

EPV1686

Feasibility of metacognitive interpersonal therapy treatments in European public services

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Introduction: Metacognitive Interpersonal Therapy (MIT) is a third wave orientation psychotherapy, based on the understanding that severe mental illness features a combination of poor capacity to make sense of mental states or metacognition, maladaptive interpersonal schemas and dysfunctional coping procedures.

Objectives: MIT is gathering increasing empirical support in both individual and group formats, in adults and adolescence in populations with personality disorders and early psychosis (Dimaggio et al., 2017; Fioravanti et al., 2024; Gordon-King et al., 2018; Pasetto et al., 2022; Inchausti et al., 2022; Popolo et al., 2018).

Methods: The group format has been empirically tested in different countries (Italy, Spain and Norway).

Results: Here we present the results of a series of RCT delivered in public mental health units (Inchausti et al., 2017; 2018; 2024; and Pinotti et al., 2024; Popolo et al., 2021; 2022).

Conclusions: Overall results show that MIT in group can be successfully delivered in the context of public mental health facilities with evidence for its efficacy, feasibility and effectiveness.

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Cognitive and Emotional Regulation for High-Performance Poker Players: A Multidisciplinary Therapeutic Approach

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Introduction: High-performance players in sports, poker, or other competitive fields share traits that support them to excel under pressure. Exceptional players show mental resilience, staying focused, and adaptability skills in high-stress situations. However, many players struggle with consistency and discipline when emotional influence occurs over their routine and decision-making on tables. This work addresses common challenges for high-performance poker players and explores therapeutic techniques that improve decision-making and overall well-being.

Objectives: High-performance poker players, particularly cash game players, encounter unique cognitive and emotional challenges due to high-stakes, financial volatility, and emotional dysregulation. This work addresses common therapeutic demands and multidisciplinary approaches to support high-performance poker players.

Methods: Players who received therapeutic support benefited from a combination of cognitive-behavioral strategies and positive

psychology, particularly focusing on emotional regulation and goal-setting to enhance their sense of control, motivation, decision-making, psychological well-being, and overall performance. The therapeutic interventions specifically targeted cognitive distortions and behavioral patterns that undermine decision-making and contribute to emotional dysregulation. Techniques such as cognitive restructuring, mindfulness, and problem-solving skills training through deliberate practice, promoting practical tools to manage the unique cognitive and emotional challenges faced in poker.

Results: The findings show that integrating cognitive-behavioral techniques into daily routines improves consistency, making daily strategies more automatic. Mental exercises like mindfulness and cognitive reframing strengthened skills while monitoring emotional states and helped players detect early signs of “tilt” and regulate emotions, diminishing impulsive decisions and heightening emotional responses. Addressing cognitive distortions, such as confirmation bias, through journaling and stress management techniques like deep breathing, helped players maintain composure under pressure. Therefore, these approaches assisted poker players in improving their adaptability skills without sacrificing consistency, leading to better performance and long-term success.

Conclusions: The cognitive and emotional demands of high-stakes poker require a comprehensive mental regulation approach. Combining cognitive-behavioral techniques, psychodynamic strategies, and mindfulness improves emotional stability, decision-making, and performance. Addressing cognitive distortions and using emotional regulation techniques help players avoid emotionally-driven decisions and maintain focus under pressure. By integrating these strategies into their routines, poker players can enhance consistency, optimize cognitive function, and achieve long-term success.

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EPV1689

Kintsugi, Mending with Gold - A Psychotherapeutic Technique

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Introduction: Psychotherapy, when supported by an appropriate set of techniques, has a high impact on the patient’s psychological well-being, self-knowledge and self-growth.

Objectives: This study aimed to determine the clinical utility of the therapeutic tool “Kintsugi,” developed by the corresponding author, through two assessment phases.

Methods: To a total of 200 participants, aged between 18 and 70 years ($M = 44.3$, $SD = 12.5$), were administered a semistructured interview, the Hamilton Anxiety Scale, and the Échelle de Mesure des Manifestations du Bien-Être Psychologique. The assessments occurred before and after the application of the technique, with an interval of about two months (approximately 4 to 6 sessions).

Results: Findings indicate that, in the first moment of assessment, participants showed lower levels of psychological well-being ($M = 78.0$, $SD = 15.0$) and, consequently, more anxious symptoms ($M = 32.0$, $SD = 9.0$). After the use of the “Kintsugi” technique, regardless of the participant’s age or gender, an increase in psychological well-being ($M = 96.5$, $SD = 12.0$; F -test = 77.65, $p < .001$, $\eta^2 = 0.28$) and a decrease in anxiety ($M = 21.0$, $SD = 7.0$; F -test = 87.50, $p < .001$, $\eta^2 = 0.31$) were observed.