

## Groups of Emotional Psychotherapy for Patients with Schizophrenia

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**Introduction:** Patients with schizophrenia (PWS) have difficulties in identification, expression and emotional management. Social withdrawal and difficulty of managing their relationships with others are the result of emotional hypersensitivity of PWS. Avoidance of emotional experiences may play a protective role in the short term but becomes the amplifier of emotional distress in the long term depending on the model of Barlow and Allen.

**Objectives:** To improve identification, expression and emotional management in PWS.

**Aims:** PWS learn to identify, name and express their emotions, and their use in social interactions.

**Methods:** Groups of psychotherapy for PWS was implemented. The techniques used are those of cognitive behavioral therapy CBT (Beck) and emotional therapies (Barlow): columns Beck tailored, role-playing, psycho-emotional and breathing. Three groups of four patients participated in six therapy sessions.

**Results:** In the group of PWS hospitalized, the emotional flexibility (EF) was improved. However, the nomination of emotions remained still difficult. Two groups were followed by extramural therapy. In the first, there is no difference in the scores of the FE before and after their participation. However, in the second extramural group, a half of the patients improved their score FE. In all three groups, we observed clinically less avoidance of emotional experience after working in therapy groups.

**Conclusion:** The use of emotional identification and engaged coping facilitates interpersonal communication and emphasizes the social integration of PWS. Work on emotional avoidance could prevent from maintenance and increase of emotional distress.