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QUALITY HEALTH CARE FOR CHILDREN IN IMPROVING CHILD WELLBEING

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All I have been writing and talking about child wellbeing, illness (acute or chronic without difference), medical care and psychotherapy so far and what I was doing just one part of this long, curvy road, full of obstacles and surprises. The other part that I was interested in, all in order to improve my work as a paediatrician and psychotherapist is what is behind the face of the therapy. What is above the therapy? That is way I became, beside paediatrician and psychotherapist, a researcher too. I believed in gestalt therapy as a humanistic therapy with holistic approach. Gestalt uses techniques that focuses on gaining an awareness of emotions and behaviours in the present rather than in the past, here rather than there. Due to aetiology of most commonly psycho-physical disturbance in my paediatrician's practice, psychological reasons are one of commonly mentioned risk factors. This paper shows how gestalt therapy can be used in work with children with chronic (rather than acute) illness that blocked emotions and interrupted contact on several levels, but also shows how gestalt therapy can be used as preventive measures and support in everyday paediatrician's practice. This paper will present a part of results I got, special awareness I got, my feelings, empathy, my interpretive understandings. I started with this research which motivated to improve my work and results I got have the potential to become guideline for next step in developing best appropriate combination of medical and psychotherapeutic procedures. For that reason, I will present, in brief, in first part how I implemented gestalt in my everyday medical practice. In second part of this paper I will present the part of my phenomenological research of children with chronic illness. Through this presentation I would like to underline not only the purpose for organizing similar activities for all patients and families, but more the purpose of different gestalt techniques for different phase of illness and different type of persons.

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