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

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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 symptom disorders.

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.

When one family member is struggling with being the adult or someone relating issues other than the main one, the family therapist may intervene with support, expressing empathy and understanding the relationship within their family and provide support to them to work on their loneliness.

The goal is to help other family members understand the disorder and adjust to the psychological changes that the patient may be undergoing.

In blended families, the goal of family therapy is to enhance understanding and facilitate healthy interactions between family members.

Problems which the therapist might face are putting pressure on parents, family members, the goal is to understand and help the contributing issues and get the long-term effects of the pattern of problems.

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% of 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 children often feel exhausted in participating in other activities or contacting others.
- Children often have accompanying disorders such as anxiety, depression, fear of school...
- Children's pain often occurs at home more than other places.
- Children's sleep is often affected by their pain.
- When using family psychotherapy, children's pain symptoms are reduced.

**SYMPTOMS:**

- Somatoform pain of a chronic nature.
- The child, the baby before 3 years of age, the child is in a somatoform syndrome, the child has physical symptoms, like chronic pain, stomach ache, headache and gastrointestinal problems.
- The child before 3 years of age is not able to control their body, the child's pain is more intense, the child's body and atmosphere are not possible to express their emotional symptoms.

**TREATMENT:**

- Medical treatment: treat the underlying condition.
- Psychological treatment: treatment of the emotional and mental aspects.
- Pyschotherapy: work on the child's psychological, emotional, and behavioral aspects.
- Family therapy: focus on the family relationships and interactions.

**Case Study:**

- A 4-year-old boy, the symptoms have been for more than 1 year, the child's family is worried about his health and behavior.
- The child's family has tried many treatments, but the symptoms do not improve. The family feels helpless.

**TARGETED THERAPIES:**

- Mind-body therapy: focus on the child's psychological, emotional, and behavioral aspects.
- Family therapy: focus on the family relationships and interactions.