

## FROM EDITORS

Dear Readers,

We hope you are entering January charged with new energy after the end-of-the year holiday! APP is calling your attention in the beginning of 2025 with a rich selection of articles covering different scientific and clinical topics.

The first one is covering one of the unmet needs in psychiatric care which is the access to therapies targeted on the experience of trauma. In the current epidemiological (i.e. COVID pandemic) and geopolitical situation (war in Ukraine, refugees etc.), clinicians should be properly prepared to deal with mental health consequences related with trauma. This means not only obtaining clinical skills to diagnose or treat conditions such as PTSD but also understanding the impact dealing with patient's traumatic history may have on therapists, medical rescuers, nursing staff or social workers and how to prevent own psychological balance. The article on cognitive trauma processing in the occurrence of secondary posttraumatic growth among professionals working with people after traumatic experiences is just a must-read in this issue.

Working with client's excessive worries and self-criticism is an „everyday bread“ of each psychotherapist. However, according to Simpson and colleagues, the nature of the association between self-criticism and anxiety still remains unclear. Get more insight following the discussion in the paper „Self-criticism and anxiety in the general population.“

Social experiences and emotional bonds are considered as relevant factors influencing psychological wellbeing. Loneliness is one of the factors commonly associated with negative psychological outcomes and people with serious mental disorders are at increased risk of experiencing loneliness. Grygiel and colleagues made an attempt to investigate prospective relationships between depressive symptoms and loneliness among 147 people with psychotic disorders. Presenting interesting outcomes of the prospective study Authors discuss how loneliness may influence the process of recovery.

The mind-body connection is the ever-living topic in psychiatry and psychosomatics but still many gaps persist in our understanding of physical phenomena related to psychotherapy. Read a piece by Magdalena Konop and colleagues to get more insight on what happens with the body in the psychodynamic psychotherapy process.

Sexual desire and responsiveness are also commonly attributed to temperament. But what is the scientifically-evidenced temperamental basis of sexual behavior? Is specific temperament profile related to risky or compulsive sexual behavior? Check it out by reading a paper by Wyszomirska and Bąk-Sosnowska. Further on, Napora and Simoes will explain us how temperamental traits such as activity and reactivity together with emotional intelligence affect people's assertiveness.

The worldwide population, especially in developed countries, is aging. Older people are largely dependent from care from their younger relatives both in terms of supporting everyday activities and emotional support, the latter being often neglected. From the scientific point, proper tools are needed to assess the adequacy of care in both aspects. Banach and Wałęcka-Matyja are delivering a paper on psychometric properties of such an instrument, namely the Care Relationship Scale.

The newest issue of APP is closed by an article by Więckiewicz and colleagues on intriguing topic of using medical marijuana as a harm-reduction strategy in treating patients with cannabis use disorder. What are the medical and economic rationale beyond such treatment and what aspects should be accomplished to use medical marijuana as efficient and ethically sound therapeutic support?

Wishing You a good read and healthy and prosperous New Year!

**Prof. Michal Lew-Starowicz**