

Global Clinical Psychologists Annual Meeting

October 10-12, 2016 Kuala Lumpur, Malaysia

Multitherapy, welcome multitherapy, welcome to the therapy of future

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Objective: Multitherapy technique provides a complete restructuring blend of technical areas of therapy and makes only multitherapy effective in different treatments to understand that each patient is unique and adapting the method to the case and follows the evolution of each individual frame. And, in all cases, it balances/rebalances the patient in all aspects (omnidirectional and definitive).

Methods: The main areas and techniques that make up the multitherapy are: Musical Therapy, Psychoanalysis, Psychology, Art Therapy, Neuropsychology, Behavioral Medicine, and Performing Arts. Within these areas, we use the principle conventional therapy (interview/history/testing, among others). To find out the diagnosis, we use psychodrama, therapeutic theatre, poetry and creations, workshops and analysis in drawing and painting, dramatic games, many games, sounds and rhythms, body language, relaxation at various levels, developments, among others. These treatment strategies and results were used as base findings to find out excellent results. With respect to the significance of this therapy, it is now used to treat as "incurables".

Results: With respect to the analysis of reports, multitherapy techniques find to have prominent results on different types of psychological disorders. The diagnosis consists of anamnesis (interview with tests and exams) analyzing all the patients' history in detail and leading to a firm diagnosis, usually during the first session (in very complex cases, the diagnosis can be completed in up to three sessions).

Biography

Lou De Olivier is a licensed Multitherapist in Sao Paulo, Brazil. She has published many E-books, Theatrical texts and Videos. She has worked as Partner Director at Manhattan Masana Artistic Productions.

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