

THE SHEDLER-WESTEN ASSESSMENT PROCEDURE (SWAP) AS A USEFUL PROCEDURE IN A MULTI-PERSPECTIVE DIAGNOSTIC PROCESS OF PERSONALITY AND EATING DISORDERS IN ADOLESCENT PATIENTS

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Diagnosis and case conceptualization are of utmost importance for treatment planning in eating and personality disorder patients. The science-practice schism, especially noticeable in personality assessment, has been a growing concern among both researchers and clinical practitioners. The Shedler - Westen Assessment Procedure (SWAP) allows for a systematic and empirically sound quantification of clinical observations and formulation of a dimensional diagnosis of personality. It offers clinicians and researchers a common "standard vocabulary" in the field of personality assessment. Unlike self-report questionnaires, it enables clinicians to discover patient characteristics that the patients may be unlikely to disclose themselves, without subjecting patients to a pen-and-paper procedure. It offers clinicians an opportunity to rely on their perceptions and feelings, thus fostering self-awareness and a reflective stance.

Preliminary results of former studies in which SWAP-200-A was used revealed three personality subgroups of adolescent anorexic patients (Zechowski, Namyslowska, Bragoszewska, Witkowska). The use of SWAP-200-A has since been incorporated by the authors into their clinical practice. The way the procedure is currently being used by the authors as part of a multi-dimensional and multi-perspective diagnostic process of personality and eating disorder patients will be presented. A case study will illustrate how the procedure may be used in assessment, treatment planning and treatment monitoring.