

P-1367 - SOMATOFORM DISORDERS INTEGRATIVE PSYCHOTHERAPY MODEL

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Last 10 years in Ukraine the special priority has the problem of somatoform disorders. The most significant role belongs to the patient's self-evaluation of the influence of the disease on their social functioning, influence essential part of the self picture of the disease and the important point of therapeutic rehabilitation intervention.

On the basis of the examined 300 patients on somatoform disorders and 210 patients on ischemic cordial disease we have elaborated a formal test that allows to evaluate quantitatively the influents of the disease on various spheres of patients' social status.

It was absolutely unrespectable the common for ischemic cordial and somatoform disorders patients rise of significance of personal individual, common life factors in cases of aggravation of the main disease course. We created the integrative psychotherapy system with cognitive-behavioral, suggestive and autosuggestive implementations.

Elucidation of peculiarity of personal perception of the disease served as basis of elaboration of purposeful system of psychotherapy, consulting, psychological support for patients with high-effectiveness 1,5 - 3 years catamnesis in 85% patients.

The retrospective results showed the necessity the target-oriented integrative models of psychotherapy, parted on stages. On the first stage - sedative-adapting the receptions of cognitive and suggestive psychotherapy are used. There is group therapy on second-main-stage. On the third stage-supportive- elements of the autogenic training mastered.