

ative emotions? Broadly speaking, what are 3 types of techniques for transforming emotional habits?

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EV0958

The time perception in contemporary

D.F. Burgese^{1,*}, D.P. Bassitt², D. Ceron-Litvoc², G.B. Liberali¹



¹ Instituto de Assistência Médica ao Servidor Público Estadual, IAMSPE, SP, Psiquiatria, São Paulo, Brazil

² Hospital das Clínicas, FCMUSP, USP, Psiquiatria, Sao Paulo, Brazil

* Corresponding author.

With the advent of new technologies, the man begins to experience a significant change in the perception of the other, time and space. The acceleration of time promoted by new technology does not allow the exercise of affection for the consolidation of ties, relations take narcissists hues seeking immediate gratification and the other is understood as a continuation of the self, the pursuit of pleasure. It is the acceleration of time, again, which leads man to present the need for immediate, always looking for the new – not new – in an attempt to fill an inner space that is emptied. The retention of concepts and pre-stressing of temporality are liquefied, become fleeting. We learn to live in the world and the relationship with the other in a frivolous and superficial way. The psychic structure, facing new phenomena experienced, loses temporalize capacity and expand its spatiality, it becomes pathological. Post-modern inability to retain the past, to analyze the information received and reflect, is one of the responsible for the mental illness of today's society. From a temporality range of proper functioning, the relationship processes with you and your peers will have the necessary support to become viable and healthy.

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EV0959

CBT waves through the lens of Complex Systems Theory: A tentative way toward integration and sustainability

S. Cheli

University of Florence, School of Human Health Sciences, Florence, Italy



Introduction In the last 15 years, several new waves have been described within CBT. At the same time, two constraints seem to define the role of psychotherapy: an integrative theoretical trend; an increasing incidence of chronic psychiatric disorders and psychiatric morbidity in chronic conditions.

Objectives We discuss the viability of a Complex Systems Theory perspective in fostering the theoretical integration of the new wave of CBT and in promoting the healthcare sustainability in facing with chronicity.

Aims The aims of the present study are to:

- frame a few recurrent and relevant theoretical dimensions in psychotherapy;
- outline a preliminary cost-effectiveness analysis of a Complex Systems Theory approach to psychiatric chronicity.

Methods We performed a non-systematic review and a meta-synthesis of selected references (identified through a citation analysis per single reference and per single scholar) of the new wave of CBT. We especially focused on theoretical handbooks, meta-analyses and reviews, clinical trials.

Results Complex Systems Theory describes an approach to theoretical and operational models based on adaptability, interde-

pendency and self-organization. In defining a few integrative trends in psychotherapy, we highlighted the focus on:

- interpretation of events vs. events per se;
- processes vs. contents;
- transdiagnostic vs. pathologized models.

Furthermore, we framed economic, organizational, and educational implications of such an approach in promoting the adaptability of psychotherapy-as-a-system in dealing with the so-called double crisis of welfare state: continuous cutbacks in response to recession; longer-term pressures on health and social care.

Conclusions Despite further studies are needed, we maintain that psychiatry may benefit from a Complex Systems Theory perspective.

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The experience of time in habitual teenage marijuana smokers

A. Dörr

Faculty of Medicine, Universidad de Chile, Psiquiatria y Salud Mental Oriente, Santiago, Chile



The research is qualitative; it studies the experience of time in young people who smoke marijuana in excess, given the high rate of smoking in the teenage years, a delicate stage regarding the planning of the future. Our objective is to see how the relationship between past and future plans is manifested in their biography, through goals and actions, in light of their ability to anticipate themselves. Our guiding principle is the ability to “anticipate oneself”, proposed by Sutter, a phenomenological psychiatrist. The information was obtained from the analysis of autobiographies of young persons through the hermeneutical phenomenological method developed by Lindseth, based on Ricoeur. The results reveal that in the biographies the past temporal dimension is characterized by poor descriptions, the present is where they extend themselves most, describing tastes, how they visualize themselves, but showing a lack of clarity in their interests. In the future, we see the absence of reference, giving the impression of no progression from the past, and without awareness of the fact that the future possibilities or lack thereof are heavily dependent on present actions.

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Psyche in historical context: Identity and existence in Captain Ahab and King Lear

G. Egloff

Heidelberg University, Psychoanalytic Practice, Mannheim, Germany



Introduction What ties Ahab, the notorious captain of the Pequod in Herman Melville's 1851 novel, Moby-Dick, to King Lear, the desperate old regent from William Shakespeare's eponymous play published in 1608, is not only their overabundant quest for meaning, or their obsession with pursuing their targets, but their idiosyncratic experiencing of themselves in their personal realities.

Aims Captain Ahab is put in relation with King Lear, in order to show in what way issues of identity and of existence emerge in the course of their fictional lives. Lear is considered to have had deep influence on Melville the author in creating the character of Ahab. Since, in terms of present-day psychopathology, both fictional characters present with symptoms, their issues when put in historical context can untangle their personal realities.