

Article: 1665

Topic: EPV30 - e-Poster 30: Rehabilitation and psychoeducation

An Original Working Model of Psychiatric Rehabilitation

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The aim of psychiatric rehabilitation is to achieve the maximum degree of freedom, autonomy and independence of the psychotic patients.

We use an original program of rehabilitation born in the north of the Italy written in the book: 'Freedom, Autonomy and Independence', Milan 2011. The program is based above all on Neuro-Cognitive Trainings (NCT), and especially Social Skills Training (SST). We consider this interventions the most effective designed to improve social competence and other cognitive abilities of patients with schizophrenia.

Methodology is largely oriented on cognitive behavior theory, but we developed an original program calibrated on the needs of our population of patients.

Patients with schizophrenia can clearly improve their social competence with NCT and SST to different degrees. We show even a higher level of generalization and persistence of improvements.

The most satisfying results are concerning cognitive functions, social and relational competences.

Cognitive deficits, social and relational competences can clearly benefit from a structured program based on cognitive remediation and social skills training.