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ART-PSYCHOTHERAPY IN TREATMENT OF PATIENTS SUFFERING FROM WORK RELATED BURNOUT DISORDER

Abstract

Background:

Since 1990 we have successfully treated patients suffering from work related Burn-out disorder. In most cases we have used an integrated psychosomatic treatment technique combining several group and individual therapeutic methods, including art-psychotherapy. Over the years we could observe that art-psychotherapy is a very potent treatment method, possibly the method more potent than other methods involved in the integrated treatment program.

Purpose:

In order to evaluate the effect of art-psychotherapy itself we decided to conduct a study on the effect of group art-psychotherapy on patients suffering from work related Burnout disorder.

Method:

Art-psychotherapist is treating in an ongoing project 6-8 patients/group for 3 hours weekly during 15 weeks. The evaluation is based on 36 participants i.e. 4-5 groups. Variables as experience of stress and crises, work-satisfaction, depression, behaviour, coping, sleep and self-esteem are compared between the treatment and control groups. Reliable, validated assessment instruments are used for the assessment. Descriptive statistics and qualitative methods are used for the evaluation. Two-years follow of the treatment effect as well as the comparison with a more costly integrative psychosomatic treatment considering cost-benefit is planned.

Results:

Preliminary results are encouraging and even though the results are not as positive as for the patients that undergo the extensive – and more expensive - integrative psychosomatic treatment, patients certainly do profit in several ways, including elevated work capacity.

