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

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## 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).

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