

**Abstract for**

**20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"**

Key Lecture

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Presentation title: **The New Approaches to Mental Disorders Treatment**  
**- Professionals' and Patients' Shared Responsibility**

Abstract text up to 20 lines in English:

For decades the paternalistic model reigned in medicine especially in the mental health care where the patients have been treated as inferior with a poor insight of their problems incapable to understand what can be good or bad for their mental health. On the other hand the problem of treatment adherence was one of the main problems considering symptoms improvement and especially relapse prevention. G. Ammon was one of the pioneers of the humanistic psychiatry who treated as fellow partners all patients including the ones suffered from severe mental disorders. He put in the center of the dynamic psychiatry treatment system the identity of the patient making establishment of the contact and constructive therapeutic alliance the most important therapeutic task and goal. In the 21-st century the new model of the shared decision making has been introduced in the healthcare system where the professionals and patients are considered as equal partners in the treatment process. It is defined as "a process in which clinicians and patients work together to select tests, treatments, management or support packages, based on clinical evidence and the patient's informed preferences; it involves the provision of evidence-based information about options, outcomes and uncertainties, together with decision support counselling and a system for recording and implementing patients' informed preferences". In the mental health care it includes all the essential parts of the treatment system such as medication, psychotherapy, leave from ward/hospital, and changes in treatment setting. The patient becomes a fair partner in the treatment process but he gains also the responsibility for the treatment outcome and his own well-being.