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PSYCHODYNAMIC DIAGNOSTIC MANUAL IN CLINICAL PRACTICE -CASE REPORT

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Psychodynamic diagnostic manual was created by collaborative work of organisations in the field of mental health and an authorial group with the aim of supplementing currently valid diagnostic systems ICD-10 and DSM-IV-TR. PDM is based on traditional psychoanalytical and psychodynamic concepts of genesis of mental disorders, currently valid diagnostic systems, new insights in the area of neurosciences, as well as on the evaluation of outcomes of different therapeutic approaches. The concept of mental disorders understanding adopted by PDM is bio-psycho-social and it follows a primary course of topical trends dictated by World Psychiatric Association towards personality orientated psychiatry. The purpose of this paper is the usage presentation of the useful guide in clinical practice with the aim of diagnosing mental disorder in the case of the described patient of a type of psychoanalytical approach applied in her treatment. The multi-axis diagnostic system of PDM has been used in the methodology of this paper. Based on this research we conclude that the described patient suffers from somatisation personality disorder, she also possesses the level of mental functioning with the moderate to higher degree of limitation, and symptomatically demonstrates somatiform disorder from the class of gastrointestinal system dysfunction and anxious disorder from a class of phobia. The mind-set of patient, and the limited level of her mental functions which suggests the inclination to a borderline level of type of personality organisations indicate plausible grounds for using supportive expressive psychoanalytical psychoterapeutic approach.