

## From the Editors

Dear Readers,

Two years ago, on October 17, our Mentor and Friend, the long-time Editor-in-Chief of Psychiatria Polska, Professor Jerzy Aleksandrowicz, passed away. Among us – his associates, he is still present. His personality and wisdom still influence our decisions as well as professional and life choices, we still refer to his views. He educated generations of psychotherapists, he was an authority in the field of neurotic disorders, he strongly emphasized the differences between psychotherapy as a method of treating illnesses and psychological assistance. His understanding of neurotic disorders went beyond what we know from the ICD or DSM classifications. He believed that the resignation from considering 'neurosis' an independent nosographic unit was unjustified, whereas assuming the multiplicity of neurotic disorders was an artifact resulting from incorrect interpretations of clinical observations. In his last article, which he sent for review just before his death, he proved that all neurotic symptoms are in fact one syndrome, different fragments of which occur temporarily depending on the current experiences and the circumstances that induce them [1]. Wydawnictwo Literackie (Literary Press) recently published the book *Therapy for life*, an extended interview with Jerzy Aleksandrowicz (*Jerzy Aleksandrowicz: Terapia na życie. Rozmowy z Dominiką Dudek i Małgorzatą Skowrońską. Wydawnictwo Literackie, Kraków, 2020*). We recommend you to read this book, owing to it you will learn more about the life and beliefs of this fascinating man, you may expect many emotions as well as controversial statements that evoke vivid emotions. It will be an interesting reading that will give you the opportunity to break away from reality on long autumn and winter pandemic evenings.

Well, the pandemic has reorganized our lives. Once we were hoping for a return to normal, the virus attacked with doubled force, teaching us humility. We had to change the way we work, organize COVID wards in many places as well as provide psychological support for both patients and our colleagues. In this issue of Psychiatria Polska, you will find an article discussing the transformation of a psychiatric ward in a dedicated COVID-19 hospital.

Two articles analyze the services and organization of psychiatric healthcare. In our journal, we return to these issues from time to time [2–4] trying to bear in mind that all organizational solutions are to serve the patient, who is often lonely and alienated in the treatment system [5].

We draw your attention to the article concerning the nutrition of chronically mentally ill people. The growing interest in the influence of nutrition on the mental condition has led to the development of a separate trend in research – the so-called nutropsychiatry, emphasizing the role of diet in the development, course and effectiveness of treatment of mental disorders [6]. In patients with schizophrenia, changes in eating behavior are more common in connection with changes in appetite and dietary preferences, including avoiding the consumption of specific groups of products and dishes as well as excessive consumption of products lacking essential nutritional values, which undoubtedly affects their somatic health [7, 8]. The assessment of the health of patients with schizophrenia is also influenced by their professional activity, the possibility of employment in sheltered conditions or participation in Occupational Therapy Workshops [9]. In the current issue,

the team of Professor Cechnicki returns to this subject. Another interesting article on the possibility of using virtual reality in working with psychotic patients comes from the same center.

This fall issue of our journal opens with another article in the series *A half-century of participant observation in psychiatry*. This series is a fascinating summary of 50 years of professional work of Professor Janusz Rybakowski [10, 11].

A historical article commemorating Kazimierz Filip Wize is the frame and closure of the current issue of *Psychiatria Polska*. In our journal, we emphasize the memory of the great figures of Polish psychiatry and we are grateful to the authors who undertake this effort [12, 13].

We encourage you to read and wish you health, perseverance and hope that every cloud has a silver lining.

**Dominika Dudek – Editor-in-Chief,  
Jerzy A. Sobański,  
Katarzyna Klasa**

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