

P-1144 - JOHANN CHRISTIAN AUGUST HEINROTH (1773-1843): THE FIRST PROFESSOR OF PSYCHIATRY AS A PSYCHOTHERAPIST

H.Steinberg, H.Himmerich

Department of Psychiatry and Psychotherapy, University of Leipzig, Leipzig, Germany

Heinroth is known as the first professor of psychiatry. His chair was established 200 years ago on the 21st of October 1811. His major importance for the history of psychotherapy has not yet been acknowledged.

Heinroth regarded restriction as well as activation as fundamental remedies for mental illnesses. Restriction meant making a voluntary decision to live a life based on religious faith and to abstain from earthly satisfaction. Within his specific psychotherapeutical module - the 'direct-psychic' method - he utilized the patient's mental powers - mood, mind and will, but also his spirituality. His therapeutic approach additionally contained elements of cognitive, behavioural and conversational therapy.