

Article: 1628

Topic: EPV29 - e-Poster 29: Psychotherapy

Program of Psychotherapy of Patients with Oncology Diseases

S. Igumnov¹, I. Grigorieva²

¹Institute of Management and Social Technologies, Belarusian State University, Minsk, Belarus ; ²Dpt of Social and Pedagogical Technologies, Belarusian State Pedagogical University, Minsk, Belarus

Introduction. Oncology disease often results in severe emotional trauma, psychological crisis is caused by a special attitude to the disease. Once the oncology pathology is diagnosed it becomes a stress factor that often leads to a severe psychological trauma with strong emotional experiences: anxiety; fear; apprehension; uncertainty; feelings of loss; depression.

Aims. The psychotherapeutic approach used with the oncology clients after the operation is based on person-centered features and is built on individual peculiarities, attitude to the disease, and psychosocial and somatic factors which negatively influence state of mind, as well as life quality of these patients.

Methods. The choice of which form of psychotherapeutic treatment to administer is based on the individual peculiarities of the patient, the stage of treatment, and their reaction to the disease.

Results. While undergoing psychotherapy we use tactics based on the opposition of a negative attitude to oncology disease and a totally pessimistic attitude to possibility of recovery on the one hand and a system of positive images according to scientific data about a fairly positive forecast at the vast majority of oncology diseases in case on their early recognition and proper treatment on the other.

Conclusions. All above mentioned psychotherapeutic measures provide an effective change in psychological status, changes in the existing problem perception and shaping remedial perspective, as well as certain reconstruction of their social position.