

## P01-39

### A COMBINED TRANCE-SUGGESTIVE METHOD OF FORMING ANTINARCOTIC PSYCHOLOGICAL SET

T. Iosebade

*Psychotherapy and Psychodiagnostics, Research Institute on Addiction, Tbilisi, Georgia*

**The main aim of the method:** To eliminate psychological dependence of an individual on narcotics.

**The basic principles:**

1. bio-psycho-social-religious determinism of a personality;
2. the principle of psychological set;
3. the principle of structural-systemic approach;
4. the principle of differential approach;
5. the principle of complementarity of various psychotherapeutic approaches;
6. the principle of creative approach;
7. the principle of establishing psychotherapeutic relations with a patient;
8. the principle of determinism of conscious and subconscious psychic phenomena;
9. the principle of coordinated psychotherapeutic influence upon the patient's consciousness and subconscious psyche.

**Psychotherapeutic work stages:**

1. establishment of certain psychotherapeutic relations between the psychotherapist and the patient;
2. psychological preparation of the patient for work on the formation of an antinarcotic set;
3. revelation and work with the key components of the patient's antinarcotic set (motivation, the behaviors, the emotions, the memory, ways of self-realization, time continuum of the personality, etc.);
4. psychological preparation of the patient for work on the formation of the antinarcotic set at subconscious level;
5. psychotherapeutic work on the antinarcotic set at subconscious level (with the help of the combined trance-suggestive method);
6. testing of the formation of antinarcotic psychological set in the personality.