

CARE FOR FAMILY, SOCIETY AND HUMAN RIGHTS

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OBJECTIVES

Psychological counseling for women is continuous therapeutical effort on **strengthening: resilience, healing & personal growth**

Goals: **Setting boundaries + new learning:**
ways: **new communication and coping skills**

Full **understanding of women's needs brings back interest for humanity and equality and basic family stability**

Sustainable support includes supportive **family**, GCPs in psychological support and all G institutions and NGOs in care for women and human rights.

Mature society is with identical message: women's & human's rights protection focus on mental health: **a confident woman** is strong base for **family and social well-being**.



METHODS

Good clinical practice underlines importance of **BIO : pharmacotherapy**

PSYCHO: therapy, individual & group, CBT

SOCIAL : education, family, groups, society

CULTURAL/SPIRITUAL :socializing, rituals, networking in surrounding, meaning of life

PATIENT-THERAPIST RELATION : Empathy

Engagement:Daily activity/schedule

Physical activity (especially for abusers)

SOCIETY through Institutions: Police, Medical, Judicial, Social welfare, Educational **PREVENTION:NPH Popovača + Lectures in community(schools,libraries,hospitals,red cross)**

Continued Education and Anti-stigma:

SENZIBILIZATION CAMPAIGN/projects against (sexual)violence,stigma

& for Mental Health: NPH with NGOs:

2024 - NGOs/ Women's room, Zagreb, CROATIA

2023 - Dolphin Pakrac/ Support to Civil Society

1996- Psychosocial project after the war Lipik/the end:

"Women's society" Lipik / Municipality+NGO/

National Minority Association (Cooperazione Italiana)

RESULTS

Current clinical experiences: counseling targeted 80% women sample:

*long-lasting efficacy, stable remission, coordinated activities, all sectors involved

*improvement is for both: women and family

*good indicators: abstinence, support, short course of illness, no cognitive or trauma distress.

With clearly defined responsibilities among professional team, family members, society and institutions – goal is reachable: resilience and strengthened women and family.

Best results included pharmaco support individual therapy, foccus on personal growth, motiv, physical-activity(exercize)+networking



According to experiences in clinical practice, **Support for Women** to include:

***Knowledge about her specific needs**, experiences in early development, family, and possible exposure to trauma

***permission to be a person**

***multidisciplinary approach**

***bio-psycho-social and spiritual paradigm**

***cooperation between all sectors G+NGO**

***follow up + evaluation**

"clients who have moved significantly in therapy live more intimately with their feelings of pain, but also more vividly with their feelings of ecstasy; that anger is more clearly felt, but so also is love; that fear is an experience they know more deeply, but so is courage. And the reason they can thus live fully in a wider range is that they have this underlying confidence in themselves as trustworthy instruments for encountering life.." (Rogers,1961)

"Although The Platform for Action is repeatedly affirmed in international and governmental forums, women and girls still face social, political and cultural barriers to controlling their sexuality, sexual and reproductive health."(WHO, 2020)-

*clear message from Society and Authorities-**women are important → women rights and equality are important**



1. Matic,J;Bamburac LJ (1997) The postwar period -some observations made in the Lipik area during a psychological help project from Mar to Sep 1996., Psychologists facing "The Challenges of a Global Culture with Human Rights and Mental Health", 55th Annual Convention International Council of Psychologists, Graz,Austria

2. Rogers,C.R.(1961)Becoming a Person, A Therapist view of psychotherapy,Papperback

3. WHOWomen's health and rights: 25 years of progress? (who.int)