

P-1365 - INTEGRATIVE PSYCHOTHERAPY OF SOMATOFORM DISORDERS

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On the basis of the examined 350 patients with somatoform disorders and 250 patients with chronic psychosomatic diseases we have elaborated a test that allows to evaluate quantitatively the influents of the disease on patients' social functions.

We created the integrative psychotherapy system with cognitive-oriented, suggestive and autosuggestive implementations.

Elucidation of peculiarity of personal perception of the disease served as basis of elaboration of purposeful system of psychotherapy, consulting, psychological support for psychosomatic patients with high-effectiveness 1,5 - 3 years catamnesis in 85% patients. Psychotherapy should be used first of all as a target-oriented.

Our experience showed the necessity of the use the integrative models of psychotherapy, parted on stages. On the first stage the receptions of cognitive and suggestive psychotherapy are used. There is group therapy on second stage. On the third stage elements of the autogenic training mastered.