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Neurofeedback therapy is a method allowing for a change of the bio-electrical functioning of the brain. By using the mechanism of instrumental conditioning, it changes the amplitude of selected brain waves. It allows for suppressing the waves of a too high amplitude and amplify the waves of a too low amplitude, with correlates with psychological and neurological disorders. In the described cases primarily a global training was applied, than it was changed for a specific one, influencing the parts of the brain critical for the given disorder. The first case is a male aged 21 with an organic disorder of the CNS. In the childhood he was suspected of microcephaly. In that period a little retardation of his psychomotor development was observed. In the neurological examination signs of a vegetative dysregulation were found without focal dysfunctions of the CNS. Based on the interview, neuroimaging and psychological assessment he was diagnosed organic personality disorders. The therapy significantly improved the functioning of attention, and visual memory, increased the patients' self-esteem, and reduced anxiety. The second case a male aged 52 male suffering from cyclothymia. In the clinical picture sleep disorders were dominant, accompanied by deficits of memory and attention. The therapy reduced the anxiety level, improved his sleep, and enhanced cognitive functioning. The third case is a female aged 29, suffering from paranoid schizophrenia. The therapy significantly improved the functioning of attention and visual working memory. The cognitive changes reduced her autistic symptoms allowing for better social contacts, and reduced anxiety.

### P383

Unresolved grief in boy depression in young man

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**Background and aims:** An unfinished process of grief can disrupt further growth and development especially if the loss of close person happens in childhood. The objective of this case report is to point out the importance of grief resolving as one of frequent causes of depression.

**Method:** Case Report

**Result and Conclusion:** The case shown is one of young man, occurring due to depressive symptoms. During the interview it was found that the patient had lost a brother 20 years before, and has neither ever cried over him after his death, nor has the subject ever been talked about in his family. In the integrative psychotherapeutic approach, the inclusion and emphatic bonding are followed by the gradual grief resolving process through re-experiencing the pain, the formation and transfer of memories and adjustment to the environment without the beloved person. After the grief resolving has been completed, the symptoms of depression subside. The patient remains in psychotherapeutic treatment with a goal to study further relationship and relating to other people.

### P384

Cognitive behaviour therapy for autism spectrum disorders: Modifications and applicability

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**Background and aims:** Nowadays worldwide Cognitive Behaviour Therapy (CBT) is considered the therapy of choice for many psychiatric disorders. Its effectiveness has been noteworthy particularly for anxiety disorders and depression however due to the nature of Autism Spectrum Disorders (ASD) it has not been considered appropriate. The aim of the presentation will be to stress the importance of applying CBT with High Functioning Autism and Aspergers syndrome in adolescents and adults and to suggest ways that it can be modified to suit the needs of this population.

**Methods:** A comparison will be made of the main methods and techniques that are used in CBT programs for anxiety and mood disorders with state of the art methods for ASD and what modifications one might make particularly in terms of psychoeducation and cognitive restructuring.

**Results:** The available evidence from current research will be reviewed particularly for comorbid cases of Aspergers and Obsessive Compulsive Disorder.

**Conclusions:** A discussion of the potential benefits and limitations of modifying CBT treatments as well as training psychiatrists and Clinical Psychologists on issues surrounding ASD will be discussed.

### P385

Influence of the group psychodynamic psychotherapy on negative affect, somatization and general psychological distress

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**Background:** Negative affect and somatization are closely linked to symptoms of neurotic disorders. Negative affect consist of different negative emotions e.g. anxiety and hostility.

**Method:** The study included a total of 52 inpatients of the day care clinic, 13 men and 39 women, aged 20-56 years. They suffered from neurotic, somatoform and personality disorders. All the patients participated in the group psychodynamic psychotherapy. The therapy lasted 12 weeks, there were 2 sessions of 1.5 hour every working day. The patients were examined before, immediately after and 3 months after the therapy. Negative affect, somatization and general psychological distress were assessed with SCL-90-R, GHQ-30 and PSE (a part of SCAN 2.0) questionnaires.

**Results:** Mean values of anxiety and depressive symptoms, somatic symptoms and general psychological distress changed in like manner. They dropped of about 1/3 of initial value during the therapy and then stayed stable for 3 months after the therapy. Differences between first and second as well as third assessment were statistically significant whereas between second and third assessment were not. A pattern of change in hostility (SCL-90-R subscale) was different. Mean value of hostility did not change significantly during the therapy and then dropped significantly 3 months later.

**Conclusions:** Anxiety and hostility could be triggered separately and it is important to assess them both in terms of improvement. Short psychodynamic group psychotherapy is effective in reducing symptoms of anxiety, depression and somatization, but not effective in reducing hostility assessed 3 months afterwards.

### P386

Empathy in psychiatric setting. the contribution of self psychology  
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**Background and aims:** Self Psychology represents a recent development of psychoanalysis which puts a lot of emphasis on empathy.

Empathy is generically considered one of the necessary therapeutic tools of a good clinician but its use in psychiatry appears to be generic and vague. This article aims to review the Self Psychological concept of empathy and its place in the Self Psychological conceptualization of the therapeutic process. It also investigate how Self Psychology can be apply in the context of psychiatric setting.

**Methods:** Review of current existent literature regarding the concept of empathy in Self Psychology and Self Psychology application in psychiatry setting, utilising the main database research tools. Extrapolation of the main therapeutic factors proposed by Self Psychology and evaluation of their possible application in the context of the more significant psychiatric settings.

**Results:** Empathy appears to be central in Self Psychology conceptualization of the therapeutic process. Such therapeutic process appears to be reasonably applicable in different psychiatric settings.

**Conclusions:** Self Psychology can offer a considerable contribution to psychiatry in terms of better defining the role of empathy and emphatic attunement in the therapeutic process and thus enhancing the therapeutic outcome.

Nevertheless a lot questions remain open: can a treatment originally thought for a psychoanalytic setting being exported in the psychiatric setting? Can Self Psychology being applied by professionals who have not undergone a full psychoanalytic training?

Further empirical research is needed to evaluate possible contribution of Self Psychology in psychiatric setting.

### P387

Group psychotherapy in the “acute cases” department of psychiatry clinic

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**Aim:** Aim of this study is to emphasize the value of group psychotherapy in a “acute cases” department of psychiatry clinic during the first days of unwilling hospitalization

**Material and method:** We studied an open group of patients of the closed department during the first days of their unwilling hospitalization, a doctor, a nurse and a social worker. Mini and BPRS scales were used. The diagnosis was determined by DSM IV.

**Results:** Although at first, group therapy was regarded to be too difficult for these patients, we tried to develop a climate of acceptance, safety and empathy and so, the group therapy was taking part twice a week. At first, patients were in embarrassment, they were suspicious, afraid, and unable to get in a discussion in the context of a group. Next weeks, patients who had taken part in the first groups of psychotherapy, started to help the other patients to participate in the group therapy. As the time passed, the patients and the four professionals were participating with the same ability. Patients exchanged opinions about the psychiatric illnesses, they expressed their emotions, their fears, and they worked out with their anger.

**Conclusions:** It was very helpful especially with patients who were concealed their symptoms and they understood that they had to be in treatment because of the best of their psychic health

**Discussion:** Group therapy is necessity not only for the therapeutic interventions in outpatients but for patients in closed psychiatric departments.

### P388

Description of elements of psychoanalytic technique in a mental health center

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The Mental Health Center of Peristeri was established in 1990 and has gradually developed a range of clinical and therapeutic responses of psychoanalytic orientation. These responses are targeted on the treatment of disorders of DSM-IV Axis I and II and bear an educational, therapeutic and research character. Concerning duration, we follow Gabbard’s definition that sets a minimum standard of six months as a condition for regarding psychotherapy as a long-term one. Our work is based primarily on a transference-focused model, as it is defined by Kernberg. The theoretical equipment of our intervention consists mainly of object-relations theory and contemporary Kleinian technique for adult psychotherapy, as well as the theoretical models of post-Kleinian authors, such as Joseph, Ogden and others (Racher, Meltzer and Ferro). Generally, irrespective of the specific psychoanalytic theory adopted (Freud, Klein, Bion, Winnicott), we assume that psychic life is for the most part unconscious. As a result, transference represents the primary source for understanding the patient, while counter-transference provides unique information on patient’s intrapsychic life and, generally, on what the patient “places” to others. The main goal of this study is the description of a psychoanalytic intervention model that “absorbs” contemporary psychoanalytic theories, without being technically vague, and responds to a broad spectrum of pathology related to personality dysfunction.

### P389

Anxiety disorder - Treatment with psychopharmacotherapy and cognitive and behavioural therapies

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Research goal of our study is to confirm the value of Cognitive-behavioral therapy (CBT) in patients with anxiety disorder. We compared a group of 20 patients age  $37.15 \pm 10.4$  (65% were women) treated only with antidepressive and anxiolytic medications, with other group of 20 patients age  $37.5 \pm 10.4$  (70% women) treated with psychopharmacotherapy and cognitive - behavioral therapy. For one year there have been used Beck Anxiety Inventory (BAI) on the beginning and at the end of treatment. Before the treatment most of the patients (13) in the group treated with drugs only expressed moderate anxiety (17-29 according the BAI), and after the treatment expressed minimal anxiety (0-9 according the BAI). Those patients treated with drugs and cognitive behavioral therapy showed 17 patients with severe anxiety before treatment, and 20 patients showed minimal anxiety after treatment. The group of patients treated with drugs only exposed significantly a lower levels of anxiety ( $p=0.0001$ ) in comparison with the group treated with drugs and CBT. Mean value of BAI in the group treated only with pharmacotherapy at the beginning of treatment was  $24.95 \pm 8.2$  and at the end  $7.5 \pm 4.3$ , with an average benefit of  $17.4 \pm 8.2$ . In the group of patients treated also with cognitive-behavioral therapy at the beginning was  $35.6 \pm 10.7$  and at the end  $3 \pm 1.5$ , with average improvement of  $32.6 \pm 10.1$ . That is significantly higher than in first group ( $p < 0.0001$ ).

**Conclusion:** Cognitive behavioral therapy in combination with appropriate psychopharmacotherapy represents sovereign therapeutic procedure in the treatment of patients with anxiety disorder.