

L. Madeira¹, M.L. Figueira¹

¹Psychiatry, Faculdade de Medicina Universidade de Lisboa, Lisbon, Portugal

There has been recent appraisal of anomalous self-experiences Sass and Parnas, 2003 as relevant for an early approach Schizophrenia Spectrum disorders (Nelson, 2012) and perhaps other psychiatric categories (Sass 2013). There is lack of research on their nosology and treatment. Critical appraisal of (1) the psychopathological descriptions of anomalous self experiences (2) diagnostic assessment and (3) psychopharmacological and psychotherapeutic treatment choices. We provide data analysis of 3 years psychiatric and psychotherapeutic follow-up, including (1) psychopathology, nosological assessment and psychopharmacological choices of 50 clinical sessions (2) a total of 500 emails to psychiatrists; (3) 58 psychotherapeutic sessions records and 10 taped psychotherapy sessions. All together showing that this patient symptomatic arrangement and his defiance to standard treatment approaches shows further research is needed on these topics of anomalous self-experiences. We now possess interviews as the EASE (Examination of Anomalous Self Experiences) and appraising such experiences has greatly improved. Yet treatment research on this area is lagging behind and any approach to these patients requires that they simultaneously fit other nosological categories. This case demonstrates how bewildering can be the treatment choices of such patients.