

# ISTDP for Functional Somatic Disorders

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# Intensive Short-term Dynamic Psychotherapy for Functional Somatic Disorders

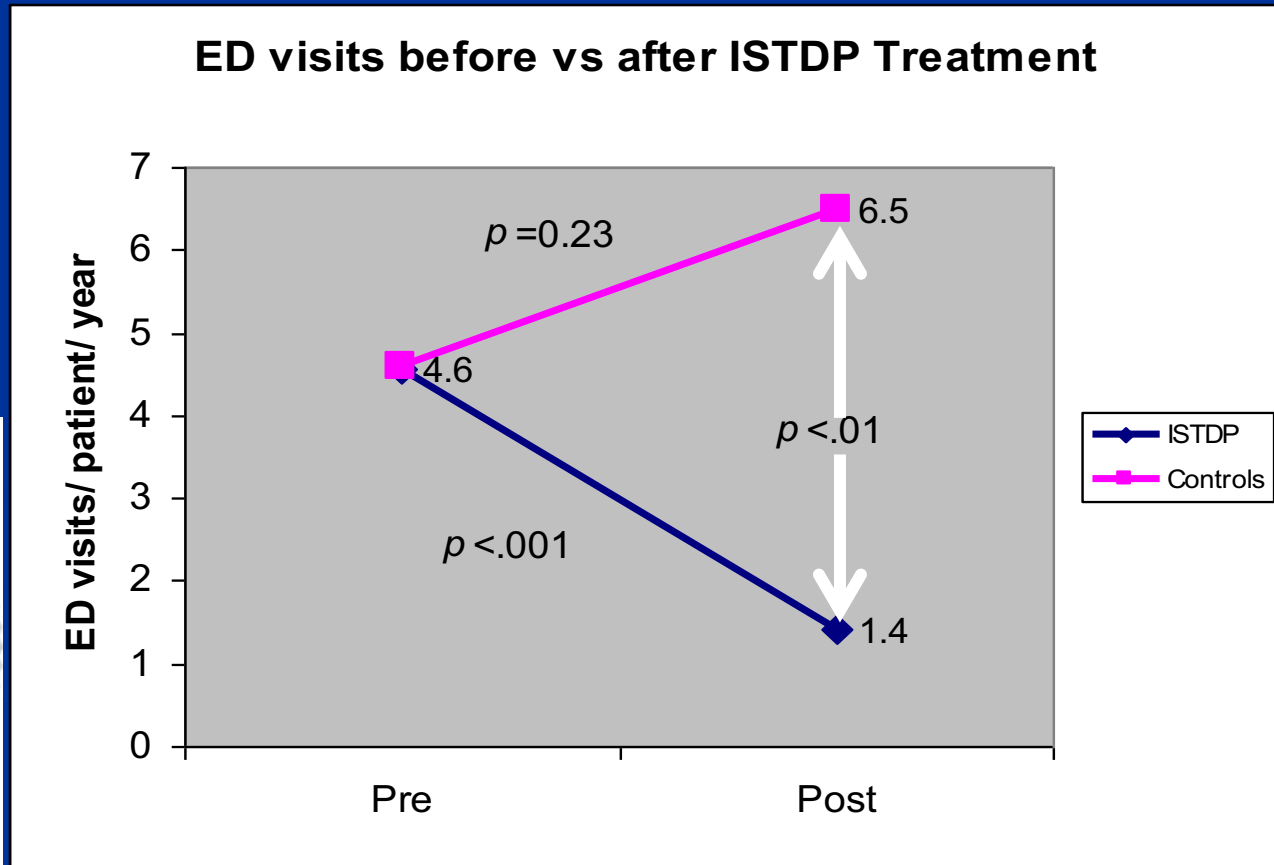
## *Highlights from ~30 Published studies*

- Wide Scope of Utility
- Over 3000 detailed video case studies to inform the model
- A method to directly “Rule in” emotional contributors
- Effective with complex populations
- A robust and cost effective Trial Therapy
- A robust training model
- High rates of return to work
- Referral source satisfaction: Several sources
- Low dropout rates: several studies
- Qualitative research
- Patient Satisfaction
- Learners can use it
- 19 outcome studies + Cost Effectiveness studies

# ISTDP in Somatic Symptom Disorders: 19 Outcome Studies

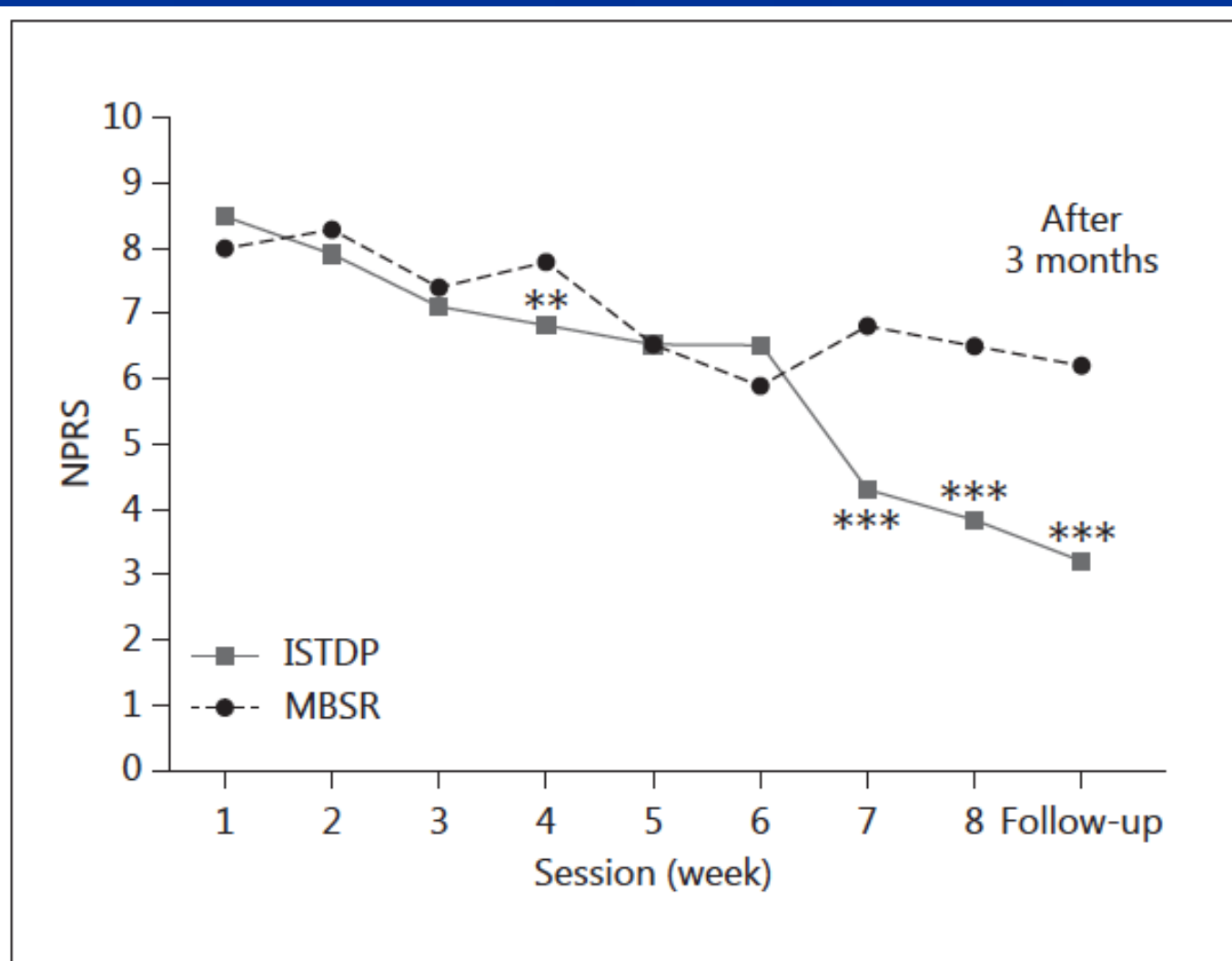
- Urethral Syndrome/ Pelvic Pain, Back Pain, Functional Movement Disorders, Fibromyalgia, Chronic Headache, Pseudoseizures, Chronic Pain (3 RCTs) Irritable Bowel Syndrome, Mixed MUS in Emergency, Atopic Dermatitis, Bruxism, Chronic Pain (4 RCTs) Functional Neurological disorders, MUS in Family Practice
- 8 randomized controlled trials, 2 controlled, 10 case series
- Effects are generally large and sustained in follow-up
- Outperforms controls and treatment as usual

# ISTDP for Unexplained Symptoms in the Emergency Department



Abbass, Campbell et al, 2009, 2010a and b

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

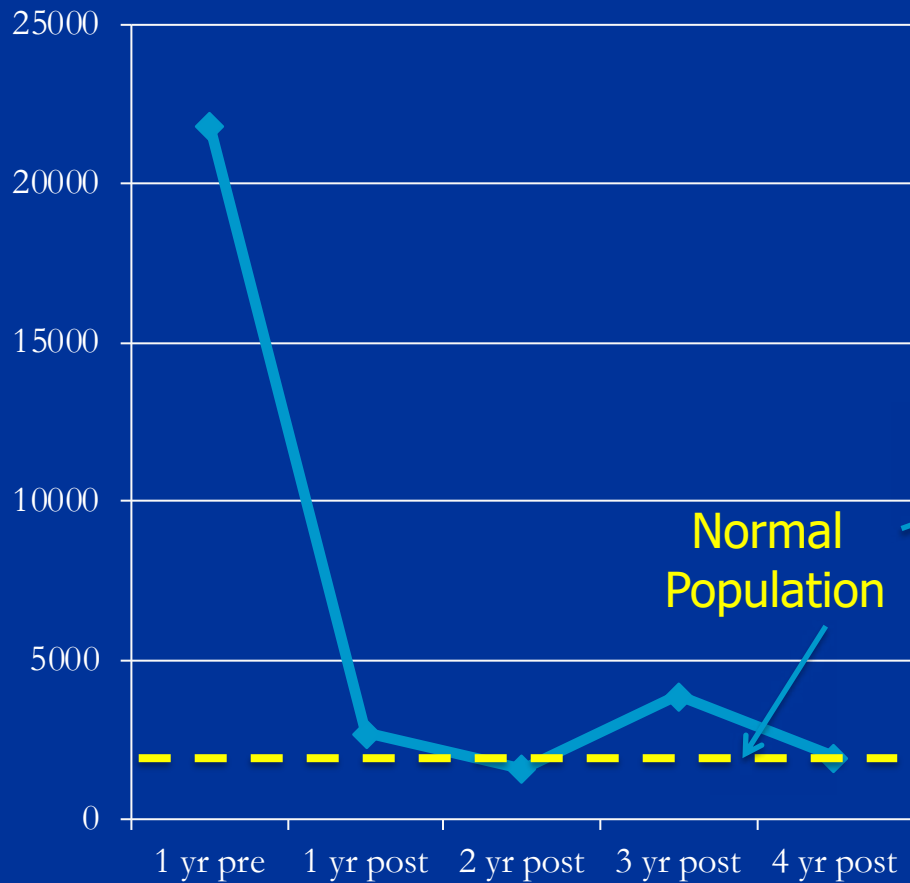


**Fig. 1.** NPRS results. \*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$ .

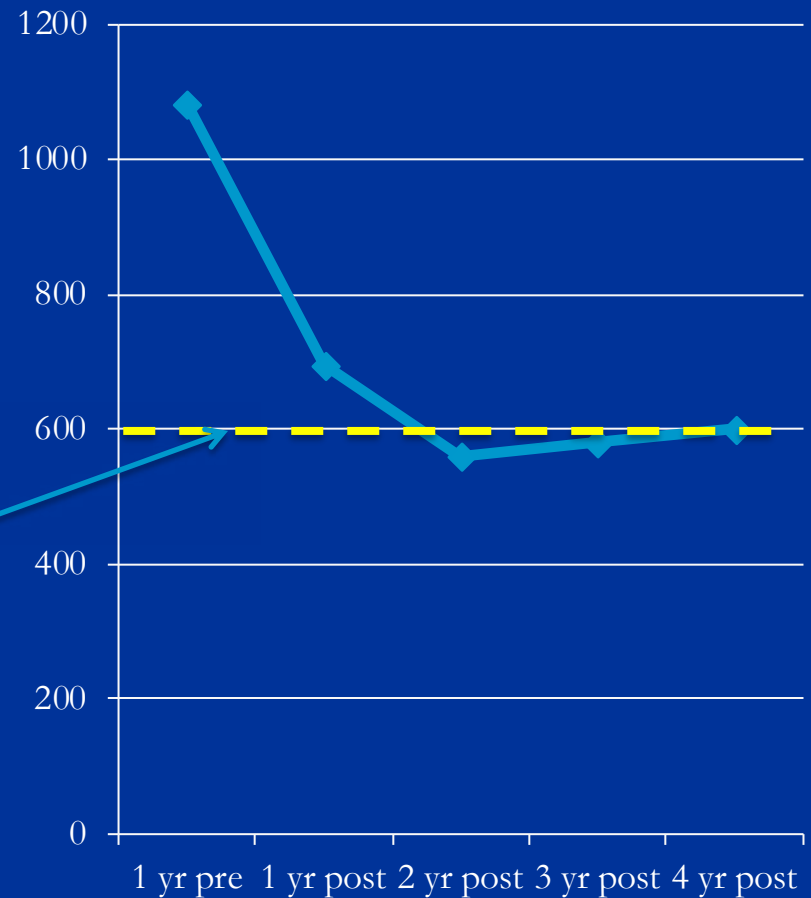
# Patients with Pseudoseizures

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

## Hospital Costs



## Doctor Costs



**And don't forget Case Studies that  
highlight change mechanisms**

**The Cure for somatization is to be  
aware of and to experience the  
unconscious feelings**



# Specific Processes

- Example: Shift from Conversion to Striated muscle anxiety overcomes conversion symptoms

# Specific Feeling Levels → Specific Somatic Manifestations

- Voluntary Muscle = Grief, Violent and Murderous Rage/Guilt
- Smooth Muscle = Primitive Murderous Rage/Guilt
- Cognitive Perceptual Disruption = Torturous Murderous Rage