

Embitterment disorder and social avoidance: New link, model and behavioral therapy

Camille Lefrançois

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A few studies tend to highlight the link between three specific disorders: embitterment disorder with or without suicidal behavior, behavioral addiction and avoiding behavior. This presentation exposes a new model of understanding the dynamics regulating the disorders. Further, the authors propose a new therapeutic method, based on a role-playing exercise focusing on the behavior avoided by the patient. By learning these therapeutic skills, the patients can see their avoiding, depressive and addictive

behaviors and symptoms decrease. Several case studies and the testimony of several years of practice are also discussed.

Speaker Biography

Camille Lefrançois is a Psychologist and Researcher in the domain of Neurocognitive and Behavioral Therapy. She has her expertise in improving mental health and wellbeing. Her research is about new models of understanding human neurocognition and behaviors, and psychiatric disorders. Her goal is to create and evaluate new therapeutic tools.

e: camille.lefrancois@ime.fr

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