



*Vietnam National Children's
Hospital*

***Family therapy in
Psychological therapy for
children with somatic
symptom disorder***

(children with gastritis resistance drug treatment)

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Family therapy in Psychological therapy for children with somatic symptom disorder (children with gastritis resistance drug treatment)

We all start this life with a family, whether that family is composed of blood relatives, adopted parents, or a foster family, the family plays an important role in people's lives and the development of each person. This is especially also true for children who are sick. Some of those children have persistent fatigue symptoms, not with standing being treated through drugs. are said to suffer from somatic symptom disorders. Through the emphasis today on psychosomatics, the psychological cause is the main cause for this type of problem, with the somatic symptoms being the accompanying signs. Under such circumstances, individual psychotherapy and family therapy are understood to be the most effective.

In family therapy, the therapist takes responsibility for the outcome of the therapy. This has nothing to do with good or bad, guilt or innocence, right or wrong. It is the simple acknowledgement that you make a difference.

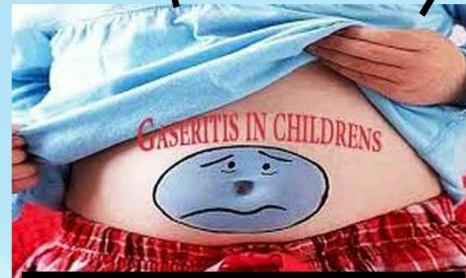
The aims of this research are to investigate the role of families in maintaining the pain of children with gastritis, and the role of family in the psychological therapy for children with somatic symptoms disorder.



Stressful family relationships



Too high expectations of parents

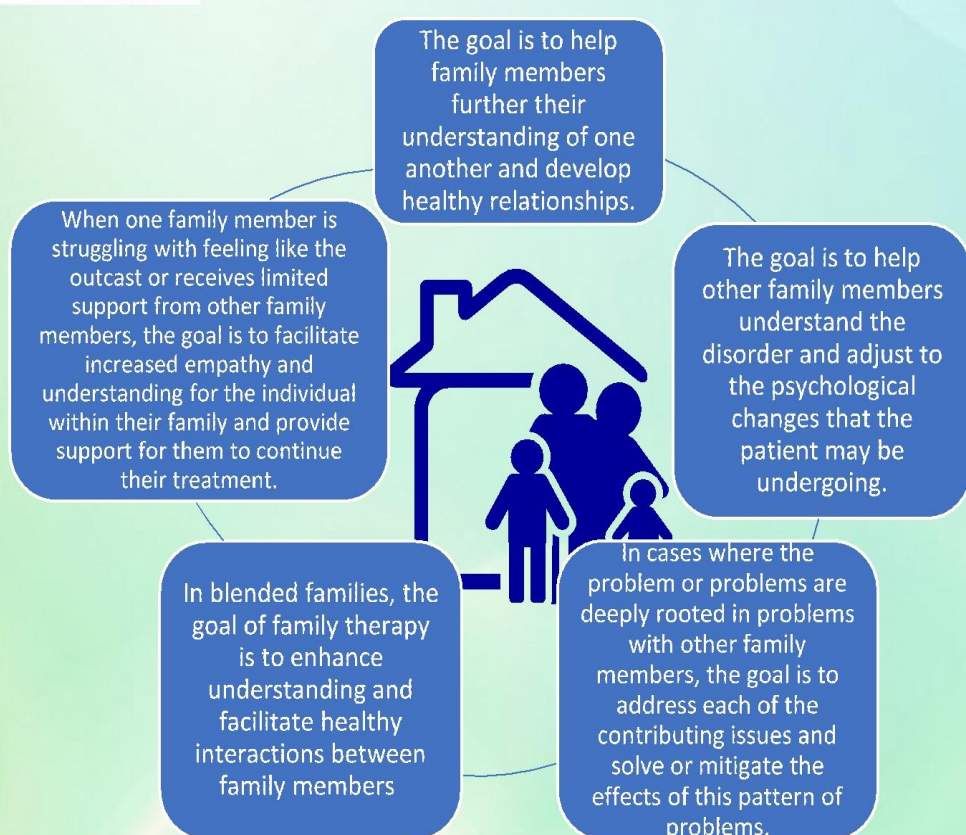


stress



broken family image

In order to help a family work together towards a healthy family life, family therapists aim to aid family members in improving communication , solving family problems, understanding and handling special family situations, and creating a better functioning home environment.



Family therapy is a form of treatment that is designed to address specific issues affecting the health and functioning of a family. It can be used to help a family through a difficult period of time, mental or behavioral health problems in family members. Family therapy can employ techniques and exercises from cognitive therapy, behavior therapy, interpersonal therapy...

In order to treat these and other family issues, therapists must:

Observe how people interact within units.

Evaluate and resolve relationship problems.

Diagnose and treat psychological disorders within a family context.

Guide clients through transitional crises such as divorce or death.

Highlight problematic relational or behavioral patterns.

Help replace dysfunctional behaviors with healthy alternatives

Take a holistic (mind-body) approach to wellness

CHARACTERISTICS AND SYMPTOMS OF THE RESEARCH TEAM:

- 80.76% the number of children in the study group showed signs of prolonged pain and accompanied by other body symptoms: headache, dizziness, difficult inbreathing, chest tightness...
- The pain of children is often related to psychological factors: learning stress, family conflict, does not meet the expectations of parents, parents are always waiting for their pain ...
- The pain usually persists for more than 1 year, and does not affect the child's development indicators.
- The children are used medication according to the doctor's instructions but their symptoms isn't decrease.
- Children may forget pain when participating in other activities or contacting others.
- Children often have accompanying disorders such as: anxiety, depression, fear of school ...
- The children often experience pain at home more than other place.
- Children's pain often doesn't affect their sleep.
- When using family psychotherapy, children's pain symptoms are reduce.

CASE STUDY

A girl 8.5 years old, living in the countryside; she is the first child, her baby brother is 5 years old; Her mother is not intentionally pregnant, threatening; when she was a baby, she was lazy to eat and was often sick; her learning level is medium and poor math, but her mom thinks she is very good at school; she is cool, shy, quiet; little talk and confused when communicating with strangers

SYMPTOMS:

- Stomach ache all day along, especially at night; before pain she was tired and dizzy; while pain she is awake and still active;
- Accompanying symptoms: nausea, dizziness, bloating, chest tightness, difficulty breathing ...;
- She has been treated for more than 3 years but not better, but her growth index is still increasing;
- Her family's atmosphere is stressful because her illness does not go away

TEST RESULT: - WICS IV:

- Verbal comprehension index 87 points;
- Perceptual reasoning index 104 points;
- Working memory index 99 points;
- Processing speed index 88 points;
- Full score 92 points

- CAT: Analysis and hypothesis

She has a harmonious relationship with her baby brother.

Her mom's regnancy, miscarriage, stressful parent relationships during pregnancy.

Her mother has a traumatic situation and she wants to carrier for her mother

She must witness domestic violence caused by her father.

Image of a safe grandmother and a weak mother

Working with mom: explain her cognitive ability, mom's high expectations for her child.

Share the mom about child's worries and difficulties expressed through her test.

--> Her mother shared about the physical and mental violence the father caused her. But she thinks it doesn't affect her children. However, she believes that the father still loves and takes care of the children

Targeted therapy:

- Meet privately and support psychological for mothers - Personal therapy for the child - Family therapy

AFTER 6 sessions:3 session for child; 1 session for mother; 1 session for parents and 1 session for the whole family

-->child reduce abdominal pain completely (but children do not re-examine and do not continue treatment)