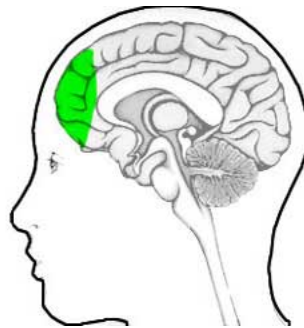


Treating Somatization with AB ISTDP:
Ending the Medical Magical Mystery Tour
May 20, 2011
Malmo AB/ISTDP Conference



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References



**ROADMAP TO THE
UNCONSCIOUS**
Mastering Intensive Short-Term Psychotherapy



By Robert J. Neborsky and
Josette de Ten Have-de Labije

KARNAC

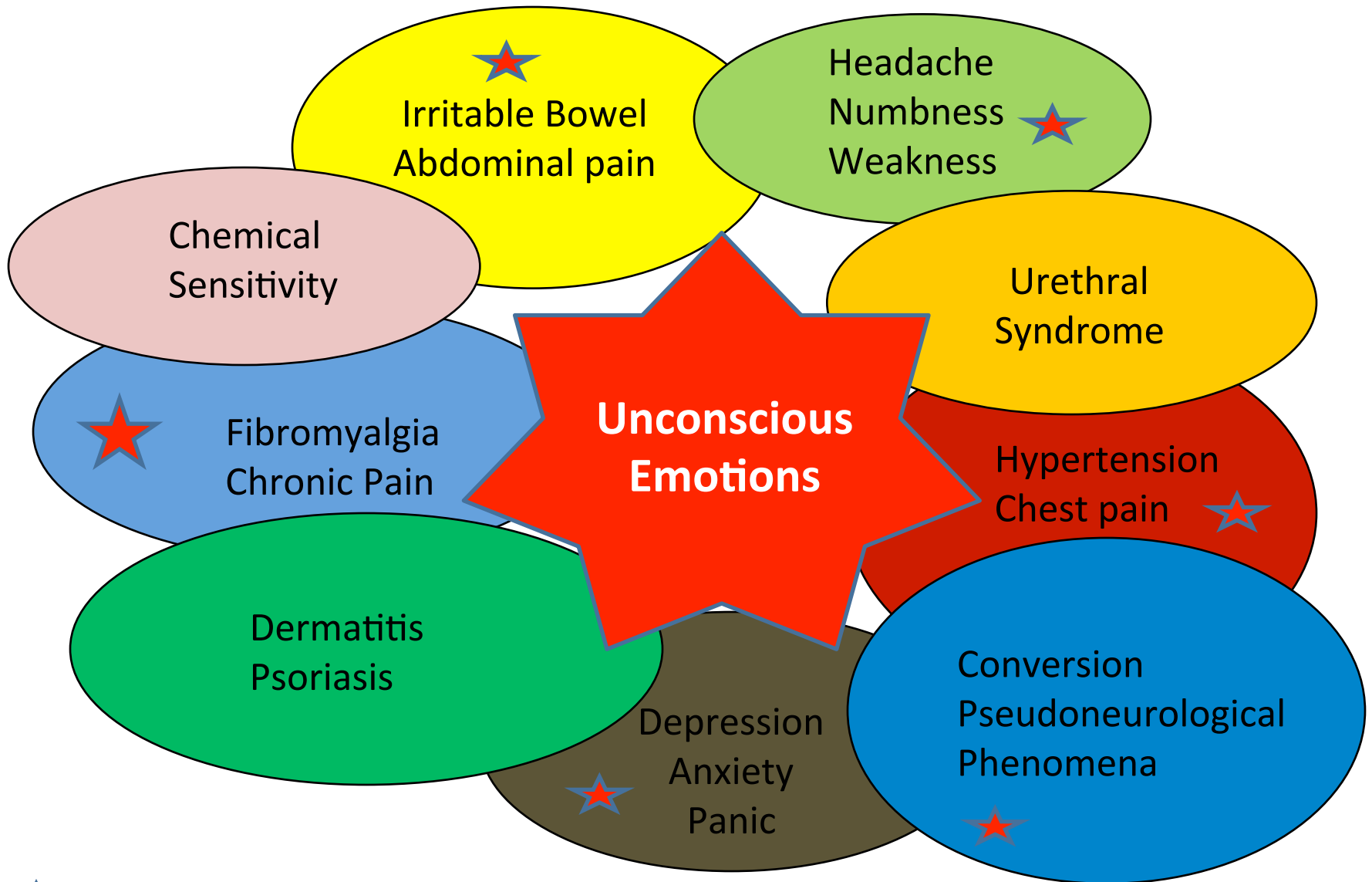
Somatization- many meanings

- Generally, it is a term used to cover a wide range of clinical disorders. Specifically, it is also a term that describes psychological process wherein an unconscious emotion is expressed through a physical pain or unexplained medical symptom.
- At other times it refers to the patients who present clinically with physical symptoms in the face of psychosocial problems or emotional distress.
- Occasionally it refers to patients who worry or are convinced that they are physically ill without evidence of disease, and sometimes it refers patients the pattern of frequent unexplained somatic symptoms that cause help seeking and disability
- It is also a psychic process

Somatization as “disease” versus process

- Modern nosology has abandoned the dynamic system for a system that attempts to make diagnosis reliable.(Hyler and Spitzer, 1978)
- The cost of this is we have consensus over groups but loose insights into the dynamic causes of these disorders

Somatization as a Process



Tonight's patient

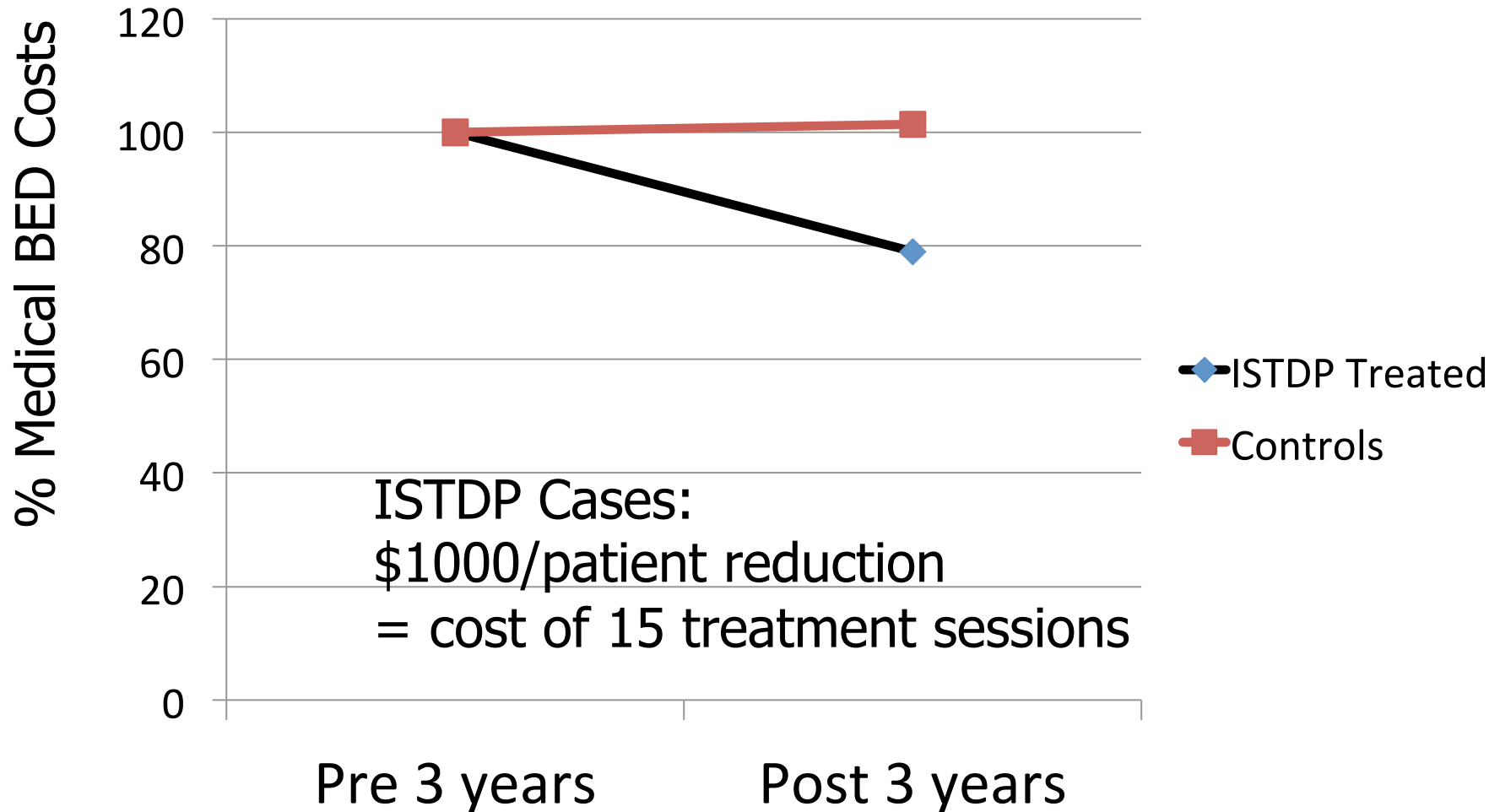
Systematic review of STPP for Somatic Disorders

Abbass, Kisely, Kroenke, 2009

- 23 studies: Refractory IBS, **Chronic Pain, Urethral Syndrome/Pelvic Pain**, Chronic Dyspepsia, Ulcer, Ischemic Heart Disease, COPD, Crohn's D., Rheumatoid Arthritis, **Headache**, Dermatitis, **Functional Movement Disorders**
- 91.3% (21/23) had sig symptom reduction
- 91.6% (11/12) had sig social- occupational gains
- 77.8% (7/9) had sig. reduced Healthcare Utilization
- Meta-analysis:
 - Sig effects for Somatic Symptoms, anxiety, depression vs controls
 - 46% fewer dropouts in STDP patients.
 - **Treatments with Emotional Experiencing more effective**
 - **Red are ISTDP**

Medical-Surgical Bed Costs N=890

Abbass et al , in preparation



Medical Specialty Use Reduction

Abbass et al, in preparation

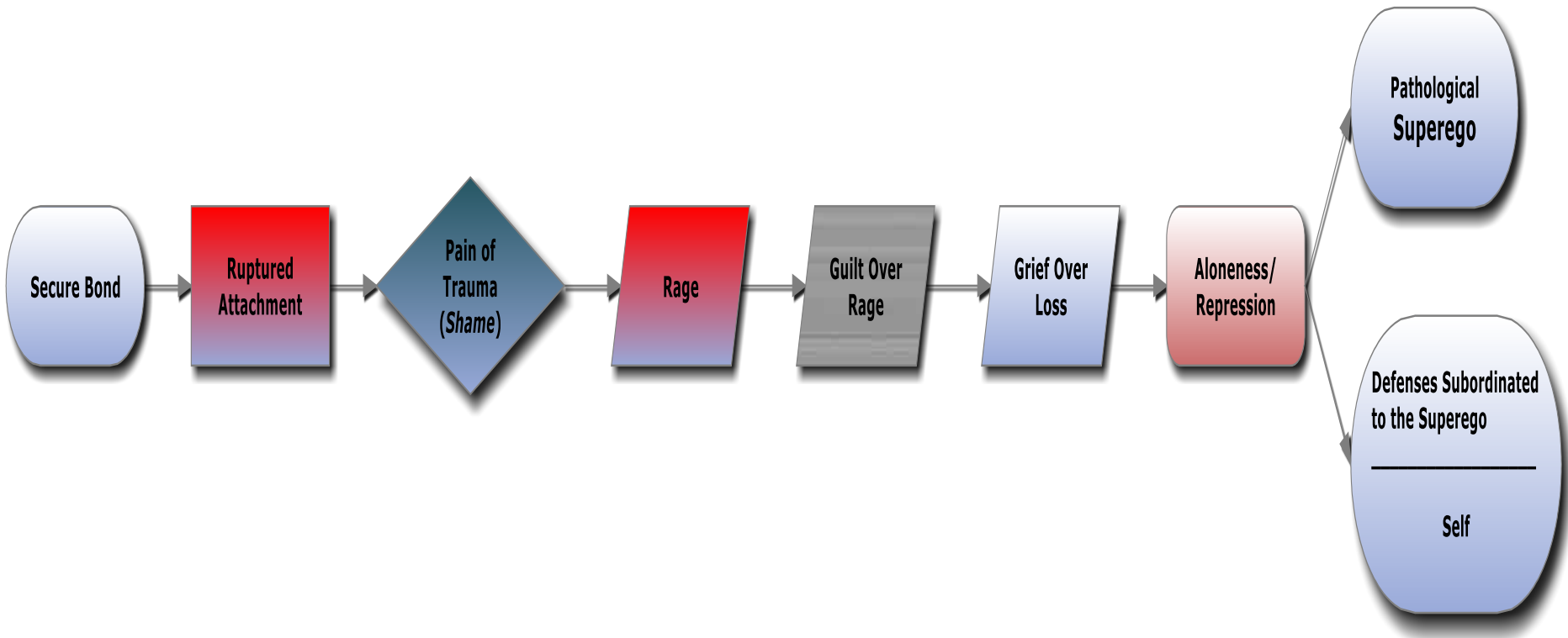
Specialty	% visit reduction after ISTDP
Gastroenterology	45
Neurology	37
Cardiology	36
Rheumatology	20

Healing Somatization with ISTDP



AB/ISTDP

PATHOGENESIS OF PSYCHONEUROSIS



Attachment Based/ISTDP Combines

- Psychodynamic Metapsychology
- Empirical Research About Technique/ Outcome
- Neurobiology
- Attachment Theory Insights
 - the ultimate source of neurotic pathology
 - the keystone to the road to wellness

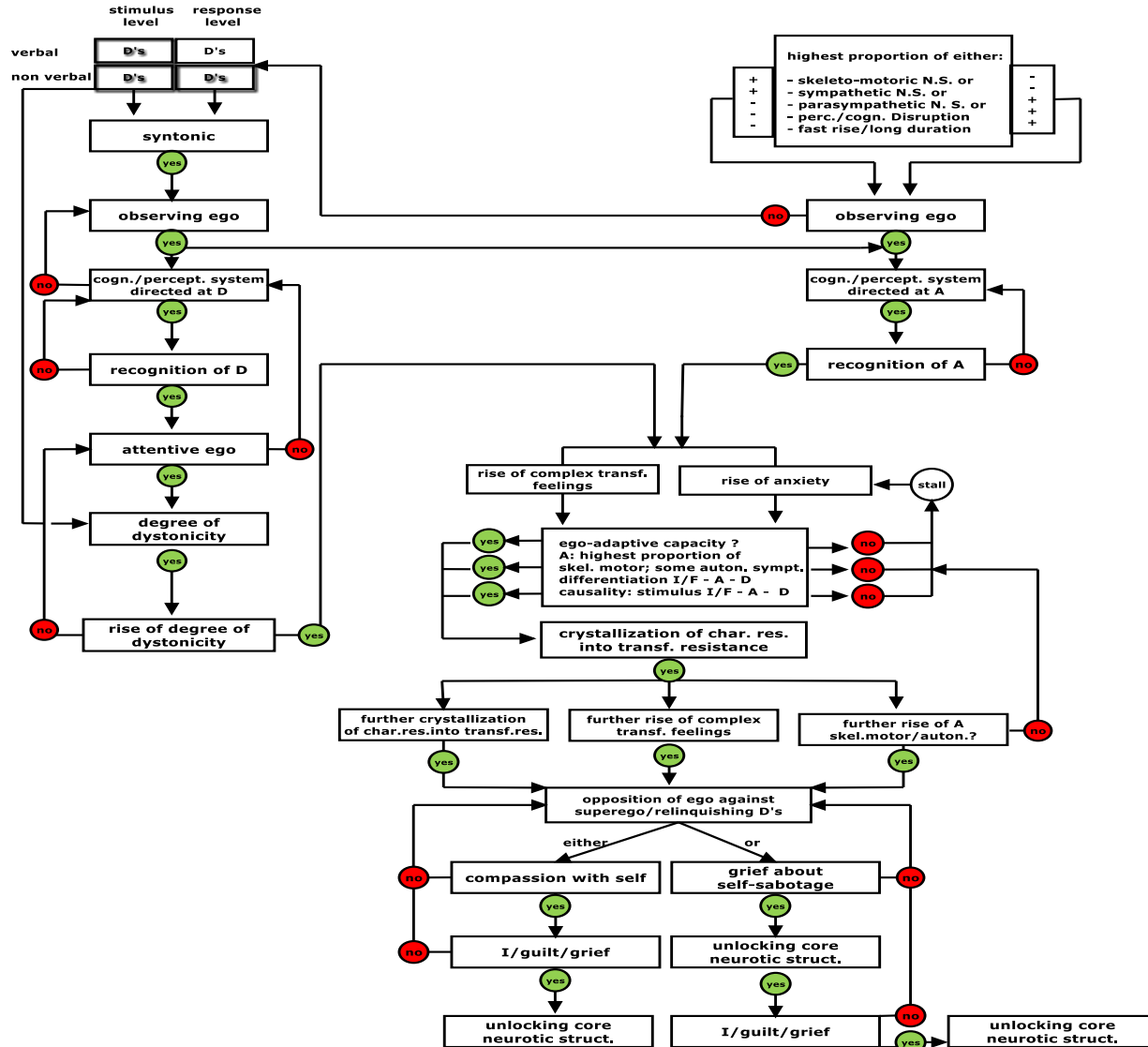
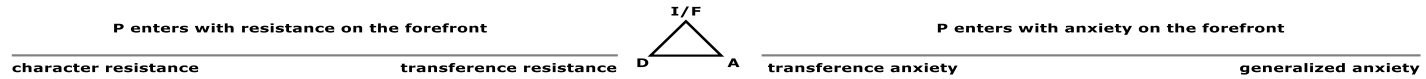
Attachment Based/ISTDP

- Designed to Improve the Working Model of Attachment
 - Gets the Two Minds Communicating in an Atmosphere of Care, Compassion and Safety
- Is indeed short term, lasting 6 to 60 hours depending on severity of attachment trauma.
- Sessions are longer: 1 ½ to 3 hours

Roadmap to the Unconscious

© Josette ten Have-de Labije
Roadmap to the Unconscious
Karnac, London 2011

yes: green traffic light
no: red traffic light



The Process of Somatization

- Much like depressed patients somatizing patient's use a cluster of defenses at stimulus and response called "*instant repression*".

At the level of the stimulus: overt or covert situation	At the level of the response: internal state
Denial	Denial
Ignoring	Ignoring
Making head empty	Making head empty
Selective memory loss	Selective memory loss
	Motoric retardation, immobility

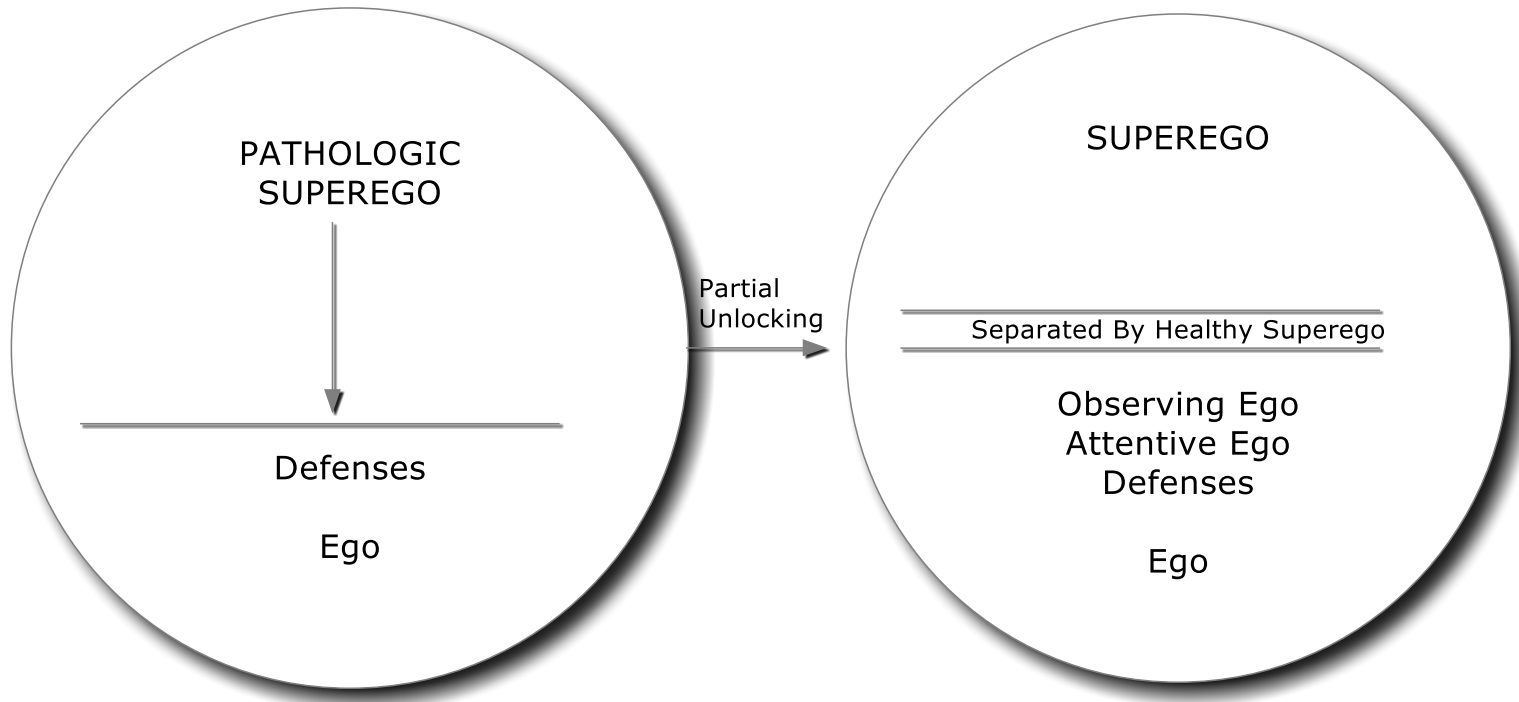
The Process of Somatization

- After exploring the anxiety and symptoms, the patient is encouraged to feel the underlying rage pathway and to visualize the destructive force against the internalized aggressor and the maintaining factor.
- The somatic symptoms are not the result of “conversion” but are a result of a process called *projective identification*. This is used in a different way than in self-psychology (Neborsky, 2008, 2009).
- This term refers to the guilt over the destructive impulse being inflicted on to the traumatizing attachment figure and the corpse of the brutalized figure being re- internalized into the self-causing pain or loss of function in the victim of the original trauma (the patient).
- There are also other common manifestations such as projecting yourself into the other and identifying with the aggressor.

Therapeutic Change after One Session

Somatizing Patient Before Trial Therapy

De-somatized Patient After Successful Trial Therapy



Somatic Symptom Must be Experienced in Therapy!

Specific Symptoms are Alleviated

Clinical Presentation

Ending the Medical Magical Mystery Tour...