INTRODUCTION

Compassion-focused Therapy (CFT) derives from an evolutionary approach linked to neuroscience and social psychology and was specifically developed for complex disorders in which high levels of shame and self-criticism have a key role. This approach’s main objective is using the Compassionate Mind Training to help people establish compassion-based relationships, deactivating the threat-defense system and developing the soothing system [1]. CFT has shown positive effects on several clinical conditions [2].

It is consensual the importance of psychosocial interventions in the treatment of schizophrenia and this has been an area of significant investment, namely concerning evaluation of efficacy. It has been argued that intervention programs should focus primarily in disease management, change of the underlying mechanisms and adequacy of coping strategies [3]. In psychosis shame and self-criticism have been advocated as psychological factors increasing vulnerability to relapse which makes CFT especially suitable for this population.

The Compassion-Focused Therapy for Psychosis (CFTp) appears in this context as an innovative intervention. Efficacy studies have been emerging with promising results and CFTp seems to address several limitations identified for existing interventions [4].

AIMS

To develop a CFT Group Intervention Program for psychosis and test its efficacy and effectiveness

- Assess the efficacy of the intervention comparing control group and experimental group in outcome measures (assessed by clinician, patient and family) before (1 wk) and after intervention (1 wk and 3 mths).
- Explore the processes behind efficacy;
- Explore the treatment benefits in terms of relapse prevention;
- Assess opinions about the program, therapeutic techniques and subjective perception of improvement (patient and family);
- Evaluate program adherence (drop-outs, homework and presence in sessions).

PROJECT TIMELINE AND CURRENT OUTPUTS

1. Literature Review

2. Preliminary research (assessment measures) and pilot studies

3. Selection and assessment of participants

4. Intervention implementation Assessment of efficacy and effectiveness

OUTCOMES AND EVALUATORS

- Psychotic Symptoms (clinician)
- Functioning (Clinician and SO)
- General Psychopathology (Patient and Clinician)
- Shame (patient)
- Self Criticism (patient)
- Fears of Compassion (patient)
- Compassion (patient)
- Positive affect (patient)
- Social Safeness (patient)
- Mindfulness and Acceptance (patient)
- Comunitary Integration (SO)