EGO-STRUCTURING PSYCHOTHERAPY

WITH TRAUMATICED PERSONS
The narcissistic phase

In this phase the aim is to establish a stable working-alliance.
The working phase
In this phase the aim is to create coherence and links with the outer world. The strategy is to anchor the client's ego in his/her own life history, which should systematically map all details to be visible. The result should be a narrative, where the client has a confirmed place in the history of generations.
The concluding phase
The aim in this phase is to anchor the client's identity in his/her own history and to let the client reach complete autonomy by means of the structuring function of language. The termination of the mutual work should be done without risking the result obtained.
RESEARCH

• Co operation between Skellefteå och Piteå Psychiatric Clinics 2004-2007
• 29 persons began psychotherapy and were included in the research
• Of these 29 persons, 17 fullfilled
• The persons who fullfilled had a god development of there psychological structure
THE AIM OF THE STUDY

• To study the effects of ego-structuring psychotherapy
• To study elements which is good for progress in psychotherapy
• To follow the hole process for analyses how ego-structuring psychotherapy can make a difference in order to increase the subjects inner structure
• To increase knowledge of the subject group
TREATMENT OF WAR- AND TORTURE SURVIVORS

- Stabilisation – narcissistic phase
- Narrativ/exposing – working phase
- Personal integration of the trauma in the person's own history – concluding phase
EXPERIENCE

• Cognitive function (memory, thinking, learning, temporalisation)
• Able to present their own history in a way were the is placed in the past and not fluently in their present