

P02-349 - **NONCOMPLIANCE WITH PSYCHOTHERAPEUTICAL TREATMENT**

L. Stoica

Alba University, Alba Iulia, Romania

Psychotherapy has been practiced since ancient times, as people were receiving advice and listen to others. But, just as the XVIII century were introduced socialpsychotherapeutical interventions for rehabilitation so-called "crazy". The first psychotherapeutical school was Sigmund Freud's psychoanalysis whose theory says that mental illness rooted in childhood and unconscious mind. The cognitive therapy identifies the habitual way in which patient distort information. The cognitive therapist teaches patients to recognize their usual patterns of automatic thoughts and the emotions that go with them. The supportive psychotherapy descourage immatur defenses and maladaptive behaviors. Today it is aiming at integration in psychotherapy (integrative psychotherapy). To avoid noncompliance , the psychotherapy can't be applied to any patient without a previous evaluation. Of course, the accuracy of the patient selection depends , first of all, by the psychotherapeutical method which is to be followed. It's important ,above all, the knowledge and experience of the psychotherapeut. About Romania we ca say that only 65% of patients are accepted for psychoanalysis, 88% of patients for cognitive therapy and 95% of patients for supportive therapy.