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Introduction In the past six decades, extensive research has been done on family therapy from different areas of knowledge such as psychology, psychiatry and social work. Leading to development of different intervention techniques and optimal clinical evaluation with families.

Aims The systemic perspective focus on the study of the dimensions that contribute to the stability and consistency of the members of the family system. The family is an interrelated system, dependent on each other, where there is an influence of the group over the individual, which is why each of its members plays a pivotal role in family therapy. Throughout all these years of evolution of systemic family therapy, many different concepts and techniques have been used, including the ones currently used today.

Methods Knowing the evolution of the different techniques allows us to understand the functioning of families, for example, their links and the elements that constitute it: their roles, the functions performed by each member in the family, communication, standards and power relations.

Conclusions The descriptive diagnosis of family ties, help us implement intervention strategies that could improve clinical care and diagnostic approach.

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EV1090

Cognitive behavioral approaches to coping with suffering and hardship

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Introduction Low level of ability to endure discomfort, hardship and distress, which are integral parts of adverse life events, may lead to loss of mental stability and maintenance of psychological disorder.

Method Review of literature and case descriptions.

Results The patient often tries to cope with their suffering through avoidance and compensatory behavior which may relieve his suffering immediately; however, in the long term, it leads to the deterioration in the quality of his life and the persistence of suffering. Cognitive behavioral approaches focused on increasing the ability to endure unpleasant and distressful life experiences, allow the patient to better bear the inevitable losses in life, which he is exposed to, endure his anxiety, sadness, and the urge to impulsive action or escape; so the patient have more possibilities to act more freely, functionally and purposefully. Modern cognitive behavioral approaches, such as Dialectic Behavioral Therapy, Mind-

fulness Based Cognitive Therapy, Acceptance and Commitment Therapy and Compassion Focused Therapy developed and applied therapeutic methods designed to increase the patient's resistance to suffering and his ability to cope it better. These approaches are applied not only in patients with chronic psychiatric disorders, but also in patients with chronic physical illnesses and permanent disability.

Conclusions The modern CBT strategies can help patients to increase his/her resistance to the distress, discomfort and suffering.

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EV1091

Functional somatic syndromes, mentalizing impairment and psychotherapy as the way to soothe suffering. A group psychotherapy experience in an outpatient setting

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Functional somatic symptoms and syndromes are a major health issue. They are common, costly, persistent and may be disabling. From Mentalization Based Treatment perspective, mentalizing impairments are a key factor in these issues. In that sense, many times, emotional suffering is rendered into physical pain, and it is the body that conveys affects and moods while the patients search frantically for an objective diagnosis and a biological cause for their symptoms and complaints. Taking this premise as a starting point, this poster analyses the importance of working on affects, connecting to them, naming them, and thinking about them. Linking symptoms to emotions, to attachment strategies, and interpersonal issues in order to achieve the recovery of mentalization. Considering this as the main goal to release the body from pain and suffering, we specify a proposal of group psychotherapy developed throughout the last eight years in an outpatient setting.

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EV1092

Definitely, one (therapy) does not fit all (depressions): Mentalization based treatment for resentful self-critical depressive patients who abuse of attachment deactivating strategies

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Depression is one of the most prevalent mental disorders and a notably heterogeneous condition with regard to etiology, symptom expression, course, and treatment response. This is why it is extremely unlikely that a "one size fits all" approach to the treatment of depression will be particularly effective. Quite the contrary, it is clear that the future of the treatment of depression may lie in a combined disorder- and person-centred, tailored-made approach, which takes into account the broader interpersonal context and life history of the individual. Depressed patients with a characteristic cognitive-affective schema of self-critical perfectionism are prone