

Joerg Spamer - Mental Trainings - English Version

The creation of the mental trainings Meinf Frankfurtmain (2010 -2016)

For a project to better achieve goals in behavioral therapy group trainings, Joerg Spamer was asked as an external consultant by the management of the Social Psychiatric Center for Children and Adolescents in Frankfurt * in 2010.

The group trainings are part of the behavioral therapy measures that are used in combination with medication with Ritalin or similar preparations with the active ingredient methylphenidate (more precisely: Methylphenidate Hydrochloride) as a therapy for children and adolescents with ADHD and or similar stress disorders.

The qualification of the group trainings had two sub-goals: on the one hand, it was about reaching the young people better and thus reducing the strength of the medication as much as possible through more effective learning of elements such as self-structuring.

Joerg Spamer was deliberately approached as a non-specialist and artist in order to approach the existing problem from a different perspective than the purely therapeutic point of view.

Among other things, his experience in acting, in performances and in film as well as his experience in dealing with young people, which he was able to gain working in youth centers during his studies, played a role.

The Training Project : Reduction of Medication – More Self-Structure in ADHD - Patients

In the three-year project, the aim is to reduce the dosage of medication by improving and more effective use of preservation therapy measures. Furthermore, it was a matter of working with the practice team to develop feasible solutions in the field of behavioral therapy.

Many of the adolescent patients had a low self-esteem due to genetic or stress disorders in the form of difficulties with concentration, often both.

The consequences were often exclusion from social groups (class community, sports clubs) and thus loneliness, depression, etc.

In the practice of the Social Psychiatric Center for Child and Adolescent Psychiatry, which Joerg Spamer had requested, some successes have already been achieved through the stronger involvement of the parents, which is why a manual-based parent training (KAPPE) was developed in-house.

Overall, the aim was a higher level of qualification: this concerned the methodology in the treatment as well as the understanding of the social environment as well as the newly trained employees of the practice team.

Improvement of the transmitter-receiver principle - The other 'language'

Many of the young patients often came from non-academic households and some with a so-called 'migration background'.

Even if it was the German language, they spoke a different language than the therapists. The language of the street often met expressions from psychology textbooks.

Therefore: no matter which side: it rarely came to an 'understanding' right away.

Another point was that children and adolescents rarely communicate verbally. Facial expressions and gestures play an enormous role.

Reading facial expressions and gestures and using them are above all elements of acting studies, less so in psychology studies.

This includes not only theoretical reading and study of illustrations, but also fast recognition and reaction. This can only be learned through one's own practice.

Among other things, with exercises on this subject, it was soon possible to improve communication between therapists, children and adolescents.

Role playing

Since children and adolescents express little verbally about their condition and certainly not about problems, Joerg Spamer increased the emphasis on behavioral therapy exercises of the role plays, which were also mentioned in the manuals.

Ties had lasting success. By noting down observations (if necessary, in some sessions an additional force was only present for observation and noting the events), the conspicuous behaviors of the adolescents and their formation could be better understood from the group dynamics in the subsequent discussions. Reactions or already existing states of mind such as silence or outcoming aggressions were more easy to understand.

Better analysis could be carried out.

This made it possible for the practice team to create a more precise and individual therapy plan and to adapt the individual therapy modules to it during the next sessions.

* <https://www.kijupsy-zentrum-frankfurt.de/>

(Last revised at August 10, 2022)