

## PROJECT HINTERLAND: THE WAY OF THE STEPS AND THOUGHTS

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**Introduction:** Starting from the theoretical assumptions of Group Therapy, within the Department of Mental Health of Lecce, in the Center for Mental Health of Casarano it was experienced the "Project Hinterland: the way of the steps and thoughts".

**Objectives:** The "Project Hinterland: the way of the steps and thoughts", through a group activity, was aimed to provide a undergoing reorganization of the gap between inner and outer world, characteristic of the mental disorder.

**Methods:**

- Conductors: psychiatrist and psychologist
- Sample: 9 schizophrenic patients
- Duration: 12 months

Phases of the project:

1. Exposure of the project and identification of individual interests
2. Identification of journey and collection of information about it
3. Excursion on the sites identified
4. Sharing emotions and thoughts related with the experience of excursion

Rating scales:

- Clinical Global Impression (CGI) at baseline and 12 months
- Short Form 36 Health Survey Questionnaire (SF-36): at baseline and at 12 months

**Results:** Significant reduction in mean scores in all areas of the CGI and the SF-36.

**Conclusions:** Knowledge of the territory of belonging has reinforced the cultural and social identity of participants favoring the appropriation of their life contexts. The integration between cognitive space and motor activity has encouraged the perception of emotions related to it. The group activity has positively stimulated socialization longer valid and closer to the needs of the patient.