and somatic symptomatology, but reports of patients achieving a sense of "cure" remain exceptional.
Objectives: To describe the clinical course of two female patients with fibromyalgia who experienced a remarkable remission of pain and fatigue symptoms, in temporal association with the exploration of relational conflicts and biographical narratives during psychiatric follow-up.
Methods: We present two case reports (aged 62 and 64) followed in outpatient psychiatric consultations. Both had long-standing fibromyalgia and depressive-anxious symptoms treated with duloxetine and adjunctive agents. During the last year, beyond pharmacological adjustments, psychotherapeutic interventions focused on linking relational patterns and life history to bodily symptoms, encouraging expression of emotions and establishing interpersonal boundaries.
Results: Both patients reported progressive disappearance of diffuse fibromyalgia pain and fatigue, contrasting with the persistence of mechanical pain due to musculoskeletal disorders (arthrosis, spine pathology). They spontaneously differentiated this residual pain from their previous fibromyalgia pain ("plof"/diffuse body pain). They associated the improvement with being able to verbalize anger and frustration, set limits in family or marital contexts, and recognize the impact of unresolved relational conflicts on somatic expression. Although pharmacological regimens included antidepressants previously used with partial effect, patients emphasized the transformative role of emotional expression and relational change. At present, both report full functional recovery and describe themselves as "cured" of fibromyalgia.
Conclusions: These cases suggest that, in certain patients, remission of fibromyalgia symptoms may be facilitated by psychotherapeutic work addressing relational dynamics and biographical conflicts. Beyond pharmacological treatment, the ability to connect emotions with somatic experience, express conflict and set interpersonal boundaries may play a central role in the disappearance of chronic pain. Further research is needed to explore the mechanisms underlying these exceptional clinical evolutions.

Disclosure of Interest: None Declared

EPV1389

Evaluating a Psychodynamic Multifamily Group for Severe Mental Disorders: Baseline Assessment and Methodological Design

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Introduction: Multifamily group interventions are increasingly recognized as valuable complementary approaches for individuals with severe mental disorders. These groups provide a space where patients and their relatives can jointly explore relational dynamics and emotional experiences. However, systematic evaluations of psychodynamic and group-based multifamily interventions using standardized instruments remain scarce.
Objectives: To describe the methodological design of a prospective evaluation of a psychodynamic multifamily therapy group in a public mental health service, and to present the baseline assessment plan prior to longitudinal follow-up.
Methods: The group includes patients with SMD—mainly psychotic and bipolar disorders—and their relatives, who typically present with neurotic structures and symptoms such as anxiety or depression. This heterogeneity allows exploration of contrasting subjective positions within the same therapeutic space. The intervention follows a psychodynamic group framework, integrating multifamily, group-analytic, and operative group perspectives, and is offered as a complement to standard psychiatric and pharmacological treatment. At the beginning of the therapeutic course (September 2025), participants completed: (a) a sociodemographic questionnaire; (b) the WHOQOL-BREF (quality of life); (c) the Reflective Functioning Questionnaire (RFQ-8); and (d) the short version of the Family Relations Scale (ERI). At the end of the course (June 2026), additional measures will include a Satisfaction Survey and Yalom's Therapeutic Factors Questionnaire.
Results: Data collection is ongoing. At the time of abstract submission, only baseline questionnaires have been distributed and responses are being gathered. Full descriptive results from the initial assessment will be presented at the congress poster session. Comparative pre–post analyses will be conducted after the completion of the therapeutic cycle in June 2026.
Conclusions: This project introduces a structured methodology to evaluate the impact of psychodynamic multifamily groups in routine psychiatric practice. The integration of validated psychometric tools with a group-based intervention highlights the feasibility of assessing both clinical and relational outcomes. Presenting baseline findings and methodological design at this stage contributes to the evidence base for multifamily interventions as meaningful complements to pharmacological treatment in SMD.

Disclosure of Interest: None Declared

EPV1391

Psychotherapy Practice Among Child and Adolescent Psychiatrists in the Philippines

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Introduction: Psychotherapy is a core skill in child and adolescent psychiatry practice. Psychotherapy remains an essential treatment modality for a child's cognitive, emotional, behavioral, and relational problems. The knowledge and skills from psychotherapy contribute to other clinical activities such as diagnostic assessment, pharmacotherapy, and consultation to agencies, schools, and other physicians.
Objectives: This study aimed to determine the patterns of psychotherapy among child and adolescent psychiatrists in the Philippines.
Methods: Using a cross-sectional descriptive study design, a self-reported questionnaire was sent via email to each participant along with the informed consent. Out of 56 actively practicing child and adolescent psychiatrists in the Philippines, 49 child and adolescent psychiatrists fulfilled the inclusion criteria and were included in the study from November 2024 until July 2025. Data on demographic profile, current workload and practice, psychosocial interventions, conceptual frameworks, psychotherapy practices, and obstacles faced in doing psychotherapy were analyzed using descriptive statistics.

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