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Treating Somatization A Cognitive Behavioral

It must be remembered that individuals experiencing somatization are constantly reaching for a physical explanation and treatment for the painful experiences such that psychological rational and treatment methods will be viewed with, at best, suspicion, and usually with fury.

Treating Somatization: Amazon.co.uk: Woolfolk, Robert L ...

They comment that treatment for juvenile somatization has been examined in very few controlled studies. They suggest that a form of cognitive behavioral therapy for recurrent abdominal pain and chronic fatigue syndrome may be useful, as this therapy has two targets: to train children and/or adolescents in stress management techniques for their symptoms and to train their parents not to reinforce illness behavior.

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This lucidly written guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioral techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behavior.

Treating Somatization: A Cognitive-Behavioral Approach ...

The book Treating Somatization, by Robert L. Woolfolk and Lesley A. Allen, is another installment in the application of cognitive-behavioral therapy techniques to address problems that the psychopharmacologic revolution has failed to eliminate. The book reviews the social and psychological history that has led to classifying the experience of chronic, unexplained, polysymptomatic physical complaints as mental illnesses.

Treating Somatization: A Cognitive-Behavioral Approach ...

Treating Somatization: A Cognitive-Behavioral Approach by Robert L. Woolfolk and Lesley A. Allen Guilford Press New York, 2007, 226 pp. \$32.00. DOI: 10.1037/1091-7527.25.4.451. One of the great challenges and frustrations for primary care physicians is treating patients with unexplained somatic symptoms.

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Treating Somatization: A Cognitive-behavioral Approach ...

Cognitive Behavioral Therapy. Cognitive behavior therapy (CBT) is the primary intervention for all somatic symptom disorders. Cognitive behavioral therapy was designed specifically to address the relationship between irrational thinking and emotional and behavioral distress. By helping people identify cognitive distortions, such as beliefs that their symptoms signal something much worse than they do, CBT therapists can help people with somatic disorders become more aware of these thoughts ...

Somatic Symptom Disorder Treatment | The Recovery Village ...

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Reduce physiological arousal through relaxation techniques
Enhance activity regulation through Increasing exercise and pleasurable and meaningful activities Pacing activities Increase awareness of emotions Modify dysfunctional beliefs Enhance communication of thoughts and emotions Reduce spousal reinforcement of illness behavior (REPRINTED) ARCH INTERN MED/VOL 166, JULY 24, 2006 WWW.ARCHINTERNMED.COM 1513

ORIGINAL INVESTIGATION Cognitive-Behavioral Therapy for ...

"The success of Treating Somatization is in elucidating the complexities of the emotional and cognitive experience of people with somatization disorders. It also provides hope that the techniques of a treatment model that is growing more and more familiar can help not only the patients but also the often-frustrated clinicians faced with the challenge of helping people with an unexplained disorder."

Treating Somatization: A Cognitive-Behavioral Approach ...

Cognitive-behavioral therapy (CBT) is the best-studied and most effective treatment for somatoform disorders. 16 CBT for somatization relies on both physiologic and cognitive explanations to account for the patient’s experience, without

committing to an “either/or” dichotomy. It offers patients an alternate explanation of what is wrong with them—illness anxiety instead of severe physical illness.

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Treating Somatization: A Cognitive-Behavioral Approach (English Edition) eBook: Woolfolk, Robert L., Allen, Lesley A.: Amazon.nl: Kindle Store

Treating Somatization: A Cognitive-Behavioral Approach ...

Treatment. The goal of treatment is to improve your symptoms and your ability to function in daily life. Psychotherapy, also called talk therapy, can be helpful for somatic symptom disorder. Sometimes medications may be added, especially if you're struggling with feeling depressed. Psychotherapy