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INTENSIVE COGNITIVE-BEHAVIOR THERAPY GROUP FOR SOCIAL PHOBIA.
PROGRAM AND EFFECTIVENESS

P. Holas

2nd Department of Psychiatry, Warsaw Medical University, Warszawa, Poland

This poster is aiming at presentation of program together with some data on effectiveness of intensive cognitive-behavior group psychotherapy (CBGT) for social phobia (SP) carried out in Center for Psychotherapy at the 2nd Department of Psychiatry Medical University of Warsaw. Intensive CBGT for social phobia has been conducted in Center for Psychotherapy for five years. Therapy lasts 12 weeks, five days a week, with two sessions each day.

Therapeutic program consists of 4 modules: I. A standard cognitive therapy for SP based on Clark and Wells model (1986); II. A behavior module with primary focus on exposition and behavioral experiments; III. An interpersonal and assertiveness training and IV. Mindfulness training which focus on increasing mindfulness and acceptance skills and is based on MBCT and ACT exercises. Preliminary data on efficacy of the program carried out on 40 patients (17 F, 23 M) suffering from SP, revealed a significant reduction of SP and other neurotic symptoms, together with decreasing of depression and anxiety measures. What is interesting, we have found that intensive CBGT led to change in defense mechanisms, a concept belonging to a psychodynamic approach, with decrease in neurotic and immature mechanisms. In conclusion, intensive CBGT seems to be an effective treatment for SP, that changes not only symptoms but also some of the underlying dysfunctional personality mechanisms, but more studies with different methodologies are needed.