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Contribution of EMDR therapy in the management of personality borderline: About a clinical case

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EMDR therapy is a new approach to psychotherapy that uses alternating bilateral stimulation, either through the movement of the eyes or through auditory or cutaneous stimuli, to induce rapid resolution of symptoms related to past events. The protocol of EMDR therapy is based on a set of principles that are essential to a humanistic and integrative approach to medicine and health: confidence in the self-healing capacity of each individual, the importance of history personal approach, a person-centered approach, restored power, the importance of mind-body bonding, well-being and performance improvement. Several controlled studies have demonstrated the remarkable effectiveness of EMDR therapy for post-traumatic stress disorder resolution. Indeed, to date, EMDR therapy is one of the best documented methods of treating post-traumatic stress disorder in the scientific literature. We report here the clinical case of a young lady with post-traumatic stress disorder complicated by depressive disorder, on borderline personality, and as comorbidity a polyaddiction to tobacco, alcohol and cannabis, and in whom EMDR therapy proved its efficacy in the management of her disease, enabling her to return to a better life.

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Time perspective in multiple sclerosis patients: Looking for clinical targets for psychological interventions

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Introduction Interaction with time is a fundamental human characteristic that varies significantly in situations of severe chronic disease. Multiple sclerosis (MS) refers to medical conditions with severe damage to the nervous system, which have poor prognosis for patients.

Objectives and aims To explore the relation between clinical variants of multiple sclerosis and time perspective in MS patients for goals of psychological interventions.

Methods A total of 104 MS inpatients (25 men and 79 women aged 19 to 64) filled out Russian version of Zimbardo time perspective inventory (ZTPI) developed by A. Sircova, E.T. Sokolova, and O.V. Mitina, 2008. Seventy-three patients were diagnosed for relapsing-remitting multiple sclerosis (RRMS) and 31 patients for secondary progressive multiple sclerosis (SPMS).

Results Analyzing the difference in ZTPI values in MS patients one could notice that RRMS patients showed a greater focus on positive past, while SPMS patients indicated a higher priority on the future. No gender specifics were identified in MS patients with different clinical variants of the disease ($P > 0.05$).

Conclusions The data revealed could be related to the fact that SPMS patients having more severe clinical variant of MS were forced to the issues of living with the disease planning. They were

ready to assess and to prepare for possible negative consequences of the disease. They also sought the most efficient use of available resources for their own future and future of their loved ones. The resulting evidence can be used to determine clinical targets for psychological interventions in MS patients.

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Music orchestrating health feelings and senses given to the music present at the hospital during hemodynamic procedures: Cardiac catheterization and coronary angioplasty

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Several studies indicate that music has soothing effects and is effective for reducing stress and anxiety in coronary patients. The effects of stress on the cardiovascular system have also been proven. However, the meanings assigned to music when used during hemodynamic procedures are unknown, as are the meanings of the experience of these procedures. The aim of this research is to understand the senses and feelings of music for patients undergoing hemodynamic procedures, identify and interpret the fantasies and emotions related to, and study the possibility of deploying in hospitals the "Musical Method for Hemodynamic Procedures", being developed by the author. This research is based on a clinical-qualitative methodology. The sampling method is the theoretical saturation. The semi-structured interview was used in order to obtain data that was submitted to content analysis. The subjects are patients undergoing hemodynamic procedures in hospital SEMPER, Brazil. We conclude that within the experience of listening to music while undergoing catheterisation 100% of the patients claimed they had overcome the experience of stress and felt calm, tranquillity, peace and happiness. Some patients described the music as a companion, as something that diverts their attention from fear, transporting them to an imaginary place, to another dimension. The episodic memory, the capacity to recognize a musical excerpt for which the spatiotemporal context surrounding its former encounter can be recalled, was also important, with surprising results in the case of patients who underwent catheterisation in the presence of music and, later, angioplasty without the presence of music.

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The specifics of psychotherapy of nuns

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Introduction Nuns undertaking psychotherapeutic treatment are a particular group of patients. As human beings, they experience similar emotions, everyday worries, crises and difficulties as everyone else during social interaction, but at the same time they fill a