



The SEPI 2019 Conference
Building Alliances

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Symposium TI: Building alliance to promote applied integrative psychotherapy in Cyprus

Coordinator: Dr K. Platrites

Building alliance across disciplines: Integrating psychotherapy, medicinal herbal remedies, nutrition and auricular neuromodulation.

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Case study profile: The case of Mr. Man

- Greek 42 male adult addict
- Two times divorced, two underage daughters
- Coming from a poor family socioeconomic status
- Rapid income increase as a result of involvement in politics
- Periodical use of cannabis
- Cocaine daily use (average 1 - 2 gr) for the last 2 years

Case study profile: The case of Mr. Man

- Alcohol abuse since he was 15 y.o., severe daily alcohol addiction for the last 4 years (1 to 1½ liters of whisky on a daily base)
- Obese BMI over 32 – weight loss (gastric laparoscopic surgery)
- Experience recent negative publicity for his political activities (financial scandal)
- Was advised to withdraw for the political scene (volunteer social isolation)
- Several unsuccessful efforts in the past to commit to drug rehab therapy
- Borderline personality disorder traits
- Negative psychiatric history
- Hypertension

Therapy timetable

- Assessment: 1 month
- Therapy tailored to certain treatment goals: 3 months
- Follow up 3 months

Therapy methodology

Mr Man was admitted to an integrative approach intensive day care center and was subjected to certain guidelines and limitations

- **Important terms in this treatment:**

- 5 - 8 hours weekly treatment (mental and physical)
- Ally in therapy (24hr coaching)
- Accommodating in a suburb without having access to any personal vehicle and without visits to the place of his permanent accommodation
- Controlled telephone communication
- Frequent administering of urine drug use detecting test and alcohol use breath detecting test

Therapy methodology

Multiphasic therapy process:

Phase 1 – Submission

Explain the conditions and terms of the treatment, screening the motive to therapy, (up to 4 hrs)

Phase 2 – Assessment

History taking, present state examination, personality and other aspects of health examination), respond to certain treatment tools, (up to 30hrs)

Phase 3 – Commitment

Transforming the health needs to therapy goals.

Discuss and commit to a tailored to patient's needs multidisciplinary written therapy plan.

Training the ally

Phase 4 – Change

Work on treatment goals and employ experience based procedures to measure the progress.

Phase 5 – Follow up

Maintain the change, reinforce relapse prevention skills

The multidisciplinary team

- Clinical Psychologist
- Forensic Psychologist
- Integrative Psychotherapist
- Nutritionist
- Herbalist
- Psychiatrist
- Fitness Instructor
- Auricular neuromodulation expert

Goals of treatment

Goal 1: The gradual and safe decrease of alcohol consumption.

Goal 2: Abstinence of drug use (Cocaine and Cannabis).

Goal 3: Relieve the frustration for his sudden social isolation resulted in the involvement of his name in a political-financial scandal.

Goal 4: Anger and impulsivity management.

Goal 5: Adopting a healthy lifestyle.

Goal 6: Recognizing relapse factors and increase relapse prevention skills

Goal 7: Improving family relations

Experience based tools to detect therapy effectiveness

- Urine drug use detecting test
- Breath alcohol use detecting test
- Psychometric tests (anxiety – depression symptoms, attitudes toward addictions, etc)
- Clinical observation
- Screening behaviors and therapy satisfaction
- BIA test (bioelectric impedance analysis)
- Blood analysis test
- Oxidative stress test (D-roms,Pat test,Sat test)
- Pain pressure test with palpeur (PPT)
- Electric skin resistance test (ESRT)

Results

- Cocaine continuous abstinence since week 2 of change phase
- 3 weeks period of planned continuous alcohol abstinence during the change phase
- Whisky continuous abstinence after week 10
- During the 3month follow up period alcohol us was strictly limited to consumption of beer (max daily beer consumption of 1lt strictly on meals)

Results

- Significant improvement in family relations
- Increased insight about life risking behaviors
- Planning the future in a new living context out of the setting of risking behaviors and high-stress living conditions.
- Cultivating healthy habits
- Acquiring anger management skills

Conclusions

1. Short term multidisciplinary integrative treatment seems to be a promising method for addicts' therapy
2. The employment of an ally in addiction treatment is probably a useful component for monitoring and maintaining the progress and for obtaining a successful relapse management.

Conclusions

3. Objective measures do not serve only as means for obtaining an experience based treatment but could become significant strengtheners for maintain the progress.

4. Providing a therapy setting that force the patient living for a short period of time away of his actual living setting but not into an impatient environment could become the fine balance when providing drug treatment to a certain type of addicts resisting to receive inpatient treatment.