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Numerous studies in the field of mental health of health professionals have shown that the medical professionals and employees in other caring professions have a higher rate of psychological morbidity with high rate of anxiety and depressive disorders, suicide, alcohol and substance abuse as well as of the professional burnout syndrome (Tillet, 2003). One way of improving the functioning of both medical teams and individuals is the implementation of group support or psychological help for helpers. These groups promote the practice of open communications, provide safe place and time in which people can mutually exchange help and learn to express and discuss difficult emotional reactions and allow use of full range of emotional responses in order to improve the care of patients and better functioning of the working teams (Hartley and Kennard, 2009). The aim of this paper is presentation of personal experience in the facilitator role of such a group, conducted during 8 weeks with medical professionals at the Clinical Hospital Center 'Dr Dragisa Misovic-Dedinje' in Belgrade, and evaluation of effects of this group support interventions on level decrease of anxiety, depression, and burnout in high stressful work conditions. In research methodology we use measure instruments: relevant social and demographic data, Maslach Burnout Inventory, The Symptom Check list 90-R, Hamilton Anxiety Rating Scale, Beck Depression Inventory, and Self-Evaluation Questionnaire for quality of group interventions.