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Keywords: immigrants; Cultural competence; mental health professionals

EPV0582

Psychedelic-Assisted Psychotherapy: When Two Traditions Meet

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Introduction: After a long moratorium since the Controlled Substances Act was passed in 1970, there has been a resurgence of research on the potential therapeutic benefits of psychedelic (PE) compounds. It has been widely believed that the PE effect is a result of the interaction between the drug and the mindset of the patient (the “set”) with the external physical and social conditions (the “setting”). In order to control non-pharmacological variables and improve therapeutic outcome two types of psychological approaches to PE use have emerged traditionally. One is based on psychoanalytically informed talk therapy with low to moderate doses of a PE agent with the goal of facilitating a discharge of emotionally charged mental contents (psycholytic therapy). The other used one or several high doses of a PE to create an “overwhelming experience,” which was then followed up in integrative sessions (psychedelic therapy).

Objectives: Currently, it is unclear which one is better than another, these two methods are frequently mixed, and all-together carry the name of psychedelic-assisted psychotherapy. There has also been some discrepancy about what is the right “set” and “setting”.

Methods: To add some anchor points for (and at the same time warn about the limitations of) the reemerging field of psychedelic-assisted psychotherapy the authors refer to anthropological observations in cultures, where PE use has a long practice historically.

Results: As part of healing ceremonials PE has usually been administered in a tight community with shared cosmology (“set”) and ritual context (“setting”).

Conclusions: These are difficult-to-reach conditions for someone coming from Western tradition.

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Keywords: anthropology; psychedelics; Cultural diversity; Psychotherapy

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Pastoral psychiatry – towards new understanding

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Introduction: Cultural psychiatry is an area of psychiatry that has been growing in importance recently. According to the new

definition, mental health requires harmony with the universal values of society (Galderisi et al., 2017). Faith is considered an important factor in culture. Theology can enable a better understanding of psychiatric problems and distinction between spiritual and mental issues. “Pastoral theology aims at constructing models of redeeming activity of the Church which are current in these days, and will be current in the nearest future” (Przygoda, 2013). This discipline must recognize and evaluate the impact of contemporary sciences, including psychiatry, on theology and ecclesiastical activity.

Objectives: This study aims to prepare a modern concept of pastoral psychiatry, which will be used to prepare a textbook, teaching aids and teaching plan for this discipline.

Methods: Textbooks and articles in psychiatry, psychology and related disciplines, and pastoral theology monographs were analyzed. This was followed by the conceptualization of areas of interest and methodological standards.

Results: Textbooks on this problem were published several decades ago (Gabriel, 1933; Bless, 1949; Polish edition issued in 1980, translated with amendments by Kaczmarek). Since then, knowledge has advanced considerably. Textbooks of psychiatry and psychology only selectively consider the Christian perspective.

Conclusions: “Pastoral Psychiatry” should be helpful for priests, theologians, believers, doctors, psychologists. It requires the work of authors with theological and psychiatric competence. It will create ways of agreement, facilitate understanding of different perspectives, increase competence: theologians, priests – to better understand modern psychiatry; psychiatrists, psychologists – to better help religious patients.

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Keywords: religion; culture; pastoral psychiatry

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Study for revision of Hwa-Byung Scale: The Delphi Method

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Introduction: Hwa-Byung is a mental syndrome classified as a “cultural-related syndrome” which reflects the cultural characteristics of Korea in DSM-IV. Hwa-Byung is caused by anger, which is characterized by feelings of anger or resent about unreasonable social violence and trauma. Kwon et al (2008) had developed self-report measure to assess severity of Hwa-Byung but it has several limitations to use in current clinical settings. Therefore, we investigated opinions of experts who have professionalism in giving treatment of Hwa-Byung patients in the clinical settings.

Objectives: The present study aimed to reach consent of oriental neuropsychiatrists’ opinions about the direction of revision of the Hwa-Byung scale.

Methods: The Delphi method is a survey method that induces people to freely present their opinions without face-to-face processes and reaches consent through continuous feedback of survey results while ensuring anonymity. The Consensus Panel consists of 16 experts who are Oriental neuropsychiatrists and

have experience in diagnosing patients with Hwa-Byung. A total of four surveys were conducted as consensus was reached on the fourth round. Each questionnaire was distributed by mail to a panel of experts and was asked to submit a response after receiving the questionnaire.

Results: The results of the study are as follows. First, common factors for Hwa-Byung include anger, resent/blame, modify memory bias and attention bias for anger events. Second, characteristics of young Hwa-Byung patients include stress caused by social factors and excessive immersion in certain things such as drinking or smoking.

Conclusions: Therefore, when revising the Hwa-Byung scale, it would be necessary to include these factors.

Disclosure: No significant relationships.

Keywords: Oriental neuropsychiatry; Delphi method; Hwa-Byung; scale revision

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Migrants in Greece and mental health issues

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Introduction: Migration is a difficult and painful process for individuals, since they could no longer rely on the supportive structures of their own country that would help them develop resilience and mental well-being, on the one hand and, on the other hand, they may be obliged to find a new identity and adapt to a new social context.

Objectives: To identify mental health issues in migrants in Greece.

Methods: A literature review has been made through PubMed database.

Results: First-generation immigrants exhibited an increased risk of poor mental health including increased levels of depression, post-traumatic disorder and anxiety compared to local population. When immigrants come to a new country, they often experience culture shock, significantly influencing their mental health. The term “culture shock” describes feelings of weakness and a state of disorientation of individuals living in a new environment as well as the difficulties they face in the process of their adapting to the new conditions. Individuals lack a social supportive environment while experiencing lack of acceptance, as well as social discrimination, economic exploitation and racism by local society. Additionally, their cultural background can influence and differentiate the way they perceive, react and cope stressful conditions.

Conclusions: For the smooth completion of the cultural process, mutual adaption to the new conditions of both migrants and host society is needed, focusing on the understanding of different cultural heritage, as well as on the respect and recognition of rights of both sides.

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Keywords: Greece; mental health; migration

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Conflicted Identities and Art Therapy: Practices and Case Studies in Kolozsvár/Cluj-Napoca, Romania

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Introduction: Cluj-Napoca in Transylvania, Romania, has a historically multiethnic population who maintain their language-based cultural identities. In order to harmonize interethnic relations in our multicultural society, art-therapeutic methods depend on the need to establish a sensitive relationship between the cultural horizon of individuals, thus increasing self-confidence, tolerance, resilience.



Objectives: The objectives are : to develop social skills, which facilitate the social and professional integration of children and adolescents belonging to ethnic groups living together, including those with disabilities.

