


Evaluating and Treating Emotional Factors in Somatic Presentations

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- Burden of Somatic Symptoms in NS
 - Somatic Patterns
 - Causes
 - Assessment and Treatment
 - Outcomes
 - Questions

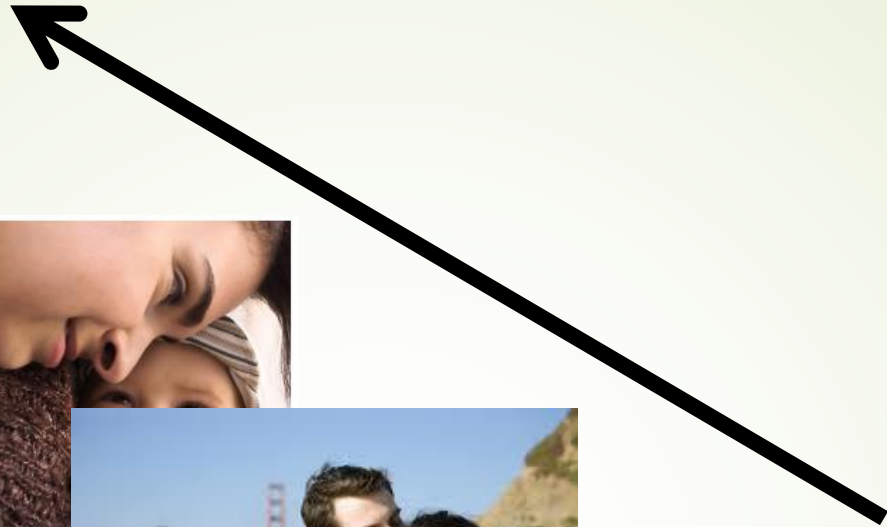
Somatic Symptoms in Nova Scotia:

> \$600,000,000 annual cost

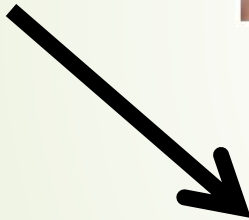
Factor	Nova Scotia Estimate
Hospital Costs	\$122,300,000
Family Doctor Costs	\$60,000,000
Emergency Costs	\$27,550,000
Specialist Costs	\$19,500,000
Administration	\$8,710,000
HEALTH CARE in NS ESTIMATE	\$238,000,000
DISABILITY COST ESTIMATE	\$366,000,000



Unconscious contributors to disability



**BOND
With
Parents**



**BOND
With
Others**





BOND
With
Parents

Trauma

PAIN
FEAR

Rage, Guilt
about the Rage

Intergenerational
Transmission of Trauma

Avoid closeness
Depression
Character Disorder
Somatic Symptoms



Current Person

**Eg. Car driver, boss, doctor,
spouse, lawyer, insurer**

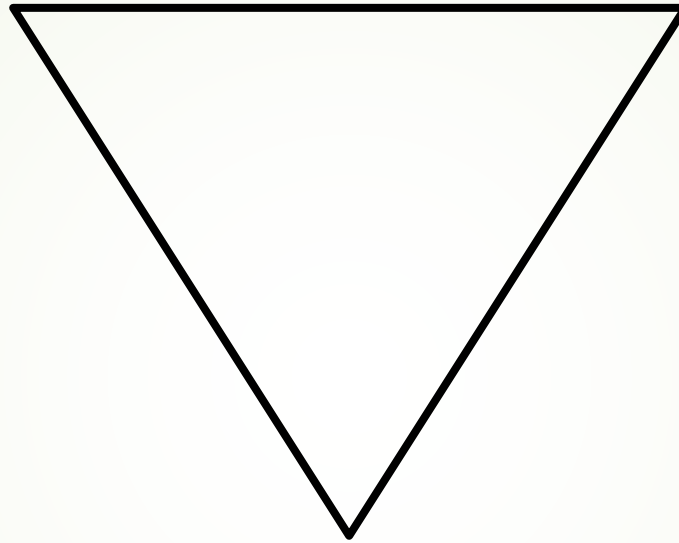


Past Person

Pain, Rage and guilt about the rage



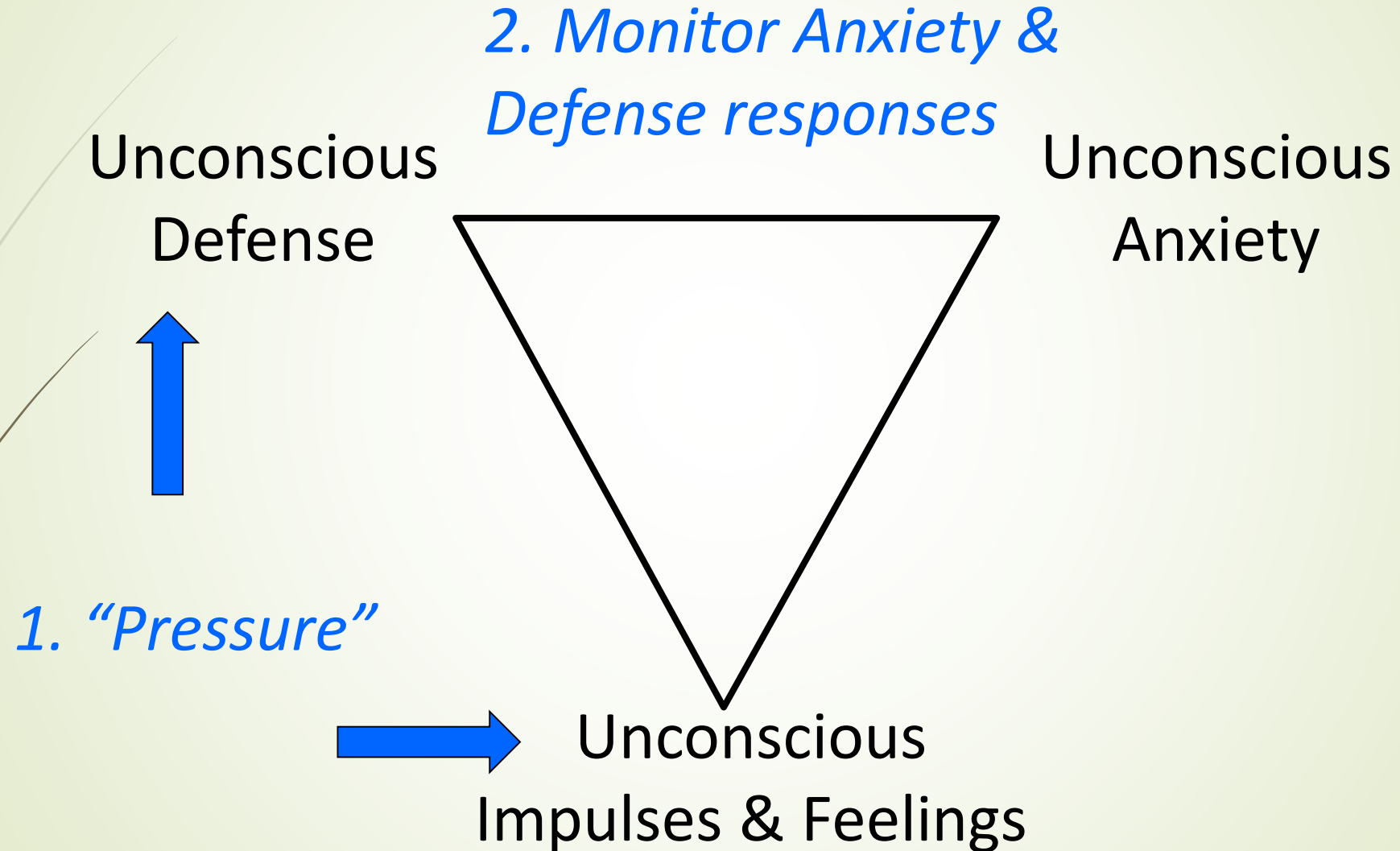
Unconscious
Defense



Unconscious
Anxiety

Unconscious
Impulses & Feelings

Psychodiagnosis




4 Response Patterns

Become tense and avoid feeling the feelings → Low or moderate Resistance

Become tense and Detach from You! → Moderate and High Resistance

Become tired, weak, depressed or sick in body → High Resistance with Repression

Become confused, lose senses and become afraid → Fragile Character Structure



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Off work mean of 2 months

Off work mean of 14.3 months

Off work mean of ~20 months

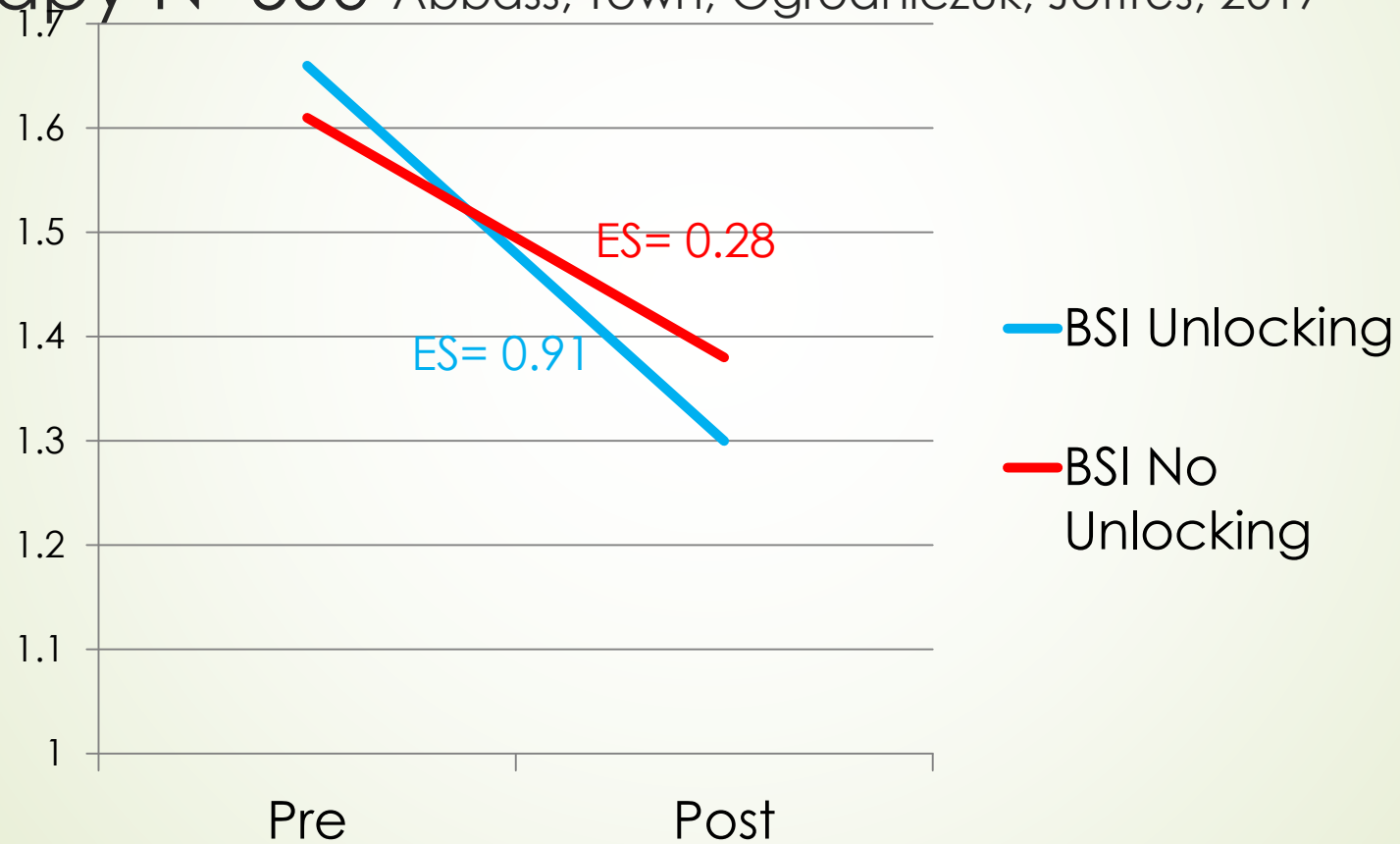
Off work mean of 48.6 months

Muscle Tension from Unconscious Anxiety

- Thumbs, Hands Clench
- Arms, Shoulders, Neck Tense
- Sighing Respirations
- Abdomen, Legs and Feet
- ➔ Acute or chronic pain anywhere, “whip lash”, spasm, tremor, tics, lose voice, Fibromyalgia, hyperventilation-panic

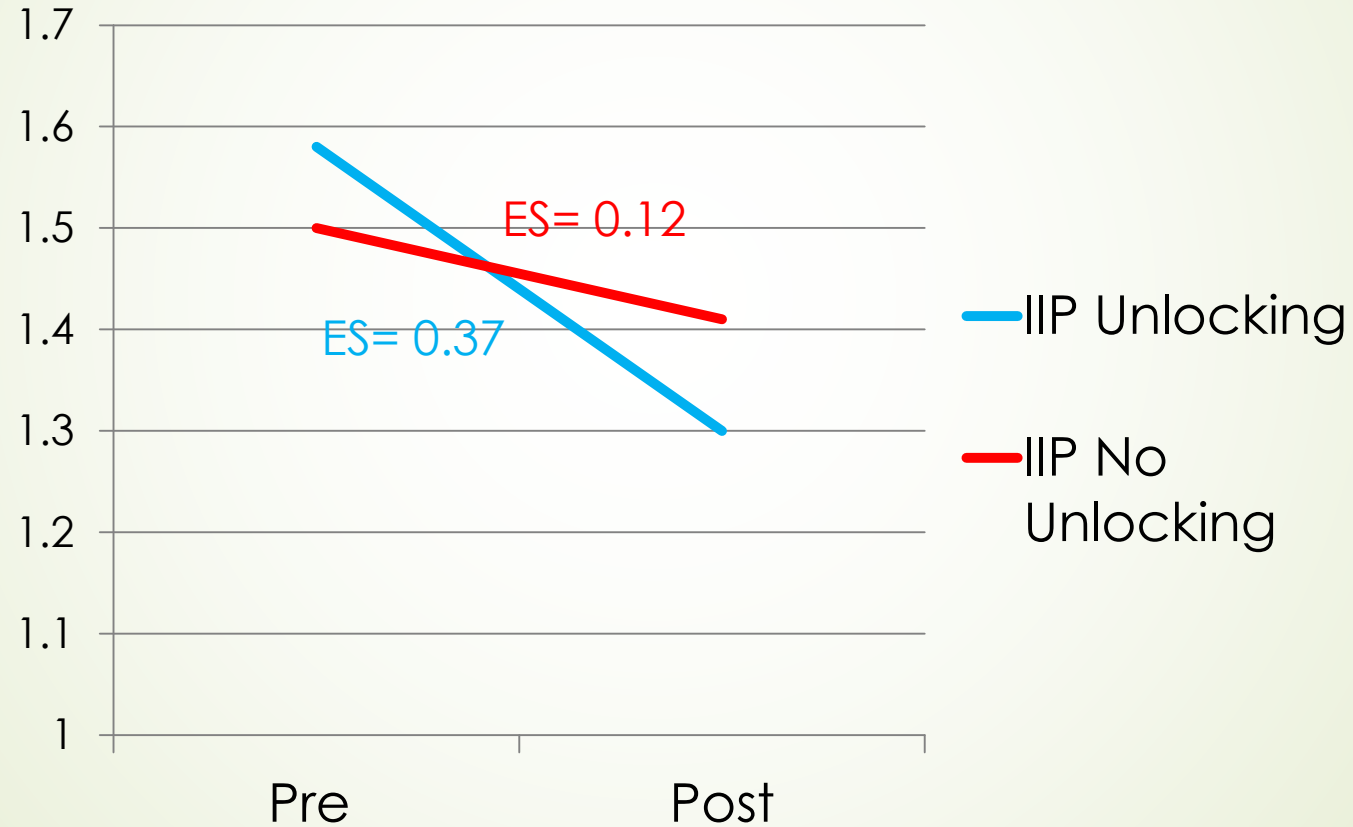
Unlocking and Symptom changes with Trial Therapy N=500

Abbass, Town, Ogradniczuk, Joffres, 2017



Unlocking vs Interpersonal problem changes with Trial Therapy N=500. Abbass, Town, Ogrodniczuk, Joffres, 2017

Joffres, 2017



Smooth Muscle

- Gastrointestinal
- Blood vessels, Coronary Arteries
- Airways
- Bladder
- → Hypertension, Irritable Bowel Syndrome, Irritable bladder, Migraine

Cognitive-perceptual Disruption

- Mind going blank, poor memory,
- Fainting, seizures
- Visual blurring, tunnel vision, blindness
- Dysfunction/loss of other senses
- Hallucination in all 5 senses
- → neurological complaints, dizziness, fainting, conversion
- Can become paranoid: perceive threats



Motor Conversion

- With a rise in feelings, instead of becoming tense, the person becomes weak in the body in one or more areas.
- When conversion is active, there is no unconscious anxiety in the striated muscles
- IE the person is quite relaxed though cant lift arms etc.

Who is likely to get stuck off work

- Fragile Patients: confused, fainting, forgetful
- Depression, somatization, conversion
- “Personality Disorder”
- The ones you hate
- The ones you feel excessively bad for
- The ones that hate themselves or harm themselves
- No response or “worse” with supportive care
- Off work 3 months and no plan to RTW



Red Flags: Who is likely to get stuck II

Medical History

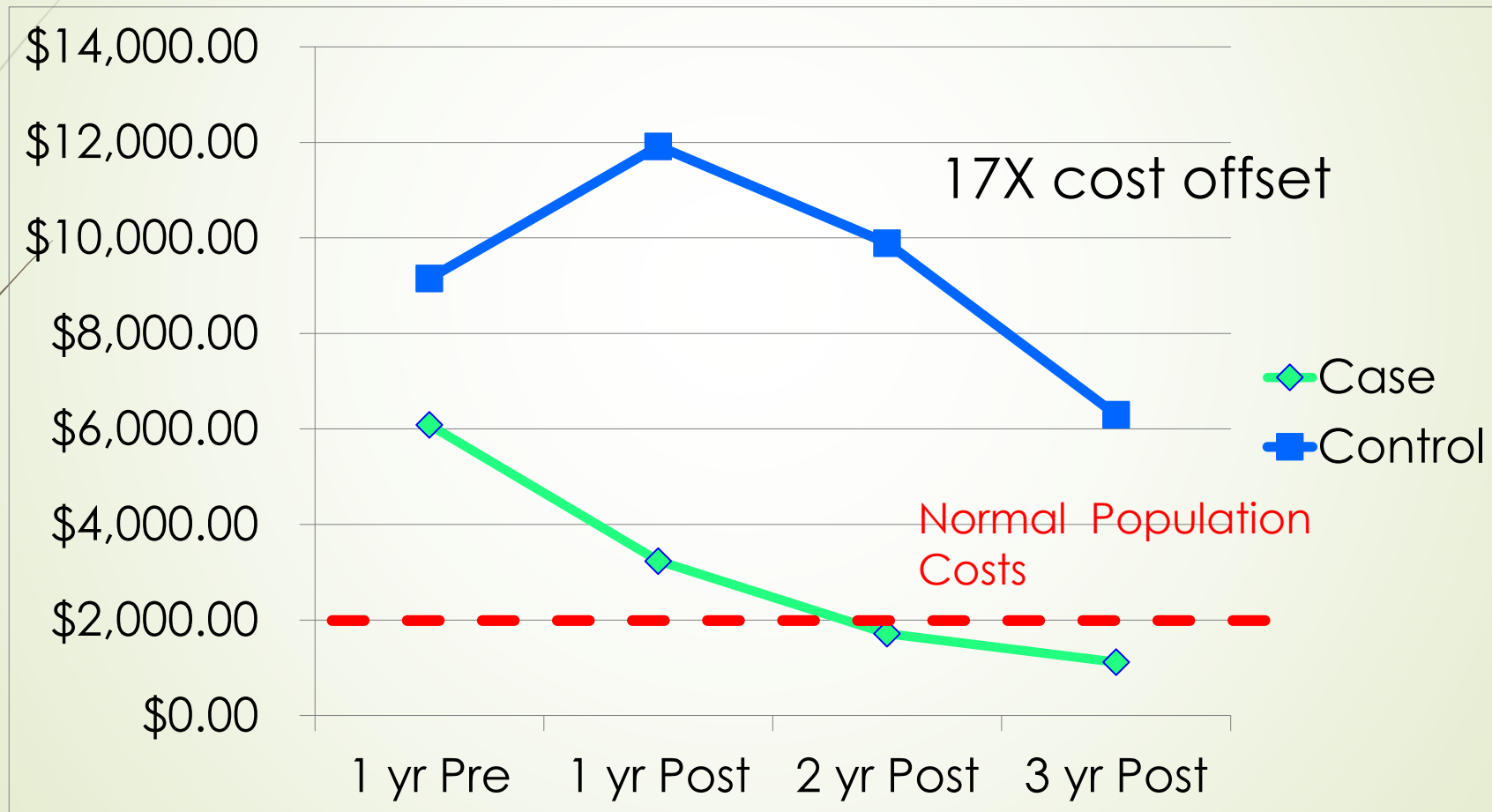
- Irritable Bowel Syndrome, reflux
- Migraine or other headaches
- Fibromyalgia, Environmental Illness
- Weakness and Fainting
- Arthritis, Heart Disease and Diabetes:
higher risk of past trauma

What is ISTDP

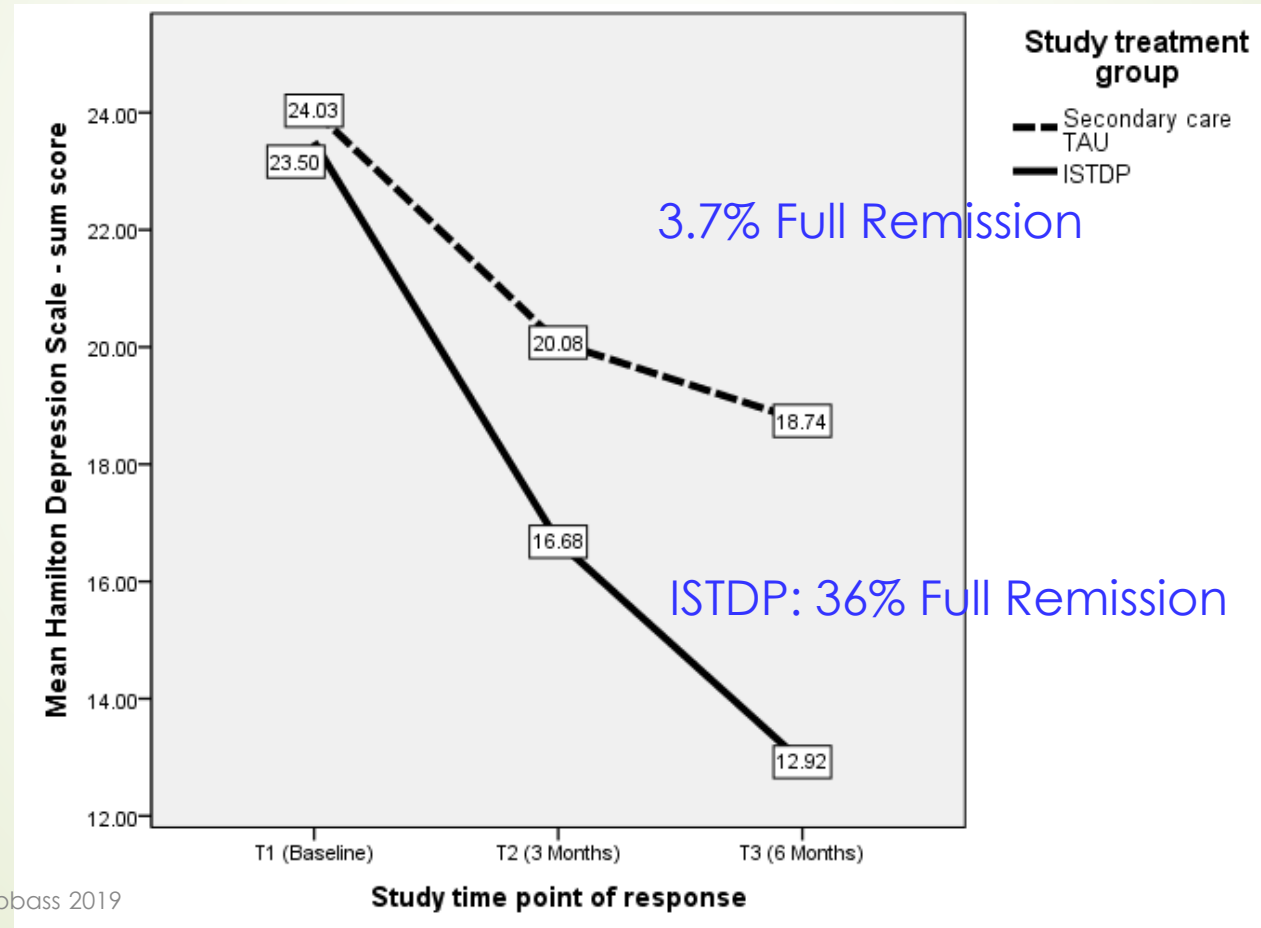
- Intensive Short-term Dynamic Psychotherapy
- Canadian researched and developed based on >3000 videotape case studies
- Direct method to assess unconscious anxiety and defence
- Relative rapid, broadly applicable Treatment: About 80 published studies
- Highly Cost Effective (Over 10:1 ratio)

Total Doctor and Hospital Costs/ patient: N=890, 57

Therapists, Mean 7.3 sessions. Abbass, Kisely, Rasic, Town and Johansson, 2015

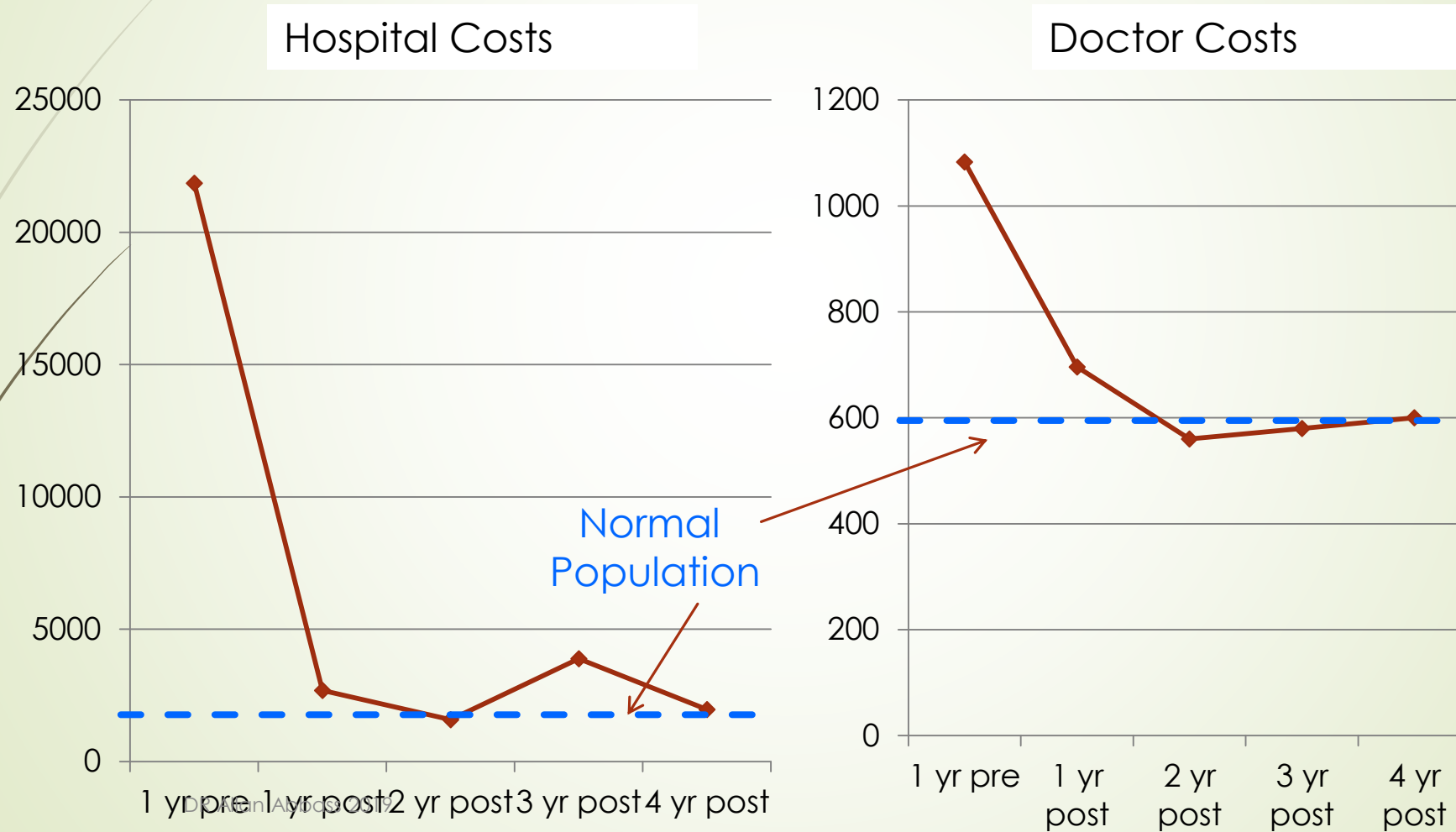


Efficacious with refractory patient groups: 11 studies.
Treatment Resistant Depression RCT: 16 sessions Town et al,
2017



Patients with Pseudoseizures

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



Return to Work with ISTDP: Over 20 cost effectiveness studies

- Mixed Sample: 18/22 (87%) RTW after 60 weeks disabled (Abbass 2002)
- Mixed Sample 25/31 (81%) RTW after 45 weeks disabled (Abbass 2002)
- Severe Depression: 4/5 (80%) RTW after 103 weeks disabled (Abbass 2006)
- Personality Disorders 12/13 (92%) RTW after 58 weeks disabled (Abbass et al 2009)
- Treated 18 disabled hospital workers: Hospital saved \$240,000 by 18 months later
- 65 Welfare Recipients treated: Government saved \$800,000 by 5 years later
- Reduced WCB costs by \$5,000,000 after treating 94 patients off work almost 2 years average.

Summary

- Claimants with a load of guilt laden unconscious rage are prone to becoming stuck off work
- Patterns are specific and diagnosable
- Supportive therapies, “helpers” and pills can prolong disability
- Emotion focused brief assessment and treatment can assist stuck clients to get over the past hurts and return to work