

P02-317 - EATING DISORDERS AND PSYCHOEDUCATION- PATIENTS' EXPERIENCES OF HEALING PROCESSES

G. Pettersen¹, J. Rosenvinge², R. Wynn¹

¹University Hospital North Norway, ²Department of Psychology, Faculty of Health Sciences, University of Tromsø, Tromsø, Norway

In the treatment of eating disorders, little is known about the role and impact of psychoeducative programmes and whether patients experience such programmes as helpful in their healing processes. Examining these questions is the purpose of this study, using an explorative and descriptive design based on content analysis. Thirteen female patients participated in qualitative interviews. The analysis of healing processes experienced during the programme participation resulted in six main categories *i.e.* "Self-awareness", "Setting boundaries", "Feelings and self-mobilisation", "Self-regulation", "Self-reflexivity" and "Motivation and Self-improvement". The present study clearly indicates that according to the patients' experiences, a psychoeducative programme may facilitate healing processes. The study also supports an impression of an indirect impact on healing processes in terms of more readiness to seek treatment. There is a need for more knowledge about how treatment and psychoeducative programmes may be coordinated.