

Model biomedyczny w psychopatologii i opozycja wobec niego. Perspektywa psychologiczna
streszczenie w języku angielskim

The thesis presented here consists of four papers published in peer-reviewed journals. The first paper focuses on the history of the biomedical model in psychopathology, it points to fundamental conceptual problems of the enterprise, both in clinical and research contexts, and the controversies with regards to the efficacy of therapies based on the model. It argues that we face an overmedicalization and pharmaceuticalization of the issues commonly linked to mental health, while alternative theoretical approaches could lead to more ethical and effective treatments.

The second paper describes a historical example of such an alternative approach (Soteria) and its results. It shows that this kind of intervention allowed for a sense of subjectivity and meaning of the experience labeled as schizophrenia to be retained, as opposed to conceptualizing symptoms merely as signs of biological pathology devoid of any sense. The approach turned out to be at least as effective, if not more, than treatment as usual, even when avoiding pharmacotherapy. Soteria is presented as a forerunner of postpsychiatric approaches.

The third paper reconstructs postpsychiatry's core propositions and briefly describes its theoretical background and assumptions. It also presents chosen aspects of postmodern psychotherapy, which seem to be in many ways similar to postpsychiatry's ideas. Although they are drawn from different inspiration, postpsychiatry and postmodern psychotherapy seem to come to similar conclusions. The paper also aims to place postpsychiatry and postmodern psychotherapy in a Polish context and briefly deals with the ethical problems of pharmacotherapy and forced treatment. Chosen aspects of the legacy of Kazimierz Dąbrowski, Antoni Kępiński and Kazimierz Jankowski are shown to be similar to postpsychiatry propositions or even present solutions to the problems identified by postpsychiatry.

The fourth and concluding paper proposes a rough outline of an alternative systemic approach to mental health issues and of a more humane mental health care system. It suggests focusing on understanding mental distress as stemming from problems in living, using medications as agents facilitating psychotherapy, or as a last resort and short-term help, according to the principles of harm reduction. It argues that understanding drugs as psychoactive substances and studying the subjective effects they produce could lead to better utilization of medications and improvements in terms of conceptualizing and assessing treatment effects. Qualitative research could be particularly useful in that regard. It also advocates a radical departure from current diagnostic systems and proposes a synthesis of already existing alternatives to be used for both research and clinical purposes. Accordingly, a general idea for an alternative mental health care system, based on a combination of Open Dialogue Approach, Soteria houses, individual and group psychotherapy, cautious prescribing, services helping with drug discontinuation, peer-led services and social support is presented. The proposition could be seen as a first step towards developing a systemic alternative that could replace the currently dominating approach instead of focusing on implementing partial solutions that can be co-opted by the current one.

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