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## COGNITIVE-BEHAVIORAL PSYCHOTHERAPY OF SOMATOFORM DISORDERS

B. Mykhaylov<sup>1</sup>, B. Fedak<sup>2</sup>, O. Kudinova<sup>2</sup>

<sup>1</sup>Kharkiv Medical Academy of Postgraduate Education, <sup>2</sup>Prof. Meshchaninov City Clinical Urgent Care & Emergency Hospital, Kharkiv, Ukraine

Last 10 years there is tendency to increased diseaseness and prevalence's of somatoform disorders in Ukraine.

The most significant role belongs to the patients self-evaluation of the influence of the disease on their social status, that is an essential part of the self picture of the disease and the important point of therapeutic rehabilitation intervention.

On the basis of the examined 300 patients on somatoform disorders and 200 patients on psychosomatic diseases we have elaborated a formal test that allows to evaluate quantitatively the influences of the disease on various spheres of patients' social status.

It was absolutely unexpected the common for psychosomatic and somatoform disorders patients rise of significance of personal individual, every day life factors in cases of aggravation of the main disease course. We created the cognitive-behavioral psychotherapy system with suggestive and autosuggestive implementations.

Elucidation of peculiarity of personal perception of the disease served as basis of elaboration of purposeful system of psychotherapy, consulting, psychological support for patients with high-effectiveness 1,5 - 3 years catamnesis in 85% patients.

Our experience showed the necessity of the use the target-oriented integrative models of psychotherapy, parted on stages. On the first stage - sedative-adapting the receptions of cognitive and suggestive psychotherapy are used. There is group therapy on second-main-stage. On the third stage-supportive- elements of the autogenic training mastered.