

RESCRIPTING OR THE TRAUMATIC OR DISTRESSING STORIES FROM CHILDHOOD IN IMAGINATION

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Introduction: Many of patients suffering with psychiatric disorder describe significant stressful experiences from childhood. Many of them suffer as children with unsatisfactory fulfilled basic child's needs, such as security, acceptance or approbation. **Method:** We describe approach in processing these painful events during the therapy. Among basic principles in the treatment of the patients who developed psychiatric disorder and have stressful events in childhood or adolescence belongs the creation of collaborative therapeutic relation, explanation and psychoeducation what happens with the patient and reducing or correct stigmatization and guilt feelings. Therapist helps the patient to understand, how symptoms connected with the events from childhood and how they are interconnected with actual problems in life. The transcription of traumatic or stressful events follows after cognitive restructuralization of core schemas and conditional assumptions. Therapeutic process can be divided into of several steps:

- (a) creation of therapeutic atmospheres (with feelings of security and control, acceptance, approbation);
- (b) exposition to the painful memories in imagination;
- (c) expression of negative emotion to the aggressors, or persons that the didn't guard against stress or trauma;
- (d) formulation the needs of the child to significant adult person;
- (e) experience better end in imagination - transcription of the story;
- (f) general calm down.

The aim of therapist is to help the patient memorizing the stressful events and expressing affective experience and then help him/her to rescript experience to less painful.

Results: There are some case examples of traumatic rescription in the article.

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