to explaining the development of psychopathological disorders in the developmental age provides a wide space for deliberation. In other words, child psychiatry owes its development to the knowledge of psychoanalysis. The founders of child psychiatry are considered as Anna Freud and Melanie Klein (Freud 1973). Without psychoanalysis there would not be a development of therapeutic techniques such as play therapy, theatrical expression and family psychotherapy. But on the other hand, child psychiatry with its knowledge has complemented psychoanalytic learning, but has also contributed to the development of

other treatment techniques that are not directly related to the psychoanalytic approach and which have been developed with further knowledge of personality development and treatment of mental disorders. This is primarily about cognitive behavioral techniques.

A special kind of education for child psychiatry is one of the specifics of child psychiatry, as a specific sub-areas of psychiatry. Without the appropriate stage of knowledge of the psychodynamic approach, it is actually impossible to realize and understand all the dynamics of psychicism by personalities in development.

Finally, the work of a child psychiatrist besides teamwork also includes work under supervision, since supervised work is one of the basic postulates in training for a psychotherapist, no matter what professional discipline the vocational school belongs to.

This short introduction to the general postulates of child psychiatry served as a matrix for describing and evaluating the development of child psychiatry in the areas of Bosnia and Herzegovina (BH) (Daneš 2005).

METHOD

When giving the lowdown on the history of one profession, in one state, the first commitments provide accurate information and exact indicators of current development, and that, among other things, includes the citation of literature references. However, about the issue of the development children's psychiatry in Bosnia and Herzegovina, the relevant data is simply missing. This is evidenced by the research of this author in available literature in the library catalogs of the Sarajevo Clinical Center Library as the oldest health institution in Bosnia and Herzegovina. Therefore, the data to be mentioned are based on the memories and testimonies of author who worked as a psychiatrist at the Clinical Center in Sarajevo from 1977 until her retirement in 2012.

In spite of the lack of written literature, this fact has determined the revival way of presenting this exposition.

RESULTS AND DISCUSSION

Beginning

In this respect, it can be said that the development of disciplines in this region has, in large part, proceeded equally with the general development of psychiatry and psychiatric institutions. Certainly, this development is intensified in its intensity with historical economic and social conditions on the territory of Bosnia and Herzegovina.

The beginnings of development are linked to 1959 when the Department of Children and Youth was opened at the then Neuropsychiatric Clinic in Sarajevo. At that time, most patients were neurological patients and patients with a mental deficit. The treatment of neurotic disorders and crisis situations will occur later. From the

beginning until now, the Department has never stopped working, even for the darkest times of the war 1992-1995, and celebrated 60th anniversary last year (2019).

When talking about the history of one of the profession, it is impossible not to mention the experts who were working in the institutions at that time, so this is the opportunity to list the names of professionals who have contributed to the development of child psychiatry in Bosnia and Herzegovina. Thus, at the beginning of the mentioned department at the clinic in Sarajevo, worked doyen of child psychiatry in the former Yugoslavia, Nevenka Tadić, MD, then Mišo Ilić, MD, Jamila Hadžimustafić, MD, and Milan Popović, MD. Then for many years, the Department was managed by Nada Miletin, MD, during whose time, the classic concept of general psychiatric approach gave way to a psychodynamic approach. At the same time there was also a clinical psychologist Karmela Jevđević, whose name and professional contribution also remains embedded in the foundations of child psychiatry and psychology in Bosnia and Herzegovina. At the end of the seventies of the last century, along with Nada Miletin, MD, the middle generation of trained child psychiatrists was growing up, Vera Daneš, MD, Neda Grgić, MD and Gaciela Levi, MD. With these personnel, all the therapeutic techniques same as at other centers in the former Yugoslavia had been applied.

At that time the Section of Child Psychiatry was formed and actively participated at the Psychiatric section of Bosnia and Herzegovina. Section at that time was the equivalent of today's concept of professional associations.

Ten years after the opening of the Children's Department at the Neuropsychiatric clinic in Sarajevo, the Department of adolescents in Psychiatric clinic in Banja Luka had been opened, where Mirko Nikolic, MD and Bogdan Stojakovic, MD worked. In 2002, at same clinic the Department for Children and Youth were opened, where Marija Burgić-Radmanović, MD, Mira Spremo, MD and later Ranka Kalinić, MD have been working since then. These two departments in Sarajevo and Banja Luka have stationary and ambulatory part.

Next, the following is the opening of the Department for Children and Adolescents at the Psychiatric Clinic in Tuzla, where Izet Pajević, MD, Zihnet Selimbašić, MD, Nermina Kravić, MD, and Mevludin Hasanović are working.

Recently, the Department for Children and Youth at the Psychiatric Clinic in Mostar was opened, where Katica Nikolić, MD was working, and where also Martina Krešić-Ćorić, MD is working today.

The department for children with mental disorder works in the Regional Medical Center in Zenica, under the leadership of Edin Bjelošević, MD.

Also in Doboj there is a unit for psychological support to children and adolescents.

The departments in Tuzla, Mostar, Zenica and Doboj are organized as an outpatient profile, a type as daily hospital.

War time

During the war, there is a sudden drop in the aforementioned professional staff, either because of leaving the country or retiring, so at that time there was only one educated psychiatrist with two specialists at the Department in Sarajevo. The need for psychological support is then large, because the stress of the war affected everyone (Daneš 2006, 2006a, Delibegović et al. 2011, Hasanović et al. 2009, Hasanović 2011, 2012a, 2012b, Kravić et al. 2013, Pajević et al. 2010). However, it is somewhat paradoxically, but it is evident that even though the Department was in the service, there were not many patients. The reason is prosaic and simple: children and their parents because of war, shelling and sniper shooting were not able to move and reach the hospitals at all, because every going out from the shelter means a life threat (Daneš & Horvat 2005, 2005a). The second fact is that the City of Sarajevo was in the siege of the enemy army and the population could neither go out nor enter from the outside, without the harsh administrative procedures.

Such a situation lasts until the end of the war in December 1995. An indication that the war had become to its end was that different non-governmental humanitarian organizations (NGOs) started to gradually arrive in the City of Sarajevo. These NGOs tried to organize the psychological assistance, also in addition to humanitarian and food aid (Loga et al. 1999).

There was no accurate data about how the situation in other parts of Bosnia and Herzegovina was, but it was supposed to be similar, and it was perish everywhere and people were suffering. The presence of non-governmental organizations across the country was evident, according to the plan which was drawn up by the international community for the entire territory.

After war time

After the war, the mentioned Department in had managed physical move to appropriate and restored premises within Psychiatric Clinic, with the great efforts, and then improved the personnel capacities. In that period, at the Department together with Vera Daneš, MD, Ranka Mataija, MD, Vesna Horvat, MD and Nermina Ćurčić-Hadžagić, MD had been worked and in the most recently period Sabina Kučukalić, MD joined to the team.

The postwar era could be marked as the age of profession expansion, as it has been happened in all other segments of life of the war-torn and ruined the country. The involvement of non-governmental organizations were intensive. The projects for providing psychological assistance to the population organized and had been realized, together with the local administrative and professional staff (Cerić et al. 2001). It should be noted that in this period the assistance of the international community in all aspects was very generous for all segments of society.

After the first steps of non-governmental organizations in providing psychological assistance, later (1997) and larger government projects to address the issue of mental health in the longer-term fundamentals were organized. The projects are implemented in the coming years continuously in cycles until the present day and it is impossible to enumerate all (Daneš & Horvat 2005).

The training of professional staff

At this point it is necessary to mention in a few words and the current process of education for the child psychiatrist during the time on the territory of Bosnia and Herzegovina.

Prior to the war 1992-1995, the diplomas of the child psychiatrist were acquired by doctors from the Department of Sarajevo and Banja Luka, at the Department of Psychological Medicine in Zagreb within the postgraduate study. In 2000, the first in the history of BH was held, a postgraduate study of children's psychiatry and psychology founded on the cooperation between the University of Sarajevo and Umea University in Sweden. The study attends and completes a total of 30 attendees of psychiatrists and psychologists from all over Bosnia and Herzegovina, and they acquired the title of a child psychiatrist or a child psychologist with a valid certificate in the European Union. With that Bosnia and Herzegovina, enriched with significant human potential for the treatment of mental disorders in the developmental age.

In the following years, a series of educational government programs for the training of professionals are being developed for psychologists who are employed in the Centers for Mental Health and which deal with mental health problems in the developmental age. All aspects of these education were sponsored by international community entities, through governmental or non-governmental projects. Trainings of this type are carried out continuously until today.

It is necessary to mention the training of individuals or groups, which are financed through their own financial investments. There is a seminar with the aim of practical training for the application of certain techniques of psychotherapy. The final goal of this type of education is to gain an internationally recognized certificate for a specific therapeutic technique and operate a private practice. Private practice and psychological counseling centers, are popular among the population, of course, depending on the financial resources of individuals. The fact of the popularity of this kind of psychological help, indicating the still significant presence of the stigma of the label of the person who needs the help of a psychiatrist or psychologist in the entire society.

Association

As far as the professional association of child psychiatrists, the above-mentioned Section of child psychia-

trists, which established in the eighties of the last century, as the part of Psychotherapeutic sections of Bosnia and Herzegovina in that period, but this section at the beginning of the war 1992-1995 had been extinguished.

Until the 2011, in the field of making association there was no initiative, what is logical, since, there was also a personnel vacuum during that period, as already mentioned. At the initiative of colleagues from the Psychiatric Clinic in Tuzla, who were engaged (who are engaged and today) in child psychiatry in daily practice and have affinity to work with children and adolescents, the initiative to establish the Association of Child and Adolescent psychiatrists in Bosnia and Herzegovina in 2012 had been launched. At that year (2012) current Association has been established and it is operating continuously since today. The latest moment in this regard, which confirms international recognition of child psychiatry in Bosnia and Herzegovina, is the admission of the Association of Child and Adolescent Psychiatry of Bosnia and Herzegovina in membership to the European Society of Child and Adolescent Psychiatry (ESCAP) in May 2018.

CONCLUSIONS

The author gave an overview of the spatial conditions, human resources and development course of child and adolescent psychiatry as an independent profession in Bosnia and Herzegovina from its beginnings 1959, in the prewar 1992-1995 year period, during and after the war.

The current state of development of child psychiatry in the country is satisfactory in relation to the conditions that we had the past decade, but with the suggestion that a long way to furthering this profession and its affirmation at the global level is in the future.

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