

Short-term Psychodynamic Therapies for Somatic Symptom Disorders

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Reference Materials

- *Reaching through Resistance.*
Detailed manual on ISTDP
psychodiagnosis and treatment
with case examples
- www.reachingthroughresistance.com Available on Amazon:
<http://a.co/3UGMWx0>
- Graded Format article on
capacity building:
<http://bit.ly/2gVT7iB>
Article on Resistance
<http://reachingthroughresistance.com/wp-content/uploads/2015/02/PsychodynamicPsychiatry2016.pdf>
- *Hidden from View: A clinician's guide to Psychophysiological Disorders*
- Written with a Mindbody expert internist Howard Schubiner and written for doctors
- How to educate, provide first and second line treatments and basic ISTDP methods.
- Coming out end of 2017-early 2018
- www.unlearnyourpain.com

- Evidence
- 5 diagnosable mechanisms of Somatic Symptom Formation
- Treatment pathways

Direct Assessment and Treatment of Emotional Factors in Psychosomatic Conditions: Dr. Allan Abbass

Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada Allan is a leading teacher and researcher in the area of Short-Term Psychotherapy, and author of *Reaching through Resistance: Advanced Psychotherapy Techniques, 2015*.

Thursday, December 7th, 2017 8:30 am – 5:00 pm

Breakfast and Lunch is Provided

Helen Wood Hall Auditorium

School of Nursing Auditorium **1W-304**

255 Crittenden Blvd., Rochester, NY 14620

Online Registration and Additional CME Course Information

<http://www.cvent.com/d/jtq885>

Meta-analysis of Short Term Psychodynamic Psychotherapy for Somatic Disorders

Abbass, Kisely & Kroenke, 2009

23 Studies: broad range of conditions

- Medium to Large Effect Sizes vs controls increased over time
- Emotional Experiencing more effective than Insight focused models (ES: 0.60 to 1.31)
- We are process of updating this review: expect 40+ studies

Intensive Short-term Dynamic Psychotherapy: Davanloo (+ Malan)

- Within the context of forming therapeutic attachment → unprocessed feelings about previous attachments are activated
- This allows one to directly diagnose *unconscious* emotional contributors to somatic symptoms stemming from attachment trauma
- Treatment: handling avoidant responses, building reflective capacity and enabling the somatic experience of unprocessed feelings about attachment trauma.

Intensive Short-term Dynamic Psychotherapy in Somatic Symptom Dis.

- 15 published outcome studies
- 7 Randomized Controlled Trials 8 Case Series
- Cost reduction >>> treatment cost
- Urethral Syndrome/ Pelvic Pain, Back Pain, Functional Movement Disorders, Chronic Headache, Pseudoseizures, Chronic Pain (3 RCTs) Irritable Bowel Syndrome, Mixed MUS (2 studies), Atopic Dermatitis, Bruxism, Functional Neurological disorders
- Effects are medium to large and sustained in follow-up (Town and Driessen 2013)
- Outperformed Mindfulness-based Stress Reduction for Chronic Pain

ISTDP vs Mindfulness based Stress Reduction for Chronic Pain Chavooshi et al, 2015

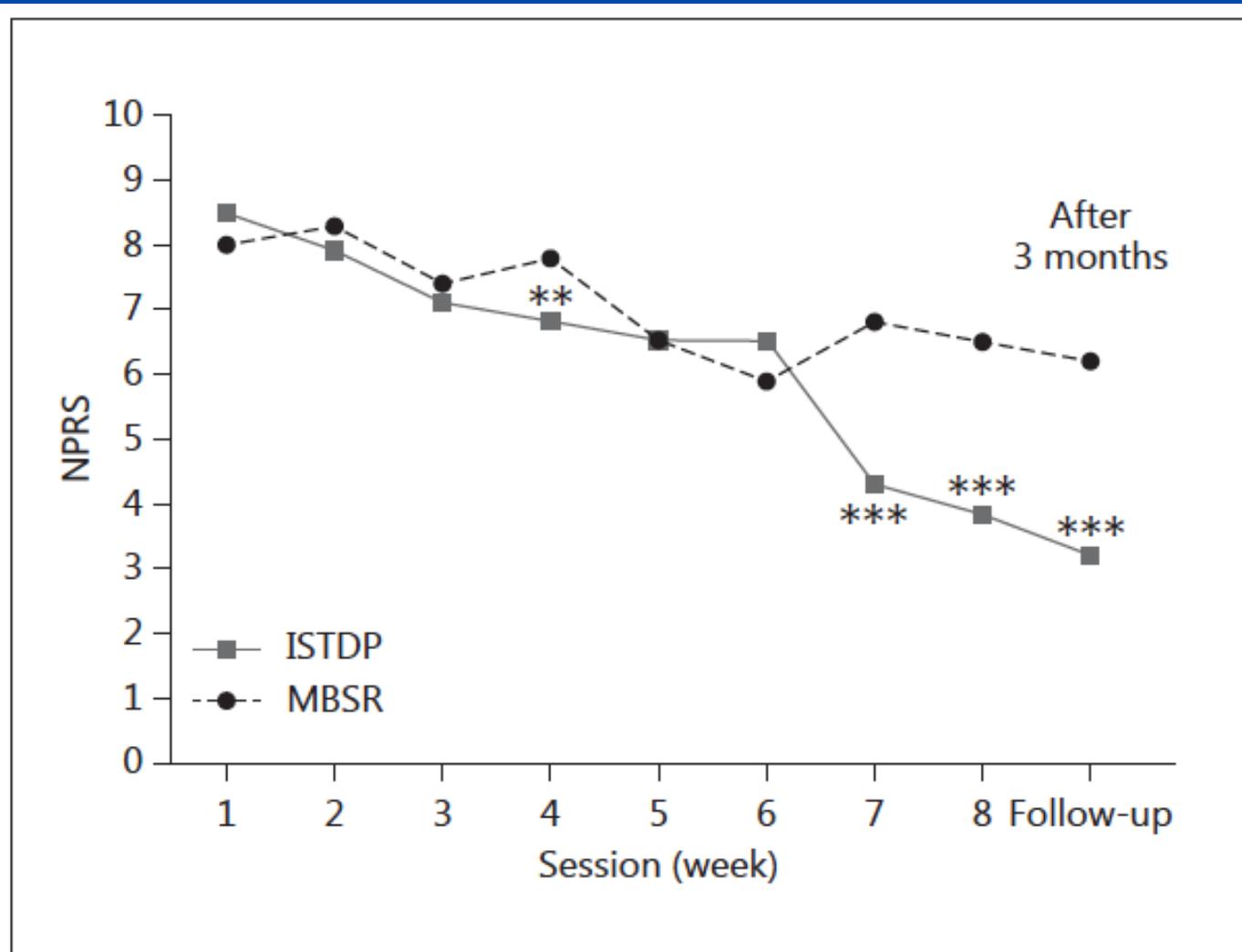
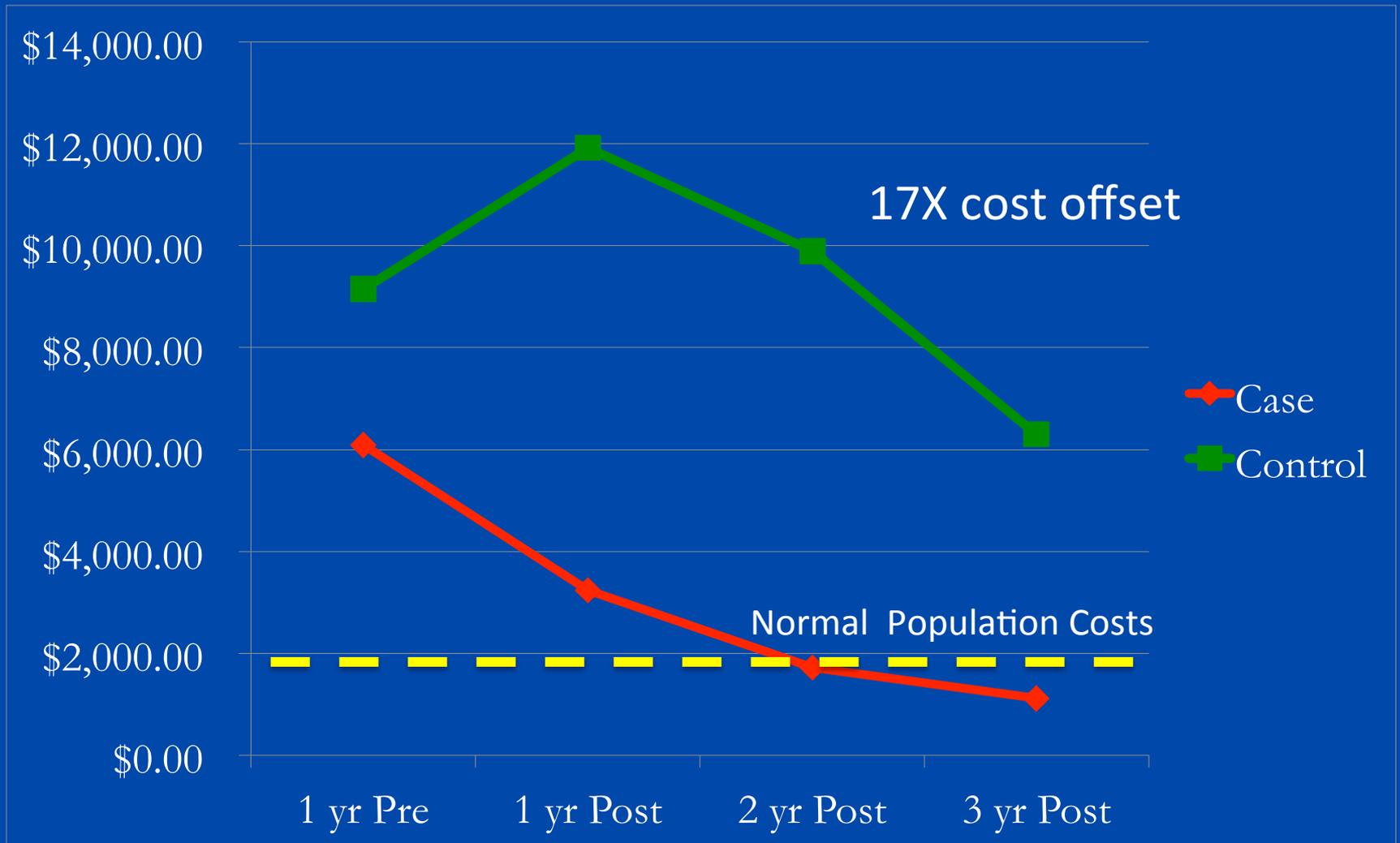


Fig. 1. NPRS results. ** $p < 0.01$; *** $p < 0.001$.

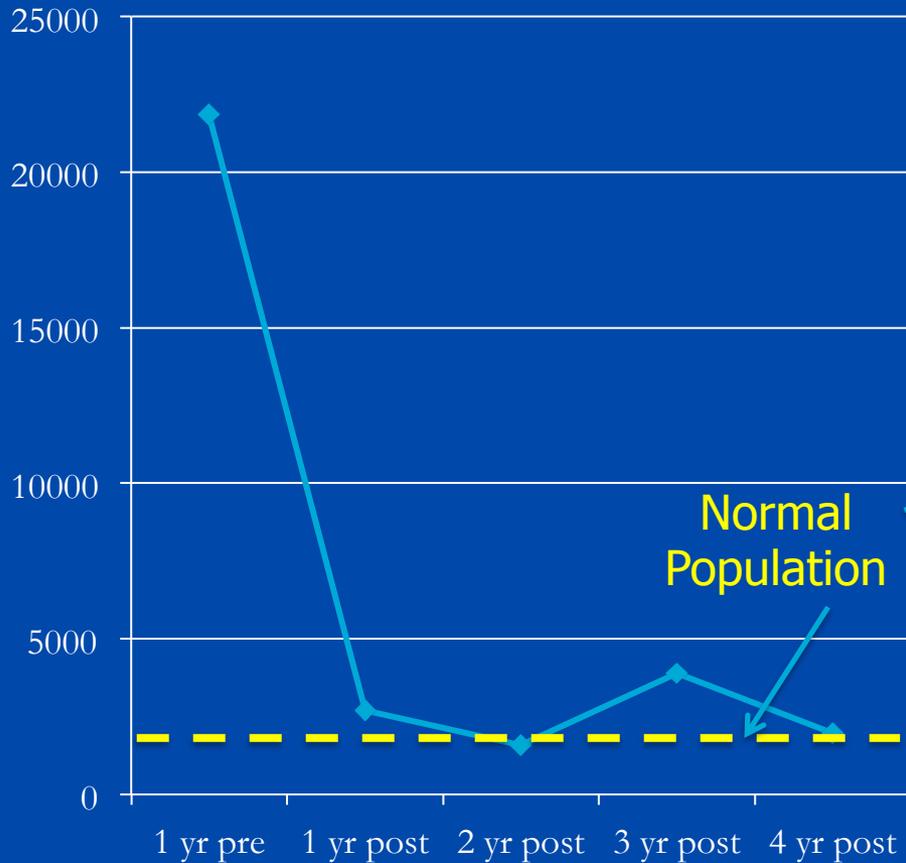
Total Doctor and Hospital Costs/ patient: N=890



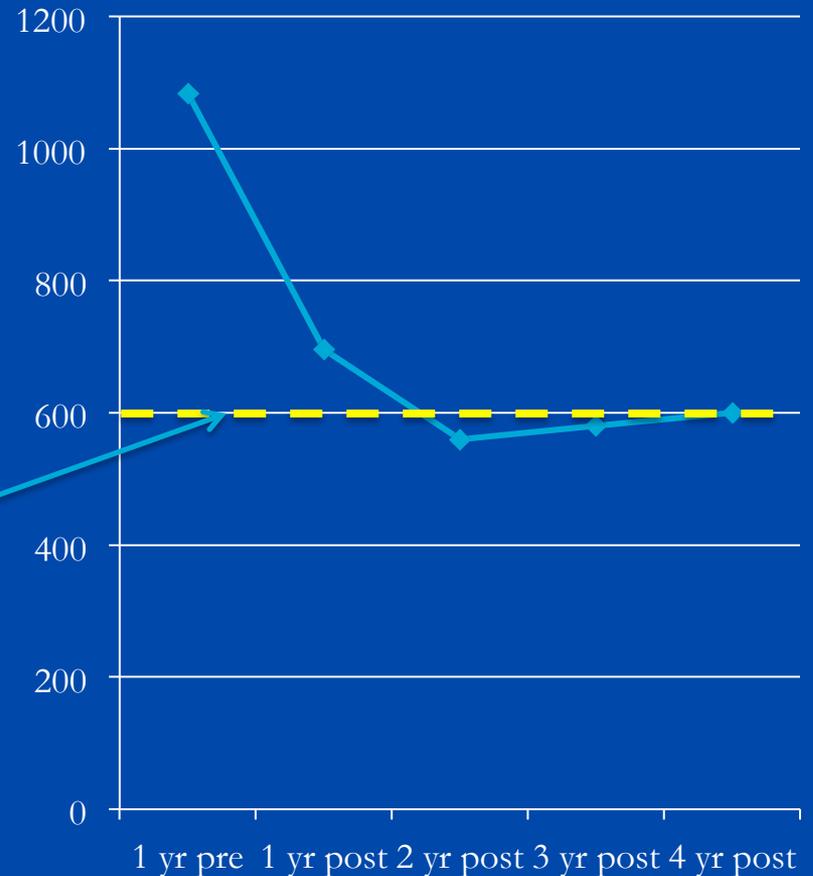
Pseudoseizures

N=28, 3.6 sessions of ISTDP Russell et al, 2016

Hospital Costs



Doctor Costs



BOND With Parents





BOND
With
Parents

Trauma

PAIN
FEAR



BOND
With
Parents

Trauma

PAIN
FEAR

Rage, Guilt
about the Rage



BOND
With
Parents

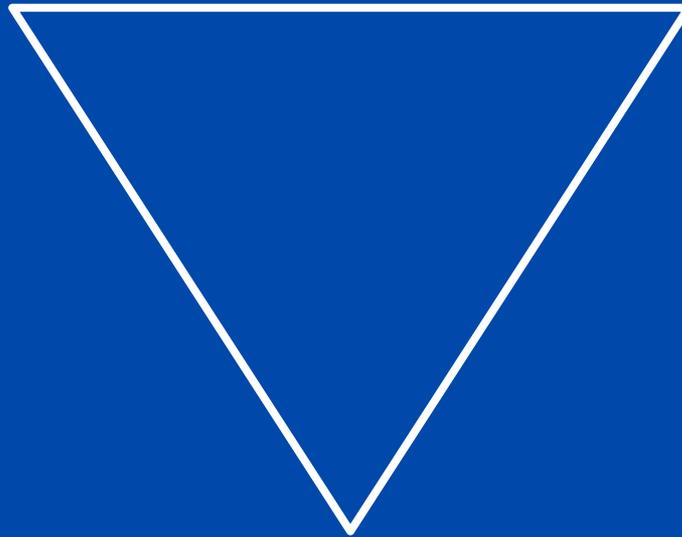
Trauma

PAIN
FEAR

Rage, Remorse
about the Rage

Diffuse Symptoms
Character disorder

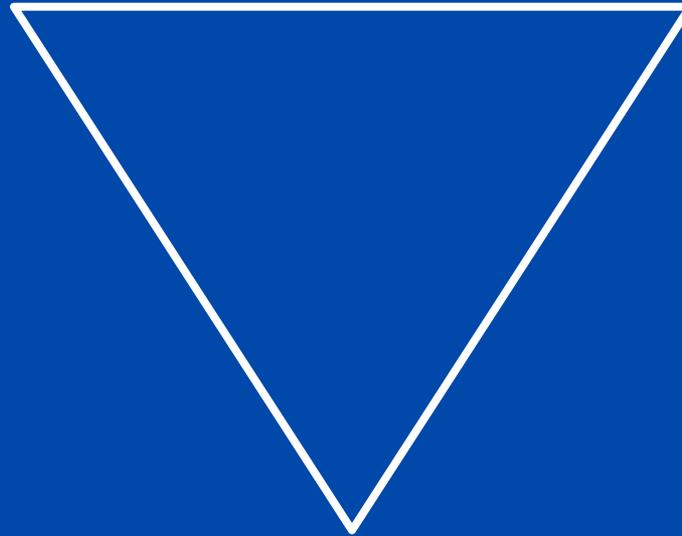
Therapist/
Doctor



Current
person

Past
person

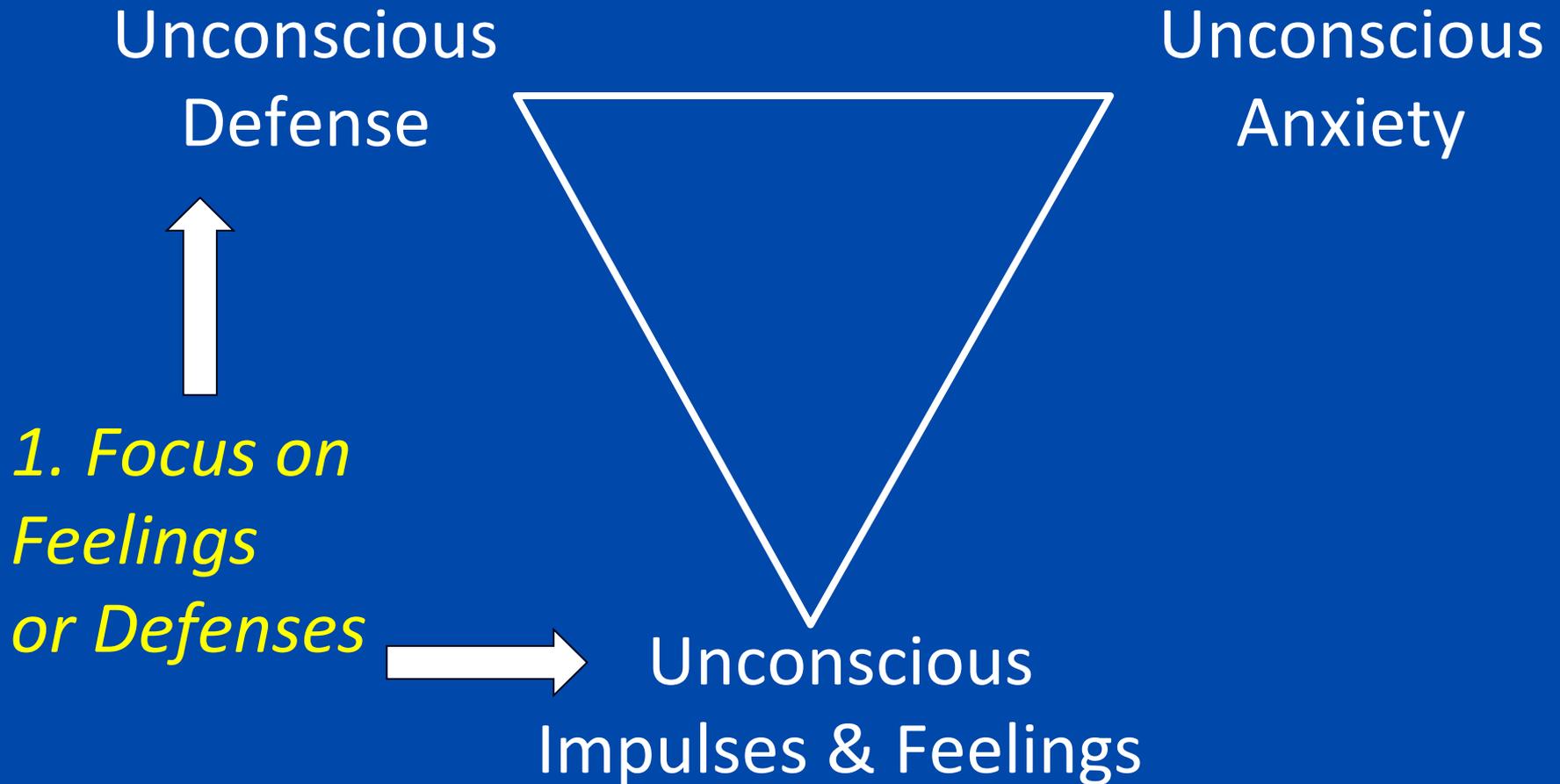
Unconscious
Defense



Unconscious
Anxiety

Unconscious
Feelings

2. Monitor responses

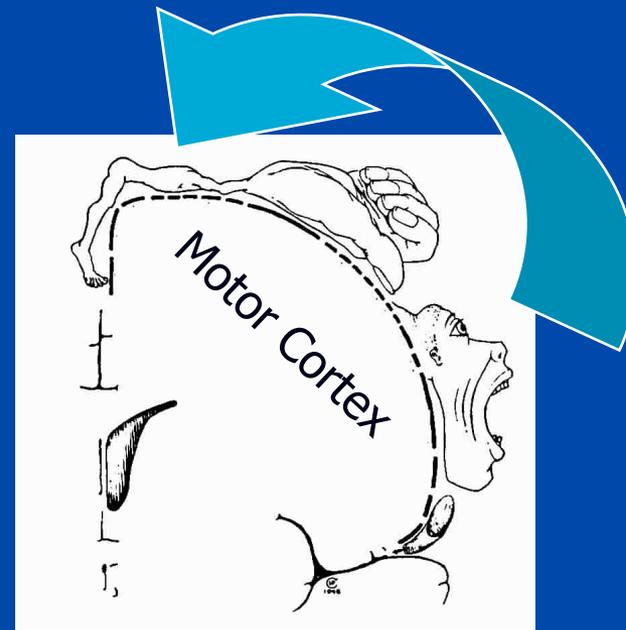


Main patterns and treatment

- Voluntary muscles tense up, defend and detach
 - *HELP TO SOMATICALLY EXPERIENCE THE FEELINGS*
- Go flat with smooth muscle anxiety
- Go flat with motor conversion
- Go flat with cognitive perceptual disruption
 - *BUILD CAPACITY THE FEEL THE FEELINGS: anxiety shifts to voluntary muscles*
 - *THEN EXPERIENCE THE FEELINGS*

1. Striated Muscle Unconscious Anxiety

- Hands Clench
- Arms, Shoulders, Neck
- Intercostal: **Sigh**
- Abdomen, back
- Legs and Feet



→ Fibromyalgia, tremor, tics, headache, chest pain, abdominal wall pain

- See with Intellectualization about feelings

2. Smooth Muscle Unconscious Anxiety

- Gastrointestinal
- Blood Vessels
- Airways
- Bladder

- Abdominal Pain, Irritable Bowel Syndrome, Dyspepsia, Migraine
- Absence of Striated muscle anxiety
- Mediated by (unconscious) Repression of feelings

3. Cognitive-perceptual Disruption

- Dissociation, losing track of thoughts, poor memory, fainting
- Visual blurring, blindness
- Dysfunction of other senses
- Hallucinations in all 5 senses: Can perceive Pain

- → Neurological presentations
- Seen with Projection of feelings and impulses

4. Motor Conversion

- Muscle weakness
- → Neurology Consultation and Emergency Departments
- Seen with Repression

Conscious
Feelings

Threshold to experiencing impulse/feelings



Unconscious
Anxiety

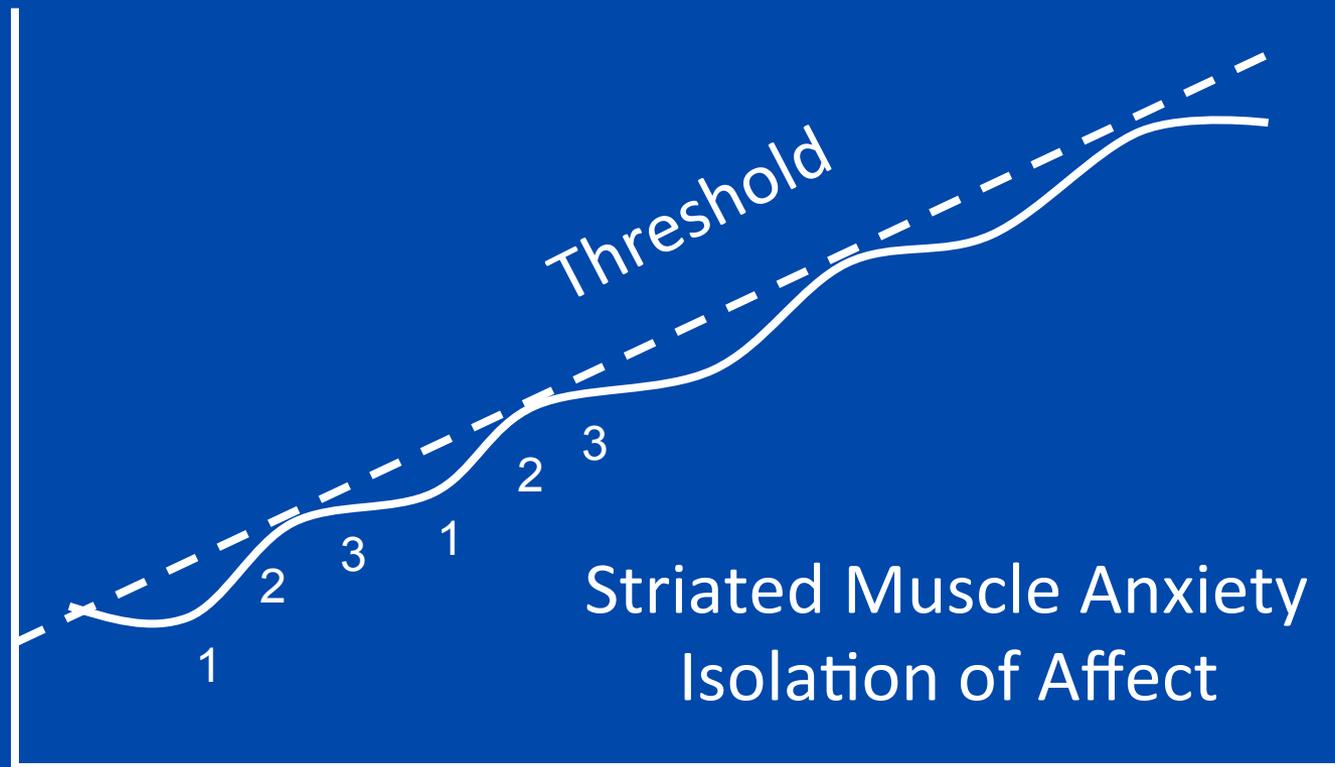
Severe
Repression

Moderate
Repression

Mild
Repression

Conscious
Feelings

Unconscious
Anxiety



1. Pressure to feelings or to defenses
2. Rise in complex transference feelings and anxiety
3. Intellectual recap to bring isolation of affect

5. Sympathy symptoms

- Guilt about rage causes the same symptoms as a person unconsciously wanted to induce in another.
- Common Examples:
 - Strangling → Choking
 - Head damage → headache
- Greater than 1000 videotape case examples

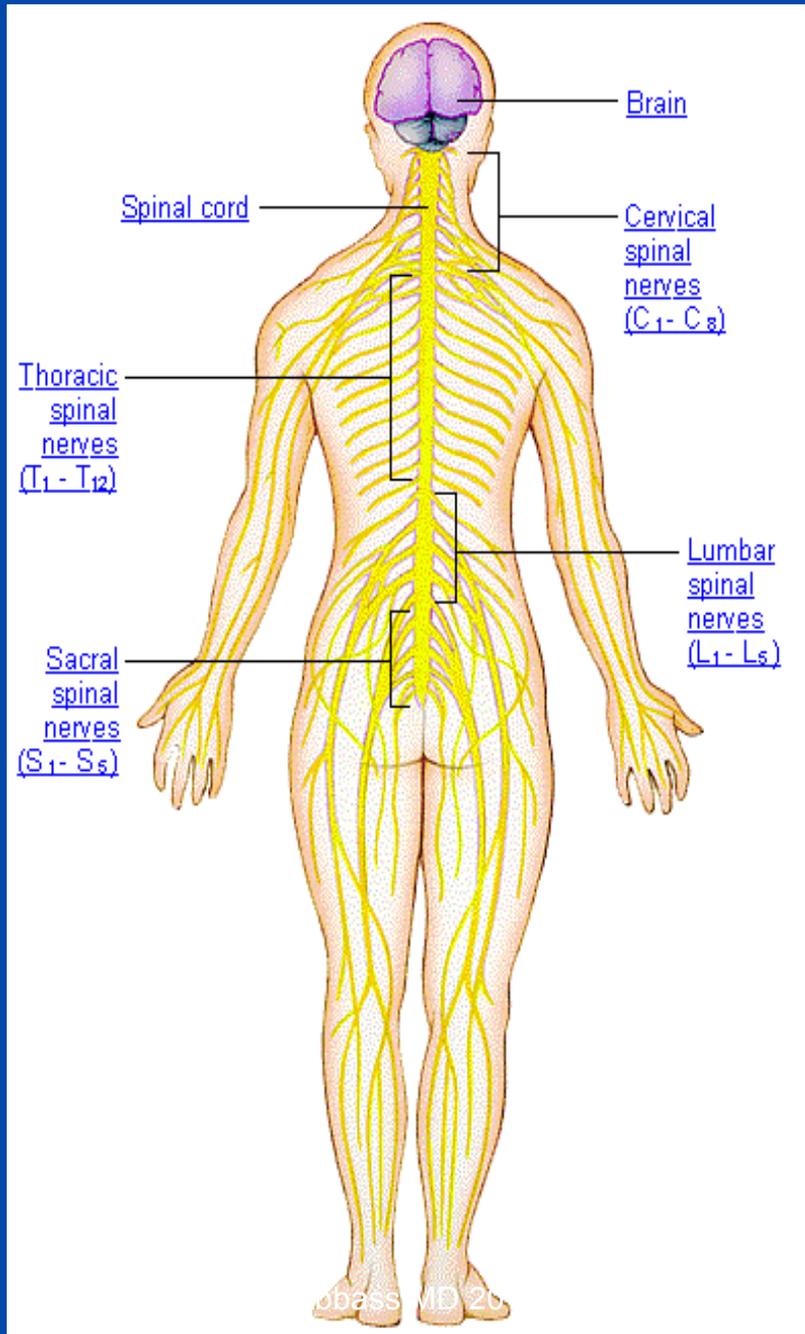
Somatic pathways of impulses and feelings

- Love: warmth in chest and urge to embrace
- Grief: tears and thoughts of loss
- Rage: upward heat and energy to chest then hands then neck and head: urge to do violence
- Guilt: distinct waves of painful feeling with upper body pain and thoughts of remorse



Inhibitory
Forces
Go Down

Somatic Rage
Goes up
same system



Conclusion

- Attachment efforts mobilize feelings about old attachments
- These unprocessed feelings can activate a spectrum of somatic symptoms
- This process can be diagnosed directly
- Experiencing the feelings can reduce or remove the symptoms and need to suffer (character change)
- Diagnostic and treatment implications for psychosomatic disturbances