

## **REVIEW**

### **In the procedure for filling**

**academic position of ASSOCIATE PROFESSOR,**

**in scientific field 3.2. Psychology, Medical Psychology**

In the current competition the only candidate is Dr. Tatiana Radeva. She has submitted documents and scientific works complying with the requirement of the Academic Staff Development Act in the Republic of Bulgaria.

Dr. Tatyana Radeva is a Master of Medicine, Master of Applied Psychology, Doctor of Medical Psychology. She has a specialty in Psychiatry, Cognitive Behavioural Counsellor and Hypnotherapist. Since 2019 she is a senior lecturer at the Department of Psychiatry and Medical Psychology at MU Varna.

According to the attached list, Dr. Radeva participated in this competition with 2 monographs, 1 textbook, 17 scientific articles. Independent scientific works 10, co-authored-3.

Dr. Radeva's habilitation thesis is entitled "Diagnosis of Mental and Behavioral Disorders in Real Practice. Psychiatry through the eyes of the therapist" (2022) is a wide-ranging study of a difficult and under-lit topic in our specialized literature. The topic is particularly important and relevant to clinical practice. The content reflects the author's extensive clinical and therapeutic experience. Major psychiatric and behavioral disorders in organics, stress, personality disorders, developmental disorders, etc. are presented and analyzed. The descriptions of cases from Dr. Radeva's psychiatric and psychotherapeutic practice are of high value. The presented therapeutic sessions show both the in-depth theoretical knowledge of the individual nosologies and Dr. Radeva's ability to create a therapeutic alliance even in severe and difficult to define patients. The author's ability to weave knowledge and techniques from different paradigms and fields without being eclectic and disjointed is clearly visible in the habilitation thesis. Her broad competencies allow her to use a well thought out integrative approach, for the sake of the patient and their loved ones. What is extremely striking is the thesis that the mentally ill suffer, but in an unconventional, different way, not always understandable, but accessible to the empathic and emotionally mature healer. The therapeutic

alliance is an important theme in the author's habilitation thesis. Dr. Radeva does not limit herself to the doctor-patient dyad, but skillfully weaves in her own experiences and questions. These experiences are addressed to the third, which turns the dyad into a triad and limits the compromising of the diagnostic process, the transfer and countertransference. The habilitation thesis is written in a clear and readable manner, with an emphasis on patient care, which gives a real insight into the work of the psychiatrist and psychotherapist and thus limits the stigma so rigidly attached to mental illness.

The monograph *Coping Strategies in Patients with Depressive Disorder* (2022) focuses on the experience of stress/distress and explores the interrelationship between coping strategies in the dynamics of the treatment process for depressive disorders. According to the author, the healing process in depressions is influenced by dysfunctional beliefs, patterns and schemas as well as by the dynamics of internalized coping strategies for dealing with difficult life situations. Relevant aspects of theories of coping strategies related to patterns of control and transformation of circumstances or adjustment to them-i.e., problem-focused or emotion-focused coping strategies-are presented. In all of his specific analyses, Dr. T. Radeva continuously makes comparisons with research data of other authors, with interpretations from clinical and psychotherapeutic position of psychoanalytic and cognitive paradigms.

The analysis and conclusions are applicable in practice, which significantly increases the value of the presented monograph. Of considerable applied value are the recommendations for earlier incorporation of psychotherapeutic approaches for sustained development of active coping strategies, such as relapse prevention and better social adjustment. Dr. Radeva makes a magnificent interpretation that "strategies focused only on expressing emotions, combined with behavioral disengagement, exacerbate depressive tendencies." Hence, she suggests centering psychotherapeutic interventions on problem-focused strategies to restore old ones or build new ones.

The excellent skills of a clinician, the acquired diagnostic and psychotherapeutic skills allow the author to make correct analyses and interpretations, which make a significant contribution to both clinical practice and psychotherapeutic work with depressed patients. Dr. T. T. Radeva convincingly shows that combining medication with psychotherapeutic work at the very beginning of the treatment process gives the most favorable chance for therapy, for a full and long-lasting remission. This contributes to the practical-applied contribution of Dr. Tatiana

Radeva's monograph, which deserves professional recognition and respect from a wide range of interested readers - psychiatrists, psychologists and other specialists working in the field of mental health.

Dr Radeva's deep and lasting interest in depressive states is reflected in the article "Modern algorithms in the treatment of depressive disorders" (2019). The article discusses frequently encountered cases and issues in clinical practice, mostly related to the choice of antidepressants. A relatively rarely used method in practice-repetitive transcranial magnetic stimulation-is presented. The therapeutic and treatment process is divided into stages, with a combination of biological and non-biological interventions recommended for each in order to influence symptoms.

In the article "50 years of using the term alexithymia: is it closer to the heart of the problem?" a systematic historical review of the emergence and development of the understanding of alexithymia is made. The manifestations of alexithymia in various mental illnesses and the difficulties arising in the therapeutic process are analysed. A significant thesis is the validation of alexithymia as an eclectic construct as well as ideas for its study. The topic of alexithymia and defining the concept and identifying the condition is also the subject of analysis in the article "Alexithymia-A Brief Review on Views of the Concept".

In the article "Do we recognize restless genitals syndrome and do we know how to treat it?", the author presents an interesting thesis - restless legs syndrome and restless genitals have a common etiology related to dopaminergic mediation. This suggests a new perspective on both medication therapy and psychotherapeutic interventions.

In the article "Is there an algorithm for communicating grief news?", Dr Radeva draws attention to the emotional experiences of the communicator. The text provokes reflection on current situations in clinical practice. The author draws on her theoretical knowledge as well as her clinical and psychotherapeutic practice.

The article "Stigma a Mental Illness" addresses the much discussed issue of stigma. Stigma draws patients into a vicious cycle of marginalisation, alienation and social isolation. Reducing stigma, according to the author, is possible through changing the model of care for the mentally ill-from deinstitutionalization to community-based care.

In the article "Guidelines for the Treatment of Sleep Disorders," etiologic theories of sleep disorders are presented, as well as integrated approaches to their management.

Sleep disorders are also discussed in the article "Some lesser-known sleep disorders: restless legs syndrome". Pathophysiological and pathogenetic mechanisms in the occurrence of this syndrome are analysed. Late identification of the syndrome leads to the risk of developing other medical conditions due to its untimely therapy and treatment.

The teaching load report shows a teaching load corresponding to the announced competition and the Regulations of MU Varna.

The presented scientific works give us reason to believe that Dr. Tatiana Radeva is a fully developed experienced researcher, clinician and trainer who has a thorough and critical view of various current problems of psychiatry and Medical Psychology.

The personal and professional qualities of Dr Radeva, her broad competences in the field of Medical Psychology and Psychiatry, the high quality of her scientific publications, as well as her skills as a lecturer and trainer, give me full grounds to recommend to the Honourable Scientific Jury to approve her candidature for the academic position of ASSOCIATE PROFESSOR in scientific field 3.2. Psychology, Medical Psychology.

25.10.2023

Reviewer:.....

(Full Prof. Vanya Matanova, PhD, DSc)

