

35<sup>th</sup> International Conference on

# Psychiatry & Psychosomatic Medicine

November 01-02, 2018 | Brussels, Belgium

## Treatment techniques integrating verbal and non-verbal psychotherapy to help overcome dysfunctional self regulation in patients reporting complex somatic symptom disorder or conversion disorder

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This workshop aims to contribute to increasing the understanding of patient's individual differences in trauma-related dysfunctional self regulation and skill the participants in assessment and treatment of these individual differences in trauma-related dysfunctional self regulation to some extent. Therefore, we will use case material (written vignettes and video segments) to illustrate clinical, diverse theoretical (verbal and non-verbal), or policy (treatment management) issues. Our workshop includes both didactic components based on research results and clinical guidelines, and experiential components as we will share some of our techniques and exercises with participants. Childhood trauma has been shown to be associated with adult somatic, emotional, relational and cognitive dysregulation across several mental disorders including but not limited to somatic symptoms disorders or conversion disorder. Per case one of the three qualitatively different dysfunctional self-regulation strategies will be differentiated. Moreover, trauma-related character strategies will be differentiated that can be visible in the body (e.g., posture) and often are associated with negative core beliefs, over-developed survival behavior, under-developed basic needs and craving for self- or relational soothing talk. Next, per clinical case several exercises will be presented and trained with participants.

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