

P02-330 - TREATMENT OF ANOREXIA NERVOSA AND OBSESSIVE PERSONALITY DISORDER WITH THIRD-GENERATION THERAPIES: A CASE STUDY

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Objectives: We present a case study of Anorexia Nervosa and Obsessive Personality Disorder as an argument to describe the main therapeutic interventions used framed in so-called third-generation therapies.

Method: The sessions were recorded on videotape by independent observers. Both the particularities of the therapeutic relationship (based on functional analytic psychotherapy) and contextual strategies used (based on acceptance and commitment therapy) were analyzed.

Results: During the therapy, several changes were observed. Among them: Better social behavior, congruence between vital values and vital actions, resolution of the eating disorder, greater openness to experience and decrease of obsessive thoughts.

Conclusion: The changes that were observed during the therapeutic process will be associated with specific interventions resulting from the contextual-functional approach.