

Systemic Family Therapy and Prodromal Stage of Psychosis. Concerning a Case

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INTRODUCTION: In an effort to avoid the progression to a psychosis, there is a tendency nowadays to bend psychotherapeutic interventions on the prodromic period . However, there is no unanimity in what the treatment should consist of.

OBJECTIVES: To describe an appealing case, in which Systemic Therapy is used to work from a familiar perspective of a problem identified in only one member of the family.

METHOD: This clinical case is about a 12 year old male, he was brought to the Child and Adolescent Unit of Mental Health by behavioral alterations that express the rejection to his father. The family reports that the onset of these behaviors occurred insidiously, presenting regressive attitudes, strange behaviors and social isolation. The patient was admitted to the Children and Youth Hospital Day and received multidisciplinary treatment: pharmacological and Systemic Family Therapy.

RESULTS: Through the nine Systemic Family Therapy sessions that the family has attended, the conflict in the marital subsystem has become evident, showing a triangulation of both parents with the patient.

CONCLUSIONS: Even though it cannot be stated, the child's pathology is supported by a prodromal state of psychosis. Professionals are still working through therapy with the family and the patient, awaiting for the progression of other symptoms.