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FAMILY THERAPY PREVENTING THE BIPOLAR PATIENT AGAINST RECURRENT EPISODE : A CASE SERIES

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Bipolar disorder is a chronic, recurrent disorder, and its dysfunction has been correlated with poor outcomes and increased risk of recurrence. The main purpose of the family therapy model at issue is to prevent the bipolar patient against recurrent episode.

The focuses of the therapy sessions 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. Besides, the subjects to have verbalized meaningful ideas or successful experiences are immediately, intensely praised by applause during the session. 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 family therapy are the patient, parents, and the therapists. The frequency of the model is once monthly. Each session consists of the 10 minutes pre-session, the 60 minutes family therapeutic session, and the 30 minutes post-session. It needs to be emphasized that the frequency of re-hospitalization definitely decreased after receiving therapy.

Finally, positive transference was demonstrated in the high attendance rate, in their excitement in receiving the applause, and in their collaboration in presenting the keywords. With the aid of the family therapy, they have been almost free from affective symptoms, and the hostile dependent tie with their parents having been steadily improved. To prevent the bipolar patient against recurrent episode has been achieved in the five cases family therapy presented here.