

# Euro Global Summit and Medicare Expo on Psychiatry

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### **Current and novel cognitive-behavior interventions for resistant Schizophrenia**

The aim of this presentation is to review the state of the art regarding Cognitive-Behavior Therapies (CBT) in patients with persistent psychotic symptoms. In many people we observed that core schizophrenia symptoms remain resistant to treatment with medication alone. Including targeted treatment with CBT is widely recommended in clinical practice guidelines, particularly for patients with medication-refractory psychotic experiences. But the heterogeneity and multifaceted nature of psychotic symptoms requires a step forward: The development of specific intervention programmes tailored to target profiles of schizophrenia patients. CBT, when considered a variety of therapies that can be applied in several forms to specific problems and circumstances, would be helpful in increasing psychotherapeutic efficacy. The final result should be the development of specific interventions programs, where multifaceted and individualized formulations addressed to a specific patient could be possible. Third-wave approaches in CBT are example of the benefit from incorporating alternative methods of changing relation between patients and their thoughts and feelings. Scientific evidence of the applicability of such CBT approaches to schizophrenia resistant will be reviewed.

### **Biography**

Eva M. Grasa has degree in psychology from University of Barcelona, 1998 and she finishing her PhD research in auditory hallucination phenomena. Since 2001 she has worked in various research positions in the Department of Psychiatry, at Hospital de la Santa Creu i Sant Pau (Barcelona, Spain). Currently she holds a position as a CIBERSAM (Centre of Biomedical Research in Mental Health-Spain) researcher within Schizophrenia Research Group (Hospital Santa Creu i Sant Pau). Her line of research is mainly focused on psychotherapeutic interventions in psychosis (CBT-p, Metacognition Training, Mindfulness), and new therapeutic strategies in treatment resistant schizophrenia (Deep Brain Stimulation, m-Health solutions).

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