

Title:**Soteria Berne 1984-2011 - Basic concepts, practical realisation and results"****Abstract:**

"Soteria Berne" is a small open therapeutic community, specially devised for the treatment of young acute schizophrenic patients, which is operating successfully since 1984 until today. Basic concepts are rooted both in Loren Mosher's and Alma Menn's experience with a first Soteria house in California 1971-1981, and in the authors own research on long-term evolution, therapy and rehabilitation of schizophrenic patients under the impact of favorable and unfavorable emotional and environmental factors, conceptualized in his theory of "affect-logic". The overall aim of the combined milieu-therapeutic, psychotherapeutic and pharmacotherapeutic approach of Soteria Berne is the creation of a sustained emotional relaxation in an atmosphere of emotional security, personal and conceptual continuity and constant human "being with" the acute psychotic patient. Clinical experience over 2 1/2 decades and comparative prospective 2-years outcome research show that this approach achieves similar or better results on the psychopathological and social level than conventional hospital treatments, with considerable lower doses of neuroleptics and lower overall costs. The subjective experience of patients and families is generally less traumatic and often beneficial in the long run. These observations are significant in the context of current psychosocial and biological notions on schizophrenia and its developmental dynamics."

Soteria Berne 1984-2011 - basic concepts, practical realisation and results" (ppt)**Introduction:**

Thanks for invitation - honoring Mc.Gorry is a honor, contributed so much to develop a truly scientific approach to psycho-socio-biological treatment of schizophrenia - similar line as the one followed by myself in research on long-term evolution, rehabilitation and the development of an integrative milieu-therapy of schizophrenia - gave rise to the foundation of Soteria Berne/Switzerland in 1984 on which I will now briefly report.

Plan of lecture (ppt)

1. Historical roots
2. Basic concepts
3. Practical realisation
4. Results
5. Hypotheses and open questions

1. Historical roots

Professionally formed in a typical Swiss and Bleulerian = integrative psycho-socio-biologic environment (note order of words!) --> lines of influences which lead to Soteria Berne --> photos of E. Bleuler, Ch. Müller, Mosher (ptt) -->.

- Chr. Müller, pioneer of psychotherapy of schizo, initiated a vast programme of long-term-follow-up studies («Enquête of Lausanne») carried out by me 1963-74 --> new look on schizophrenia
- Overall results of long-term research (ptt) -dissatisfaction both with common (biological) understanding and therapy of schizophrenia --> development of an own integrative evolutionary model in 3-phases (ptt),
- importance of environmental and emotional factors--> concept of affect-logic, level of emotional tension as control-parameter
- Inspired by Mosher/Menns Soteria San Francisco 1971-81, low or no drug milieu-therapeutic approach, visited in 1977 --> development of our own model for Soteria Berne

2. Basic concepts

Overall goal: sustained emotional relaxation, by specially designed appropriate environment, psychological-psychotherapeutical approach, low-dose medication. Additional goal: replicate/reexamine Mosher's research results (ptt)

- 8 therapeutical principles (ptt)
 - Special setting
 - Special approach
 - Special staff
 - Special information politics
 - Special collaboration with family
 - Special work on goals and expectations
 - Special medication strategies
 - Systematic post-care and relapse prevention
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3. Practical realisation (ptt)

(ptt Soteria photos, and explication)

4 phases of treatment:

1. calming down (soft room)
2. Reinsertion into immediate («internal», Soteria-house) reality
3. Preparation for external reality (expectations and practical goals for living and work, risk of relapses)
4. post-care (protected settings, ambulatory post-care, collaboration with socio-psychiatric services, private practitioners)

Later developments: Cannabis-program, half-ambulatory and ambulatory aftercare, early recognition and psychosis prevention

5. Results (ptt)

- Overall results, graphs (ppt) : as good as conventional treatment, but with much less neuroleptics, less side-effects, less social stigmatisation, less traumatic subjective experience, 10-20 % lower costs

6. Open questions

- Working hypothesis of the action of Soteria (ppt. book): naturally induced sustained relaxation («neuroleptica like») (ppt)
- lack of long-term follow-ups,
- lack of large scale short-and long-term comparisons,
- lack of formal verifications of working hypothesis

---> lead back to Mc. Gorry.

- Further infos (books, internet, ppt)