

symptoms that the patient suffers are relative to the mourning or if they appear as part of a comorbid disorder.

**Objectives:** To assess the difficulty in discriminating when accompaniment is necessary and when the patient can benefit from pharmacological, psychotherapeutic or combined treatment.

**Methods:** Patients' data is obtained from their medical history as well as psychological interviews carried out during the process.

**Results:** 32-year-old woman, with a previous history of depression. The patient was living abroad when her father was diagnosed with a terminal illness, so she decided to return home, making a radical change in her life. She is currently facing the functional deterioration of her father, who is rapidly getting worse. The patient shows symptoms of anxiety, tendency to cry and apathy. 34-year-old woman, with no history in Mental Health. As a result of her father's illness, the patient develops a clinical manifestation of anxiety and low spirits. After one year, the clinic is maintained according to the variations in the health of her father. She also reports problems concentrating, fatigue, ruminative thoughts and structured autolothic ideas. Finally, she is referred to begin a psychotherapeutic follow-up.

**Conclusions:** Bearing in mind that we are facing an increase in diagnoses of terminal illnesses, I consider it is necessary to reflect on this concept in order to provide a better response to patients.

**Disclosure:** No significant relationships.

**Keywords:** grief; mourning; illness

## EPV0555

### Understanding schizophrenia as a self-disturbance

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**Introduction:** Phenomenological theory has contributed to a renewed understanding of schizophrenia, as a supplemental perspective to contemporary operationalistic theories. Phenomenological research with patients suffering from schizophrenia emphasizes the nature of subjectivity and suggests that a basic disturbance of the self can be understood as a core phenotypic marker of schizophrenia.

**Objectives:** To briefly present and discuss the phenomenological theory of self-disturbance, illustrated through a case.

**Methods:** In this case study we briefly present the phenomenological theory for self-disturbance. We illustrate the theory by presenting elements from a case involving a patient that suffers from schizophrenia. Our focus is on how the self-disturbance is experienced by the patient and how the therapist can address this experience. The challenges in psychotherapy related to the phenomenon of self-disturbance and the implications for examination and treatment are discussed.

**Results:** The patient gives a detailed description of how he experiences a diminished basic sense of self. Central elements in his experience are a loss of a common-sense ability, hyperreflexivity, and a loss of a first-person perspective. He describes how this disorder creates difficulties in communication, relationships, treatment, and in coping with life. He also describes which elements of his treatment that he has experienced as the most helpful. The case underlines the importance of considering the concept of self-disturbance in psychotherapy.

**Conclusions:** In this case study, we draw on phenomenological theory to gain insight into a patient's experiences relating to the concept of self-disturbance.

**Disclosure:** No significant relationships.

**Keywords:** Psychosis; psychotherapy; phenomenology; self-disturbance

## EPV0556

### A literature therapeutic group at a psychiatric closed-unit

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**Introduction:** This lecture will present a therapeutic group that took place at a closed-unit in a psychiatric hospital. The members of this group were patients suffering from psychotic disorders

**Objectives:** Patients suffering from psychotic disorders.

**Methods:** The patients had difficulty in organizing their thoughts as well as with the expression of their internal-world and emotions. Moreover, they were suspected of the units' staff members. These circumstances led us to create a theme group that combines a verbal-affective metaphoric instrument - literature. Art, such as literature, represents the mind of its creator and when incorporated into the therapeutic process, can serve as a third-voice - a symbolic language that conveys an idea indirectly and arouses the patient's personal associations and emotions. The use of literature, while relating to content that aroused from a poem or a short story, led to a connection or an identification with the emotion expressed in the writing stimuli or in opposition to it, and from there to a projection of the internal world of the patient.

**Results:** Through the possibility of alternating between proximity and distance, regard the metaphoric instrument, patients could organize their associations and emotions and express them in a more beneficent way - "normalization" of the cognitive and expressive process.

**Conclusions:** The analysis of the different group's sessions, points to the potential of using literature in a therapeutic group with patients in their acute state, at the closed-unit. Examples of verbal reports from different group settings, in which literature was used, will be presented.

**Disclosure:** No significant relationships.

**Keywords:** Psychotic disorders; Literature; Therapeutic Group; Psychiatric Closed-Unit

## EPV0557

### A microgenetic approach to the relationship between creativity and aggression in mental disorders

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**Introduction:** A study, examined creativity and aggression in individuals suffering from mental disorders, will present.