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When is the right time to end long term group psychotherapy for psychotic patients

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Learning Goal:

Duration of group psychodynamic long term psychotherapy for patients with psychosis.

Abstract Text:

Psychotherapy with psychotic patients is a very difficult and demanding task. The partial biological determination of the illness that demands a multidimensional therapeutic approach, the pathway with exacerbations and remissions, the personality damage that occurs after psychotic episodes, the fragilities of achieved improvements and the long waiting for small steps forward put the therapist's emotional capacities, patience and consistency to test. Many years of positive experience of our hospital's group therapists in treating psychotic patients through long term psychodynamically oriented group psychotherapy resulted in an improvement of the social functioning of psychotic patients and in a reduction of rehospitalizations.

In group work we notice the achievement of stable remission, with often reach different levels of psychodynamic development in different patients. Some patients stay in a position of stable state in which they understand the psychodynamic background of their own psychotic disorder, but they do not notice the possibility of further progress in interpersonal relationships. Acquired knowledge emotionally as they can not continue to digest and continue life with more freedom. They are constantly relying on the psychotic disorder as a security guard. Therefore, the question arises: When is the right time to complete long term group psychotherapy for psychotic patients?

Examples of the group process are described in the paper.

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