

Hidden from view: emotion and its expression in psychosomatic symptoms

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Allan Abbass MD, FRCPC Dalhousie University, Canada

WWW.ALLANABBASS.COM



**DALHOUSIE
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Inspiring Minds

ISTDP For Somatic Disorders

- 19 published outcome studies for somatic disorders
- Effects are sustained or increase in follow-up (Town and Driessen 2013)
- Outperforms other therapies in follow-up (Lilliengren et al, 2016)
- Cost effective: reduces health costs, disability, and medications (25 studies)



BOND
With
Parents

Trauma

FEAR
PAIN

Rage, Guilt
about the Rage

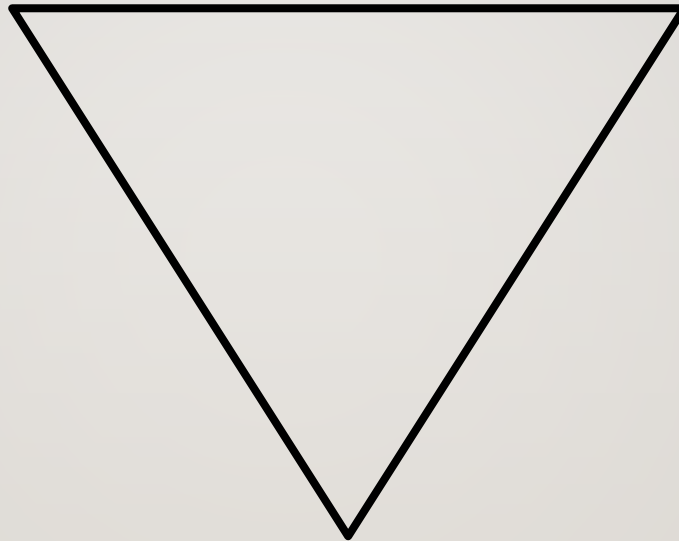
Symptoms
Self-destruct
Fear closeness

Intergenerational
Transmission of Trauma



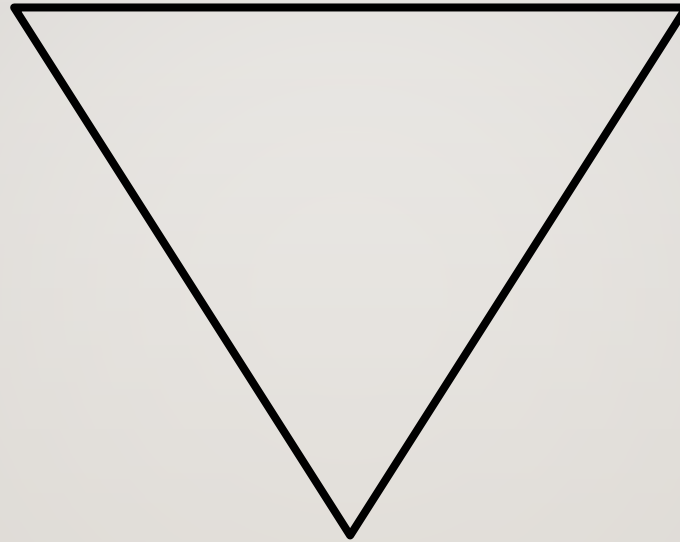
Transference
(Therapist)

Current
person



Past
person

Unconscious
Defense



Unconscious
Anxiety

Unconscious
Impulses & Feelings

Guilt about rage toward loved ones

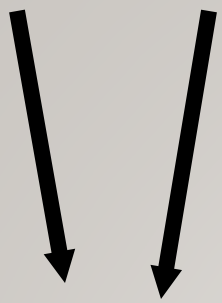
- Drives somatic symptoms, depression, anxiety and interpersonal problems
- Leads to self defeat / self hatred
- Leads to avoidance of healthy attachment
- If the guilt can be felt, it cures the related problems
- Guilt has LOVE and Drives for attachment in it

5 Somatic Patterns

- Voluntary Muscle tension: pain, spasm, tremor, panic, fibromyalgia, loss of speech
- Smooth Muscle: stomach, migraines, bladder spasm
- Cognitive Perceptual Disruption: confusion, loss of vision, loss of hearing, fainting, hallucinations
- Motor Conversion: weakness
- Sympathy Symptoms: feel on own body what rage wanted to do to others: for example choking

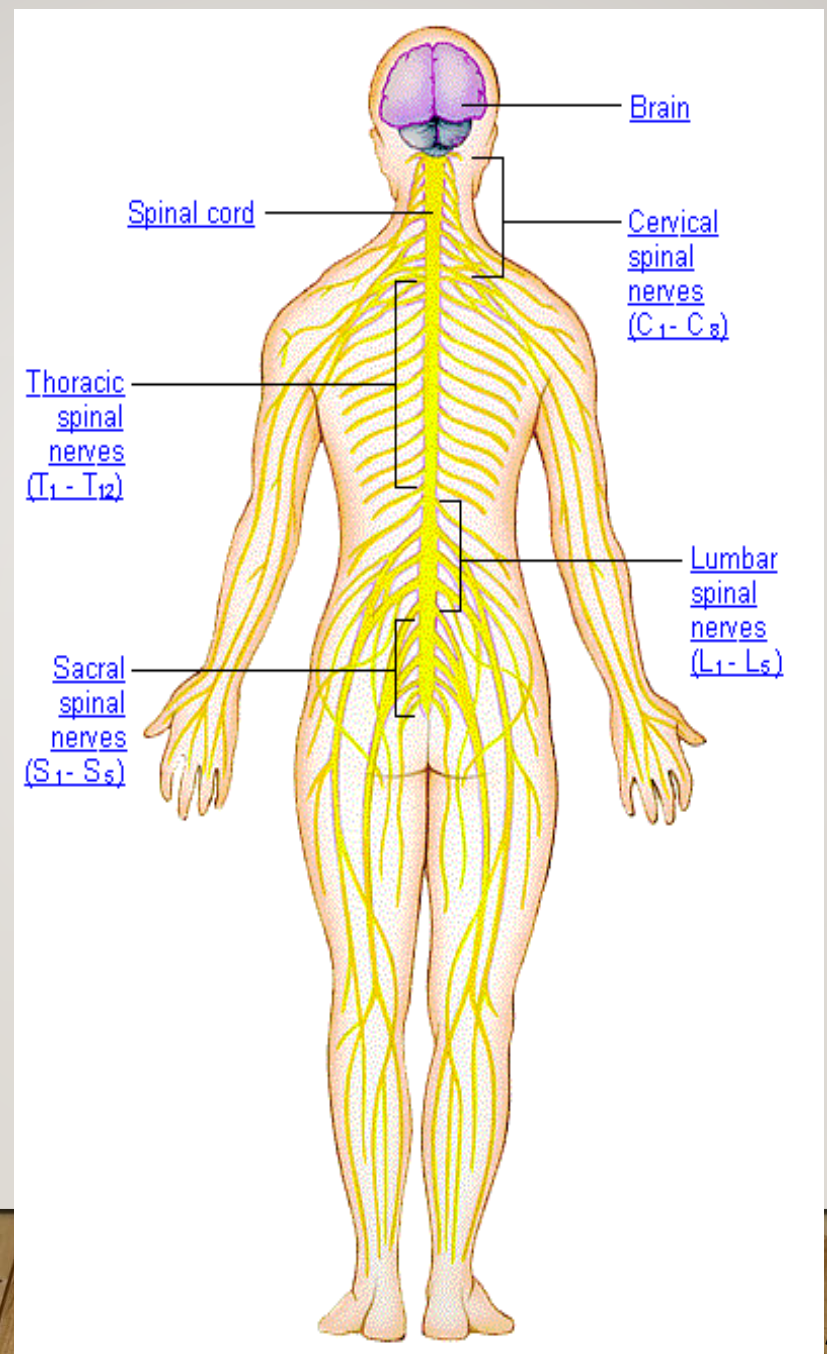
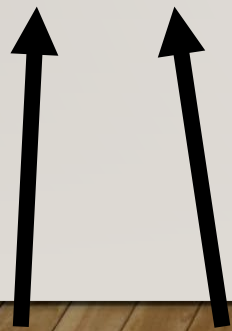
Feelings are specific physiological events

- Love
- Grief
- Rage: heat and energy from abdomen up to arms with urge to do harm
- Guilt: pain in upper chest with crying and thoughts of remorse



Muscle Anxiety
Goes Down Body

Rage goes up same
system displacing
anxiety



Feeling all the feelings cures psychosomatic symptoms and removes the need to suffer in people who have attachment trauma