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**From loneliness to belonging ,objective and subjective feeling in Navigate program for first psychotic crisis.**

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**Learning Goal:**

We will focus on the sense of loneliness experienced by patients and try to answer whether is possible and how to alleviate loneliness and suffering during this period. How the therapist team can touch this experience in a way that can dispel the loneliness at least for some precious moments.

**Abstract Text:**

First psychotic crisis has potential to cause alienation of the person from himself, family, society ,community and eventually a sense of gap from the medical team.

The style of subjective and objective organization after first psychotic crisis determines and effects the style of coping later on. Inadequate coping raises the likelihood of anxiety, difficulty in processing the emotional experience, internalization of stigma, impairment of social cognition and distancing from community and family. Studies have shown that these factors contribute to a deep sense of loneliness that can affect interventions at emotional, social and occupational or educational level.

Early intervention is recommended in order to enable return to a course of life that is in accordance with ones objectives and values. What is needed in such an intervention to allow the person to return or build a normative life? What is needed to help him deal with the sense of loneliness that will probably accompany him? Is it possible to bridge the gap from the therapist?

The Navigate Program (a program adopted by the American Mental Health Association) for early intervention after first psychotic episode in young people includes individual, family, employment/educational therapy and psychiatric treatment. It is based on an integrative person centered approach with coordination between the team members. The program emphasise building personal resilience for both the family and the individual, processing of the psychotic crisis, coping with symptoms, coping with negative perceptions of oneself and the environment.

Our Navigate Clinic was opened at the end of 2017. During this period, we have been exposed to a lot of suffering and loneliness. Our clinic works according to all the original principles but also adds its personal aspect thanks to the dedicated caregivers available 24 hours, cultural sensitivity work, and the peer specialists that are integral part of our team.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**