

ally achieved by attributing meaning and purpose to suffering and set-backs. In the paper, I discuss how the therapist could avoid the trap of being and coercing the patient to be “optimistic, positive, and strong” when the situation does not necessarily warrant such an attitude. Philosophy may be of help here. One may apply theodicy, that is, the philosophical attempt to explain and justify the evil existing in God’s world. Another possibility is Ericksonian approach of utilization, paradoxical intervention, using metaphors and hypnotic techniques in order to let the patient come up with his own, intimate resources facilitating recovery. Logotherapy, which is an existential approach is recommended, either as such or as a part of REBT. In short, the difference between an ineffective and an effective approach is the difference between being optimistic and being realistic.

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#### EV1145

### Attempting reconciliation with cross-examination in couple therapy

B. Latecki

*Life Empangeni Garden Clinic, Psychiatric Private Practice, Empangeni, South Africa*

Many traps and conflicts can be encountered by the therapist trying to facilitate communication and to promote agreement between couples or between an angry teenager and his/her parent. The cross-examination technique is a useful tool in such situations. It involves humour but it is also confrontational, it shifts the burden of initiating and continuation of the dialog onto the parties involved, it teaches responsibility, respect and sensitivity to the other’s points of view and, after exposing the “sore points”, it leaves the couple in a position to discuss possible solutions. Elements of other psychotherapeutic approaches (mirror technique, paradoxical intentions, empty chair technique, Ericksonian approach) are included as well. Elements of logic aimed at recognizing the fallacies and assumptions between the couple are also used.

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#### EV1146

### Clinical usefulness of confrontations in the initial interview

Z. Barac-Otasevic

*Clinical Center of Montenegro, Psychiatry clinic, Podgorica, Montenegro*

Principal objective of this work is to illustrate the clinical usefulness of confrontations in the initial interview. Balint, Kernberg, Sullivan, Fromm-Reichmann are the authors, among many of them, who pointed out importance of the initial interview and the consequences of the interview for the future psychotherapeutic work. Initial interview represents two persons; therapist and person who needs help who meet for the first time and do not know anything about each other. Interaction between therapist and the patient through communication is a major source of information about potential patient in the initial interview. The nature of disorder, capacity of motivation for psychotherapy can be evaluated in the current interaction with the person who needs help. Confrontation is a routine technique in psychoanalysis and psychotherapy, unilateral and potentially dangerous, especially when working alliance is not established and that is the case in the initial interview. Purpose of confrontation in the initial interview is to collect information about patient, his psychopathology, his structural personality features, presence of defensive operations, capacity and motivations to work and what kind of psychotherapy is best suited for him.

Confrontation can be very harmful so it requires tact, patience and timing. Incorrect use of confrontations which are poorly conceptualized, premature could stop the flow of the material, make sense of chaos in the interview, increasing anxiety and risk the possibility of leaving interview.

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#### EV1147

### Roll of the third wave therapies in the treatment of schizophrenia

L. Asensio Aguerri\*, L. Nuevo, B. Mata, E. Segura, E. Lopez, F. Garcia

*Doctor, Psychiatry, Ciudad Real, Spain*

\* Corresponding author.

*Introduction* The schizophrenia is a frequent mental disorder. The symptoms affect the emotions, cognition, perception and other aspects of the behaviour. In the last years have been developed different interventions and psychological treatments in order to improve the personal and social functioning of these patients. Among the new proposals is the called “third wave”.

*Objectives* Determine the efficacy of third generation therapies in the treatment of schizophrenia.

*Methods* We have performed a systematic review of the existing bibliography in PubMed/Medline, Cochrane and Dialnet, using the combination of different keywords “acceptance and commitment therapy, mindfulness, psychosis, schizophrenia, third wave of therapies, based cognitive therapy”.

*Results* The based cognitive therapy for the psychosis (CBT) was designed for the treatment of the residual symptoms of schizophrenia, however in the present there are over 30 randomized trial publications were is evaluated the efficacy of CBT in psychosis, on positive and negative symptoms, functionality and affectivity. It is most effective in acute episodes.

*Conclusions* The treatment with the third generation therapies reduces the positive symptoms of schizophrenia and improves depressive and anxiety symptoms. The CBT and the mindfulness are the most studied. There are scientifically therapeutic options for the treatment of patients with schizophrenia in combination with pharmacotherapy.

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#### EV1148

### The introduction of psychotherapy in psychiatric outpatients in the last four years in a Greek hospital

G. Lyrakos\*, D. Menti, I. Spyropoulos, V. Spinaris  
*General Hospital Nikaia “Ag. Panteleimon”, Psychiatric, Nikaia, Greece*

\* Corresponding author.

*Introduction* The use of psychotherapy is an important part of treating psychiatric disorders, in combination with medication taking. However, despite its importance, psychotherapy is still underused from individuals with psychiatric problems in Greece.

*Objectives* To examine the use of psychotherapy, among psychiatric outpatients, in the last four years.

*Aims* To investigate whether there are differences in the use of psychotherapy, in combination with medications, to treat psychiatric disorders, from 2012 to 2015.

*Methods* In this study participated 5,551 patients, 2,760 males (49.7%) and 2,791 females (50.3%). The mean age was 45.54. Convenience sampling method was used and participants were recruited