

Training events for Dance Movement Psychotherapists (DMPs) and Body Psychotherapists about working with patients with Bodily Distress Disorder / BDD (formally known as Medically Unexplained Symptom Disorder / MUS)

Since 2013 ELFT has piloted a new care pathway for patients with BDD/MUS in primary care GP practices in Newham, East London. This work was initially funded through a grant by the Health Foundation (HF) in the context of their SHINE innovation programme and included both educational and therapeutic components (Body Oriented Psychological Therapy interventions and Mindfulness Based Stress Reduction). Long term funding has now been secured within the Newham Directorate of ELFT for the service.

Patients with BDD/MUS pose significant challenges to primary care practitioners because they often have unmet health needs as a result of incorrect diagnoses and because it is difficult to engage these patients in holistic care. Consequently, treatment is often ineffective despite frequent presentation at primary and secondary care services, resulting in high-cost pressures to the health economy. Existing models have not met the complex needs necessary to achieve positive health outcomes for this group.

The new care pathway piloted in East London has produced promising results both in terms of symptom reduction and associated patient satisfaction as well as reducing the cost of these patients to the NHS.

The therapeutic component of the pathway is a body-oriented intervention strategy built on integrative principals of both dance movement psychotherapy and body psychotherapy; it is a manualised group therapy treatment programme (10 sessions) which includes an initial assessment to confirm that the patient meets the criteria of BDD/MUS.

Our BDD/MUS team offer tailor made workshops to train interested therapists with a background in one of the main body-oriented psychological therapy modalities (e.g. DMP, BP) and students in delivering this treatment pathway. These workshops have both theoretical and experiential components including an introduction to the manual and training in the use of the manual.

Workshops may also include psychoeducation tools and corresponding teaching materials, patient leaflets, handouts and appropriate assessment tools.

Our BDD/MUS team have developed a variety of training packages. We offer ½ day, 1 day and 2-day workshops, both in-person and online.

If you are interested in us offering this training to you and your staff/colleagues, please contact us on elft.mus@nhs.net

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and

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