

Open Access This content is licensed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License (<http://creativecommons.org/licenses/by-nc-nd/4.0/>), which permits any noncommercial use, sharing, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence and indicate if you modified the licensed material. You do not have permission under this license to share adapted material derived from this book or parts of it.

The images or other third-party material in this book are included in the book's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the book's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.



Functional Somatic Symptoms in Children and Adolescents: The Stress-System Approach to Assessment and Treatment

Kasia Kozłowska, Stephen Scher, and Helene Helgeland

Online Supplement 13.1

Principles of Assessment and Treatment

In this supplement to Chapter 13, we discuss the various terms in the literature that are used to refer to the systems approach to working with children and their families. We also refer to published case material in which the systems approach has been applied to specific cases.

Terms Used in the Literature to Describe the Systems Approach to Working with Children with Functional Somatic Symptoms and Their Families

In the paediatric literature a number of terms have been used to describe this broader way of working with these children and their families:

- The *biopsychosocial approach* (Engel 1977; Garralda and Rask 2015); Sara Williams and Nicole Zahka (2017, Appendix, Handout 5, p. 225) provide a nice handout for documenting biopsychosocial factors pertaining to the child's presentation
- The *multidisciplinary approach* (Poenaru et al. 1997; Odell and Logan 2013; Basch et al. 2015)
- The *psychosomatic approach*, in which multiple factors interact to produce a physical problem (Lask and Fosson 1989)

- The *rehabilitative approach* (Deaton 1998; Calvert and Jureidini 2003);
- *multidisciplinary rehabilitation* (Nelson et al. 2019)
- *Multimodal treatment* (Hechler et al. 2011)
- *multimodal rehabilitation* (Kozłowska et al. 2012)
- *Family behavioural programs* (Garralda 2010)
- *System-level interventions* (Guite et al. 2012)
- *Intensive interdisciplinary treatment*, a term that is sometimes used to refer to treatment programs in which the members from different disciplines work together to develop the treatment plan and to provide, in a single facility, an inpatient or day-patient intervention (Hechler et al. 2015)
- The *big picture approach* or the *bigger picture approach*, terminology that is sometimes used in current social discourse (Forum for Youth Investment)

Throughout the book we use the term *mind-body treatment*, or simply *treatment intervention*, as a shorthand for the multidisciplinary systems approach to treatment that we practice in our daily work.

Cases Published in the Literature That Apply Interventions on Multiple System Levels

Detailed case histories published by the first author's (KK's) multidisciplinary team also provide concrete examples as to how the formulation is used to guide the choice of treatment and how targeted treatment interventions on multiple system levels can be combined into a treatment program (Chudleigh et al. 2013; Kozłowska et al. 2013, 2016; Chandra et al. 2017; Ratnamohan et al. 2018; Khachane et al. 2019).

References

- Basch, M. C., Chow, E. T., Logan, D. E., Schechter, N. L. & Simons, L. E. (2015). 'Perspectives on the Clinical Significance of Functional Pain Syndromes in Children'. *Journal of Pain Research*, 8, 675–686.

- Calvert, P. & Jureidini, J. (2003). 'Restrained Rehabilitation: An Approach to Children and Adolescents with Unexplained Signs and Symptoms'. *Archives of Disease in Childhood*, 88, 399–402.
- Chandra, P., Kozłowska, K., Cruz, C., Baslet, G. C., Perez, D. L. & Garralda, M. E. (2017). 'Hyperventilation-Induced Non-epileptic Seizures in an Adolescent Boy with Pediatric Medical Traumatic Stress'. *Harvard Review of Psychiatry*, 25, 180–190.
- Chudleigh, C., Kozłowska, K., Kothur, K., Davies, F., Baxter, H., Landini, A., Hazell, P. & Baslet, G. (2013). 'Managing Non-epileptic Seizures and Psychogenic Dystonia in an Adolescent Girl with Preterm Brain Injury'. *Harvard Review of Psychiatry*, 21, 163–174.
- Deaton, A. V. (1998). 'Treating Conversion Disorders: Is a Pediatric Rehabilitation Hospital the Place?'. *Rehabilitation Psychology*, 43, 56–62.
- Engel, G. L. (1977). 'The Need for a New Medical Model: A Challenge for Biomedicine'. *Science*, 196, 129–136.
- Forum for Youth Investment. *A Big Picture Approach*. n.d.
<https://forumfyi.org/big-picture-approach/what-is-bpa/>
- Garralda, M. E. (2010). 'Unexplained Physical Complaints'. *Child and Adolescent Psychiatric Clinics of North America*, 19, 199–209, vii.
- Garralda, M. E. & Rask, C. U. (2015). Somatoform and Related Disorders. In: Thapar, A., Pine, D. S., Leckman, J. F., Scott, S., Snowling, M. J. & Taylor, E. (eds.) *Rutter's Child and Adolescent Psychiatry*, 6th ed., Chichester, West Sussex, and Ames, IA, John Wiley & Sons.
- Guite, J. W., Logan, D. E., Ely, E. A. & Weisman, S. J. (2012). 'The Ripple Effect: Systems-Level Interventions to Ameliorate Pediatric Pain'. *Pain Management*, 2, 593–601.
- Hechler, T., Kanstrup, M., Holley, A. L., Simons, L. E., Wicksell, R., Hirschfeld, G. & Zernikow, B. (2015). 'Systematic Review on Intensive Interdisciplinary Pain Treatment of Children with Chronic Pain'. *Pediatrics*, 136, 115–127.
- Hechler, T., Martin, A., Blankenburg, M., Schroeder, S., Kosfelder, J., Holscher, L., Denecke, H. & Zernikow, B. (2011). 'Specialized Multimodal Outpatient Treatment for Children with Chronic Pain:

- Treatment Pathways and Long-Term Outcome'. *European Journal of Pain (London, England)*, 15, 976–984.
- Khachane, Y., Kozłowska, K., Savage, B., McClure, G., Butler, G., Gray, N., Worth, A., Mihailovich, S., Perez, D. L., Helgeland, H. & Chrousos, G. P. (2019). 'Twisted in Pain: The Multidisciplinary Treatment Approach to Functional Dystonia'. *Harvard Review of Psychiatry*, 27, 359–381.
- Kozłowska, K., Chudleigh, C., Elliott, B. & Landini, A. (2016). 'The Body Comes to Family Therapy: Treatment of a School-Aged Boy with Hyperventilation-Induced Non-epileptic Seizures'. *Clinical Child Psychology and Psychiatry*, 21, 669–685.
- Kozłowska, K., English, M., Savage, B. & Chudleigh, C. (2012). 'Multimodal Rehabilitation: A Mind-Body, Family-Based Intervention for Children and Adolescents Impaired by Medically Unexplained Symptoms. Part 1: The Program'. *American Journal of Family Therapy*, 40, 399–419.
- Kozłowska, K., English, M., Savage, B., Chudleigh, C., Davies, F., Paull, M., Elliot, A. & Jenkins, A. (2013). 'Multimodal Rehabilitation: A Mind-Body, Family-Based Intervention for Children and Adolescents Impaired by Medically Unexplained Symptoms. Part 2: Case Studies and Outcomes'. *American Journal of Family Therapy*, 41, 212–231.
- Lask, B. & Fosson, A. (1989). *Childhood Illness: The Psychosomatic Approach: Children Talking with Their Bodies*, Chichester, New York, John Wiley & Sons.
- Nelson, S., Smith, K., Sethna, N. & Logan, D. (2019). 'Youth with Chronic Pain and a History of Adverse Childhood Experiences in the Context of Multidisciplinary Pain Rehabilitation'. *Clinical Journal of Pain*, 35, 420–427.
- Odell, S. & Logan, D. E. (2013). 'Pediatric Pain Management: The Multidisciplinary Approach'. *Journal of Pain Research*, 6, 785–790.
- Poenaru, D., Roblin, N., Bird, M., Duce, S., Groll, A., Pietak, D., Spry, K. & Thompson, J. (1997). 'The Pediatric Bowel Management Clinic: Initial Results of a Multidisciplinary Approach to Functional Constipation in Children'. *Journal of Pediatric Surgery*, 32, 843–848.

- Ratnamohan, L., MacKinnon, L., Lim, M., Webster, R., Waters, K., Kozłowska, K., Silberg, J., Greenwald, R. & Ribeiro, M. (2018). 'Ambushed by Memories of Trauma: Memory-Processing Interventions in an Adolescent Boy with Nocturnal Dissociative Episodes'. *Harvard Review of Psychiatry*, 26, 228–236.
- Williams, S. E. & Zahka, N. E. (2017). *Treating Somatic Symptoms in Children and Adolescents*, New York, Guilford Press.