Cognitive Behavioral Psychotherapy of a Schizophrenic Patient with Persistent Auditory Hallucinations

Cognitive behavioral therapy (17 during inpatient treatment, 23 after release) in a female schizophrenic patient with persistent positive symptoms despite highly compliant drug treatment is reported. Hallucinatory symptoms were addressed with self-control techniques (e.g., attention shifting, emphasis on other senses) and more complex cognitive techniques (e.g., analyzing attribution processes and content of hallucinations, reframing). Further, communication behavior with relatives, general social contacts and self-efficacy were important topics. In all addressed problems significant change was achieved while drug treatment stayed constant: PANSS values dropped from 90 to 55 and the patient did not need to be admitted to a psychiatric ward for more than 1 year for the first time since onset of schizophrenia 6 years ago.
Hinweise:
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