

Romanian Journal of Experimental Applied Psychology
Special Edition, Volume 3, October 2012



The International Conference

**"Psychology and the realities of the
contemporary world"**

Third Edition, Bucharest, 18-21 October 2012

ABSTRACTS



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Editura Universitară
București

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Explaining Phenomenal Consciousness. Does Conceivability Entail Possibility?

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The impact of traditional and cyberbullying on students

PhD. Marilyn CAMPBELL, Assoc. professor, Queensland University of Technology, Brisbane, Australia.

Neurobiological mechanisms linking adverse childhood experiences to mood and anxiety disorders across the life-course

PhD. Katie MCLAUGHLIN – Harvard Medical School, U.S.A.

Neurobiological mechanisms of adverse childhood experiences, links to externalizing disorders

PhD. Margaret A. SHERIDAN – Harvard Medical School, U.S.A.

Representative changes in the way of living and thinking in the process of evolution of the Western world. Research conducted using the Rorschach test on Italian population, beginning in the 30s until today

PhD. Salvatore PARISI – Director of Roman Rorschach School

The Reality of the Substances - Addiction, Prevention, Treatment & Rehabilitation

PhD. Zafer BEKIROGULLARI – Samuel Maynard Centre, U.K.

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SECTION 1: CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY

PAPER 11. THE FEELING OF THE UNCANNY, CRUELTY AND THE PRINCIPLE OF SYNCHRONICITY – A CASE STUDY BASED ON MULTIPLE COINCIDENCES

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Problem statement: The feeling of the uncanny is the effect of the paradoxical run-over between the familiar and the unfamiliar, amid narcissistic regression, the split-off of the Ego and the return of the identical. In the context of the following clinical vignette, there will be an exploration of the way the feeling of the uncanny can be triggered both in the theoretical context proposed by E. Bergler and as effect of a cruelty movement, as phantasm of destroying the physical limit, which implies the suppression of the psychic limit between the interior and the exterior, reality and phantasm.

Purpose of Study: Starting from the issue of the uncanny, one explores the way the limit between the internal and the external reality can be punctually and reversibly transgressed. At the same time, the valences of the synchronicity principle are being discussed (C. G. Jung, W. Pauli) amid a scene of cruelty, as well as the relationship between cynicism and omnipotence.

Research Methods: A case study of a first and unique session based on a qualitative psychoanalytical research method, mainly on the latent content analysis in a metapsychological perspective.

Findings: In the context of the case study, the principle of synchronicity is understood as an elaborative result of a regressive state. Cynicism, as a form of cruelty, implies an a-dimensional space from which the object is excluded, and the interpretation is impossible provided it allowed for triggering an analytical processuality extremely painful for the patient. The cynic is the mirror of the Other reduced to the non-subject status, which is why the destructive aggressiveness is transposed into action and provokes countertransferentially, through the concurrence of the circumstances of the coincidental external reality, the feeling of omnipotence and the uncanny.

Conclusions: In the cynical relationship there is no interpretation, because it might trigger an extremely painful process, an objectual dimensional space. By means of the cynicism mechanism, the Superego remains captive and the destructive aggressiveness enters in action, which triggers in the analyst the feeling of omnipotence and the feeling of the uncanny through random settings of the coincidences.

Keywords: uncanny, omnipotence, cruelty, cynicism, synchronicity

PAPER 13. COGNITIVE HYPNOTHERAPY IN ADDRESSING THE POSTTRAUMATIC STRESS DISORDER

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Problem statement: The posttraumatic stress disorder (PTSD) is the only mental disorder with an easily identifiable etiology. If individuals suffering from PTSD are in a spontaneous dissociative state during and immediately after the trauma, hypnosis can be helpful in getting to traumatic memories by recreating that precise kind of mental state. People who have suffered trauma are rather easily hypnotizable, because patients with PTSD present dissociative symptoms and in hypnosis they can evoke traumatic memories.

Purpose of Study: The article presents a case study in which the posttraumatic stress disorder was approached in an integrative, psychiatric and psychotherapist manner. With the aim of improving treatment outcome, hypnosis was added to cognitive- behavioral treatment. The client, a highly hypnotizable person aged 65, diagnosed with PTSD and panic attacks, required, on the psychiatrist's recommendation, specific pharmacotherapy combined with psychotherapy.

Research Methods: The psychotherapeutic intervention consisted of 23 sessions using cognitive-behavioral hypnosis techniques. The case was approached through systematic desensitization, cognitive restructuring, the emotional bridge and the age regression and progression in hypnosis, combined with self-hypnosis.

Findings: This case study highlights the characteristics of an integrative approach that combines psychological and psychiatric intervention techniques. At the end of the treatment, the patient no longer needed psychiatric treatment. The client's strengths were the high level of hypnotizability and an increased motivation for psychotherapy.

Conclusions: The present case study adds further evidence to the accumulating research that integrating hypnosis with cognitive- behavioral treatment may increase benefits for clients suffering from PTSD.

Funding: This work was supported by the Sectoral Operational Programme for Human Resources Development through the project "Developing the ability for innovation and research impact increase through post-doctoral programmes" POSDRU/89/1.5/S/49944, "Alexandru Ioan Cuza" University of Iași.

Keywords: posttraumatic stress, hypnosis, cognitive-behavioural therapy

PAPER 35. LIMITATIONS IN THE APPROACH OF A RESIDUAL SCHIZOPHRENIA CASE IN THE ROMANIAN MENTAL HEALTHCARE ENVIRONMENT

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Problem Statement: In the last years, efficacy studies of cognitive therapy for schizophrenia have demonstrated durable effects on positive and negative symptoms. Cognitive-behavioral therapy has a proven role as an adjunct to antipsychotic medication. Positive symptoms, depression, and overall symptoms appear to be viable treatment targets for cognitive behavioral therapy.

Purpose of Study: This paper aims to be a presentation of a cognitive behavioral approach of a patient with residual schizophrenia. It will illustrate the advantages that this type of therapy may have for treating this kind of patients, but also the challenges that they may bring for the clinical psychologist and the limitations that the institutional environment can rise.

Research Methods: In this case study were used methods and techniques specific for this type of therapy. The goals were: anxiety level decrease, amelioration of the social behavior, improvement of the relationship with the others and support for maintaining family connections of the patient. In order to decrease anxiety, relaxation techniques, ego strengthening suggestions, healing suggestions and rhythmic breathing exercises were used. To ameliorate the social behavior, the client was encouraged to participate in occupational therapy and interact with the others, to make contact with the community environment, to achieve assertiveness techniques.

Findings: There were also some problematic aspects of the therapeutic approach: cognitive functions deterioration, the anxiety generated by the mental patient status, labels applied by staff and other patients, hostility manifested from and towards other patients, resistance towards change and therapeutic tasks.

In spite of all these obstacles, the objectives were accomplished. During the therapy, the anxiety level of the client decreased. The main progress regarded the interpersonal relationship. The patient acquired assertiveness and communication skills, managed to take part at the group activities, although the reclusion tendency is still present.

Conclusions: The cognitive behavioral therapy has major advantages in treating the patients with schizophrenia. Although, the clinical psychologist must surpass not only the client's resistances, but also the obstacles that rise from the institutional environment – such as: inadequate collaboration between the staff and the patients, negative attitude towards clients, rejection and blaming attitude of patients towards one-another.

Keywords: institutional environment, residual schizophrenia, cognitive behavioral psychotherapy

PAPER 49. THE INCREASE OF THE DIFFERENTIATION LEVEL OF THE SELF THROUGH UNIFYING PERSONAL DEVELOPMENT

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Problem Statement: The differentiation of the self is a premise of the formation of a solid self, of the psychic maturity as a sign of psychic health. In order to study the process and the dynamic of the differentiation of the self in this study, we turned to the harmonious conjunction of two important psychological theories: Murray Bowen's systemic and multigenerational theory and the fundamental theory of Iolanda Mitrofan's therapy of unification.

Purpose of Study: – to study the efficiency of an experiential program of analysis and personal development focused on unification, on the differentiation of the self.

Research Methods: The study sample consisted of 120 students from the Psychology Faculties, divided in two groups: the experimental group (60 subjects) and control group (60 subjects). A program of analysis and personal development focused on unification was applied to the experimental sample. The retest took place two months after the closure of the 112-hour unifying personal development program (UPD).

Findings: All the means of the variables regarding the differentiation of the self have increased due to the attendance at the UPD, in the experimental group. In the control group, there have been very small and statistically insignificant increases and decreases of the variables. Thus, hypothesis 1 has been confirmed: the attendance at the UPD program has led to the statistically significant increase of the differentiation level of the self (increase with 8.15). In the control group, the increase has been very small and statistically insignificant (0.97). This statistical analysis was accomplished by using the t test for paired samples. Significance threshold: $p < 0.001$. Also, hypothesis 2 has been confirmed: there are strong connections of this level with anxiety and depression (negative correlations), as well as with self-satisfaction and emotional intelligence (positive correlations).

Conclusions: The results obtained validate the unifying personal development program, addressed to psychology students, that increases the differentiation level of the self. The practical relevance of the results obtained is that the differentiation level of the self can be increased in a relatively short period (18 months), by means of a unifying personal development program. This program can be applied to any person. However, it would be best if psychology students or young psychologists benefitted from its advantages right after graduation.

Keywords: differentiation of self, maturity, personal development

PAPER 50. SYNTONIC & PROJECTIVE COUNTER-TRANSFERENCE IN SUPERVISION. CASE STUDY

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Problem statement: Using sand play we succeed to touch profound aspects concerning counter-transference, the relation between therapist and patient, and the pre-verbal affective systems. The approach is analytical/ Jungian psychology.

Purpose of Study: What is the specificity of supervision in analytical psychology, especially when working on deep levels of the psyche? A large variety of experiences are associated, experiences that are not common for the usual control of our thoughts and actions, but they are characteristic for a state of mind in which unconscious is activated with the free play of fantasy expressing the inside human nature. In order to touch the emotional preverbal levels we used in supervision the sand play process.

Research Methods: Qualitative research: Study case

Findings: The therapist is involved in the patient process and if there are still unresolved problems in his/her own psyche the projections are interfered with the patient's materials, mirroring the same mutual type of problem. In the SP process this type of contents are made visible, and we may work upon them in supervision to disentangle the syntonically valuable insights, about the patients' condition and in the same time about the therapists' condition

Conclusions: The study case shows the emotional attunement that occurs nonverbally; resonant with this attunement, the images appear from the maternal profound experiences of the nonverbal. SP provides the free space in which takes place the expression and experience of these realms between all involved in the process: supervised, supervisor and patient. Transformation arises in silence at the level of being. Both the affective neuroscience and infant observation and research show that the key in the transformational process is the relationship between the mother and infant by holding, mirroring and presence. The using of SP in the supervision provides for the therapist to meet the supervised in this space of being and the creation mirrors the transformational experience.

Keywords: counter-transference; supervision; analytical psychology, sand play; psychic transformation

PAPER 53. THE EFFECTS OF UNIFYING CREATIVE MEDITATION ON DRIVERS' ATTENTION

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Topics: Consciousness, Efficient learning practices, Mind-body problems, Therapy practices and promoting health

The paper aims at revealing the effects of unifying creative meditation on the subjects' performances (amateur drivers) at attention tests, as well as the existence of some significant differences between genders regarding the receptivity to stimuli such as unifying creative meditation. Thus, the following hypotheses underlie our paper: we assume there is a statistically significant difference regarding attention performances between the subjects benefiting from a training based on creative meditation and those who do not benefit from such a formative program. We assume there are some statistically significant differences regarding the subjects' receptivity to the training based on unifying creative meditation according to gender.

In order to test the hypotheses of this study, we used both pencil-paper (Prague Test and the Distributed Attention Test) and computerized tests (VIG test and TAC test from the RQ PLUS PSI-RUTEVA battery).

Keywords: unifying creative meditation, attention, performance, driver

PAPER 55. PSYCHOLOGICAL AND CLINICAL APPROACHES TO ATTENTION DISORDERS

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Problem Statement: The question underlying our current study is which ADHD subjects are reported as developing mental illness? The co-morbidity between attention impairments with mental illness confronts us with a dilemma referring to the ADHD subjects risking the development of mental illness.

Purpose of Study: The main objective of our research was to identify the most significant factors, from the statistic point of view, that might explain the development of major mental illness (hereafter MMI) amongst attention deficit disorder with hyperactivity (ADHD) and attention deficit disorder (ADD) carriers. Our further study objective was to examine gender dependency of ADHD and sorts of major mental illnesses

Research Methods: Our research instruments were “data collecting questionnaires” (presented as an Appendix), school and parents interviews, to get to the necessary information for our study. The information referring to all our subjects was collected through: school files, subjects’ or parental interviews, medical documentation. We differentiate two stages in our research procedure, according to its objective. In order to examine the background factors that might explain the development of MMI amongst ADHD carriers, our research group included 120 subjects – the first group of 60 subjects included 30 males and 30 females, ages 18-22, priory diagnoses as ADHD carriers, suffering from MMI and hospitalized in mental institutions; the control group also included 60 subjects, 30 males and 30 females, aged 20-22, priory diagnosed as ADHD carriers, well-functioning and without any psychiatric history.

Findings: There is a diagnostic difference between the genders: males are diagnosed while females have “unspecific” attention impairment or ADD: males are first diagnosed at an earlier age than females; females are more exposed to corrective learning than males; males leave school at an earlier stage, unless they go through a psychological treatment which brings them to a stage similar to that of a female. Our first research hypothesis was partially established: The psychological treatment, by itself, has no effect on the attention impaired developing MMI. Also, parents with a low education and a strong socio-economic background are a reducing factor for MMI possible development; parents’ academic education and a strong socio-economic background raise the risk for MMI development. Our assumption referring to typical sorts of MMI among ADHD gender dependent was established. MMI gender depended, in general, indicate the following: major depression is twice as common in women, based on several researches; Schizophrenia affects men and women equally; Bipolar disorder characterizes women rather than men; Eating disorder reflects environmental as well as personal differences rather than inborn or gender dependent factors.

Conclusions: Gender dependency was not found referring to schizophrenia among the general population while ADHD carriers show significant gender depending results and

appears as female MMI (90%) compared to males. Eating disorder was reported as secondary impairment based on environmental conditions while it was found as characterizing females among ADHD carriers. Para suicidal disorder was reported, in several studies, as a side effect of depression. In our study we could not reach conclusive results referring to males and females. Although the psychological treatment as a sole intervention was not found effective for ADHD (mostly characterizing males) its contribution for less extreme types of attention impairment was found most significant. Furthermore, in further studies, the behavioural psychotherapy was found as an effective treatment for ADHD carriers. Behavioural treatment teaches skills to parents and teachers that help them deal with ADHD children. They also teach skills to children with ADHD that will help them overcome their impairments.

Keywords: Attention Deficit Disorder with Hyperactivity (ADHD), Attention Deficit Disorder (ADD), Major mental illness (MMI)

**PAPER 56. ELEMENTS OF THE QUALITY OF LIFE FOR THE
PATIENTS WITH DERMATOLOGICAL DISEASES**

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Topics:

Psoriasis is a disease that covers a large scale of sufferings and gravity. Another characteristic of this disease is the unpredictable evolution, still impossibility to being controlled.

The main issue is the fact that not even one patient with mild psoriasis could exclude the sudden possibility of developing an aggravated form of the disease, thus enhancing greater discomfort, this disease having a tendency to becoming chronic. Thus, an evaluation of the quality of life for a patient with psoriasis means taking into consideration some global parameters (physical, psychological, social), together with the effects of the specific factors.

Keywords: psoriasis, quality of life, case study