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### **Tolerating distress – an application of brief dialectical behaviour therapy skills to psychosis**

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In the last few years Dialectical Behaviour Therapy has been developed as a treatment for Borderline Personality Disorder – distress tolerance skills and mindfulness skills form part of this therapy. We will present a information on a brief short version of these skills, which we are currently applying in a psychiatric inpatient setting in Auckland, New Zealand to patients with psychosis. Having run several groups we will present results of feedback received from both patients and staff indicating the usefulness of teaching patients with psychotic phenomena how to better deal with the distress that these phenomena cause them.

## **17 – Art, Music & Pet Therapies**

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### **Art therapy and psychotic experiences**

Klara Honomichlova

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The presentation will look at the role of art therapy in the treatment programme for individuals with psychotic disorders who are in different stages of this experience. The art therapy service is a part of a public Mental Health Service in a major city in Ireland. art therapy is offered through a variety of intervention options including individual sessions, closed groups and open studio groups. These interventions are offered to patients as part of overall treatment programme and may occur in a range of settings including acute, day hospitals and other situation. Will be discussed the criteria for the use of art therapy intervention, the indication and contraindication for such an intervention and its function within the overall treatment programme. Through case examples will be illustrated how art therapy can be used with individuals who are experiencing a range of psychotic episodes, looking at how their changing needs can be addressed. Will be described art therapy concepts and terms – the art therapy triangular relationship, the role of the embodied image and its relationship to the transitional object?

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### **Assessing arts psychotherapy in the treatment of patients with prodromic phases of psychotic disorders**

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Because of its effects on the interrupted process of subjectivation arts psychotherapy may be a promising tool of treatment with adolescents and young adults presenting initial experiences of schizophrenic or drug induced psychoses. We present a multi-annual research project assessing the efficacy of arts psychotherapy with these patients. We used a quasi-experimental follow-up design based on an integrated quantitative and qualitative research methodology. The patients were encountered in structures for unemployed and homeless people. The results have led to a better understanding of the interaction between early affective and educational deprivation, recent traumatic events and personality structure, in the sense the psychodynamic schools have conceived it. Our theoretical discussion is based on the differences between the categorical, dimensional and structural approach to psychopathology and on the historical

evolution of the comprehension of psychosis and borderline functioning. It considers especially the recent research results on the interaction of traumatic biographic events, the functioning of the personality on a structural level and the obvious symptoms.

**Key-words:** Arts psychotherapy, assessment, borderline functioning, drug induced psychoses, integrated quantitative and qualitative research methodology, schizophrenia.

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### **Pet-assisted therapy for inpatients with diagnosis of schizophrenia**

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**Objective:** To describe and review studies regarding benefits of Pet-assisted therapy programs in people with schizophrenia.

**Literature review:** Pet-assisted therapy (PAT) is described as an intervention directed to improve cognitive, physical and social functioning of a patient. Interaction between pet and patient is one to one and pets used for PAT are specially trained for it. PAT programs have been mainly applied to populations with developmental disorders, physical disabilities and old people. Benefits obtained from these applications have been a reduction of loneliness, establishment of an acceptance bond, increase of self-esteem and self-confidence, reduction of stress and blood pressure levels, promoter of an active living and welfare and social interactions catalyst. Only four studies have been conducted with inpatients diagnosed of schizophrenia. Concrete results of these studies suggest that PAT programs improve social-interpersonal functioning, hedonic tone and subjective perception of quality of life, domestic and self-care daily activities and negative symptomatology.

**Conclusions:** Although studies are few and results controversial, there are clues indicating that PAT programs could be an efficient adjunctive psychosocial treatment for people with schizophrenia.

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### **Music is inside and around me: group music therapy with schizophrenic patients**

Patricia Sabbatella

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The relevance of music therapy as an indicated treatment in Psychiatry has been well documented in literature and schizophrenia has been the subject of different studies in applied music therapy. An important clinical goal to work with schizophrenic clients is to improve the awareness of identity. Music helps to construct an individual's self-concept and used in music therapy clinical practice is a way to empower clients within their own life history and identity. The way music helps to construe a sense of identity is an important tool for perceiving and understanding music therapy clinical events. This paper presents the results of a music therapy project developed at the Mental Health Service of the Andalusian Health Care System in collaboration with the Area of Psychiatry of the University Hospital of the University of Cádiz. Weekly group music therapy sessions were implemented for schizophrenic patients. Significant results were observed when music was used as tool to express feelings and to empower clients within their own identity and to 'feel and make music together'.