

ABSTRACTS

The feeling of ineffectiveness in the development and psychotherapy of adolescents with anorexia nervosa

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Abstract

In this review article there is an attempt to examine, (a), the origins of the feeling of ineffectiveness in the early mother-child relationship, and (b) the interface of this experience with the processes of development of drives and narcissism of an adolescent with anorexia nervosa. Finally, from this point of view, an outline is attempted of some general principles of psychoanalytic psychotherapy of such a patient. Special attention is called for the maintenance of a neutral, benign therapeutic setting, since the lack of transitional space and the excessive use of the defense of projection by the patient constantly threatens the treatment situation with destruction.

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New directions in behavior therapy: from a psychological point of view

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Abstract

Given that every psychological method was, and is, the result of developments in the field of psychology as well as in other sciences, this article briefly surveys some recent developments, mainly in cognitive psychology, ecological psychology and the theories of action. The influence of new knowledge is analyzed on the basis of the positions of M. Mahoney, D. Meichenbaum, F.H. Kanfer and A. Bandura. The chosen examples of the new methods of behavior therapy and the main concerns of behavior therapists generally lead us to the following conclusions:

(a) Concerns with the whole therapeutic setting (self analysis of the therapist, analysis of the therapist-client relationship, therapy evaluation, etc.) (b) After the «legalizing» of intermitted processes the programming of therapy follows a dynamic form. (c) New methods of diagnosis and analysis of problematic behavior (tests, questionnaires), and complicated therapies. (d) Research and application are transferred to the prophylactic level (mainly in training of professionals and young, non-problematic persons, aiming at a change in attitudes). Concluding the discussion, the author of the article argues that the new directions of behavior therapy are based on learning theory-oriented models, mainly on social-cognitive learning theories and that the world «behavior» has acquired a wider meaning, including the totality of cognitive, emotional and biological functions.

The prevention of drug dependence: myth or reality?

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Abstract

The lack of success in the efforts of countries all over the world to combat the problem of drug dependence for more than 20 years now, leads to the inevitable question whether the prevention of drug dependence can ever become a reality. The present article focuses mainly on the educational strategies of primary drug prevention aiming to reduce demand. Data from evaluation studies of preventive programmes are presented and the difficulties of such an evaluation are discussed. In the framework of the new «generation» of educational programmes, the philosophy and methodology of the European pilot *health education projects* to combat drug dependence, in which Greece participates, are briefly presented. Given the present state of art, the question is raised under which conditions, methodological and of social policy, the existence, if not of proven effective preventive strategies, at least of promising ones, could be considered a reality today.

A case of aerophagia

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Abstract

A patient suffering from chronic aerophagia was treated with cognitive imagery to reduce the rapidity of his eating. Because of a terrifying childhood experience from a fish bone lodged in his throat, he learned to chew his food to a watery state by imagining fish bones in his meals. His aerophagia was cured. After 18 months follow-up, he was still free from the disorder.

COMMENT

«Manual deeds upon the soul» or psychosurgery as a symptom

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Abstract

A recent emergence in Greek mental health scene of an unknown psychosurgical practice, the so called «chemical leucotomy», for treatment of drug dependence, calls for a review of literature concerning psychosurgical practice and its ideological background. The paper stresses the urgent need for the establishment of an ethical code, for all professionals working in the field of mental health and illness.