

Summary of the Ph.D. Thesis

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"The effectiveness of positive therapy in the rehabilitation of psychoses"

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Abstract

This paper describes the use of the WELLFOCUS program - Positive Psychotherapy of Psychosis (PPP) in people diagnosed with schizophrenia. The program consists of 13 sessions based on the assumptions of positive psychotherapy and includes a set of exercises aimed at shaping new skills such as: savoring, the ability to forgive, showing gratitude, defining personal strengths and the ability to use them in everyday life.

Eighty people diagnosed with paranoid schizophrenia, aged 23-65, were examined in two psychiatric wards: the Psychiatric Rehabilitation Ward of the Nowowiejski Hospital and the Psychiatric Rehabilitation Day Ward at the Institute of Psychiatry and Neurology. The control group consisted of 40 people subjected to standard therapeutic interventions (treatment –as-usual) over a period of 6 months. The clinical group, also consisting of 40 people, was subjected to standard treatments and additionally participated in the WELLFOCUS program. Measurements were made three times in both groups: before the start of therapeutic interventions, after completion, and three months after the end of participation in the WELLFOCUS program.

The results of the study confirmed the effectiveness of a new therapeutic method (PPP) based on the assumptions of positive psychology. Statistical analysis showed that the

use of the WELLFOCUS program resulted in: improvement of functioning, activation of character strengths, reduction of the severity of psychopathological symptoms of mental illness. The measurement of variables 3 months after the end of therapeutic interventions also showed that this effect was maintained over time. Comparison of the control group with the positive-clinical group showed that in areas such as: activation of strengths, reduction of psychopathological symptoms and improvement of functioning, both types of therapeutic interactions were equally effective.