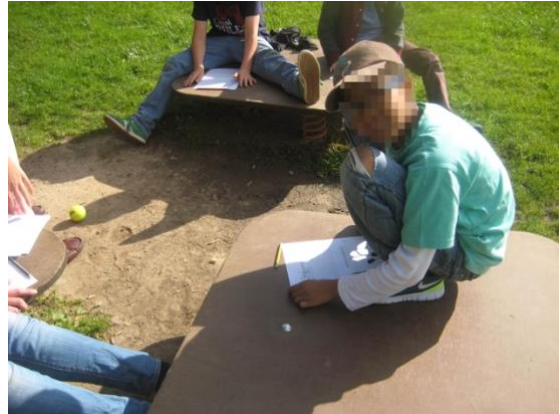


Joerg Spamer - Mental Trainings and the ideas of an artist - English Version

Artistic Consultant at Psychotherapies - Mental-Trainings at Meinfrankfurtmain (2010 -2016)

Joerg Spamer was asked as an external consultant from the Social Psychiatric Centre for Children and Adolescents * in Frankfurt 2010 for a project to achieve better goals in behavioral therapy group trainings .



The group trainings are part of the behavioral therapy measures that are used in combination with medication with Ritalin, Medikinet or similar preparations with the active ingredient methylphenidate as a therapy for children and adolescents with ADHD and or similar stress disorders.

The desired qualification of the effectiveness of these group trainings had two sub-goals: to reach the young people better and to reduce the dose of the medication as much as possible through the more effective learning of elements such as self-structuring.

In order to approach the problem from a different perspective than the purely therapeutic one, Jörg Spamer was deliberately approached as a non-specialist and also asked as an artist. Among other things, his experience in acting, in performances, in sports and in film as well as his experience in dealing with young people, which he was able to gain as an employee in youth centers during his studies, played a role.

The trainings : Reduction of medication – more own structure

The aim of the two-year project was to optimize manual-based elements for the time-limited therapeutic sessions together with the practice team and to develop feasible solutions.

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, headed by Dr. med. Fabian Härtling, successes could already be achieved through the stronger involvement of the parents, which is why a manual-based parent training (KAPPE) was developed.

The aim there was also an overall higher qualification: this concerned the methodology in the treatment as well as the understanding of the social environment, especially the parents, in team meetings within the practice as well as with newly trained employees.

The other 'Languages' - Improvement of the sender- receiver principle -

Many of the young patients 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 most therapists. The language of the street often met expressions from the world of academic households and the psychology textbook. It came - no matter from which side - rarely right away to an 'understanding'.

In addition, children and adolescents rarely communicate verbally. Facial expressions and gestures play a primary role in adolescent communication. Reading facial expressions and gestures and using them in practice are not so much elements in the study of psychology, but acting, because it depends on quick recognition and just as fast reaction. This can only be learned through one's own practice. These elements became a major part of the therapeutic implementation.

Role-playing game – film



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 role-playing.

Derived from his experience with acting and directing, Joerg Spamer developed forms of a setting similar to filmmaking with lasting success. Due to the small amount of time required, they could be realized within the framework of the therapeutic sessions and

left enough room for the necessary notes of the team. In the subsequent discussions, it was thus possible to understand the behaviour of the young people within the group dynamics in a more well-founded way. Together with previous knowledge known from the anamnesis, such as known reactions of internal withdrawal or aggression attacks - be analyzed more clearly and derived directly.

This enabled the practice team to respond more individually to the participants and to coordinate the therapy plan for next sessions more precisely. In the more than two years of effectiveness within the practice, the work of Joerg Spamer had a positive effect on the therapeutic course as well as on the further prognosis of many patients. Due to the great demand, together with some therapists Joerg Spamer founded the Club MeFrankfurtmain (2013-2016) to be able to offer therapeutic training also outside the practice.

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

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