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Treatment Strategies – Multi therapy applied in the treatment of behavioral / dementia disorders

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Multitherapy which to promote a complete restructuring providing multidirectional individual balance in all aspects a blend of technical makes only multi-therapy effective in different treatments to understanding that each patient is unique and adapting the method to the case and follows the evolution each individual frame. And, in all cases, balance / re-balances the patient in all aspects. The main areas and techniques that make up the multi-therapy are: Musical Therapy, Psychoanalysis, Psychology, Art Therapy, Neuro-psychology, and Behavioural Medicine, Performing Arts. To find out the diagnosis, uses Psychodrama, Therapeutic Theatre, Poetry and creations, workshops and analysis in drawing and painting, dramatic games, many games, sounds and rhythms, body language, relaxation at various levels, developments, among others. The multitherapy follows the philosophy of holism (Greek

holos, whole), in therapeutic terms mean that man is an indivisible that cannot be understood through an analysis of its different parts, and therefore analysed and addressed from various angles (biological, mental, psychological, energetical). However, multi-therapy goes far beyond that, it brings together very serious areas already mentioned above and seeks to treat each individual as unique, adapting the treatment to each case, a personalized treatment and thus reaching high degree of control and cure for many disorders now treated as "incurables". Multi-therapy works quickly because makes available, several techniques and areas those are adapted to the solution of the case. Currently, this technique is used in Portuguese and Spanish speaking countries, and Lou de Olivier is expanding it to other countries.

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