**Introduction:** The relationship of alexithymia with gambling addiction is not obvious, but it is present, as evidenced by the results of many studies. Alexithymia is likely to associate with gambling as a coping behavior to increase emotional arousal and avoid negative emotions, according to the affect dysregulation model. Alexithymic individuals experience the same spectrum of emotions as ordinary people, however, from the standpoint of psychology, psychiatry, unexpressed emotions are repressed into the subconscious, and their bodily manifestations accumulate.
**Objectives:** We plan to conduct research to improve the medical and psychological support of patients with pathological gambling due to the presence of alexithymia.
**Methods:** A systematic search of the literature was run in the major reference databases including PubMed, Cochrane Database for Systematic Review, Web of Science, Scopus until 2019. All studies assessed alexithymia with the Toronto Alexithymia Scale while gambling problems were assessed mostly with the South Oaks Gambling Screen.
**Results:** We assume that for pathological gamblers, specific psychotherapeutic techniques like body-centered psychotherapy could help them to differentiate feelings from bodily sensations.
**Conclusions:** The results highlight the importance of taking in the relationship between alexithymia and pathological gambling. Further studies are needed to widen the knowledge of this association.

**Keywords:** Gambling; alexithymia; psychotherapy

## EPP1100

## An existential model of addiction

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**Introduction:** Despite existentialism positing that existential concerns are universal, research into the existential issues related to addiction remains scarce. An existential model of addiction is lacking.
**Objectives:** This research aims to develop an existential model of addiction, conceptualising the development of addiction through to authenticity.
**Methods:** A scoping literature review was carried out using PUBMED, reference lists and internet websites.
**Results:** Psychopathology, from an existential point of view, occurs as a result of the avoidance of the existential givens which are death, freedom, existential isolation and meaninglessness. In this model, addiction is positioned as a coping mechanism to deal with the existential or neurotic anxiety which arises from facing or avoiding the existential givens. Addiction is defined as being-with-drug; a state in which our inherent relation to others is replaced by a relation with a substance. This state is understood from the ontological, axiological, ethical and praxeological levels, shedding light on the phenomenological experience of addiction. The existential dilemmas around meaning, loneliness, death, freedom, guilt and control while living with addiction are discussed. Finally, existential crises, boundary situations and secondary suffering are seen as the main motivators to overcome addiction.
**Conclusions:** Phenomenological and existential research support the fact that existential issues are relevant to addiction. This model explains the relationships between existential concepts and addiction, while providing a framework for clinicians to explore and address these issues with patients.

**Keywords:** authenticity; being-with-drug; Addiction; existentialism

## EPP1101

## Acceptance commitment therapy for preschool children : A pilot study

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**Introduction:** Emotion regulation is a key world to understand many human behaviors. Preschool children can exhibite disturbing behaviors that could interfeer with their integration, development and learning abilities. One way to understand these behaviors is their "immature" emotional regulation process. Helping children acquiring this ability can help to solve these disturbances', which can lead to mental health problems.
**Objectives:** To experiment with a new acceptance and committment therapy protocol in preschool children
**Methods:** It is a qualitative interventional study that relies on issues to enable the recognition and regulation of emotions. a protocol was implemented which consists of activities and techniques useful to help children recognize, regulate and accept their emotions, with the support of the educator.
**Results:** All six selected children accepted to undergo the therapy till the end of the eight sessions. at fisrt, they were enable to recognise some emtions. it was the most difficult for them to recognise body expression of emotion. they had also difficulties find the different worlds to express them and to enact them.Throw different activities, we tried to help children visualize their emotions, imagine them under different faces and play with them. Children were introduced to mindfulness and emotional regulation technics. After One month of the intervention, children were still able to recognize emotions and to propose technics to regulate them. their score on the CBCL were below 70 one month after the intervention.
**Conclusions:** Even at an early age of 4 years, ACT seems to be possible and helpful for children.

**Keywords:** preschool children; regulation; emotion; acceptance therapy

## EPP1102

## Emotional experiences reported by psychologists attending patients with suicidal crises in a service in northeastern Brazil: A qualitative study

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**Introduction:** Contextualization: Emotional experiences of psychologists related to the care of suicide crises are important since the health professional has been trained to save lives. It makes him apprehend the aggressive side of suicide and symbolize it as an attack. When the patient's desire to liveceases, the professional may feel confused, since his/her profession/vocation was confronted.
**Objectives:** AIM: To explore and interpret the meanings of emotional experiences reported by psychologists who care for patients in suicide crises.

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