

**Objectives:** The development of an algorithm based on a biopsychosocial model to facilitate addressing and dealing with sexual and relationship problems of breast cancer survivors.

**Methods:** Literature research, Analysis of videotaped consultations and case discussions in the medical sexology unit of the University Hospital Basel to define common steps of the care of patients with mammary carcinoma.

**Results:** We have developed a 7 step approach: 1. Understand and overcome barriers to patient-physician communication about sexual issues. 2. Establish a descriptive diagnosis of the sexual problem; 3. Explore the conditioning factors. 4. Moderate a Round Table (with the partner) for educating the couple about the diagnosis and defining therapeutic objectives; 5. Elaborate a treatment plan 6. Help in shared decision making about therapeutic interventions; 7. Evaluation.

Physicians trained in these steps reported a significant increase in a) the frequency with which they addressed sexual issues b) their personal feeling of competence c) a increase in the frequency of either therapeutic interventions or referral to a sexologist.

**Conclusion:** The practical model developed serves the purpose to facilitate communication about sexual issues with breast cancer patients and enables physicians to define a diagnosis in sexual medicine and install appropriate treatment or referral.

### P0355

Integral self therapy: A novel psychotherapeutic approach for the treatment of depression and anxiety

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Integral Self Therapy (IST) is a novel transpersonal form of psychotherapy that integrates existential psychotherapy and the work of humanistic psychologists such as Maslow and Rogers, along with eastern meditation and mindfulness techniques.

The theoretical paradigm of IST presupposes a "Universal Self" accessible experientially through meditation, an inherent "intrinsic" self which is similar to the western concept of temperament, and an "extrinsic" self, which has parallels with the Jungian "persona".

IST attempts to balance these psychic structures thereby helping a person transcend existential anxiety

I will present a theoretical overview of IST, practice guidelines, as well as data regarding the use of IST in the treatment of depression and anxiety.

### P0356

"Can you find me where it hurts?" - early identification and psychotherapeutic treatment of children in school-based settings

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**Background and Aims:** The mental-health component of the student Health Partnership operating in the Calgary Health Region since 2002, provides early intervention and psychotherapeutic services for students in Kindergarten to Grade 12, identified as having mild to moderate mental health disorders. The purpose of this paper is to review the capacity and treatment outcomes of the children served placing the results within the context of all children served by the regional Child and Adolescent Mental Health Program.

**Methods:** Annual data collected in the regional mental health information system from 2002-2007 (n = 24,869 referrals) was used to compare clinical characteristics and function outcome of those in

SHP compared to those served in other services. Analyses included descriptive statistics, (e.g. population-based rates and frequencies), regression, logistic regression and Chi Square analysis, with graphical representation.

**Results:** The admission profile of those served in SHP (n = 1,693) had distinct characteristics in terms of admission function (higher) and urgency (lower), indicating that the program was serving the appropriate population. Discharge function was comparable to other services.

**Conclusions:** School-based delivery of mental health services to children and adolescents appears to be a functional model. The salient characteristics of the SHP mental health program are discussed.

### P0357

Challenges and limitations of systemically orientated psychology in a mental health system based on the biopsychosocial paradigm

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The presentation will be divided into two sections. In the first part the author will present theoretical and practical implications of working in a biomedical model. The author will analyze the evolution of the biomedical model and consider:

- The reasons why some psychotherapies fit the concept of evidence based medicine more easily than others.
- How societal and clients' expectations help drive the biomedical approach.
- What are the gains and losses of economically driven health system from psychotherapy point view.

In the second part of the presentation an attempt will be made to describe a mental health system aimed at blending a modern psychiatric service with one based on traditional knowledge and holistic values in a multicultural environment. The author will endeavour to address the following questions:

- Does multicultural approach translate to openness and readiness to use different psychotherapeutic options?
- How can a systemic approach be used to develop culturally sensitive assessments?
- What are the theoretical difficulties and pitfalls faced by a mental health service based on holistic values and traditional knowledge?

Finally with the use of a case presentation consideration will be given to the idea of using a systemic intervention within a cognitive behavioural paradigm of a Child and Adolescent Mental Health Service. Some advantages and disadvantages of using such interventions will be discussed with special reference to the principle of optimal difference (Cecchin).

### P0358

Utilization of therapeutic dogs for depression and anxiety

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**Background:** Therapeutic dogs ("pet assisted therapy") have been used in some countries, in cardiology, autism and geriatrics.