

## CHANGING THE EMOTIONAL SCHEMAS USING WRITING LETTERS TO SIGNIFICANT CAREGIVERS

**J. Prasko**<sup>1</sup>, *J. Vyskocilova*<sup>2</sup>, *M. Cerna*<sup>1</sup>, *T. Diveky*<sup>3</sup>, *D. Jelenova*<sup>1</sup>, *D. Kamaradova*<sup>1</sup>, *M. Ociskova*<sup>4</sup>, *A. Sandoval*<sup>1</sup>, *Z. Sedlackova*<sup>4</sup>, *K. Vrbova*<sup>1</sup>

<sup>1</sup>Department of Psychiatry, Faculty of Medicine and Dentistry, University Palacky Olomouc, University Hospital Olomouc, Olomouc, <sup>2</sup>Faculty of Humanities, Charles University in Prague, Prague, Czech Republic, <sup>3</sup>Department of Psychiatry, Hospital Trencin, Trencin, Slovak Republic, <sup>4</sup>Department of Psychology, Philosophical Faculty, University Palacky Olomouc, Olomouc, Czech Republic

The letter writing is a psychoterapeutic strategy, which can help to the patients to cope with the relationship to the significant people from their childhood.

**Method:** The purpose of writing letters is to experience and to understand their own feelings, to cope with strong emotional experiences, which are related to the injuries in the childhood. We present specific examples of the letters from our patients in last 15 years of our experience, when this technique is mainly used in patients with personality disorders, affective and anxiety disorders in the therapy and also using internet.

**Results:** The result is a profound change in beliefs about themselves and others. The basic types of therapeutic letters are these four: not censured letter, emphatic letter from the “other side”, the letter to the “inner child” of the significant person and the letter “visit-card”. In not censured letter the patients primarily reflect the negative feelings that hurt them in childhood. The emphatic letter from the “other side” is the ideal answer the patients would have wanted to get away from the significant person; patients formulate the particular wishes and expectations, which meet in a fictional response (encouraging self-confidence, assurance of love, respect). The “visit-card” letter is the censured letter in “adult to adult” mode, written with respect for oneself and significant person, directed towards reconciliation. Fonetický přepis

**Supported by IGA MZ CR NT 11047-4/2010.**