

# Insight – between theoretical model and practice

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The phenomenon of insight in major mental disorders is a phenomenon of concern for theorists of psychiatric science, but also an issue that is crucial for the practical application of legal provisions in the field of mental health. The lecture will give a brief overview of the problem of insight into mental illness, particularly in major mental disorders, but will also discuss a number of other, peripheral issues that have ethical, prognostic, and even transcultural implications. From a clinical point of view, the question of insight into mental illness is one of the key issues in diagnostics and prognostics. Clinical practice and research findings consistently confirm that in order to understand the complexity of clinical symptoms and features of mental illness professionals have to acknowledge the patients' personal experience of their illness. In other words, the question of the actual treatment of persons with major mental disorders is based equally on insight and competences of both: patients and clinicians.

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