

YANGIN IKARMA, KUNDAKLAMA VE PIROMANI

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UYARI

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ÖNSÖZ

İnsanoğlunun ateşle ilişkisi dünya tarihi kadar eskidir. Ateşin icadı ve günlük yaşamda kullanılması, insanlık tarihinin dönüm noktalarından biridir. Ateş, günlük yaşamdaki birçok faydasının yanında, olumsuz sonuçlara yol açabilecek süreçlerin tetikleyicisi de olabilmektedir. Bilinçsiz, kasıtlı ve dürtüsel olarak çıkarılan yangınlar, her yıl neredeyse bir ülke büyüklüğünde ormanların yanmasına, evlerin ve araçların zarar görmesine, kamu zararına, insanlar ve hayvanların ölmesine, yangınlardan etkilenenlerin ciddi sağlık sorunları yaşamalarına, ortaya çıkardığı dumanıyla atmosferin kirlenmesine ve yok ettiği değerlerin kaybıyla yıkıcı etkilere yol açmaktadır. Yangın çıkarma, literatürde kazara yangın çıkarma, kundakçılık ve patolojik yangın çıkarma (Piromani) olarak üç alt tipte incelenmiştir. Yapılan çalışmalar, kazara yangın çıkarmada bilgi ve eğitim eksikliğini, kundakçılıkta, intikam alma ve kıskançlık gibi faktörleri ve Piromani'de ise yangın çıkarma dürtüleriyle baş edememenin altını çizmektedir. Temel olarak bireylerin ateşin kullanımı konusunda yeterli eğitimi almamaları, kundakçıların ve Piromaniklerin ise yeterince tedavi edilmemeleri, bu kişilerin yeniden yangın çıkarmalarına yol açacak bir sarmalın oluşmasına zemin hazırlamaktadır. Yangın çıkarmayla mücadele konusunda yapılacak çalışmalarda koruyucu ve önleyici çalışmalar oldukça önemlidir. Çocukluk döneminden itibaren bireylere yangın çıkarma olasılığı olan aletlerin doğru kullanımının öğretilmesi, yangın güvenliği eğitimi verilmesi, ateşe ve yangına ilgili olan çocuk ve ergenlerde müdahale çalışmalarının yapılması oldukça önemlidir. Kundakçılık suçu işleyen bireylerin, tekrar bu suçu işlememeleri için yüksek güvenlikli adli psikiyatri hastanelerinde ve cezaevlerinde rehabilitasyon programlarına alınmaları ve dürtüsel nedenlerle yangın çıkaran Piromani hastalarının dürtü kontrol bozukluklarıyla ilgili tedavi edilmeleri büyük bir öneme sahiptir. Risk değerlendirmeleriyle, yangın çıkarma riskine sahip bireylerin önceden tespit edilmesi ve önleyici çalışmaların yapılması gerekmektedir. Bu anlamda izlenecek stratejilerden biri, yangın çıkarma konusunda teorik çalışmaların yapılması, uygulama kılavuzlarının hazırlanması, sahadaki uzmanların eğitilmesi ve hastaların rehabilitasyonudur. Yangın çıkarma literatüründe kapsamlı başvuru kitaplarının hazırlanması ise, bu konuda atılacak ilk adımlardan biridir. Yurtdışı literatürde, özellikle de ABD ve Avustralya'da yangın çıkarmayla ilgili kapsamlı çalışmalar mevcuttur. Erken çocukluktan itibaren yapılan eğitimler, risk değerlendirmeleri, kundakçılar

ve piromanikler için geliştirilmiş müdahale programları, yapılan akademik çalışmalar ve başvuru kitapları göze çarpmaktadır. Ülkemizde ise maalesef bu alanda yazılmış bir kitap bulunmamaktadır. Bu eser, ülkemizde yangın çıkarma, kundaklama ve Piromani'yle ilgili yazılmış ilk kitap olma özelliğine sahiptir. Yangın çıkarma, kundaklama ve Piromani için bir tanı ve tedavi kılavuzu niteliğindedir. Yangın çıkarmanın etiyojisi, hem mevcut psikoterapi kuramları hem de yangın çıkarmaya özgü olarak geliştirilen modellerin çerçevesinden ele alınmıştır. Tanı, tedavi ve risk değerlendirme sürecinde kullanılan, ölçme araçları, yarı yapılandırılmış görüşmeler ve diğer araçlara değinilmiştir. Tedavi konusunda güncel literatürde yaygın olarak kullanılan, geçerliği ve güvenilirliği kanıtlanmış yaklaşımlar üzerinde durulmuştur. Koruma ve önleme sürecinde uygulanan psikoeğitim programlarına ayrıntılı bir biçimde yer verilmiştir. Yangın çıkarma olaylarıyla ilgili vaka sunumları; değerlendirme, tedavi ve sonuç ekseninde incelenmiş ve klinisyenler için tedavi kılavuzları oluşturulmuştur. Eserde, yangın çıkarmanın tarihçesine, tanı kriterlerine, yaygınlığına, sınıflamasına, yangın çıkarmanın profil özelliklerine, hastalığın seyrine, ayırıcı tanılarına, türlerine, komorbiditesine, etiyojisine, değerlendirme araçlarına, tedavisine ve olgu sunumlarına yer verilmiştir. Eser, yangın çıkarma, kundaklama ve Piromani'nin tanılanması, önlenmesi ve tedavi edilmesi sürecinde görev alan, eğitimciler, psikologlar, psikiyatristler, aile danışmanları, sosyal hizmet uzmanları, yatılı bakım servisi çalışanları, adli kolluk birimleri, itfaiye teşkilatları, sosyologlar, adli bilim uzmanları, kanun koyucular, iş bulma kurumları ve medyanın bu konuda başvuracağı bir el kitabı ve akademik birimler için bir ders kitabı niteliğinde yazılmıştır.

Eserin alana katkı sağlaması dileğiyle...

Prof. Dr. Lut TAMAM

Adana, Ocak 2025

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