

It is known that people who own a pet have a smaller incidence of illness, but, except for few sparse studies, this issue has received very little attention in psychiatry.

Aims: To study the usage of therapeutic dogs as co-therapy for depression and anxiety in a psychiatric day hospital.

Methods: The study consisted of twice weekly sessions of 20 + 10 minutes each, during 6 weeks. First, patients were asked to give instructions and interplay with a dog specifically trained for this activity, under supervision of a psychiatrist. Afterwards, patients walked the dog, giving sets of instructions. Hamilton depression rating scale (HDRS) and Hamilton anxiety rating scale (HARS) were recorded, for each patient, at the beginning, at the end of the third, and end of the sixth week. A questionnaire was administered at the end.

Results: Ten patients were enrolled. There was a decrease in HDRS and HARS scores (HDRS mean at beginning 26; at 6 weeks: 13,4; HARS at beginning 24,7; at 6 weeks: 15,7). However, results are hard to interpret; Patients were under other therapies (pharmacological, psychotherapy...); the study enrolled a heterogeneous group of patients, with different diagnoses, making interpretation difficult.

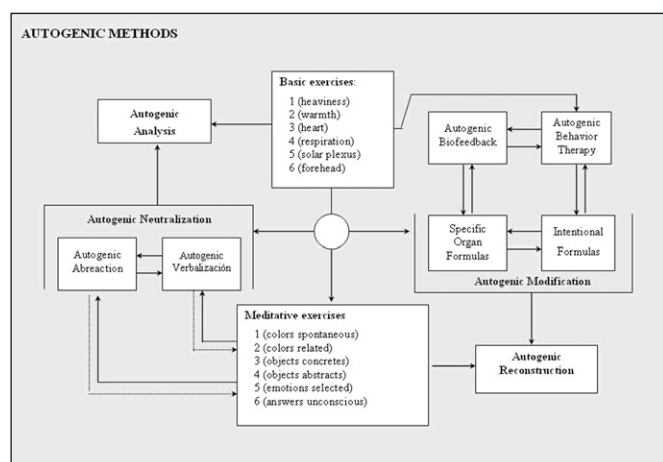
Conclusions: Therapeutic dogs can be useful as co-therapy for depression and anxiety, but results must be validated in larger, randomised controlled studies. This approach may improve aspects such as self-confidence, basic affective skills and group cohesion.

P0359

Autogenic psychotherapy

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Autogenic Psychotherapy is a psychophysiologicaly oriented psychotherapy introduced in Europe by JH Schultz in 1930 and in North America by W. Luthe in 1970. It is the pioneer of mindfulness psychotherapies. It is organized around three basic methods: autogenic training, the basic technique described by JH Schultz, Autogenic Neutralization, the advanced technique described by W. Luthe and Autogenic Reconstruction, the advanced technique described by JLG de Rivera.



P0360

Psychotherapeutic crisis intervention following suicide attempt

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Background: All persons who attempt suicide are offered a psychiatric treatment, psychopharmacological and psychotherapy too.

Aim of the study is to describe the implementation a psychotherapeutic crisis intervention of suicide attempters.

Methods: The subjects consisted of 30 inpatients who attempted suicide of self-poisoning and were treated at Clinic for toxicology in Military Medical Academy Belgrade. We excluded patients with psychosis, substances abuse, dementia. For all patients, suicide attempters, a psychotherapeutic crisis intervention following attempted suicide was applied in order to ease the emotional tension and to help them to explain the possible motives of their suicide, especially to explain “what has really happened”.

Results: We presented some case vignettes of suicide attempters.

Conclusion: The application of psychotherapeutic crisis intervention is well-succeeded, with a good acceptance by our patients

P0361

Psychiatric pathologies following major or minor trauma

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Posttraumatic stress disorder (PTSD) is a largely under-diagnosed condition probably because clinicians expect it only as a consequence of enormous (thus rare) trauma. Seemingly insignificant life events or incidents may cause typical PTSD or other severe pathologies with great impact on quality of life and mental health.

One such disabling condition, presenting as atypical PTSD, without flash-backs or nightmares and barely discernible restlessness, is ignored by textbooks or classifications and seldom recognized by health and invalidity insurance agencies.

Apparently minor traumatic events may also cause personality disorders, recurrent and resistant depression, phobias, General Anxiety Disorder, Obsessive Compulsive Disorder, dysthymia, somatoform disorder, manic episodes. There is no apparent connection between the objective importance of trauma and the severity of the resulting pathology.

Furthermore, the body itself stores the memory of trauma, and can thus produce various pathologies, sometimes of severe importance, such as backaches, headaches, muscular, joint, or even visceral disorders, whose basic cause is generally ignored. Therefore, post-traumatic physical conditions may generate significant medical expenses in diagnostic and therapeutic procedures, generally with disappointing results.

The economical implications of post-traumatic syndromes are enormous in terms of absenteeism, invalidity, medical and psychiatric expenses.

Since the treatment of psycho-trauma is most often salutary, it is imperative to recognize post-traumatic syndromes: clinicians should thus begin to consider this possibility, carefully detailed anamnesis of life events should be obtained, and subjective importance of traces left by each event investigated.

Significant case reports will be discussed.

P0362

Packing therapy in children and adolescents with autism and serious behavioural problems

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Packing therapy is a part of therapeutic approach for children and adolescents with autistic disorder, especially in the case of self-injurious behaviour, and who do not respond to usual psychotropic drugs or who cannot tolerate them. This method consists in wrapping the patient with his under-clothes several times a week, using towels previously wet in cold water. The patient is then wrapped with blankets to help the body warm up in a few minutes. Members of staff are always looking after the patient and are carefully attentive to the quality of the relation with the patient who achieve a greater perception and integration of his body, and a growing sense of containment.

Self-injurious behaviours have previously been related to pain reactivity in autism. The effectiveness of packing could rest on the mobilization of thermo-algic sensitivity. There is a short-circuit of the painful sensations on which the child seems to focus his attention. A sensation, to which the patient has become particularly dependent, is therefore replaced by another type of sensation, which uses the same neuro-physiological pathway.

As there is currently no scientific data available, a randomized, blind and controlled study (supported by the National Grant "Programme Hospitalier de Recherche Clinique PHRC 2007/1918") is taking place to confirm the effectiveness of packing in clinical practice. We have chosen the methodology used to verify the effectiveness of risperidone in children with autism suffering of severe behavioural disorders. This study should help us specify the therapeutic indications of packing in autism.

P0363

Role of psychoeducation in treatment of psychotic patients

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A structured psychoeducation is a method of treatment of patients and their families with the approved therapeutical effect.

Background and Aims: In our hospital psychoeducation is a part of early interventions directed to first episodes of psychotic patients (that includes first 5 years of psychosis). Duration of the programme is one year and it has been influenced by similar experiences in Great Britain and PORT's recommendations (Schizophrenia Patient Outcomes Research Team). A specific quality of the programme is collaboration of group psychotherapy approach conducted by group analysts and psychoeducation conducted by cognitive-behavioral therapists. All therapists involved in the programme have been supervised monthly by professionals.

The psychoeducation is common for all patients and their family members.

Number of hospitalisations, cognitive, emotional and social functioning, changes of basic beliefs and present symptoms have been estimated during the programme.

Methods: The aim of the poster presentation is to evaluate the efficacy of treatment and rehabilitation of patients that participate in the programme together with pharmacotherapy in order to achieve better treatment efficacy. Patient that have been involved in the both psychoeducation and pharmacotherapy are compared to patients treated with drugs only. Questionnaires that measure self-esteem and loneliness have been used.

Results and Conclusions: Since actual psychoeducation ends at the end of this year, the first results of two first grades are expected at the beginning of 2008.

P0364

The comparison of therapeutic touch and physiotherapy in patient with low back pain in Hafez hospital, Shiraz-Iran

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Aim: To evaluate therapeutic touch versus physiotherapy effects on chronic low back pain in female referred to physiotherapy ward of Hafez hospital in Shiraz- Iran.

Method: The sample included 63 female with low back pain for at least 6 months. The participants divided in two groups: there were 30 patients in case and 33 in control groups. The case group received therapeutic touch; 15-20 min daily for 5-10 days. Physiotherapy way conducted for each patient with hot pack and diathermy or hot pack and Transcutaneous Electrical Nerve Stimulation for 15-20 min daily in 10 sessions. Another person on a double blind fashion compared the effect of treatments by interviewing the patients of both groups. A 10-degree visual analogue scale measured the severity of pain for 3 times. 30 min before intervention, immediate and 1 month after the last session of intervention in both groups.

Result: there was no significant differences between two groups on reducing of pain immediately after the last session of treatment ($p=0.1$) follows up of the patients after 1 month showed that the severity and duration of pain were decreased in therapeutic touch group ($p=0.02$). The result after one month of treatment showed significant differences between two groups according their level of activities $p=(0.04)$ the usage of analgesic drugs. And sleep disturbance ($p:0.06$) in- other hands. Touch therapy has more effective than physiotherapy 1 month after treatment in patients with low back pain.

Conclusion: We conclude that therapeutic touch is a safe of effective intervention in reducing of pain.

P0365

Lifetrack therapy - treating personality

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Objective: To demonstrate through 5 classic case examples that major psychiatric symptoms such as anxiety, anger, physical symptoms, depression, and symptoms of borderline personality disorder can be predictably overcome through 'Breakthrough Intimacy' - closeness between committed couples far greater than their previous maximum level. The result of this study proves the vital need for and power of, an accurate and comprehensive tracking of each patient's progress on a daily basis.

Method: Lifetrack therapy works with couples (the patient and his/her partner in life) bringing them far closer than ever before, guided by their own daily self-rating on 41 parameters that allow accurate graphic tracking via Internet of subtle changes in their personalities and dynamic mental status during each therapy session. Working in three-way teamwork, the therapist actively helps the couple to achieve closeness far greater than their previous maximum level, overcoming waves of symptom spikes until they disappear by exhaustion, as the couples undergo personality transformation.

Results: Of the 1,170 patients treated over the last 20 years, 48% of patients reached a level of adjustment beyond their previous maximum level. 31% reached a level more than twice, 24% reached more than three times, 20% reached more than four times, 16% reached more than five times, and 7.6% reached more than ten times their previous maximum level of adjustment according to their own daily subjective self-rating.