

# Psychiatric short-term group therapy (PSP)

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&

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Ich erkläre hiermit, dass ich seit dem 1. Oktober 2016 geschäftliche, persönliche oder materielle Beziehungen zu den folgenden Industrieunternehmen unterhalten habe oder gegenwärtig unterhalte:

Name des Unternehmens | Art der Beziehung

## *Disclosure Information*

*I hereby declare that I have had business or personal interests in the following industrial enterprises since 1 October 2016:*

*Name of the enterprise | Nature of the interest*

**Keine Beziehungen zur Industrie**

**No business or personal interests**

# Overview

- A** Psychiatric short-term group therapy (PSP) for depression
- B** Organizational concept
- C** Therapy contents of a PSP- station group
- D** Evaluation

## A Psychiatric short-term group therapy...

... is a short version of the **Strategic behavioral therapy** (SBT)

The Strategic behavioral therapy is a:

- ✗ validated **cognitiv-behavioral therapy** concept  
(Sulz 1994, Sulz & Hauke 2010)
- ✗ conceptualized as a **strategic therapy for depression**  
(Sulz 1998, Gräff-Rudolph & Sulz 2009)
- ✗ implemented in multiple cases as a **group therapy**

## A Psychiatric Short-term Group Therapy...

*... is not a new therapy form, but a new therapy technique!*

- ✗ fundamental elements are **short interventions**
- ✗ disorder-specific and disorder-spanning (**modular system**)
- ✗ therapy concept for **different** psychiatric disorders
- ✗ inpatient and outpatient (**sector-spanning**)

# **B** Organisational concept

## **B** Organisational concept of a PSP – station group

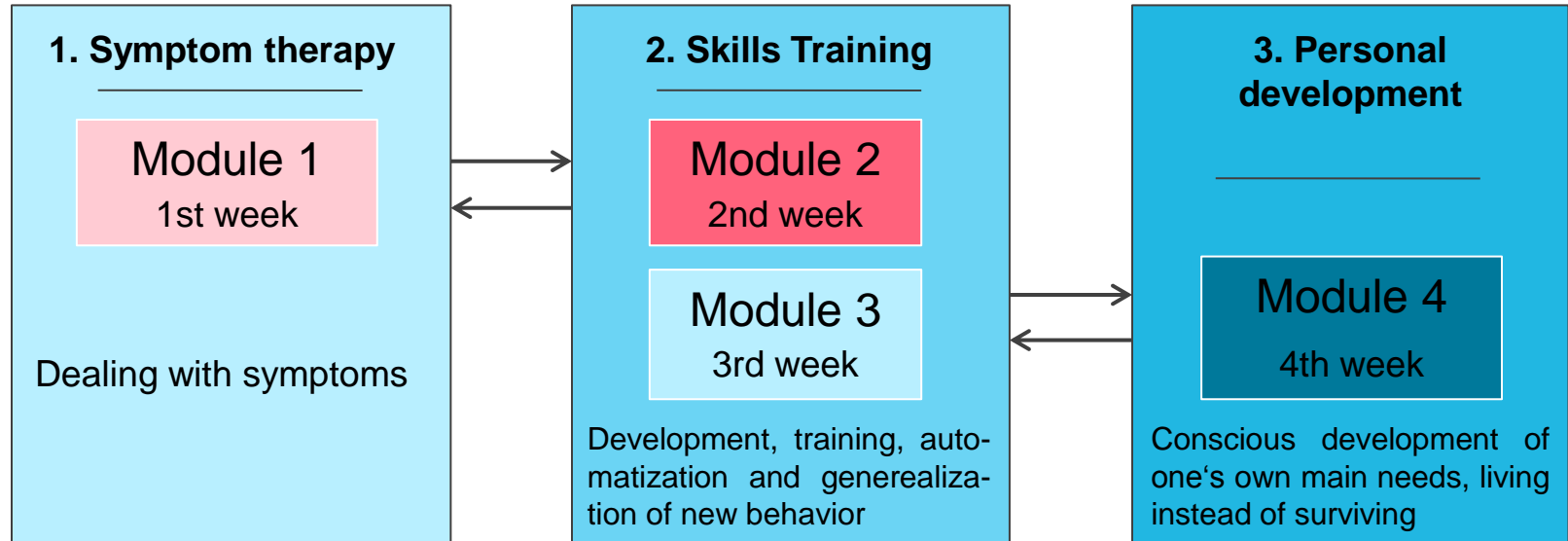
### *Group psychotherapy on a psychotherapy station*

#### Special aspects

- X** Max. 4-week period
- X** Closed groups for each therapy module
- X** Max. 6 to 12 patients depending on therapy module
- X** 3 times a week
- X** trained medical and psychological
- X** in- and outpatient concept

## B Organisational concept of a PSP – station group

### *Three levels of therapy*





# **C** Therapy contents of a PSP- station group

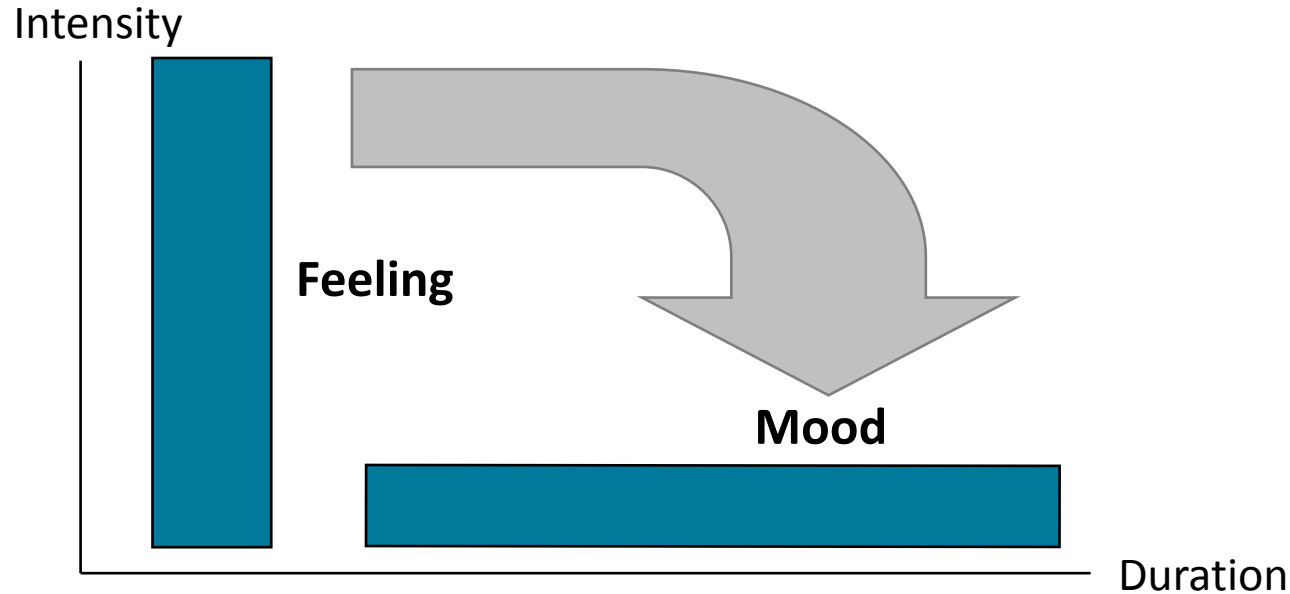
## C Module 1 – Symptom therapy

### Psychoeducation:

- Which symptoms do I have?
- Classification of symptoms
- What is a depression?
- What's the difference between a mood and an emotion?
- Why is a depression “useful“?

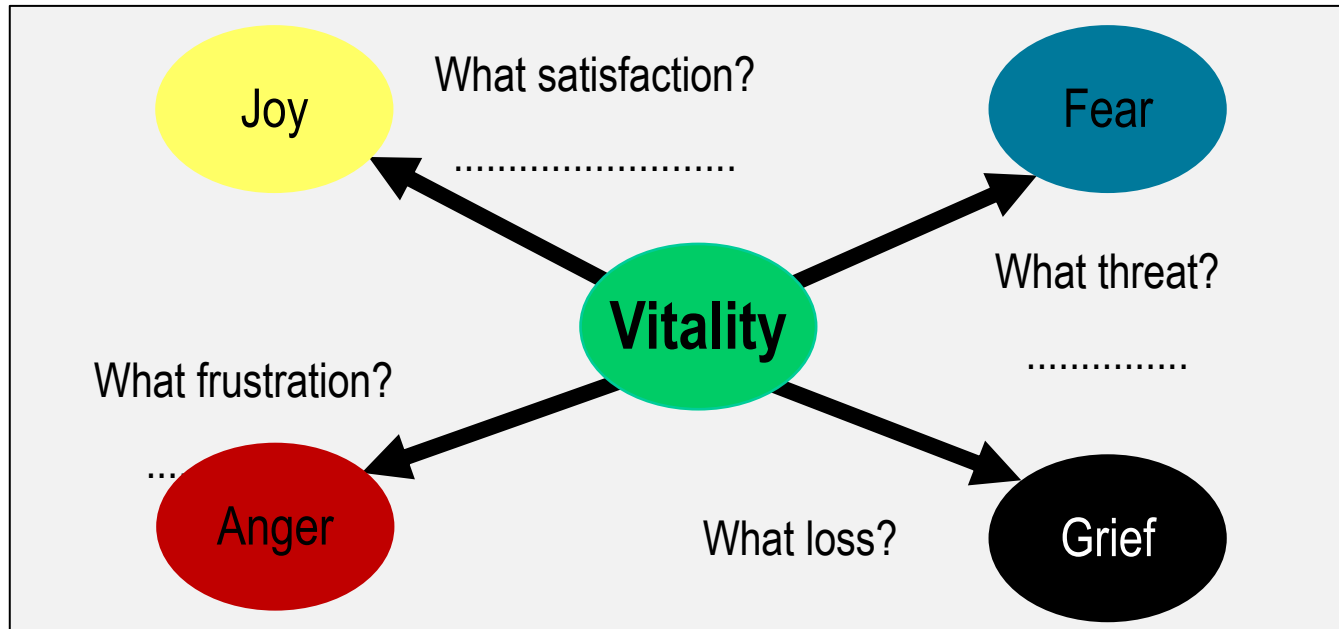
## C Psychiatric Short-term Group Therapy (PSP)

Psychological model of disorder (*functional-heuristic*)



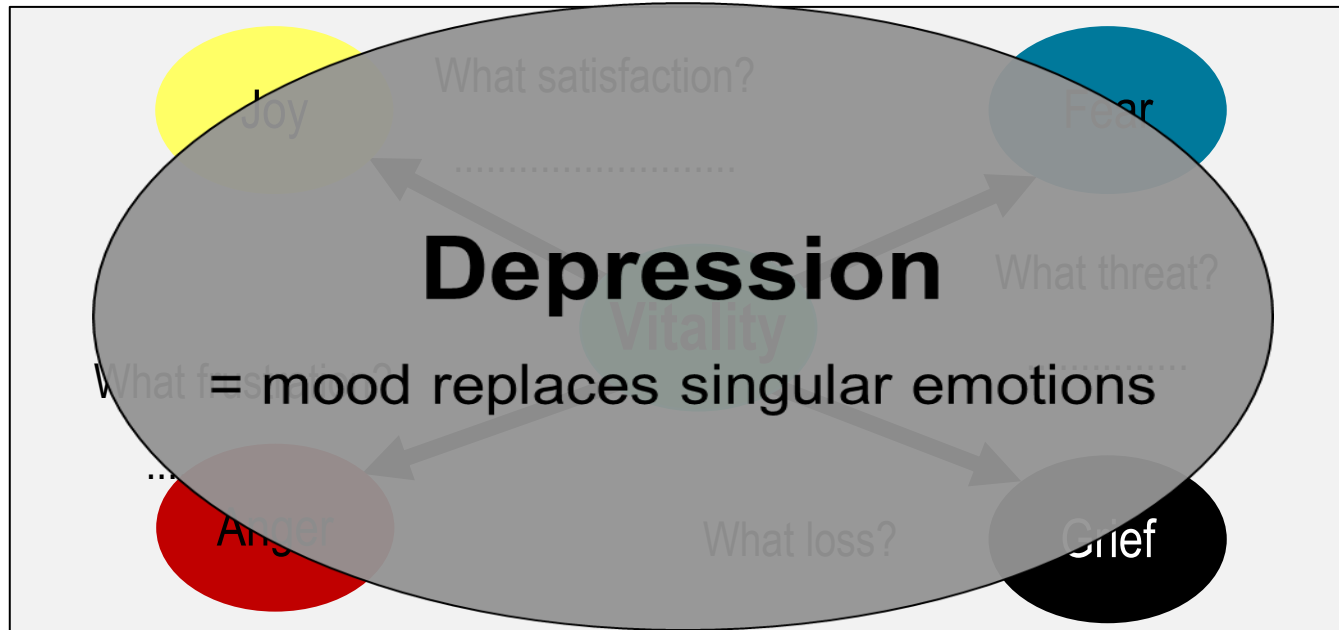
## C Psychiatric Short-term Group Therapy (PSP)

### Psychological model of disorder



## C Psychiatric Short-term Group Therapy (PSP)

### Psychological model of disorder



## **C** **Module 2 – Activity and experiencing something positive**

**Increasing activity:** plan, protocol positive activities  
exercise and sport

**Relaxation:** methods of relaxation

**Learning how to enjoy:** pleasant sensations  
recalling pleasant experiences

## **C** **Module 2** – *Activity and experiencing something positive*

**Increasing activity:**

Nursing staff

Exercise group

**Relaxation:**

Relaxation group

**Learning how to enjoy:**

Work therapy / Enjoyment group

Learning pleasant experiences

## C Module 3

Joy exposure: resulted in contentment

**I know what I am capable of.**

Fear exposure: resulted in self-efficacy

**Now I'm not afraid to do things.**

Anger exposure: resulted in self-assertion

**Now I defend myself.**

Grief exposure: resulted in being open to new things.

**I can now let go of what I have lost.**

Joy

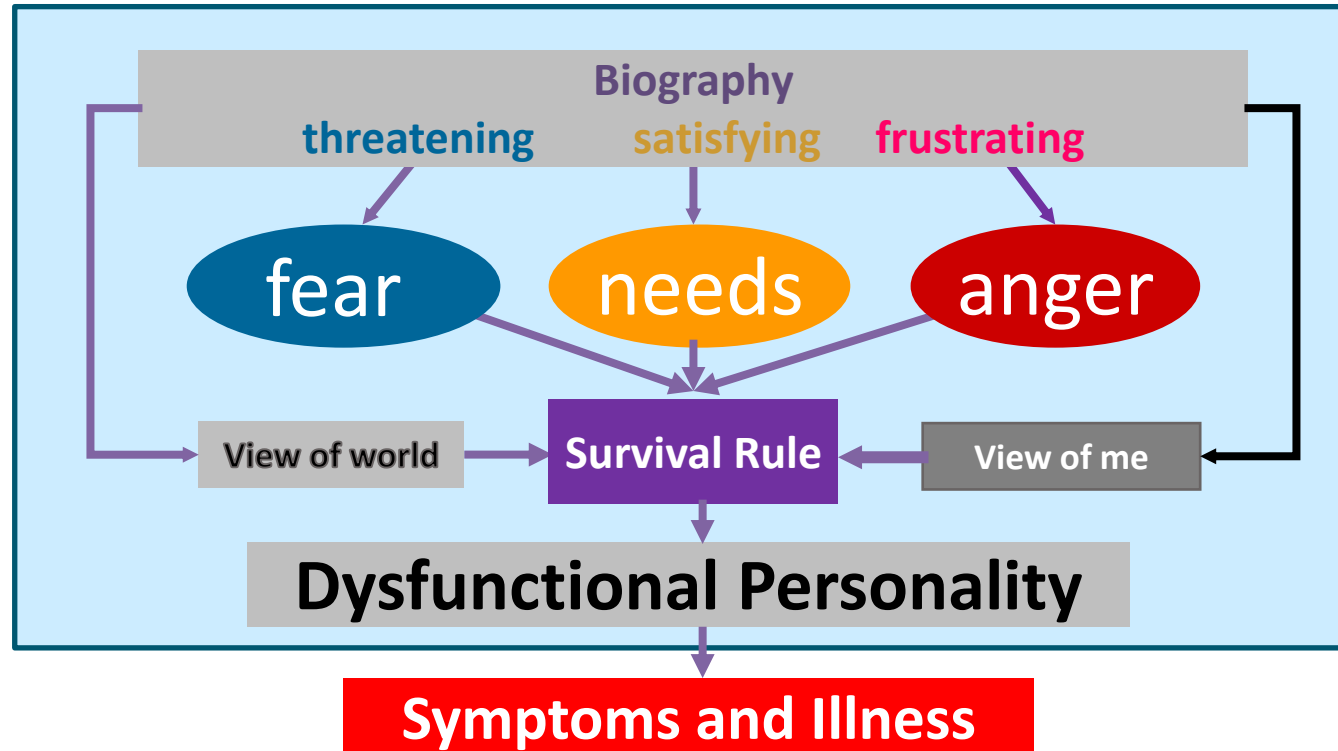
Fear

Anger

Grief

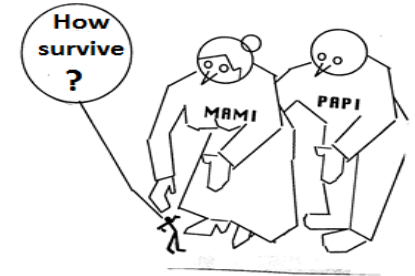


## C Module 4 - Survival Rule



# My survival rule so far

- **Only if I always** .....  
(dysfunctional personality trait)
- **and if I never** .....  
(- forbidden impulse – e. g. show anger or weakness)
- **I keep for myself** .....  
(- my central needs)
- **and prevent, that** .....  
(- my central fear)

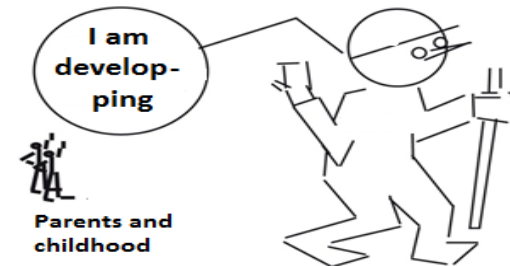


# My new allowing life rule

~~Survival Rule~~

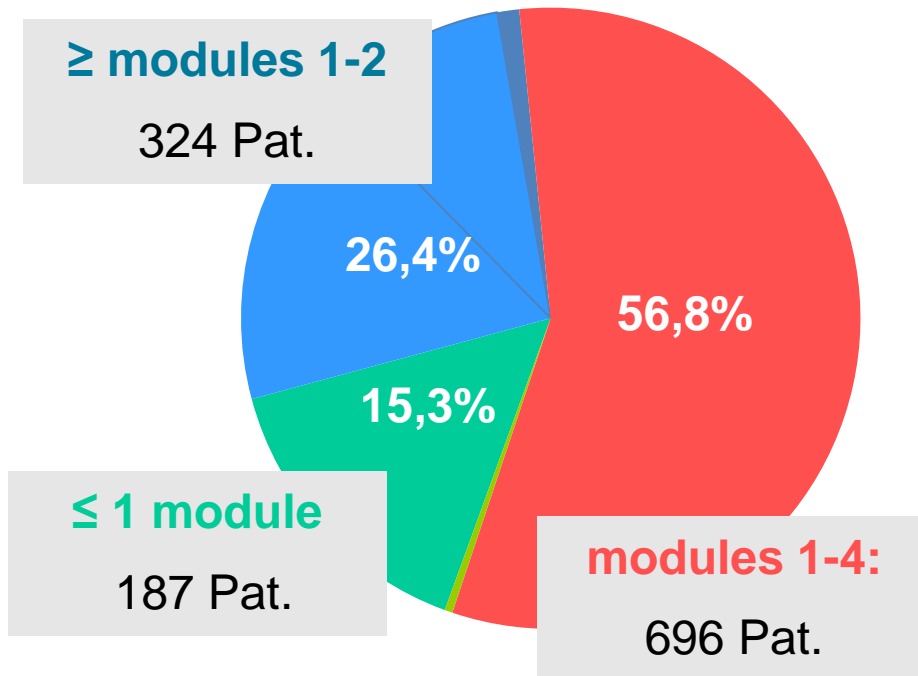
Life Rule

- **When I show less** .....  
(dysfunctional personality trait)
- **and when I more often**.....  
(- forbidden impulse – e. g. show anger or weakness)
- **I keep for myself** .....  
(- my central need)
- **and there is no danger, that** .....  
(- my central fear)



# D Evaluation

## D Clinical evaluation (Participation)



**August 2011 – December 2016**

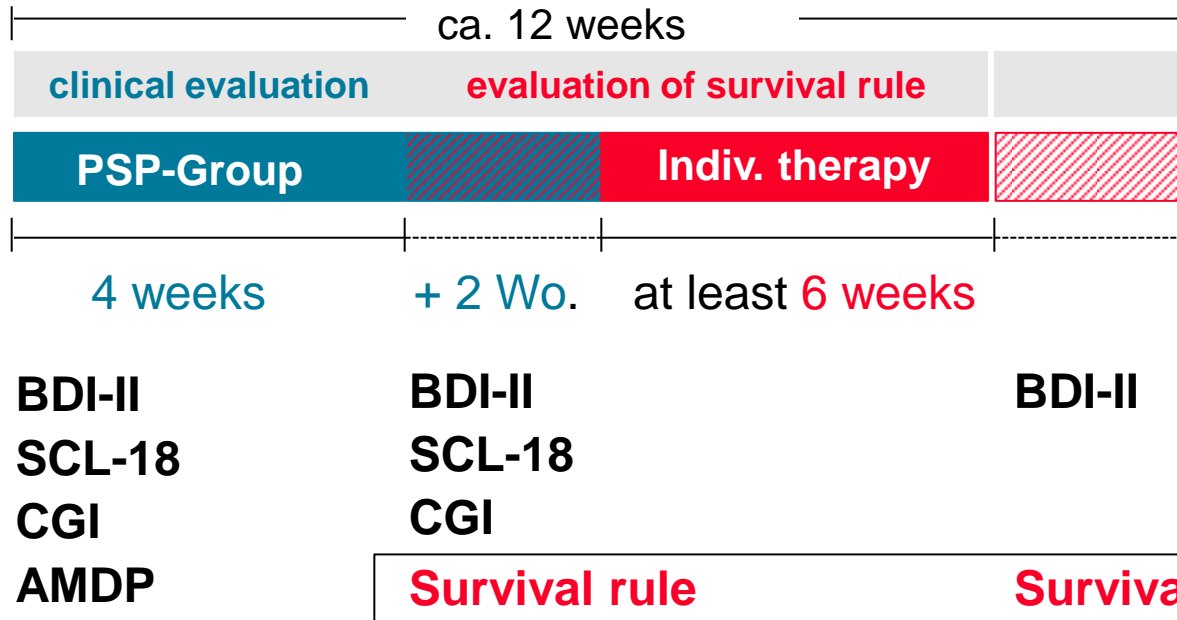
*N* = 1226 Patients

56,8%: Module 1-4 (Evaluation)

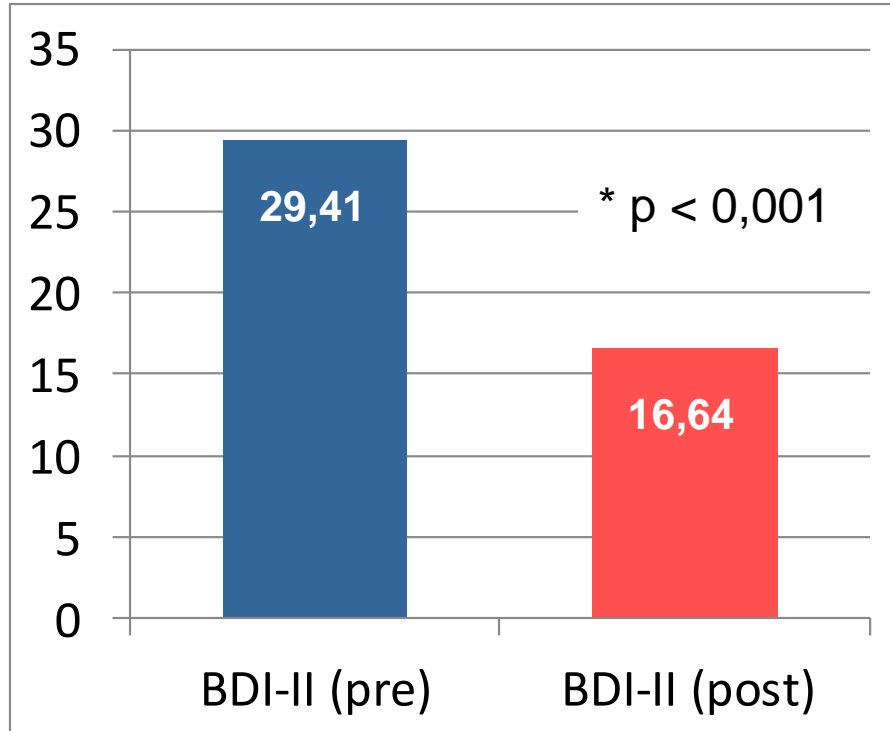
26,4%: Module 1-2

2,6% : outpatients

## D Evaluation



## D Clinical evaluation (BDI-II)



**August 2011 – December 2016**

**696 patients (modules 1-4)**

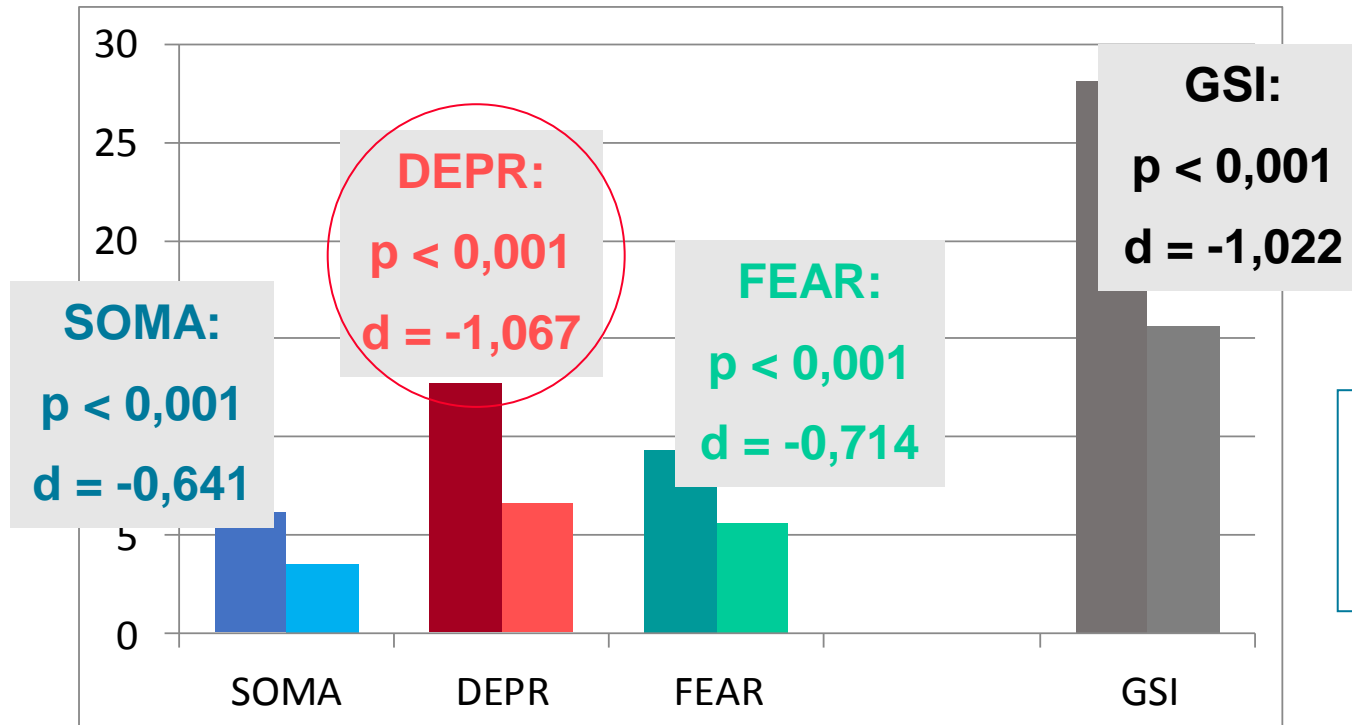
**284 evaluation**

(return run: 40,8%)

**BDI-II\* (pre/post):  $p < 0,001$**

**Effect size:  $d = -1,144$**

## D Evaluation – SCL-18



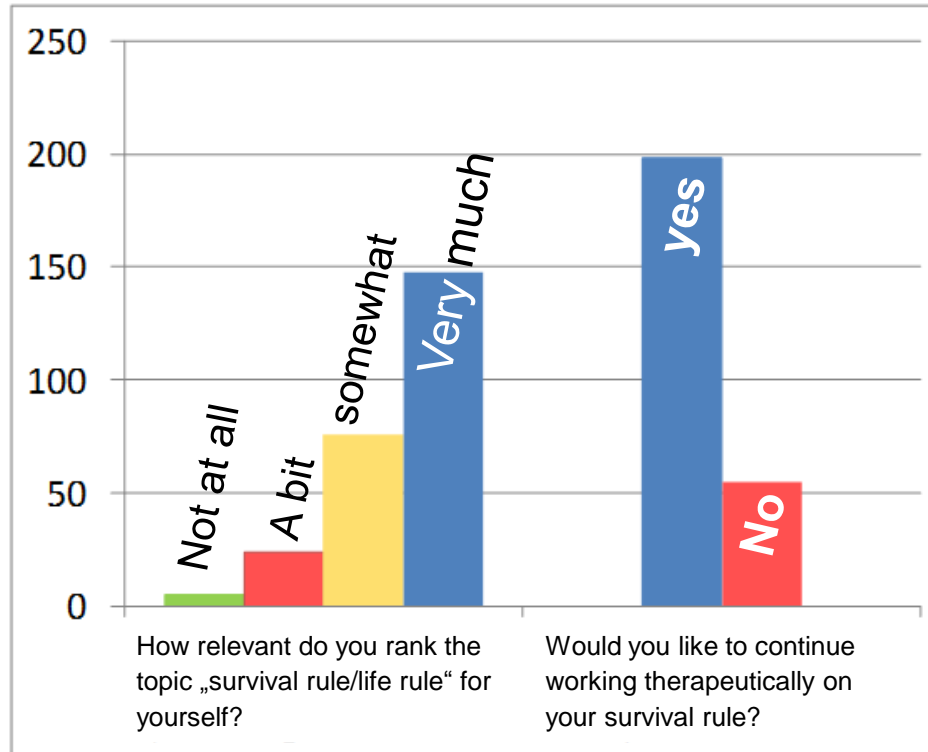
08/2012 – 12/2016

N = 272

(return run: 39,1%)



## D Evaluation survival rule



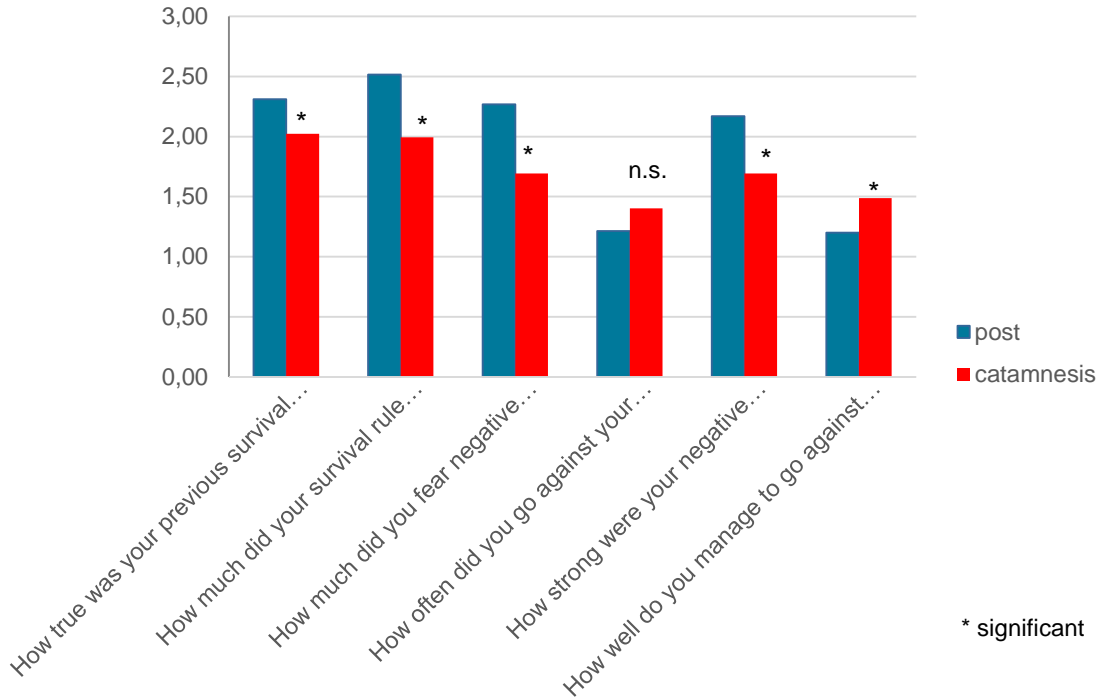
**08/2012 - 12/2016**

n = 251-254/696  
(modules 1-4)

Return run: 36,5%

## D Evaluation survival rule

Impact of survival rule at post and catamnesis



\* significant

**08/2012 - 12/2016**

*n* = 127-130/696

Return run: 18,2 %

# Many thanks for your attention!

*With the cooperation of the PSP-team leaders:*

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