

PSYCHIATRIA DANUBINA FOR THE BETTER WORLD AND GLOBAL MENTAL HEALTH ENLIGHTENMENT 2.0

Miro Jakovljević

School of Medicine, University of Zagreb, Zagreb, Croatia

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What we now want is closer contact and better understanding between individuals and communities all over the earth, and the elimination of egoism and pride which is always prone to plunge the world into primeval barbarism and strife... Peace can only come as natural consequence of universal enlightenment"

Nikola Tesla (1856-1943) - <https://www.goodreads.com>

Despite many hardships on its hero's journey, Psychiatria Danubina has entered 35th year of its existence and during all that time we have been continually establishing positive networks within psychiatry through transdisciplinary integrative publishing policy. The concept of Hero's journey as a voyage of Psychiatria Danubina is not just a beautiful metaphor, or a beautiful story out of life reality. It is an archetypal path of our development as a quest to go beyond the limits of the present psychiatry and mental health promotion and create a greater integrity, coherence and culture of empathy fighting adversities, solving puzzles, practicing assertive communication and finding new friends and collaborators... At the first third of the third decade of the third millennium we are facing an urgent need for a new definition of mental health, restoring sanity to our world and our lives and healing fractured self of modern psychiatry (Jakovljević 2022a). "Psychiatry for the Better World", "The Greatest Good for the Greatest Number" and "Serving a Purpose Larger than Yourself" are the important principles of our editorial policy. The mission of Psychiatria Danubina (PD) is focused on expanding the world's collective holistic knowledge on mental disorders and their treatment from different perspectives and promoting mental health through the culture of empathy, human rights and global ethics for the sustainability of our Anthropocene world. In analogy with concepts of evidence-based psychiatry, value-based psychiatry and narrative based psychiatry, one can speak about Psychiatria Danubina in terms of the facts, the values promoted in it and its narrative. As the Latin saying goes, the history is a teacher of life. For the purpose of better understanding the specifics and mission of Psychiatria Danubina, here is a short story of our journal.

BRIEF HISTORY OF PSYCHIATRIA DANUBINA

The decision about publishing Psychiatria Danubina was brought on the proposal of Prof. Bohaček during the 12th Danube Psychiatric Symposium held in 1986 in

Sombor, former Yugoslavia. After the Second World War psychiatrists in Danube region countries were eager to reestablish good professional and scientific relations. Out of this striving, the idea of the Danube Psychiatric Symposium was conceived. Prof. Hoff and Prof. Hofmann (Vienna) and Prof. Guensberger and Prof. Molčan (Bratslava) organized the First Danube Symposium for Psychiatry in Vienna, November 1964 with following topics: Nosology of Schizophrenia, Biochemistry of Schizophrenia and Antidepressants and Stimulating Agents (Hofman 1989). The symposia have been held biennially, each of them being held in another country from the both sides of the Iron Curtain. It is very important to stress the fact that the Danube region countries differed to great extent by their political, economic, social and cultural systems, ranging on the geopolitical spectrum from the NATO membership, neutral country and Non-Aligned specific type socialist country, to the Warsaw Treaty countries of the so-called real socialism (Sartorius 1989). These symposia were in the spirit of the World Health Organization (WHO) with the goal of supporting collaborations between different countries from both Europe and the world, and to gather together the eminent experts on health, involving also projects aimed at providing mental health assistance to the people. As School of Medicine of University of Zagreb paid important attention to international cooperation in all medical branches, and Prof. Dr. Andrija Štampar, Dean of the Zagreb's School of Medicine was the first president of the General Assembly of the WHO, it was a special honor and pleasure for the School of Medicine to be the publisher of Psychiatria Danubina, a pearl in the crown of 25 year cooperation of psychiatrists in Danube region, in collaboration with the WHO Collaborating Center for Research and Education in Mental Health (Hadžić 1989, Srića 1989). Eventually, the Iron Curtain was taken down but then came the tragic wars in former Yugoslavia in the 1990s, in some way with the elements of a clash of civilizations, caused by the politics opposed to peaceful agreement on the future coexistence of Yugoslav nations on the principles of European civilizational achievements (Jakovljević 1991). According to Marya Mannes "all wars derive from lack of empathy: the incapacity of one to understand and accept the likeness or difference of another" (<https://www.azquotes.com>). The war in Ukraine has many elements of the clash between the Slavic-Orthodox and western civilizations (see Huntington 1993) and negatively reflects on the people in the countries of former Yugoslavia in the form of re-traumatization. Our

“Hero’s Journey in the countries of the former Yugoslavia has involved three main interconnected goals: 1. promoting mental health sciences and helping in healing old wounds and resolution of conflicting complexes; 2. promoting joint international scientific projects, for example the South Eastern Europe (SEE)-PTSD study (see Dzibur et al. 2016), and 3. supporting the national and regional psychiatric congresses and conferences. We supported establishing Science, Art and Religion, official journal of International Academy of Sciences and Arts in Bosnia and Herzegovina (see Jakovljevic & Jakovljevic 2021, Jakovljevic 2022a). Since recently Psychiatria Danubina has become attractive at global level. Last year in cooperation with Zibeline Publishing International we organized the 1st Chinese-Croatian International Conference on Psychiatry and Psychology, Dubrovnik, September 8-11, 2022 (see Jakovljevic 2022b, Cosic 2022) which was followed online by more than 61,500 participants all over the world. This year we supported International Workshop on Psychiatry and Mental Health (WPMH2022): Public Mental Health Promotion in China which was held as a virtual conference during December 29-31, 2022 (see Xiong 2023). The need for and importance of learning and exchanging knowledge about mental health promotion and successful treatment of mental health disorders between different parts of the world and cultures are always to be stressed. Our world is rich in its diversity, but burdened with empathy gaps and misunderstandings, however much can be learned from the different practices and experiences in order to create health on global scale and empathic civilization. Guiding principles of the Psychiatria Danubina across the boundaries and frontiers are to promote synergy between psychiatry, other fields of medicine and humanistic disciplines through empathy, coherence and fairness in academic communication and publishing as well as to foster cooperation between the huge numbers of varied branches within psychiatry.

The number of scientific publications submitted to Psychiatria Danubina has dramatically increased in recent years. All clinicians have a professional ethical obligation to follow, understand and share the scientific evidence in a proper way. Publishing hodegetics, epistemophilic publication culture and proper motivation are integral components of assurance of scientific quality of published papers as well as scientific progress.

PSYCHIATRIA DANUBINA AS A BRIDGE BETWEEN DIFFERENT PARADIGMS AND PERSPECTIVES IN PSYCHIATRY

Psychiatry is one of the medical disciplines which involve the study of human mind, personality, behavior, cognition and affectivity at individual and collective level with aims of the successful diagnostic assessment, treatment and prevention of mental disorders and promotion of mental health. It is unique among medical sciences in number of conceptual frameworks, models and paradigms which are all legitimate within four branches: bio-

logical, psychodynamic, social and spiritual psychiatry. (Kecmanovic 2011, Fullford 2011, Jakovljević 2007). The crux of the progress in psychiatry is its scientific foundation and coherence, transdisciplinarity, clinical effectiveness and public and global utility. Sad to say, modern psychiatry is not still a theoretically coherent scientific field with well standardized clinical practice and satisfying treatment effectiveness and efficiency (Jakovljevic 2007, Jakovljevic & Jakovljevic 2019a,b). Psychiatria Danubina promotes transdisciplinary integrative person-centered approach in mental health sciences and a person is defined as a human being composed of biological, psychological, social and spiritual domains which are blended in a complex system that manifests in individual uniqueness. From the living systems perspective the genome operates within the context of cell, the cell within the context of body, the body within context of person, the person within context of family, the family within context of society, the society with the context of global world, the global world within the context of the universe. Mental wellness as well as mental illness may reflect the processes in different systems that can be considered on three levels. Macro level refers to broad global, societal or cultural aspects of mental health or mental disorders. The meso-level involves the family and social networks. The micro level is related to the individual as a person. Computational science, artificial intelligence and online technology enable us to practice transdisciplinary integrative context-sensitive psychiatry in order to respond with more effectiveness and efficiency to the challenges of individual, public and global mental health.

Mental disorders treatment, mental disorders prevention and mental health promotion are three important fields in modern psychiatry. Unfortunately, in spite of the three revolutions in psychiatry and significant scientific progress, mental disorders are still stigmatized and commonly believed to be resistant or only partially responsive to treatment. Mental disorders are steadily increasing all over the world and pessimistic views prevail regarding prevention. Positive psychology and science of well-being have been booming over the past 40 years giving a hope for public mental health promotion as complementary activity to prevention and more successful treatment of mental disorders (see Herman & Jane-Llopis 2012, Sartorius 2021). As there is no health without mental health, so there is no mental health without sane society and culture of empathy. Should psychiatry stay just a medical discipline that is concerned with study and treatment of medical disorders of individuals or should it be more than that, i.e. a humanistic discipline which promotes collective, public and global mental health through culture of empathy and human rights (Jakovljevic 2022c). Be that as it may, many and varied disciplines within or related to psychiatry should be coordinated and cooperated in the research and treatment of mental disorders, care and promotion of mental health. Transdisciplinary integrative psychiatry involves systematized and integrated findings about mental disorders from 7 perspectives (illness/diseaseome perspective, person perspective, cognitive perspective, behavioral perspective, spiritual

perspective, narrative perspective and systems perspective) and 4 paradigms (body, body-mind, body-energy and body-spirit paradigms) and 3 onto/phenomenological dimensions (being, belonging and becoming). These perspectives, paradigms and dimensions at different stages of mental disorders development and at different stages of treatment enable us better understanding and more successful treatment outcome.

Psychiatria Danubina is transdisciplinary integrative learning organization open to critical and resilience thinking, new ideas, concepts and experiences and a broader vision of the health of human civilization.

PSYCHIATRIA DANUBINA AND GLOBAL MENTAL HEALTH ENLIGHTENMENT

Humankind has never before faced such multi-dimensional existential problems as nowadays in our VUCA (Volatile, Uncertain, Complex, Ambiguous) world: the war in Ukraine, clash of civilizations, climate changes, air pollution, loss of biodiversity and dysbiotic drift of the human microbiome, water crises, deforestation, marine pollution, poison exposure, pandemics, etc. The 20th century was characterized by the clash of ideologies while the 21st century seems to enter the clash of civilizations which is expanding and metastasizing. Our VUCA world of ethical relativism, individualism, selfishness, global rivalries, free market where everything can be commodity seems to be floating over the abyss, in-between contradictions, instabilities and balance, war and peace, hatred and love, clash of civilizations and empathic civilization, dark anti-Utopia an Utopia (Jakovljevic & Jakovljevic 2021). Enlightenment 2.0 is a mental, social and political development that inspired new intellectual and public movements towards cosmopolitanism for a sustainable future of the Earth System and our world (see Vogt 2022, Wernecke 2022). Mental health is essential for community cohesion, meaningful life, peace, security and stability in the living environment and the whole world. Global mental health has become very important fields of research and practice that aim to alleviate mental illnesses through the prevention, care and treatment, and what is at least equally important to promote, protect and improve the mental health of people and their communities at national, international and global levels (see Sartorius 2002, Jakovljević 2016, Sartorius 2016). Global mental health programs are to be integrated into the 2030 Agenda for Sustainable Development (see Collins 2020) and Enlightenment 2.0: Toward Responsible Science in the Anthropocene (Vogt 2022). We will never have a perfect psychiatry, but by promoting integrative mental health sciences within Enlightenment 2.0 we can continue to make it a better one if we are to apply reason, science, humanism, global ethics and progress through the culture of empathy (see Pinker 2018, Jakovljevic 2021, Vogt 2022). Culture of empathy drives our common values, ethics, trust, cooperation, resilience, coherence, human rights, and humanistic self,

and so bridges individual, public and global mental health. It involves invisible forces that hold humans together and lead to healthy, creative, flourishing, and well-functioning families, communities, nations, societies, and civilizations. Revivifying the Enlightenment is a mental, social, spiritual and political movement that inspires aspiration towards global human spirit, collective mind and humanistic self, public and global mental health, cosmopolitanism and empathic civilization.

Global mental health promotion rests on three fundamental pillars. The first pillar is to recognize mental health as a global public good that requires action of all scientific, political, social and cultural sectors. Equal attention should be on the prevention and treatment of mental disorders as well as on the resilience, anti-fragility and promotion and maintenance of individual and collective mental health. The second pillar is a new transdisciplinary integrative definition of mental health bridging the gap between mental health of individuals and collectives/communities, from public to global mental health. It involves integration of the many mental health disciplines. The third pillar refers to human dignity, global ethics and culture of empathy as an essential part of the new 2.0 Enlightenment. Global Mental Health Enlightenment is a voice of peace in our world of wars which are the significant source of mental health problems and disorders, but also they are consequences of the particular collective psychopathology and sick political minds. Global culture of empathy as an important component of Enlightenment 2.0 seems to be the key to the very survival of humankind and life on our planet. Building blocks of global mental health and empathic civilization involve public understanding, epistemological authority, empathic ontological authority, teleological cosmopolitan authority and empathic harmony leadership based on inspiring narrative, good faith, reason, science and humanism. There is no health without mental health and there is no individual and collective mental health without culture of empathy based on respect, trust and love. What we need now is VUCA empathy solution: 1. Vision and values of compassionate society and empathic civilization as a transformative idea for the better future, 2. Understanding, mutual respect and unity at intercultural, local and global level, 3. Critical consciousness and cooperation in creating well-being and health for all, and 4. Assertive Activity in promoting empathy, trust, cooperation, partnership and friendship. Good, creative and empathic communication is a core of individual and collective mental health.

CONCLUSION

It is to be hoped that the Psychiatria Danubina will continue its hero's journey and serve the scientific and practical needs of psychiatrists in the countries along the Danube river as well as at the global world level. This 35th Psychiatria Danubina's anniversary will be inspiration for continuously expanding the reach and improving the quality of its contents. Psychiatry today is a very com-

plex and evolving branch of medicine in which findings, paradigms and achievements of various neurobiological, psychological and sociological sciences, as well as art, philosophy and religion have their theoretical, practical and therapeutic application. *Psychiatria Danubina* in its transdisciplinary and holodigmatic integrative spirit will continue to encourage different branches and fields of psychiatry to creatively meet each other and other mental health promoting disciplines for our better world and Global Mental Health Enlightenment 2.0.

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Correspondence:

Professor Miro Jakovljevic, MD, PhD
School of Medicine, University of Zagreb
Salata 3, 10 000 Zagreb, Croatia
E-mail: miro.jakovljevic@mef.hr