

Effects of Brief Psychotherapy on the Psychic Dimension of Psychosocial Adaptation to Diabetes

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Abstract

This research has as main purpose the study of the brief psychotherapy's effects on psychosocial dimension of psychological adaptation to diabetes mellitus. The style of psychosocial adaptation of patients with diabetes mellitus insulin-dependent was detected by ATT19 "Scale of self-assessment" of psychological adaptation to diabetes prepared by Welch, Dunn and Beeney. The main objective of this study was to demonstrate how the psychic dimension of optimal psychosocial adaptation to the diabetic pathology affects the somatic aspect through better compliance resulting in improved lifestyle, more self-monitoring and control, resulting in a reduction of glycosylated hemoglobin. The theoretical assumption is a bio-psycho-social one with a multi-componential vision (P. Porcelli, 2009). Two homogeneous groups were compared, the experimental group found in Abruzzo and the control group in Puglia, through an experimental design with a random choice of subjects, two doses at different moments in time and handling of psychosocial adaptation condition.

Key-words: brief psychotherapy, diabetes mellitus, psychosocial adaptation, experimental research

Introduction

In recent years there has been an increasing interest in the influence of psychological and social factors in the course of organic disease, especially with regard to chronic diseases, and demand for professional assistance in Clinical Psychology at the various facilities and hospital wards has increased.

The diabetes event, as a chronic disease, is for both the subject and his family, a dramatic existential moment. Diabetes with its heavy load of emotional stressors produces different psychological reactions in each individual. Adaptation to the disease is strongly influenced not only by coping styles but also including the type of disease, the psychosocial support, and pre-morbid personality, the meaning attributed to illness, religious and cultural factors.

Through different modalities of coping, the patient faces illness not only on somatic and behavioral terms but also on an emotional level, adapting to stressful event (Porcelli P., Sonino N., 2008).

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Back into my Body Experiential Interventions in a Case of Schizophrenia

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Abstract

The aim of this paper is to present a case study of a person suffering from schizophrenia and the interventions that were used in order to help recover body contact, strengthen self-identity, improve social skills and achieve reintegration into society, thus combating specific negative symptoms, groundlessness, social isolation and the feeling of lack of meaning in one's life. Interventions were individual (during counseling sessions), as well as within group activity. Experiential creative methods were used, such as dance and movement and art therapy. The paper will also present the objectives, techniques, process and results of individual and group activities.

Key words: schizophrenia, experiential psychotherapy, dance and movement therapy, art-therapy

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Introduction

My experience in the mental health field began 4 years ago, when I registered as a volunteer for a non-governmental organization. Two years later, I was working in the field. During this time, I haven't stopped from learning and developing myself, as a result of my attempts to wave meaning into my own life, by offering the bits of talent and creativity I had, to a purpose other than myself – that of improving the life quality of mentally ill people.

People whom I work with suffer from different conditions, labeled bipolar disorder, schizophrenia, epilepsy, mental retardation. Looking beyond symptoms and labels, they are just persons facing different problems from a less advantageous position: one of fragility, instability, insecurity. What could be, for a healthy person, a normal, easy to do task, becomes a true challenge for people with mental health problems. It challenges their weak energetic resources (their motivation, their will, the creation of meaning into their lives), their skills (whether practical or social), their awareness (of their condition, symptoms, strengths or worldview). Cooking a meal, being grounded, initiating conversation, making and keeping friends, holding a job – to most people, they come naturally, to some other, once lost, they are difficult, sometimes impossible, to regain.

In this paper, I will present the case of a person suffering from schizophrenia and the interventions that were used in order to help recover body contact, strengthen self-identity, improve social skills and achieve reintegration into society, thus combating specific negative symptoms, groundlessness, social isolation and the feeling of lack of meaning in one's life.

First meeting – and short historical background

In order to protect the identity of the person whose case I will present, I will call her Mary. Mary is a 31-year old woman who was referred to the social centre by the commission of assessment of handicaps. She first came to the centre accompanied by her brother. Her diagnosis: schizophrenia. First crisis took place when she was

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Behavioural Resilience of the Young Romanian People under Security Risk Situations

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Abstract

After the terrorist attack of 9/11, a long debate regarding its effects was born. Understanding and preventing terrorism became one of the important issues of authorities and specialists from many scientific fields. As it is obvious in many terrorist actions, one of the dominant characteristics of the terrorist strategy is to influence and transform innocent people in potential targets of their attacks.

To contribute to this ongoing debate, we conducted a research in which we aimed to identify some dimensions of population resilience in Romania, and also the level of young people's resilience against potential attacks of terrorists.

This research was conducted between October 2006 and July 2007 under a CEEX project regarding the resilience of Romanian population. A questionnaire was administered to 380 students, and focus groups were held for other 70 students of many academic disciplines (social sciences, engineering, and military). This category of the population was chosen because of their age and intelligence and because we considered them to be best informed and most adaptable in case of a terrorist attack. Through the questionnaire, we obtained insights into their level of knowledge of the terrorism phenomenon, their perceptions of its severity and the strategies they would adopt in case of a terrorist attack.

Key-words: resilience, terrorism, survey, interviews.

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Introduction

Because of the many hostile events that have happened within the last few years, the configuration of the world's priorities has changed considerably – especially in the aftermath of the 9/11 events in the United States of America, as regards the attention which political powers have focused upon the global menace represented by terrorism and terrorists. Every terrorist attack launched has proved that the importance accorded to the phenomenon has not been in vain. If we so much as mention the situations of October 23-26, 2002 in Moscow, March 11, 2004 in Madrid, September 1-3, 2004 in Beslan and July 7, 2005 in London we can figure a mental map of international terrorism and of its seriousness. But the most outstanding insight that was revealed to the world during those events is that, from 2002 onwards, no one has been secure in either his/her home or at his/her place of employment, and that even the most peaceful civilian populations have been made the victims of terrorist attacks.

Although terrorists conduct their actions in the name of nationalist, social or economic ideologies, they rarely choose their targets among those responsible for their losses and frustrations. In the last decade, those who were affected by the terrorists' kidnappings, hostage takings or bombings were innocent people who have no interaction with the origins of terrorism. Recent history has proved that the success of such acts is weighted in terms of victims and, in exceptional

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“Where is the Problem: in My Child, or in the Child Within Me?” A Collaborative Approach of the Child and His Family

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Abstract

This article aims to present two case studies, which have been approached in the manner of collaborative psychological assessment (Stephen E. Finn, 1996, 2008). These case studies illustrate how this type of assessment can help the therapist understand the impact of the maladaptive family processes and interactions on the child's development. I placed the most emphasis on the part of offering feedback to the parents, after the assessment of their child. The use in a phenomenological, experiential manner, of the child's creations, the metaphor of stories and drawing, proved to be extremely important at the moment of feedback. Parents could modify the stories they initially had about the child, and take their part of responsibility about their own projections.

Key words: child psychotherapy, collaborative assessment, parent's projections

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Children met by the psychotherapist in his office are most often the carriers of unsolved difficulties of their parents. It is known that adults, when they become parents, tend to unconsciously repeat in their relationship with their children, a whole range of interactions which they experienced in their own childhood. Through this reiteration, which is more or less conscious, the parent is trying to correct, with and through his child, the main conflicts he has lived in relation to his own parents.

When the therapist assesses the child for which parents have required psychological help, he

always bears in mind the idea that he is part of a family system. Therefore, the child is influenced by what is happening to his parents on both conscious and unconscious levels, as well as by what is happening at the level of family relations. The specialist is challenged to discover how much of the problem the child faces belongs to him, and how much – to one or both of the parents. Another difficult aspect is to make the parent become aware and take responsibility for what belongs to him, and what he projects on his child. Most often, parents are not aware of their problems or are not ready to admit them, and all they transmit is the guilt that they are not good enough in their parental roles. This culpability makes them victimize, and blocks not only their empathy toward the child, but also their flexibility in finding solutions. As in a vicious circle, their self victimization sustains the child's problem.

Using collaborative assessment (Finn, 1996, 2008) the therapist can help parents to actively take responsibility for their problem and find solutions. In collaborative assessment, parents are involved as collaborators in the evaluation of their child and in finding the significations of the results of the evaluation.

When bringing the child for assessment, parents come with their own story to which they are attached and resistant to change. Feedback given by the specialist after the assessment may help parents and children make a new story. The process of making a new story is a process of emotional exchange. It is not easy for the parents to take on a new story. This might mean facing their own emotions and conflicts of which they are afraid. Once these emotions are brought to light, parents must be assisted in solving and integrating

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Aging and cognitive deficits

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Abstract

The purpose of this study was the exploration of cognitive function in older people. On the basis of theoretical assumptions in the international scientific scene, an experimental research has been developed on a small sample of the elderly to assess, through psychometric analysis, the working memory (working memory) in the third and fourth age. The research was conducted on a sample of 27 subjects with different ages, sex and education. The age range considered is from 60 to 83 years. A battery of tests was administered in this sample, namely three tests, for a full assessment of working memory: the Benton Visual Retention Text (BVTR), the Digit Span and Alzheimer's Disease Assessment Scale (ADAS). Data analysis is in progress, initial results showed that performance in all three tests were significantly influenced by age and educational level. In none of the tests, however, has the sex factor contributed significantly to determining the level of performance.

Key-words: cognitive function, older people, psychometric analysis, working memory

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In a society like ours, which is undergoing something of a 'demographic revolution', aging becomes a theme that is becoming increasingly important: in 2000, there were about 600 million people over 60 years, worldwide; in 2025 it is estimated that there will be 1.2 billion and 2 billion more than in 2050. In Italy, in the last hundred years the number of people over fifty has almost tripled (from 6.1% to 17.7%) and in fifty years it will presumably be around 34% of the total population, a percentage almost twice the current one. Furthermore, women live longer than men, hence in the very old population group, the relationship between women and men is 2 to 1. Therefore, the most striking phenomena are two: the progressive aging of the population and the greater longevity of women, who live on average seven years longer than men. This progressive and rapid mutation in the structure of the population, with increase in the elderly, involve in a parallel expansion of cognitive decline and dementia. These conditions have a profound impact on health status and quality of life of elderly and their families and thus represent a significant clinical, health and economic problem.

The presence of cognitive decline, however, is not only associated with an increased risk of dementia, with a conversion rate to dementia from 10% to 12% annually, but is also

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Accessing the Essences – a Study of Archetypes

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*“To glance at the invisible is to go beyond
the boundaries of the finite condition.”*

V. Hugo

Abstract

The purpose of this study is to describe and define the archetypes, as they are showed in Jung's theory. In order to go further from Jung's theory, the Pearson-Marr Archetype Indicator is presented in details; it is a modern instrument containing 12 scales, each of this actually characterizing a certain archetype: the innocent, the orphan, the caregiver, the warrior, the seeker, the lover, the destroyer, the creator, the ruler, the magician, the sage and the jester. Also, a research was made, showing the dominant archetype. Sample group is represented by 100 students (medium age of 24 years old), who are studying in their last year in university. Data were collected by Pearson-Marr Archetype Indicator and discussed by frequency analysis.

Key words: Jung, archetype, the unconscious, youth.

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The matter regarding the world's essences, beyond the deceiving glazing of appearances, has thrilled mankind from time immemorial. Plato, through his sparkling words, provided us with a troubling reflection on this subject, in his famous *Allegory of the cave*. In turn, Kant, drawing the distinction between *phenomenon* and *noumenon*, i.e. between the forms that take shape in the human mind and the reality that produces them, reiterates the idea that the *thing-in-itself* (the noumenon) is inaccessible to human knowledge.

Jung supported this latter assertion, which he further developed not only through his work, but also symbolically, by means of the stone cube placed near the Bollingen Tower. More precisely, the stone carries written messages on three of its faces, the fourth face intentionally being left unwritten, thus suggesting that the ultimate essence of the world can never be known to mankind, because it always escapes through radiant and evanescent effluvia of light.

In order to honor the theme chosen for analysis in the current study, one needs to take a closer look at Jungian work.

Without a doubt, mapping out the human psyche more deeply by discovering the collective unconscious constitutes a historic discovery by the Swiss scholar, with great echo in multiple disciplinary fields.

As compared to the personal unconscious, which is the corollary of the individual's experience, populated with suppressed or forgotten formations, the collective unconscious represents a deeper level, of universal nature and hereditary origin. *It forms the super-personal psychic basis, present in each of us* (Jung, 2003, p.14).

Furthermore, the personal unconscious treasures the complex functional entities of the collective unconscious and these are called archetypes (a version of *Imago Dei* in human).

The etymology of the word brings the Greek term “*arche*” into the foreground, meaning principle, basis.

The notion of the archetype first appeared in the Jungian lexicon, in 1929, along with the

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