

## **Dear Readers,**

For many people, the beginning of autumn is a kind of beginning of a new year – returning from summer holidays allows us to focus on work, setting goals and planning activities with renewed energy. From this perspective, it is impossible not to start thinking about the great event awaiting us – the Congress of Polish Psychiatrists, which will be held on September 4–6, 2025 in Krakow. Its main theme is “Psychiatry and the challenges of the modern world”, i.e. the challenges that we all face in trying to help our Patients as best as we can.

The challenges are invariably issues related to pharmacological treatment, presented in this issue in the articles by Katarzyna Bliźniewska-Kowalska and Piotr Gałęcki on brexiprazole in the treatment of schizophrenia, Marcin Jarosz and Karina Badura-Brzoza on aripiprazole in the treatment of delirium, and Hanna Karakuła-Juchnowicz et al. on naltrexone in the treatment of non-suicidal self-harm. Interesting conclusions are also provided by the article by Agnieszka Pisarska et al. on the use of psychotropic drugs among the inhabitants of Poland. We also encourage you to read earlier articles published in our journal [1–5].

Psychotherapy is an inseparable aspect of psychiatry. On the following pages of this issue, you will be able to familiarise yourself with the issues of self-compassion and the method of its assessment presented by Paweł Holas et al., the importance of the psychotherapist’s reflection on the process of psychotherapy described by Marta Szwejca et al., and a glimpse into the past and prospects of cognitive therapy presented by Krystyna Golonka et al. At this point, we would like to remind you of interesting articles on the possibility of using psychodynamic psychotherapy in the treatment of bipolar disorder [6], positive psychotherapy of psychoses [7], and the treatment of obsessive-compulsive disorders [8]. All of you interested in the history of psychotherapy will certainly be satisfied with reading two articles by Jan Kornaj and Andrzej Pankalla. Interestingly, one of the important scientific events next year will be the world congress of the Society for Psychotherapy Research (SPR), also in Krakow.

Issues related to combining care for patients’ health with legal aspects of medical practice can also be a challenge. In this thread, it is undoubtedly worth reading the work of Rafał Kubiak and Małgorzata Urban-Kowalczyk on the psychiatric opinion as a premise for legal termination of pregnancy. This topic is also being discussed by the Board of the Polish Psychiatric Association. In the meantime, we would also like to draw your attention to two statements of the Board of the Polish Psychiatric Association, which close this issue of our journal.

At the final stage of completing this issue, we received the sad news of the death of Professor Zbigniew Lew-Starowicz, an outstanding sexologist, psychiatrist and psychotherapist. The professor left behind numerous scientific and general publications, an indelible

mark on science and clinical practice as well as in the memory of students, colleagues and Patients.

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

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