



Volume 05 Issue 01

Model for Integrative Psychotherapy in a Patient with Pain: A Clinical Case

Cristina Caldeira,

University of Lisbon, Portugal

Abstract

The Pain Multidisciplinary Unit of the Centro Hospitalar Lisboa Norte, Hospital de Santa Maria, has a multi-disciplinary approach to the problem of pain, in which psycho-therapeutic intervention plays a complementary role to the care given to patients, with the purpose of teaching them strategies they can help them better cope with their pain and reorganize themselves within their limitations. This article aims to show the psycho-

therapeutic work that has been carried out, as well as its relevant moments (crisis containment, returning the synthesis of the problem, formulating the therapeutic contract, evaluation of the subject's internal dynamics, developing the therapeutic alliance, constant tweaking of the therapeutic relation, growing autonomous, and finalizing the therapeutic relation) with a clinical case as an example.

Keywords — *Pain psychology. Integrative psycho-therapeutic intervention. Relevant moments.*

Biography

Cristina Caldeira graduated in Dynamic Psychology, by the Faculty of Psychology, University of Lisbon, 98/2004, and was invited by full professor Manuel Matos to teach Practical classes on Dynamic Psychopathology, 2007/2009. Has also given the classes Psychological Intervention in Pain Psychology Consultation Model of the Multidisciplinary Pain Unit, Master in Sciences of Pain, Faculty of Medicine, University of Lisbon, 2010, Selection of patients for spinal neuro stimulation From diagnosis to technique, 2017, and was a Lecturer at the course Nursing Intervention in Pain Assessment and Control, Hospital Santa Maria, 2012/2014, and Speaker at the 13th ASTOR Convention, University of Lisbon, 2015. Integrated the Psychiatry Service, Hospital Santa Maria, Lisbon, 2005/2008, when she moved to the Anaesthesiology Service, Chronic Pain Unit in the same hospital, where she has been since, apart from her private practice as psychoanalyst. In constant training, since the beginning of her career. Member of OPP, as Clinical and Health Psychologist, APA, and certified by EuroPsy.

This work is partly presented at **Webinar** on **32nd International Conference on Psychiatry and Mental Health** during **October 5-6, 2020**.