Re-integrating brain, mind, and body to treat patients with symptoms that are clinically not consistent with medical diagnosis

Speakers:

**Rick Seime, PhD, ABPP**, Emeritus Associate Professor of Psychology, Department of Psychiatry and Psychology, Mayo Clinic College of Medicine

**Howard Schubiner, MD**, Director, Mind Body Medicine Program, Providence Hospital, Southfield, Michigan

Organizer: Elissa (Lissa) Patterson, PhD, Department of Psychiatry, University of Michigan
Key Factors to Avoid Mind-Body Dualism in Diagnosis and Focus on Functional Improvement for Patients with Elusive/Complex Medical and Neurological Symptoms

Rick Seime, PhD, ABPP, LP

The identification and treatment of psychophysiological disorders: The role of learned neural pathways

Howard Schubiner, MD
Composition of audience

• Clinical work?
• Mental health professionals?
• Medical Professionals? (Physicians? Nurses?)
• Psychotherapists (psychologists, social workers, and others)
• Allied Health Professionals
• Health research?
• Public health?
Symptoms that stymie US health care systems

• Nausea/vomiting, dizziness, headaches, insomnia, back pain, other chronic pain, psychogenic non-epileptic seizures, sudden onset stuttering, psychogenic paralysis/weakness, fibromyalgia, chronic fatigue syndrome, pruritus, diarrhea etc.
Evolving Terminology

- Symptoms not consistent with medical diagnosis
- Mind Body Syndrome
- Tension Myositis Syndrome
- Psychosomatic disorders
- Chronic pain
- Medically Unexplained Symptoms
- Functional disorders
- Conversion Disorder
- Somatic Symptom Disorder (and all of the psychiatric variants)
- Pseudo...
- “Nothing wrong”
References


• Cartoon slide 1 downloaded 3/26/16 8:20pm from [http://www.glasbergen.com/wp-content/gallery/doctors/med68.gif](http://www.glasbergen.com/wp-content/gallery/doctors/med68.gif)
Questions

• How have you experienced the mind-body dichotomy in your clinical settings?
• When behavioral/psychological aspects of an unusual somatic presentation are identified does a referral to a psychologist/psychiatrist/mental health professional seem to yield successful outcomes?
Unlearn Your Pain

• 2-day trainings for physicians, nurses, therapists, coaches and other professionals. Co-presenters: Alan Gordon, LCSW and Mark Lumley, PhD.
  – Detroit: May 6-7
  – Kripalu Institute, Stockbridge, MA: November 18-20