

P02-353 - THERAPEUTIC WRITING IN PSYCHIATRY AND PSYCHOTHERAPY

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Objective: Therapeutic Writing is not yet commonly used in Psychiatry and Psychotherapy although it seems to be a promising supportive and well accepted therapeutic tool. Over the last years we have implemented group therapy for Therapeutic Writing at four psychiatric clinics.

Exclusion criteria were insufficient knowledge of language, illiteracy or insufficient ability to participate in therapeutic groups. We treated in-patients in a secure environment, on general psychiatric wards and in a day-clinic setting from adolescence to seniority mainly with Schizophrenia, Depression, Bipolar Disorders, Personality Disorders, Anxiety Disorders, and Eating Disorders.

This poster outlines our theoretical framework as well as practical aspects of implementing Therapeutic Writing as a group therapy in a psychiatric/psychotherapeutic setting.