

ABSTRACT**PSYCHODYNAMIC PSYCHOTHERAPY ACCORDING TO MASSIMO FAGIOLI'S HUMAN BIRTH THEORY AS A TREATMENT FOR PSYCHOSIS: A REPORT OF THE CHANGES DETECTED IN FOUR CASES**

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AIM

Mental disorders are often viewed as involving change and loss of balance and well-being.

According to Massimo Fagioli, whereas body healing involves repairing the affected organs, the mind can be healed by recreating something that has been lost.

Thus, treatment should promote a change in the opposite direction to that caused by the disorder, and the construction of a new internal image that can eventually lead to a new balance. Therefore, the change detected by a therapeutic process is quite different from the one induced by mental illness and should lead to definitive healing.

The psychotherapist's sensitivity and the emotional resonance between therapist and patient play a key role in this treatment approach.

We present four clinical cases – two patients suffering from binge eating, one with anorexia nervosa, and one with schizoaffective disorder – to describe the changes detected during psychotherapy.

METHODS

The patients were treated with psychodynamic psychotherapy (individual and group psychotherapy) based on the interpretation of dreams according to Fagioli's Human Birth Theory and evaluated with two psychological scores, the SCL-90 and the EDI-3.

RESULTS

During treatment the patients showed symptom reduction or disappearance, as also confirmed by the psychological scores. All recovered from the severe depression underlying their psychosis symptoms.

DISCUSSION

The positive patient outcomes seem to support the value of treating binge eating, anorexia nervosa, and schizoaffective disorder with psychodynamic psychotherapy based on Fagioli's Human Birth Theory. The research is ongoing.

Key words: depression, Human Birth Theory, case report.