Article: EPA-0536

Topic: P29 - Psychotherapy

# OBSERVATION ON THE THERAPEUTIC USE OF SLOPPINESS AND CO-CREATIVITY IN THE INSTITUTIONAL CARE PATHWAY

F. Gucci<sup>1</sup>, E. Caianello<sup>1</sup>, G. Giorgio<sup>1</sup>, C. Ruju<sup>1</sup>

<sup>1</sup>Casa di cura Villa Camaldoli, Fondazione Villa Camaldoli, Naples, Italy

### Introduction

Sloppiness refers to the indeterminate, untidy or approximate qualities of the exchange of meaning between patient and psychotherapeutics (Boston Change Process Study Group, 2005). In an institutional 'good-enough' Day-Hospital, patients move around psychiatry, physicians, phychotherapists, rehabilitation groups giving arise a relational field where something happens. Beyond known therapeutic factors, 'something else' arises from intrinsic indeterminancy of the relationship among minds.

### Aims

Our work is an attempt to elaborate and explore the idea of *sloppiness* and *co-creativity* as a model of therapeutic teamwork organization in an institutional Day-Hospital.

The sloppiness as a model of teamwork organization may permit to individuate features relevant in a co-creation process among teamwork members and patient in severe psychiatric disorder.

#### Methods

We present four case reports belonging to different diagnostic classes: psychosis, affective disorder, personality disorder and anxiety disorder.

#### Results

Long time clinical observation suggests that different features significantly affect clinical outcome in different patients. So, *sloppiness* has a pivotal role in the therapeutic process leading to a change because, 'playing' among teamwork in a unstructured relational space, patients drawn on what they authentically need.

## Conclusion

Sloppiness and co-creativity might represent 'something else' which allow patient to create his personal therapeutic pathway, and teamwork to fine-tune dynamically therapeutic act on patient. So sloppiness, as a tool of encounter between patient and teamwork in an institutional Day-Hospital, might advance co-creativity process leading to an individual care pathway good-fitted on patient.