

Training events (free of charge) for DMPs and BPs about working with patients with Somatic Symptom Disorder SSD (formally known as Medically Unexplained symptom Disorder / MUS)

27 October 2016 and 24 January 2017

Over the last 18 months we piloted a new care pathway for patients with SSD in primary care GP practices in Newham, East London. This work was 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 interventions and Mindfulness Based Stress Reduction).

Patients with SSD/MUS pose significant challenges to primary care practitioners because they often have unmet health needs as a result of incorrect diagnosis 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 and in terms of reducing the cost of these patients to the NHS. As a result of the positive outcomes achieved in the pilot the Health Foundation has awarded us a further grant to disseminate the findings of the care pathway with a view to informing NHS commissioners and other practitioners about the benefits of this novel care pathways.

Part of the grant from the Health Foundation is for us to train up a workforce to deliver this innovative care pathway. It is envisaged that this will create job opportunities within the National Health Service for Dance Movement Psychotherapists and Body Psychotherapists who have been trained in the delivery of this approach.

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 programme (10 sessions), a shorter version of a more elaborate approach for complex somatoform disorder patients (20-40 sessions); both manuals will be included.

We are pleased to announce that we will be offering two one day workshops on 27 October 2016 and 13 December 2016 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 training days are free of charge (funded by the HF) and will have both theoretical and experiential components. Attendance at one training day only is required.

Trainings will take place at Resource for London, 356 Holloway Road, London, N7 6PA.

If you are interested in registering for one of the day trainings please contact [MUS@elft.nhs.uk](mailto:MUS@elft.nhs.uk).

Places are limited and will be offered on a first come/first served basis.

Nina Papadopoulos (Senior DMP) and Frank Röhrich (Psychiatrist and BPT practitioner)