

P-1145 - FAMILY THERAPY PREVENTING THE RECURRENT MAJOR DEPRESSION WITH BORDERLINE PERSONALITY PATIENT AGAINST RECURRENT EPISODE: A CASE SERIES

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Major depressive disorder comorbid with borderline personality is a highly recurrent disorder, and its dysfunction has increased risk of relapse. The main purpose of the family therapy model is to prevent the recurrent major depression with borderline personality patient against recurrent episode.

These three patients have had more than 10 relapses and hospitalizations during the past 5 years. Focuses of the therapy are on the apples drawn by the patient (DDAA), the patient, and the patient-parent relationship. Keywords are gathered from every participant during the therapy session and the after-meeting. Besides, the subjects to have verbalized meaningful ideas or successful experiences are immediately, intensely praised by applause. DAILY DRAW AN APPLE (DDAA) homework is that the patient has drawn an apple on a calendar everyday and shares with parents about the apple as well as the patient's feelings of the day. The participants of the therapy are the patient, parents, and the therapists (psychiatrist and social worker). The frequency of the model is twice monthly. Each session consists of the 10 minutes pre-session, the 40 minutes therapeutic session, and the 10 minutes post-session. All three patients have never been relapsed over the past 20 months after receiving family therapy under medications.

Finally, with the aid of family therapy, they have been almost free from affective symptoms and their abandonment fear, hostile dependent tie with parents have been steadily gradually improved. To prevent the recurrent major depression with borderline personality patient against recurrent episode has been achieved in family therapy presented here.