

P-1157 - GROUP MILIEU IN SYSTEMIC AND ANALYTIC GROUP THERAPY

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Objectives: A recent meta-analysis also concluded that psychotherapeutic approaches are beneficial for adult with a history of CSA and maintained for at least six months follow-up. The results suggest that different characteristics of therapy moderate the therapeutic outcome. We found in a randomized study of systemic versus psychodynamic group therapy, that the short-term outcome for patients who received systemic group psychotherapy was significantly better than the outcome for patients who received psychodynamic group psychotherapy. The current study assessed the group milieu in both groups.

Methods: This randomized prospective study included 106 women: 52 assigned to psychodynamic group psychotherapy and 54 assigned to systemic group psychotherapy. The Group Environment Scale (GES) was filled in the mid phase of therapy and analysed in three dimensions and 10 subscales.

Results: The systemic group was characterized by statistically significant highest scores on Relationship (ES = 1.27) and System Maintenance / Change Dimension (ES= 1.08), while the scores for Personal Growth Dimension were comparable in the two groups. Group S had statistically significant higher scores on the following subscales: Cohesion (p< 0.05), Leader support (p=0.001), Expressiveness (p< 0.001), Task Orientation (p=0.01) and Order and Organization (p< 0.001).

Conclusions: Substantial differences in the group milieu were seen. The systemic group turned out to be evaluated as the most structured therapy and also to be most supportive of expressiveness. The results will be discussed according to the therapeutic philosophy.