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Day hospital as early intervention program for individuals with first psychotic episode

Daniela Šago, Višnja Martić, Kristina Habus, Ena Ivezić, Dominik Šmida, Kaja Komesarović, Vanesa Đogaš, Deana Varga, Maja Žanko, Renata Fiolic, Vanja Lovretić, Igor Filipčić
Psychiatric hospital „ Sveti Ivan„ , ZAGREB, Croatia

Learning Goal:

Day hospital as early intervention program for individuals with first psychotic episode

Abstract Text:

Day hospital is a time-limited structured program of diagnostics, treatment and rehabilitation based on various psychotherapy and socio-therapy techniques. The day hospital for early intervention at Psychiatric hospital "Sveti Ivan", Zagreb, Croatia was established five years ago and practiced an eclectic approach in a way that combines different psychotherapeutic techniques with psychoeducation. The day hospital for early intervention encompasses psychodynamic group-oriented psychotherapy, multi-family group, cognitive behavioral workshop, metacognitive training, psychoeducation, occupational therapy, art therapy, literary workshop, nutrition workshop, recreational therapy, consultation with the social worker, and integration in society. The basic idea of day hospital is to live in reality and maintain contact with the family and the social environment. Providing optimal care improves treatment outcome not only for patients, but also for their families. The first episode of psychotic disorders usually occurs in young people who have interrupted the present way of life and projections into the future. In order for dreams and fantasies to be rebuilt, nonadherence and lack of insight are additional aggravating factor. A safe therapeutic environment in which the individuals with psychotic disorder are directly involved in treatment decisions allows them to empower, emancipate, and develop a therapeutic alliance. Feelings of belonging, understanding, acceptance and utility change their previous feelings of isolation, insignificance, inferiority, and thus a negative image of oneself. Mirroring as well as positive feedback from others motivate patients to change. Improving everyday functionality affects the quality of their lives while at the same time reducing family burden. Remission and recovery are achieved for many patients by being well informed, provide adequate treatment and careful monitoring.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**