

Prof. Ida Kosza MD PhD

WAPR Board Member,
President of Hungarian Branch
Pomáz, Hungary

New Role of Psychosocial Rehabilitation.

The world, and humanity because of covid19 virus pandemic has a paradigm changing. Nothing will be the same in our life, as it before was.

The consequences of this period are very different. We call this symptoms postcovid syndrom, what can bring somatic and mental factors. The somatic symptoms are often very serious, covid positivity needs hospital treatment with breathing machines. After hospital treatment the symptoms often remain in heavy state either somatically or mentally.

Until now we were dealing mostly with rehabilitation of schizophrenia and other so called big psychiatric cases. Now we must realize, as everything changed, the new task is to deal with rehabilitation of every type of mental disturbances. Mostly with tools of spirituality. Especially because of the consequence of so called caranten period in the human life. Often the loneliness of feeling with depression, anxiety. In connection with spirituality is raised the question, what is the definition of spirituality. Some people think, it means realigion. This is mistake. Spirituality is human specificity. It has good and bad contents. The most important good content is the love in biblical sense. And the worst is the mammon, the adoration of monay.

The behaviour of people in general changed in the whole world. Lost of empathy, The most important content is the consumption.

The therapy of one person must be beside psychotherapy the spiritual therapy as well. We are talking about psychosocial, psychiatric rehabilitation, but in this new world the content of this notion changed.

WAPR's mission first of all is the psychosocial rehabilitation of clients with schizophrenia and other so called similar cases. This postcovid era is influencing their life as well..

Our main task is to teach, what means spirituality, and to use the pozitiv factors in healing.

We have to extend the use of spirituality in therapy of all mentally disturbances. This is the new meaning of psychosocial rehabilitation.

