

### **From the Editors**

The war right on our doorstep will not let itself be forgotten. Despite the tragedy that befell their homeland, Ukrainians try to live as normally as possible and think about the future. This also applies to the future of Ukrainian psychiatry, which must now shift to helping people with trauma and, in the longer term, carry out a profound reform. Young Ukrainian psychiatrists are open to the world, they want to expand their knowledge and learn from other countries. In this respect, cooperation with the Polish Psychiatric Association is very valuable for them. In addition to significant material aid, the Polish Psychiatric Association supports and organizes training, trying to integrate young psychiatrists from Poland and Ukraine. Memories from the School for Young Psychiatrists of the Polish Psychiatric Association were still vivid, and a joint conference was already held under the auspices of the WPA – we met people interested in our psychiatry, gaining knowledge and asking a lot of questions to the speakers.

Unfortunately, there was also bad news – our friend from Lviv, vice-president of the Ukrainian Psychiatric Association, Doctor Jurij Zakal, recently passed away. We have met at numerous conferences for many years. Last year he was a guest in Arlamow and Krakow, and his lecture on the effects of war trauma, which he gave at the Auditorium Maximum in Krakow, met with great interest from the audience and brought tears to the eyes of many. Jurij Zakal was always full of energy and ideas, from the beginning of this terrible war he committed himself wholeheartedly to coordinating the Polish Psychiatric Association's help for Ukrainian hospitals. The information about his serious illness and subsequent death seemed unreal and left us wondering: why do the best and most needed people die prematurely?

By coincidence, or maybe there are no coincidences, the current issue of *Psychiatria Polska* contains as many as four articles devoted to trauma, including an important position statement of the working group on the diagnosis of post-traumatic stress disorders.

One of the borderline situations in a person's life is being confronted with the diagnosis of a serious, potentially terminal disease. Such a situation undoubtedly affects the mental condition and vice versa – emotions and psyche influence the process of recovery and coping with the disease. Further articles in our journal are devoted to this issue. Dealing with negative emotions takes many forms – those that promote recovery, but also those that are inappropriate and lead to even more serious problems. Unfortunately, this is sometimes facilitated by incorrect decisions made by doctors, e.g., regarding overly prolonged prescription of benzodiazepine derivatives and drugs with a similar mechanism of action.

Awareness of this problem prompted the Polish Psychiatric Association to formulate its position. You will find it in the current issue of *Psychiatria Polska*.

The highlighted topics do not exhaust the rich content of our journal, which will accompany you at the beginning of autumn.

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