

LOOKING AFTER ANOREXIA NERVOSA: AN INOVATIVE WAY OF CARING

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Introduction: Conventional treatment programs of anorexia nervosa are successful in the restoration of body weight; however, recidivism is common and the rate of relapse is high. For twenty years, The Child and Adolescent Psychiatric Department of the University of Nice used to offer a standard treatment based on psychotherapy for both in/out-patients suffering from anorexia nervosa.

Objective: Progressively, we have developed an innovative pattern of care based on the psychopathologic hypothesis of troubles in early integration of perceptive functions. This way of caring constitute a form of therapy to fight anorectic symptoms by the re-appropriation of feelings and the affective reminders linked to them.

Methods: We have created 4 therapeutic workshops. Three of them use sensorial stimuli: olfactory, tactile-kinesthetic and auditory. The fourth one is a discussion group. We propose all adolescents to try these workshops in addition to the normal care program.

Results: We note two principal effects of this innovative way of caring: the reduction of the number and the duration of hospitalizations and the improvement of therapeutic alliance.

Conclusion: The scientific assessment of the impact of this sensory way of caring on the BMI, on the therapeutic alliance and on the hedonic faculties over 2 years is being. And the results should objectify our clinical findings. The use of sensory pathways and their relationship to memory traces and emotions helps the lifting of denial, the sagging of cleavages and reduces pain following the necessary weight regain in the institutional treatment of adolescent anorexia nervosa.