

THE HISTORICAL DEVELOPMENT OF PSYCHIATRY IN SERBIA

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SUMMARY

The authors present the development of the concept of mental disease and treatment in Serbian medicine. Serbian medieval medicine did not acknowledge fortune telling, sorcery, the use of amulets and magical rituals and formulas. These progressive concepts were confirmed by the Church and the Serbian state in what is known as Dušan's Code. The Historical data on the establishment of the first psychiatric hospital in the Balkans "Home for the Unsound of Mind" at Guberevac, Belgrade, in 1861 and its founders is reviewed. After World War I, in 1923, the Faculty of Medicine was established in Belgrade to which the coryphaei of Serbian medicine educated in Europe, mostly in France and Germany, flocked and that same year the Psychiatry Clinic of the Faculty of Medicine in Belgrade was set up. Its first seat was on the premises of the Mental Hospital in Belgrade, and it became a training base and laid the foundations of the future Neuropsychiatry Clinic in Belgrade, which in time evolved into the nursery of psychiatric professionals for all of Serbia. The most important data on the further development of psychiatry up to date are presented.

Key words: psychiatry – Serbia – development - history

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INTRODUCTION

Psychiatry is the segment of medicine which studies the causes, types and methods of treatment of mental diseases. In following the historical development of individual disciplines, analogies are readily observable, notably when specific preconditions reach their peak and concur. The same is true of medical science which in history first featured as an individual activity, to be subsequently, with the march of civilization, established as a cultural good in its own right. Thus, in the Middle Ages, the coryphaei of medicine, among others, initiated in parallel that segment of the culture and civilization of their respective peoples in particular regions. As with other walks of life of the Serbian people, so were there in the realm of medicine doctors who gave their contribution in the mental health domain.

MEDIEVAL PERIOD

Having survived the fall of the Western Roman Empire, from the fourth to the seventh

century Byzantium developed its own distinct culture. In the centuries that followed, Byzantium recovered, in part thanks to the policy of settling Slavs on its territory, and thus progressed to its zenith in the 12th century. The Byzantine religious fervour was reflected in the ever more vigorous construction of Samaritan and humanitarian institutions to provide care for the infirm and treatment to the sick. Those institutions were more developed in Byzantium than in the Western Christian world, and were in fact transplanted from Byzantium to neighbouring countries also, including Serbia at the time of the Nemanjić Dynasty and others. Reflecting on the strong promotion of such establishments, the German historian Hezer advanced the thought that "hospitals and hospital care and treatment are - Christian creations".

The Serbian medieval state in the period between the 12th and the 14th centuries was one of the most progressive states of the time. While it partly inherited the Byzantine culture, numerous features of its original national heritage asserted its own identity.

Serbian medieval medicine did not acknowledge fortune telling, sorcery, the use of amulets and magical rituals and formulas. These progressive concepts were confirmed by the Church and the Serbian state in what is known as Dušan's Code (Tzar Dušan the Mighty, 1331 - 1354), whose Articles 20 and 109 prescribed severe punishment for those engaging in sorcery (Milovanović 2000).

The oldest Serbian doctors of the time were certainly "doctor's empirics", meaning doctors who studied medicine as a craft. The names are known of the first two Serbian doctors, namely: Prvoslav from 1281 and Menča Baranin from 1330. However, Serbian medieval rulers also invited trained physicians from Greece and Italy. Serbian medieval medicine did not lag behind the most developed schools of medicine of the time and it featured suggestive psychotherapeutic action and a rich empirical experience and also amply relied on physio- and hydro-therapy.

Suggestion, a form of psychotherapy (just as today) was popularly used and was represented in the cult of saints and healers, such as Sts. Cosmas and Damian, who are observed in Serbia as the Patron Saints of medicine. Quite a few frescoes in our old monasteries depict the healing powers of Jesus Christ and other spiritual fathers. The most typical in that sense is a fresco in the Dečani Monastery from 1335. Frescoes in the Dečani Monastery feature numerous illustrations of a variety of treatments of diseases then known to medicine, as well as portraits of Saints, who were considered merciful and powerful healers. The frescos show the healings of sleepwalkers, of the paralyzed, and of agitated psychotics, with their sufferings graphically depicted, who were looking for a cure in acceptance and support, and often finding it in the power of suggestion.

The first Serbian hospitals – monastery hospitals – the oldest Serbian hospitals were organized in monasteries – in Chilandar and Studenica, after the fashion of the numerous hospitals that had been in existence in Byzantium. Attesting to that are parts of the Chilandar and Studenica typicons, which correspond to parts of the typicon of the Monastery of the Evergetes in Constantinople.

The Chilandar hospital was founded around 1198 by Stefan Nemanja (1166-1196) and his youngest son Rastko (? – 1235/36), who was dubbed Sava when he was inducted into

monkhood. By then Sava had been to Constantinople many times and had had occasion to acquaint himself with the way its monasteries-hospitals and their asylums for the indigent and infirm were organized.

Chilandar Monastery can be considered the oldest centre where medical knowledge and skills were acquired. This is attested to by documents from various medical disciplines and papers from auxiliary medical sciences, dating back to the 13th century. The most important among them is the CHILANDAR MEDICAL CODE, drawn up in the period between the 13th and 14th centuries. Research indicates that the papers comprising the Code are selected translations and revisions of texts by professors of the Salerno and Montpellier schools (Vincentus Bellovacensis, Gilbertus Angelicus, Gerardus de Solo, Matheus Platearius and others), and physicians of Antiquity are also mentioned (Hippocrates, Galen, Dioscurides), as well as Constantine the African who translated documents from Arabic into Latin. The Chilandar Code is written in the Cyrillic script, and a considerable number of the Latin medical terms were translated into the Serbian language (Katić 1990).

DEVELOPMENT OF THE CONCEPT OF MENTAL DISEASE AND TREATMENT IN MEDIEVAL SERBIAN MEDICINE

Serbian medieval medicine developed against the backdrop of turbulent Balkan upheavals. The medical profession of the time was also under the considerable influence of Western medicine, via the Adriatic coast, from the schools in Montpellier and Salerno, so that religious medicine developed (canonical and apocryphal), as well as lay medicine, fostered alongside the European scientific medicine of the period.

In religious medicine, which is tinted by individual confessional affiliations, elements of animistic and magical medicine were retained within the framework of religious life. The antechamber of contemporary medicine is empirical medicine, based on the concrete experiences of doctors and healers. It must be observed that five centuries under Turkish rule arrested Serbia's overall cultural development, including that of its medicine.

Given its dramatic manifestations, impenetrable etiopathogenesis and, hence, its

imperviousness to therapy, psychiatry was the last to embrace causal medical logic. Mental disorders were, more than bodily ones, for the most part ascribed to “otherworldly” powers, supernatural causes: possession, jinxes, spells, God’s will or “deserved” punishment by the Lord “for sins committed”, either by the diseased or their ancestors. Thus, for instance the causes of “madness” or “folly” were attributed to non-observance of holidays, i.e. work on red-letter days, which was specifically forbidden to women.

Data on neuropsychiatric diseases in the past can be found in old documents, and particularly illustrative is that imparted by medieval frescoes, in Serbian monasteries and churches, from which one can grasp the perception of disease, the clinical picture manifested and the treatment of the diseased.

Today we are able to trace the history of the development of medical science, despite extensive and repeated destruction over the centuries, on the basis of a variety of written works from the period, of painting, folk tradition, lore, proverbs, adages, and of archaic beliefs, which, preserved through the centuries, bear witness to the trends of the period. Thus, the preserved “lekaruše” (medical books) or “lekarnice” (pharmacies), popular medical editions, stamped with the personal experiences of the doctors who produced them and which were handed down from generation to generation, make it possible to follow the development of medical thought, which is reflected in different beliefs and superstitions, with elements of both magical and religious, but also causal medicine. On the other hand, apart from superstitions and misconceptions, there also remained registered, as valuable and successful, positive phyto-therapeutic experiences in treating insomnia and anxiety, with poppy head, hemp, hops and valerian teas.

It is in order to mention the existence of an awareness of the importance of observing social norms, customs and festivities, which can be seen as an indicator of familiarity with the basic principles of mental hygiene. Starting with the celebration of childbirth, through the baptism of the child, socialization unfolds, intertwined with the observance of spiritual holidays and the marking of important events: weddings, funerals, going to war. The acknowledgement of solidarity, bonding during events, harvesting bees, get-togethers and providing for orphans, meant

nurturing and fostering mental wellbeing with deep understanding and wisdom. At that time, the very visit to a monastery was considered a medicine for mental illness, where the ill were accorded different treatments, starting with the reading of prayers for the restoration of health or exposure to the “work” of the relics of saints. Given the nature of the disease, perceived as “possession by the devil”, the sick would be immobilised with shirts made of coarse peasant cloth, held in ascetic cells and in caves, in order to “force the evil spirit” to depart the diseased, or “hesychasm” would be practiced – a special method of quieting down one’s soul in solitude as a preliminary stage to transcendental meditation.

A sometimes drastic approach to the gravely ill was described by Vuk Karadžić and historian Tihomir Đorđević. Vuk Karadžić gave the following description: “The mentally ill are taken to monasteries, in particular obsessed ones who are rabid, whom the monks then fetter in chains and beat mercilessly until they utter the name of the demon which has entered them”. Along those lines, historian Tihomir Đorđević also writes: “...The insane are locked up in jail to get well. They bring them in with their hands and feet tied. A chain is stretched low in the jailhouse with its ends nailed to solid beams. In its centre is an iron ring which is placed around the neck of the insane person who has been made to lie on the ground and the ring is then fastened with a lock”. Such ‘treatment’ continues until the patient gets well. If he is agitated they beat him until he calms down...”

THE FOUNDERS AND THE FOUNDING OF MENTAL HOSPITALS IN SERBIA – THE OLDEST MENTAL HOSPITAL IN SERBIA AND IN THE BALKANS - AT GUBEREVAC

The issue of providing care for mental patients which was raised in Serbia as far back as in 1838 was finally resolved only in 1861. The so-called “Doctor’s tower” building in the west section of Vračar in Belgrade, actually the private house of Dr Kunibert (Bartolemeo Selvestro Kunibert, 1800-1851), which is still today a state-protected edifice, was designated for the accommodation of mental patients (Milovanović 2006, Ignjatović 2007). “Doctor’s tower” has the combined features of a tower, dormitory and mansion, and is today an

important historic monument of culture and one of the first larger architectural structures erected in Serbia after the uprising.

On 3 March 1861, the State Council passed a Decree on the establishment of a “Home for the Unsound of Mind”, signed by Prince Mihailo Obrenović himself. The Decree states, *inter alia*, that the unsound of mind from all over Serbia shall be kept and treated in the Home. The Decree contains 37 Articles precisely regulating the operation of the Home. After the preparations were completed and the building adapted to its purpose, furniture and supplies were brought from the military hospital, and, on 26 August 1861, the first woman patient was admitted for treatment. Thus the institution was set up which was to become the foundation of scientific psychiatry in these parts.

At the initiative of Dr Vladan Djordjević, Chief of the Medical Department of the Ministry of the Interior, on 30 March 1881 a new Law on the Regulation of the Medical Profession and Promoting Public Health was adopted, and the Home for the Unsound of Mind evolved into a “hospital for mental diseases”. The same Law introduced the post of another secondary doctor. Already in 1886, the hospital for mental diseases had eight distinct patient wards in its infrastructure. The patients were classified as paralytics, schizophrenics, and persons with other manias (e.g. melancholy). In identifying the causes of mental diseases, inheritance, syphilis, alcoholism, mental stress, moral exaltation and the like were taken into consideration, and treatment was symptomatic and specific, individualized. Much attention was devoted to courtesy, politeness, kindness and humaneness in interaction with the patients, for...”if he has no such compassion and such an attitude to people, a doctor should give up medicine altogether and psychiatry in particular”. All patients were watched to prevent them hurting themselves or others, and they were allowed to engage in all useful activities of their choice. It often happened that some elderly, innocuous patients did not want to go back home because they found life in the hospital better. The well-to-do dispatched their ill family members to Vienna and to Graz, but there, according to the words of Dr Dušan Stojimirović (1870-1955), who worked for 24 years at the hospital as deputy primarius (chief physician) then as primarius and finally administrator, nothing more could be done for them than here, in Belgrade, and he had this to say

about the hospital itself: “it is to its credit that then it was absolutely at the same level as any mental hospital abroad, and it was better appointed than hospitals of a similar type in the Balkans, and in fact anywhere in Europe” (Milovanović 2006a). Today this hospital bears the name of Dr Laza K. Lazarević (1851-1891), a legend of Serbian medicine, doctor, writer and scientist with a psychiatric-psychological background.

The first trained psychiatrist in Serbia was Jovan Danić (1847, Belgrade – 1924, Belgrade), who was appointed administrator of the Guberevac Mental Hospital in 1887. The works of this highly educated man, a visionary, humanist and polyglot, were of a scientific and educational nature for narrowly specialized medical circles but were also of broader public importance for raising general medical awareness. The following are examples of some of his works: “On Mental Anguish”, “Medical Reform in Serbia”, “A Walk through the Madhouse”, “On Suicide”, “Alcoholism and Insanity”, “Some Thoughts on the Hygiene of Love”, “Letters from Sicily”. In 1902 he founded the Society for the Prevention of Alcoholism and was its president. From 1897 to 1919, Dr Jovan Danić was editor of the Serbian Archives for the entire medical profession. From 1896 he was the president of the central Medical Council and for 10 consecutive years he was elected president of the Serbian Medical Society (from 1895 to 1905). As the secretary of the Medical Department of the Ministry of the Interior he extensively contributed to the drafting of health care legislation. When Dr Jovan Danić was its administrator, the Mental Hospital had 9 wards with 180 beds. Case histories were redesigned and nosological entities were for the most part consistent with the terminology used by the European psychiatric establishment (Dimitrijević 2005, Milovanović 2006a).

The first written document on psychiatry in the Serbian language was penned by Dr Aćim Medović in the chapter “Disputable Mental Diseases” in a forensic medicine textbook which was printed in the Cyrillic script in the State Printing House in Belgrade in 1866. Other psychiatric hospitals also sprang from the Hospital for Mental Diseases (Milovanović 2006a).

At the beginning of the war with the Turkish Empire (1912) the total number of doctors in the Kingdom of Serbia was 370. Six years later at the end of World War I the total number of medical doctors in the whole of Serbia, Old Serbia and

Macedonia was 35. During the Wars (1912-1918) 153 medical doctors died, as did 1 dentist, 6 older medical students, 21 younger medical students, and 25 foreign medical doctors while 11 were captured by the enemy (Subotić 1922).

In the period between the two world wars, the Hospital continued to grapple with formidable difficulties both in respect of its professional work as well as in trying to cope with outdated perceptions and a lack of understanding for the needs of the psychiatric service and with increasingly cramped conditions due to the enormous influx of patients. The working conditions were difficult, and the treatment accorded the patients lagged behind the attained levels of psychiatric knowledge. That, as well as the wars, is probably the sole reason why it was only in 1920, 9 years after Bleuler had introduced the term schizophrenia, that the pioneer psychiatric institution in the then Kingdom of Yugoslavia began to approximate the contemporary achievements of psychiatric science. The number of annual admissions doubled after the end of World War I, so that in 1919 over 500 patients were admitted for treatment, and by 1920 that number had increased to 600 patients a year. Although circumstances were such that truly adequate psychiatric help could not be provided, despite overall unresponsiveness and a lack of understanding from all quarters, the hospital nevertheless mustered the strength, drawing on its own resources, to keep abreast of the medical state of the art and to try and win for itself some basic rights in an uneven struggle.

The Military Ward for nervous and mental diseases was set up in 1932, two years after the establishment of the Central Military Hospital. The first military neuropsychiatrist, Dr Jordan Tasić (1890-1968), pursued his specialized studies in Vienna (1931-1932) with the eminent Wagner von Jauregg, and on returning became the first head of the Ward, which had 60 beds, and admitted exclusively military personnel for treatment (Preradović et al 2002).

The Kovin Psychiatric Hospital - In 1924, the Hospital for Mental Diseases in Kovin started to work. That day 25 male and 25 female chronic "peaceful patients, fit for work" arrived, with several orderlies and Dr Anto Marić whom the Ministry had entrusted with the duty of administrator of the newly-founded hospital. In parallel with the technical and administrative development of the hospital, the medical service

constantly improved under the management of Dr Julius Dezider. A quite well-stocked medical library was formed, containing specialized, psychiatric books and journals, both national and foreign. Forensic medicine expertise soon became an important segment of the medical staff's work: as the Hospital became ever more widely known and professionally renowned, the authorities also began to increasingly seek the opinion of the Hospital's Medical Board. From 1929 to 1941, Dr Dušan Jevtić (1899-1965), later a professor at the Faculty of Law and the Faculty of Philosophy in Belgrade, the founder of the subject Legal Medicine, and the author of important works and textbooks in this field, worked in this hospital as a doctor and a specialist.

The successes achieved in the field of occupational therapy were considered a crucial part of the doctors' work in general, the "cornerstone of any success and failure", wrote the administrator, chief physician Dr Julijus Dezider. "It is only this endeavour we have to thank", he added, "if soon almost no trace will be seen in mental hospitals like these of the antiquated agitated wards and of those obtuse patients, forsaken by the whole world, who could earlier be seen in old mental asylums".

With the introduction of musical therapy and the setting up of a sound cinema in the hospital compound, as a very important socio-therapeutic method, the doctors of that period focused on the need to bring in that way all the *joie de vivre* and gaiety which is inherent in a healthy and normal person closer to their patients. At the same time, among the plans aimed at modernizing the hospital was the introduction of hydro-therapy which at that time was a tested means for pacifying agitated patients. Finally, to illustrate the real significance of the introduction of occupational therapy in mental hospitals, we shall quote Dr Franc Gerlović, one of the administrators of the Kovin Hospital at the time, who says: "After the successful and brilliant introduction of the principle of occupational therapy into mental hospitals, the external face of these hospitals has substantially changed. The former "madhouses" encircled by high walls behind which due to the presence of terrifying voices the human ear could hardly suspect the presence of wretched creatures, visible to no one, have lost their mysterious and dark significance. "Madhouses" have become hospitals, which their pleasant appearance has again brought closer to the outside world".

This therapeutic milestone also signified great success for Serbian psychiatric hospitals. Gardens and fields around hospitals sprang to life, workshops were full. All around the premises people could be seen industriously going about their work. The patients, until recently a social evil and a burden to their families and the state, became useful members of society again. For the later modernization of this hospital, particular credit is due to Dr Dušan Jagodić (Milovanović and Milovanović 2005).

The founding of the mental hospital in Popovača. From 1930, Prim. Dr Ivan Barbot was appointed administrator of the Belgrade Hospital, by a decree of the Ministry of Health. Requesting an enlargement of capacity, he managed to get approval for a ward of the Hospital for Mental Diseases to be set up in the largest castle in Popovača (Maslovina, Croatia) as a detached annex of the Belgrade Hospital. In his capacity of administrator of the Belgrade Mental Hospital, Dr Ivan Barbot gradually also purchased the other facilities, fields and woods of the former feudal estate and adapted them to suit the hospital's needs. In this way a detached annex of the Belgrade Hospital was formed which relieved the central establishment of a number of its chronic patients. In October 1933, several patients arrived in the castle, and in 1934 another 140 chronic patients of the Belgrade hospital. The necessary administrative, technical and medical staff arrived together with the patients. In parallel, under the supervision of Dr Barbot, a farming estate was established on the mansion's arable fields, which produced a surplus year after year, providing economic security to the detached unit. The "Detached Annex" had the character of a hospital. Its founder, who continued to be the administrator of the Belgrade Hospital, visited only occasionally for inspection, and only in 1940 became the administrator of this facility in Popovača which by then had become an independent mental hospital. Patients admitted until 1940 were mostly from Serbia and Vojvodina, but also from Montenegro, Macedonia and Kosmet. From 1940, the hospital admitted patients from Croatia.

The Mental Hospital in Gornja Toponica. The sale and purchase of a large estate in the area of the village of Gornja Toponica near Niš, was officially closed on 9 September 1911, providing the plot on which today's Psychiatric Hospital was built.

The land on which the hospital was constructed is known according to both archival records and to lore as "King Milan's Estate". It was the property of his ex-wife Natalija, who was divorced and banished from Serbia, the same lady who donated her spacious estate in Serbia to the University of Belgrade. The remit of the medical bodies of Serbia for the provision and promotion of public health encompassed the field of mental health. The hospital started working in 1927. On that day 120 patients were transported from the Hospital for Mental Diseases in Belgrade to the railway station in Toponica. According to available data, in 1929, 320 patients were hospitalised in the hospital whose total number of beds was 160. Four doctors and 40 day laborers - orderlies looked after and provided treatment to this number of patients. The number of applications for treatment kept increasing, so that in 1935 there were 492 patients, and in 1940 as many as 604 patients. The state hospital continued working also during World War II under very difficult, demanding and highly risky conditions for the patients, and in particular for the staff and management.

The Psychiatry Hospital in Vršac - started working in 1952 as a detached annex of the Belgrade Hospital. The Ministry of Health of Serbia issued an official decision the following year on 29th of December, specifying an initial capacity of 70 beds. The first administrator of the hospital was Dr Božidar Maksimović; in the years that followed, the capacity was enlarged to 900 beds. Today this hospital bears the name Dr Slavoljub Bakalović (1927-1976) under whose management of, and later that of Dr Milan Bešlin, the hospital did exceptionally well.

The Psychiatry Hospital in Novi Kneževac. In 1967 started as an adjunct to the Health Dispensary psychiatric ward with initially 20 beds. Five years later the Psychiatric hospital started to work with capacity of 80 beds.

ESTABLISHING OF THE NEUROPSYCHIATRIC CLINIC OF THE FACULTY OF MEDICINE IN BELGRADE

After World War I, by 1923, the Faculty of Medicine was established in Belgrade to which flocked the coryphaei of Serbian medicine educated in Europe, mostly in France and

Germany, and that same year the Psychiatry Clinic of the Faculty of Medicine (MF) in Belgrade was set up. Its first seat was on the premises of the Mental Hospital in Belgrade, and it became a training base and laid the foundations of the future Neuropsychiatry Clinic in Belgrade, which with time evolved into the nursery of psychiatric professionals for all of Serbia. The Psychiatry and Neurology Chair was founded with the arrival of Professor Dr Laza Stanojević on 10 October 1923. In his pioneering role as the first administrator, Chair principal and educator, he produced a large number of specialized and research papers (about 50), published in both national and foreign journals, in the field of clinical psychiatry and neurology, forensic psychiatry, social psychiatry and experimental psychopharmacology. In the earliest period, Prof. Stanojević's first associates were: Dr Radoslav Lopašić, later the administrator of the Clinic for Mental and Neurological Diseases in Zagreb; Dr Dimitrije Dimitrijević, later a professor of neuropsychiatry at the Faculty of Medicine in Sarajevo; Dr Vladimir F. Vujić, as the first elected assistant professor for the subject of neuropsychiatry at the Faculty of Medicine in Belgrade and Dr Angelina Parezanović, later chief physician at the Neuropsychiatry Clinic in Belgrade (Milovanović 2006b). Professor Dr Laza Stanojević was born in Belgrade in 1861 and died in Belgrade in 1951. In 1936, the Clinic obtained premises in the right wing of the Anatomy Institute, with 36 beds and its own outpatient unit. During World War II the mental ward of the German army moved into this facility and the Clinic was forcibly evicted (Milovanović 1994). Today, the in-patient ward of the Psychiatry Institute bears the name of its first post-war administrator, Professor Dr Vladimir F. Vujić (1894-1953). Of the teachers at the Faculty of Medicine of the University of Belgrade, after Prof. Stanojević, a special contribution to Serbian psychiatry in the 20th century was rendered by Prof. Dr Vladimir Vujić (1894-1953), Member of the Academy Prof. Dr Jovan Ristić (1912-2001), Prof. Dr Srboljub Stojiljković (1922-1974), Prof. Dr Slavka Morić Petrović (1919-1998), Prof. Milan Ignjatović (1925-2002), Prof. Dr Predrag Kaličanin (1927-2004), Prof. Dr Maksim Šternić (1921-1999) and Prof. Dr Dimitrije Milovanović (1928-2008).

FURTHER DEVELOPMENT AND THERAPEUTIC APPROACHES

In the period following World War I, until the discovery of the first psychopharmaceuticals in the therapy of mental disorders and diseases, pyretotherapy, pharmacological convulsive therapy with cardiazol and in selected cases also leucotomy were applied in Serbia, with the dominant therapeutical methods until 1955 being insulin shock therapy and electroconvulsive therapy. Following the discovery of the first antipsychotic drug, chlorpromazine, in France in 1952, it started to be widely applied in Serbia. During the ensuing period, foreign achievements in the field of psychopharmacotherapy were followed and successfully adopted, but a Belgrade psychopharmacotherapeutical school was also established.

Parallel with the development of clinical psychiatry and a biologically oriented therapeutical approach, as of the 1920's psychoanalysis and dynamic psychiatry also started to develop. Pioneering this work were Dr Nikola Šugar (1897-1945) in Subotica and Dr Hugo Klajn (1894-1981) in Belgrade, who directly liaised with the circle of psychoanalysts surrounding Freud. In the early 1930's the classics of psychoanalysis began to be translated and texts on psychoanalysis began to be written. In 1938, the Belgrade Psychoanalytical Society was founded. One of its founders was Dr Vojin Matić (1911-1999) who opened the institution in 1954, named Medically psychological counseling. For many years Dr Matić remained the teacher to the number of present psychotherapists. The first ward where patients were treated for neurotic disorders and where psychoanalysis was applied was founded in 1952 within the framework of the then Clinic of Neuropsychiatry in Belgrade. This Ward was at the foot of Mt. Avala, after which it was named. Its initiator and manager was Dr Mirko Švrakić (1917-1962) (Erić 1999). Only 4 years later a Psychotherapy Ward was also opened at the "Dr Dragiša Mišović" Hospital (Klajn & Bogičević 1970)

Until World War II there were few doctors-neuropsychiatrists in the area of today's Serbia. Most of them worked in psychiatric hospitals, and the circulation of staff between the mental

hospitals in the Yugoslavia of the time was quite dynamic. The ties established at the time with world trends in the young science of neuropsychiatry were also very fruitful.

However, until the end of fifties traditional psychiatry was performed. After the education of a number of psychiatrists in Western European countries (Great Britain, France, Germany, Switzerland, etc) psychiatry in Serbia developed at a rapid pace. Great progress was achieved concerning the development of protection of mental health (since 1959 till 1965). Since 1957 Prof. Dr Jovan Veljković (1924-1999) performed important achievements in developing mental hygiene. The principle of so called "Open door hospital systems" was adopted, also during that period the gradual implementation began of all inclusive protection with principles of primary, secondary and tertiary prevention of mental disorders. Beside psychotherapy, the development of psychodynamic psychiatry, team work, clinical psychology and modern social work characterized the period. In parallel to this psychopharmacology started to develop rapidly (Prof. Dr D. Milovanović with followers Prof. Dr V. Paunović, Prof. Dr I. Timotijević, Prof. Dr S. Djukić-Dejanović, Prof. Dr M. Jašović-Gašić). The Psychiatry Clinic remained the hub and the hotbed of experts. New psychiatry clinics were established, namely: in Novi Sad (1953) with administrator Prof. Dr Nemanja Vurdelja (Dragović & Milovanović 2004) and associates Prof. Dr Stojan Vučković (1928-1992), Prof. Dr Edvin Til and Prof. dr Borislav Kapamadžija (1926-2007); in Niš (1955) with administrator Prof. Dr Branko Grbeša (1918-2000) and associates Prof. Dr Dragan Davidović (1928-1999), Prof. Dr Aleksandar Lazović and Prof. Dr Lazar Vlajin; in Priština (1962) with professors: Dr Muhedin Salihamidžić (1925-1995), Dr V. Trajković and Dr D. Karalejić; in Kragujevac the first psychiatric ward was opened in 1959 with administrators Dr Rada Veličković and Dr Aleksandar Terzić, the ward was expanded in 1966 and re-opened on the ceremony with Prof. Dr Jovan Ristić, Prof. Dr Jelena Gospavić, and Prof. Dr Srboljub Stojiljković. The psychiatric Clinic in Kragujevac was established in 1996, headed by Prof Dr Slavica Đukić-Dejanović.

During the decade of the late fifties till late sixties child psychiatry also developed, at the Neuropsychiatric Clinic in Belgrade, Institute of

mental health in Belgrade, at the Clinics in Novi Sad, Niš and Kragujevac (Prof. Dr B. Rodojičić, Prof. Dr N. Tadić i Prof. Dr Sv. Bojanin).

Since 1955 in Belgrade, Novi Sad, Niš and Kragujevac out-patient systematic therapy of alcoholics and other addictions was performed (Dispensary for alcoholism – Prof. Dr S. Stojiljković, Dr A. Despotović, Prof. Dr J. Bukelić, Dr B. Gačić, Dr P. Kastel), soon after and inpatient services was open in hospitals in Belgrade, Kovin, Vršac, Toponoca, Novi Sad. Social rehabilitation followed closely through sociotherapeutical clubs.

The Mental Health Institute in Belgrade. Of particular importance for the development of psychiatry in Serbia is the establishment of the Mental Health Institute in Belgrade (14 April 1963), as the first socio-psychiatric institution in the Balkans. The founder of the Institute was Prof. Dr Slavka Morić-Petrović (1919-1998), who closely cooperated with Prof. Dr Dušan Petrović, Prof. Dr Milan Popović, Prof. Dr Predrag Kaličanin (1927-2004), Prof. Dr Miroslav Antonijević and other eminent psychiatrists. With the establishment of the Institute of Mental Health, an organised approach was inaugurated to the primary prevention of psychiatric disorders, the comprehensive treatment of patients in the institution and their monitoring through a developed extramural service. With the founding of the Institute, day hospitals, outpatient clinics, counseling units and social therapy clubs were opened in other psychiatric institutions as well. In the period from 1963 to 1980, after the model of the Mental Health Institute, nine day hospitals were opened, which were supported by the inpatient wards of their institutions (Antonijević 1980). At the Institute all methods of prevention were applied, as were team work and also psycho-education. Since 1963 sociotherapy was performed within a Therapeutic community. This became widely accepted practice in every institution of partial or full time hospitalization and in institutions of social protection as well. Since 1964 once a year symposiums were held on the topics of social psychiatry, psychotherapy, child psychiatry, alcoholism. In the same year 1963, a service for genetics in psychiatry with special counseling was founded at the Institute. (Prof. Dr S. Morić - Petrović, Prof. Dr B. Garzičić, Prof. Dr P. Kaličanin, Ž. Lača).

Since 1969 the Mental Health Institute regularly, quarterly, publishes a scientific journal, at the beginning named “Anali Zavoda za mentalno zdravlje”, nowadays it is called “Psihijatrija danas”. Ten years later, the Neuropsychiatric Clinic started publishing the journal “Engrami”. After the model of the Mental Health Institute, a psychiatric institution of the same name and purpose was also founded in Niš in 1974, headed by Prof. Predrag Vidojković (1932-2002).

CURRENT STATUS

Over the last 30 years a network has developed in Serbia of mental health outpatient clinics, psychiatry wards in general hospitals, family, youth and marriage counsellors and preventive child care services in the mental health field. According to data from 2002, in Serbia there are 46 inpatient psychiatry institutions (specialized hospitals, psychiatry institutes and clinics, child and adolescent psychiatry clinics and psychiatry wards in general hospitals). In the municipal health centres there are 71 outpatient services. The mental health sector has a total of 6247 beds, with approximately 50% of these beds being in large psychiatric hospitals (Lečić-Toševski et al. 2005).

As it has a sufficient number of highly specialized personnel, education for work in psychiatry is provided at five faculties (Belgrade, Novi Sad, Kragujevac, Niš, Priština – Kosovska Mitrovica). Active cooperation and participation in the World Psychiatric Association (WPA) is today assumed by the university centres in Belgrade – the Psychiatry Institute of the Clinical Centre, headed by Prof. Dr Miroslava Jašović-Gašić, Chairperson of the Association of Psychiatrists of Serbia, and the Mental Health Institute which is headed by Prof. Dr Dušica Lečić-Toševski, WPA zone representative for Central Europe and Chairperson of the National Commission on Mental Health. It is precisely thanks to the efforts of a large number of psychiatrists from these two psychiatric institutions that the 13th National Congress of the Association of Psychiatrists of Serbia, co-sponsored by the World Psychiatry Association, was recently held in Belgrade, from 19 to 22 October, under the title “Person-Oriented Psychiatry and Social Transition”.

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