

P02-321 - **CHRONIC FATIGUE SYNDROME: NOVEL TREATMENT PERSPECTIVES**

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Chronic Fatigue Syndrome (CFS) often presents with severe subjective symptoms and may be accompanied by severe global impairment. No specific treatment has yet been proven to be universally effective; CBT and graded exercise has so far lead to moderately positive results. We present a treatment model based on a comprehensive, educational, cognitive-oriented and mindfulness-based intervention program, where illness perception and illness behaviour are being challenged. Knowledge of the illness, a comprehensible illness model and understanding unexplainable symptoms constitute the education program. Mindfulness training and stress reduction, combined with cognitive group therapy are essential part of the program. Knowledge, thoughts and feelings are being adressed, including the experience of life satisfaction and positive and negative emotions.

We present data on stress parameters, mindfulness items and lifte satisfaction factors, pre and post treatment.