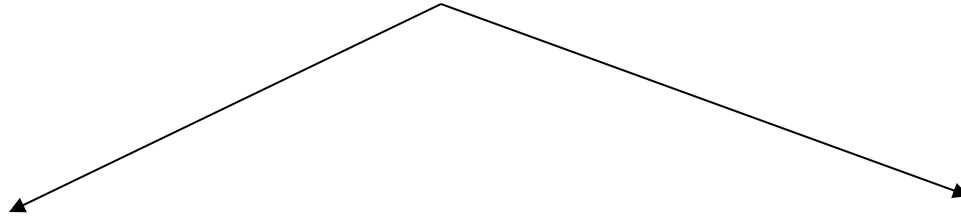


General characteristics of psychosomatic disorders



- Alexithymia

- (Sifneos, 1967)

- Cognitive vulnerability

- (Tringer, 1999)

Three meanings of „psychosomatic medicine”

1. General view of diseases and their therapies (today: behaviour medicine)
2. A group of disorders with somatic lesions of psychic causes
3. In a broader sense all disorders of psychic origin but with somatic complaints

Behavioural medicine

- The term „psychosomatic” is difficult to define
- Different theories
- The relationship between disorders and personality types can not be verified
- The „behaviour” can be analysed in a scientific way

Psychosomatic specificity

- Personality traits in some disorders
 - Ulcus duodeni: anxiety, introversion
 - Colitis ulcerosa: obsessional and compulsive features
 - Cardiovascular diseases: „A” type personality

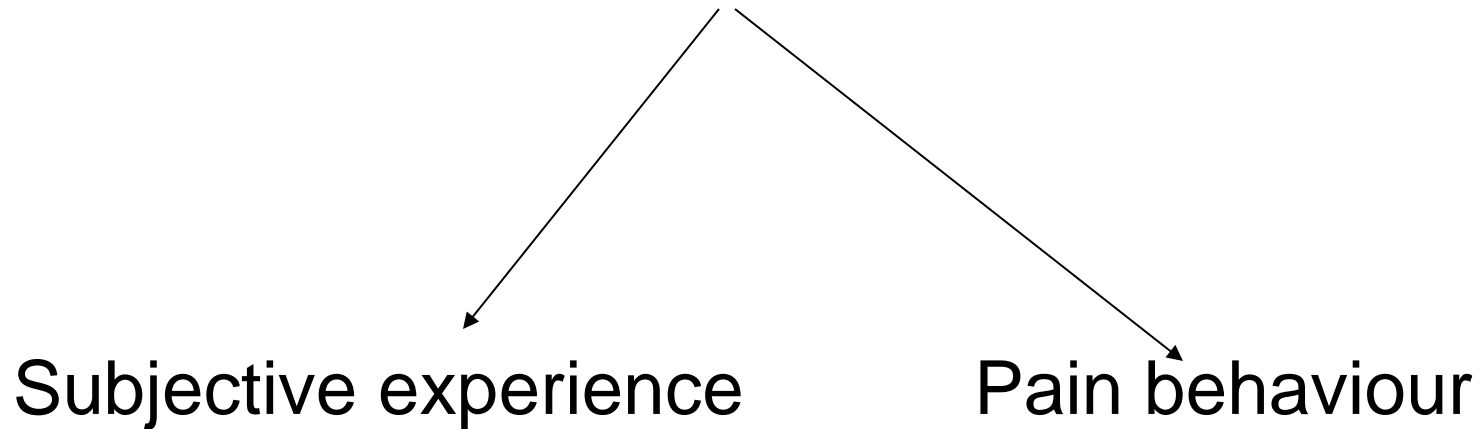
The seven „holy cows” of psychosomatic medicine

- Ulcus duodeni
- Colitis ulcerosa,
- Ileitis terminalis (Crohn)
- Morbus hypertonicus
- Asthma bronchiale
- Neurodermatitis
- Hyperthyreosis

Somatophorm disorders

- Somatisation disorder
- Conversion disorder
- Hypochondria
- Psychogenous pain syndrom
- Vegetative dysfunctions
- Dysmorphophobia

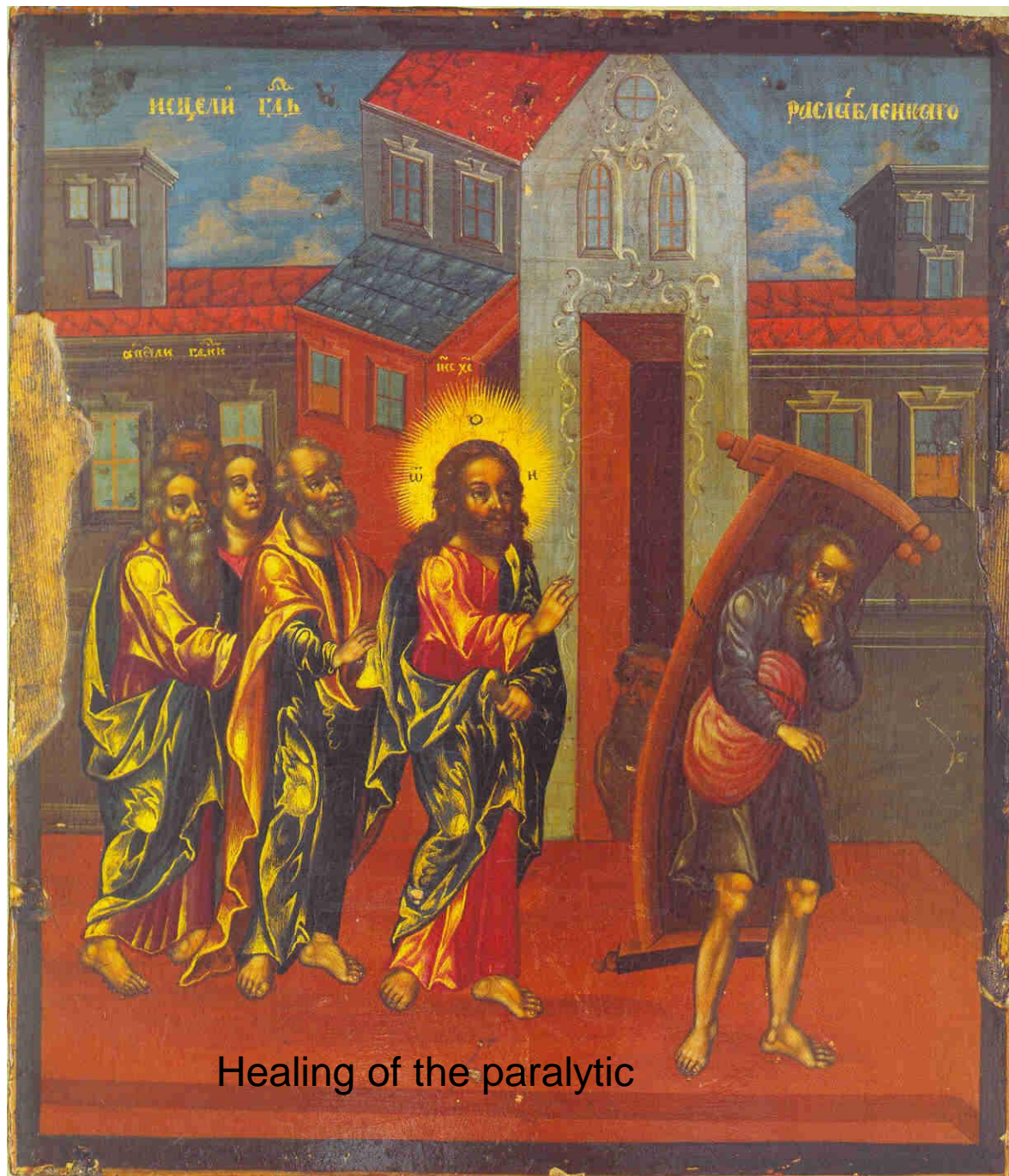
Chronic pain syndrome



Low pain threshold

General requirements of psychotherapy

- Appropriate context (e.g. health system)
- Acceptance of psychoterapeutic approach by the patient
- Nature of the disorder, diagnostic classification
- Education level of the therapist



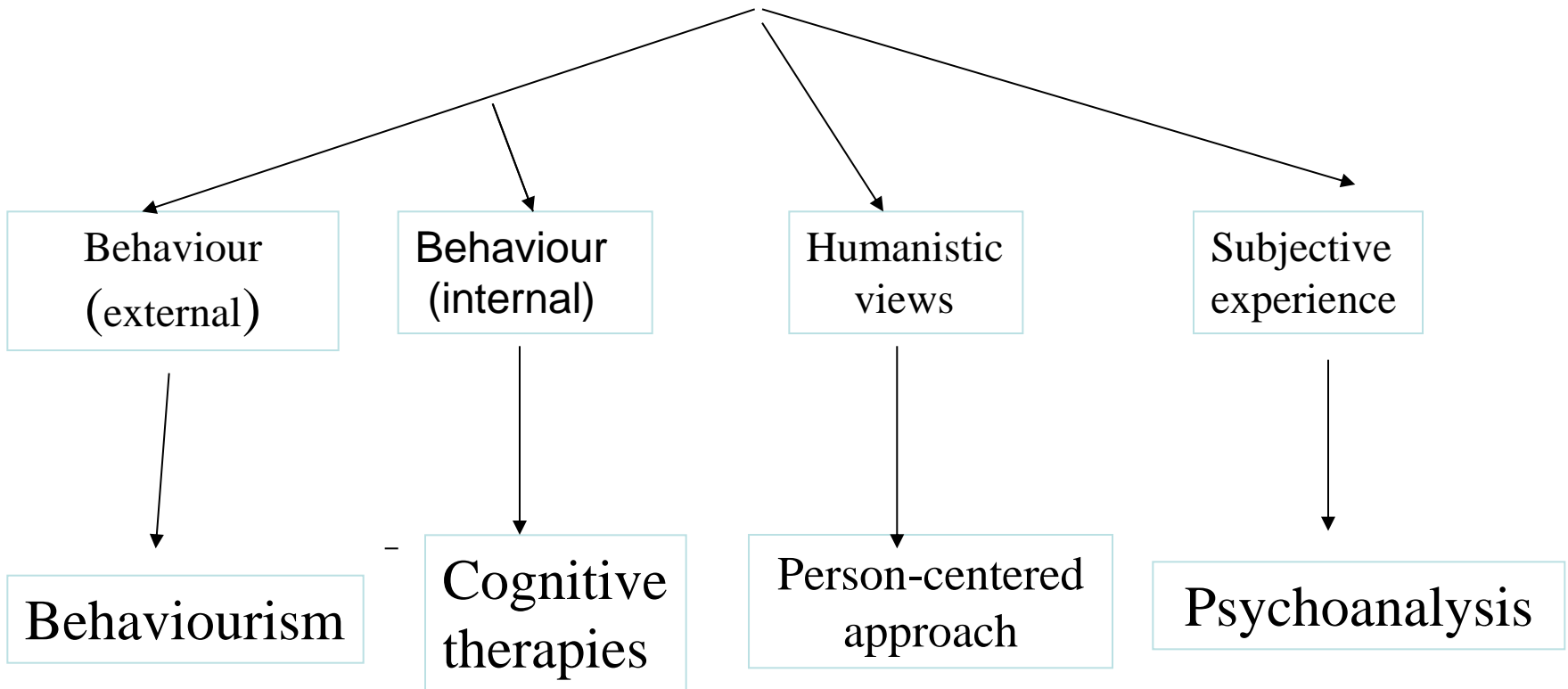
Healing of the paralytic



565. 2007

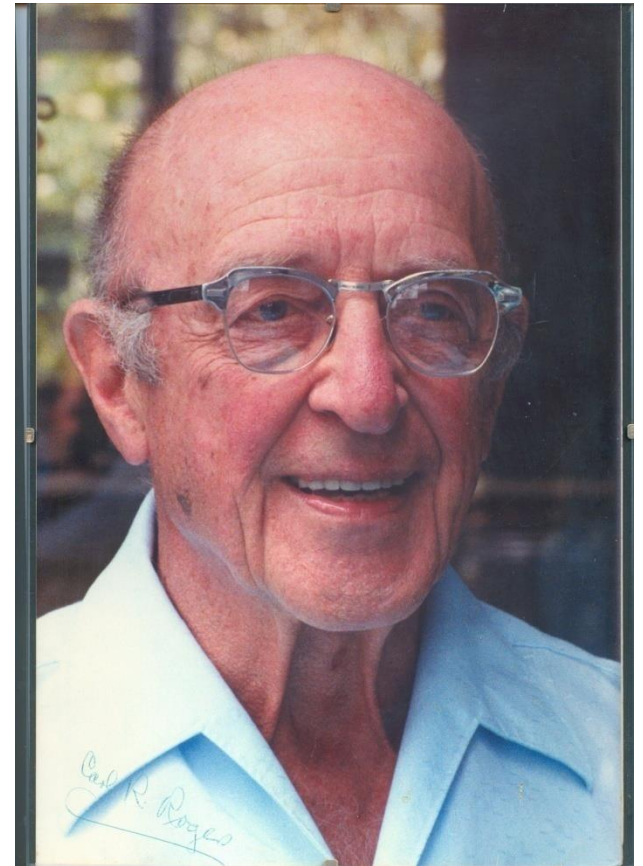
Dr. Messmer

Main streams of psychotherapies



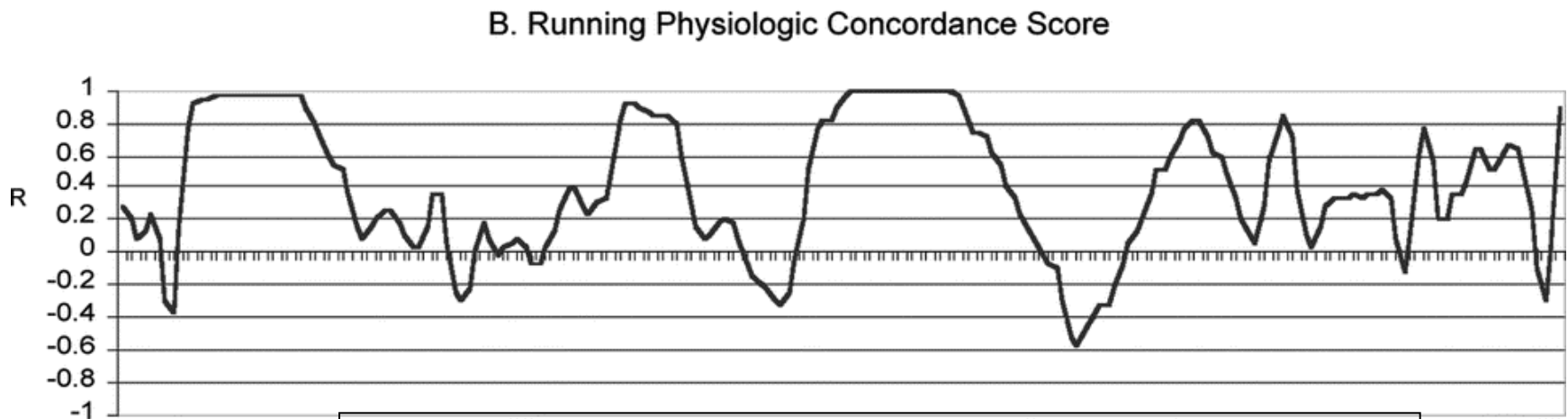
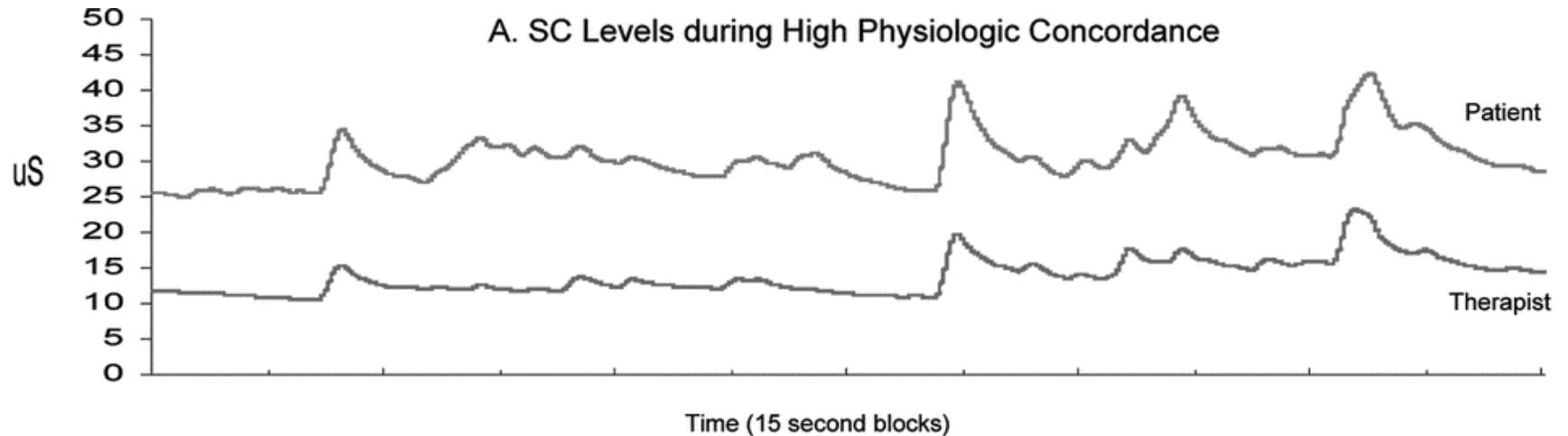
The theory of Carl R. Rogers

- **Humanistic Psychology**
- Organism: The individual endeavours to self-realisation
- Self-image: ideas, perceptions, emotions, values and attitudes concerning the self
- Ideal self: the person, the individual desires to become



1902 - 1987

Skin conductance and high empathy II.

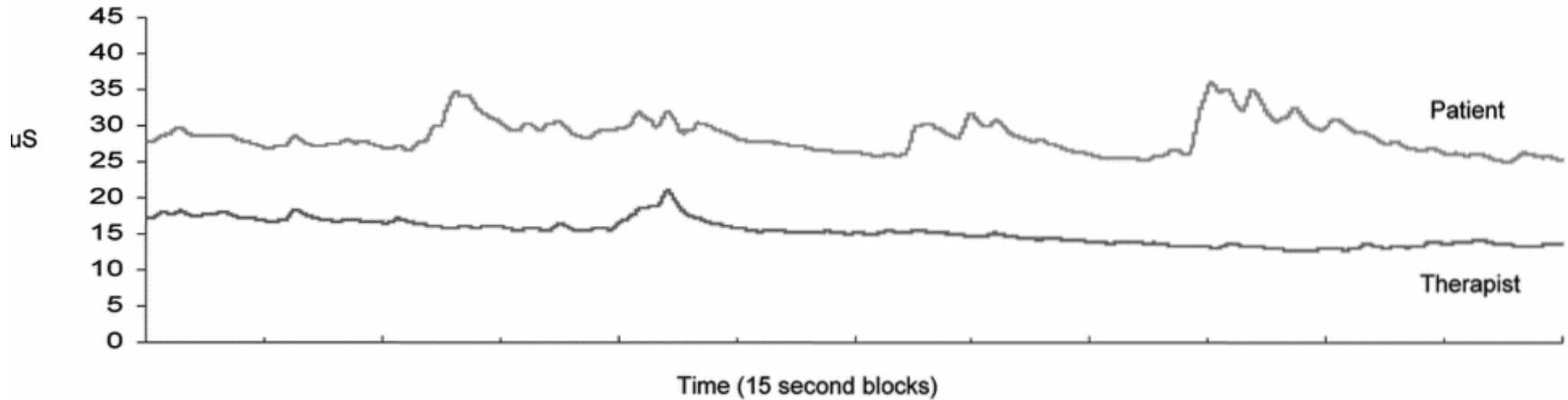


Marci CD et al. J Nerv Ment Dis 195(2): 103-111. 2007

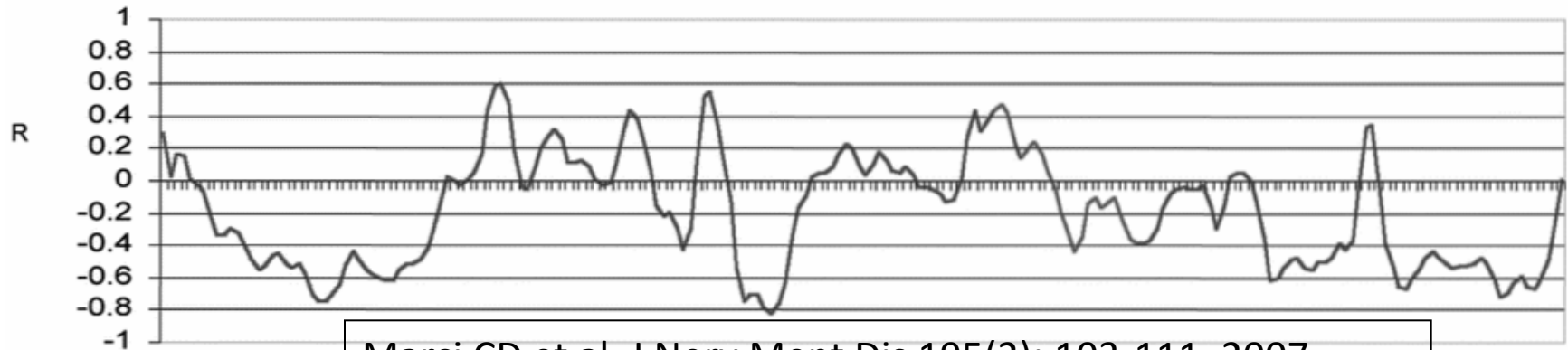
Skin conductance and low empathy

I.

A. SC Levels during Low Physiologic Concordance



B. Running Physiologic Concordance Score



Marci CD et al. J Nerv Ment Dis 195(2): 103-111. 2007

Protective effects of positive emotions

Nucleus accumbens



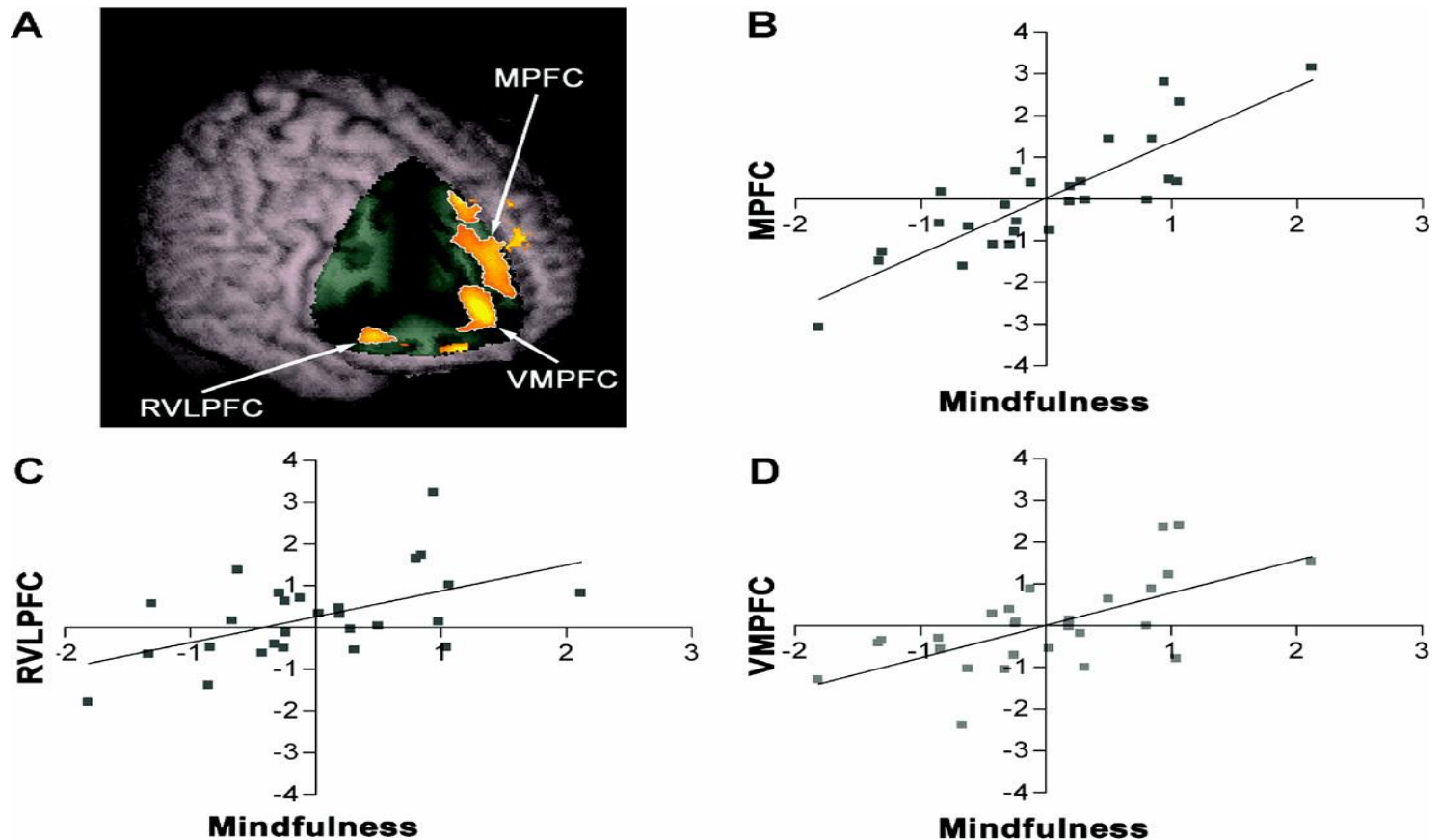
Prefrontal regions: increased activity

Amygdala: reduced activity



Increased tone of vagus

Increase of the activity of prefrontal regions as a function of mindfulness



Creswell JD et al: Psychosom Med 69(6):560-565. 2007

„Prefrontal cortex online”

Executive region of prefrontal cortex overlapping the central autonomous network

- Control of executive functions, social, affective, attentional functions, motivation
- Prefrontal inhibition, control of the amygdala
- Parasympathic dominance, high HRV, low resting heart frequency

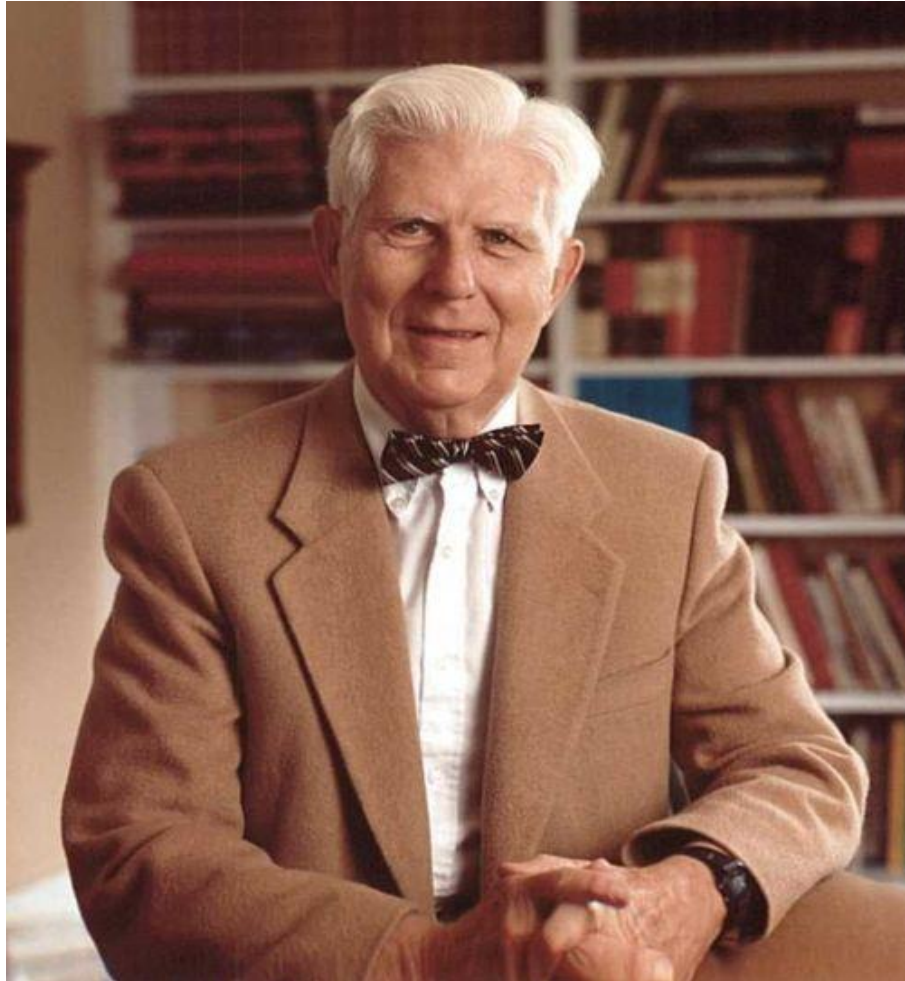
Preferred psychotherapies in somatophorm disorders

- Relaxation methods
 - Autogenous training (Schultz)
 - Progressive relaxation (Jacobson)
- Imaginative methods (Catathymic imagination)
- Medical hypnosis
- Person centered approach (Rogers)

The process of cognitive therapies

- Establishing contact
- Aims and priorities
- Identification of automatic thoughts
- Control of automatic thoughts
- Identification and modification of schemata
- Correction of the self-image

Aaron Beck (1921-)



Lecture of Charcot in the Salpêtrière

