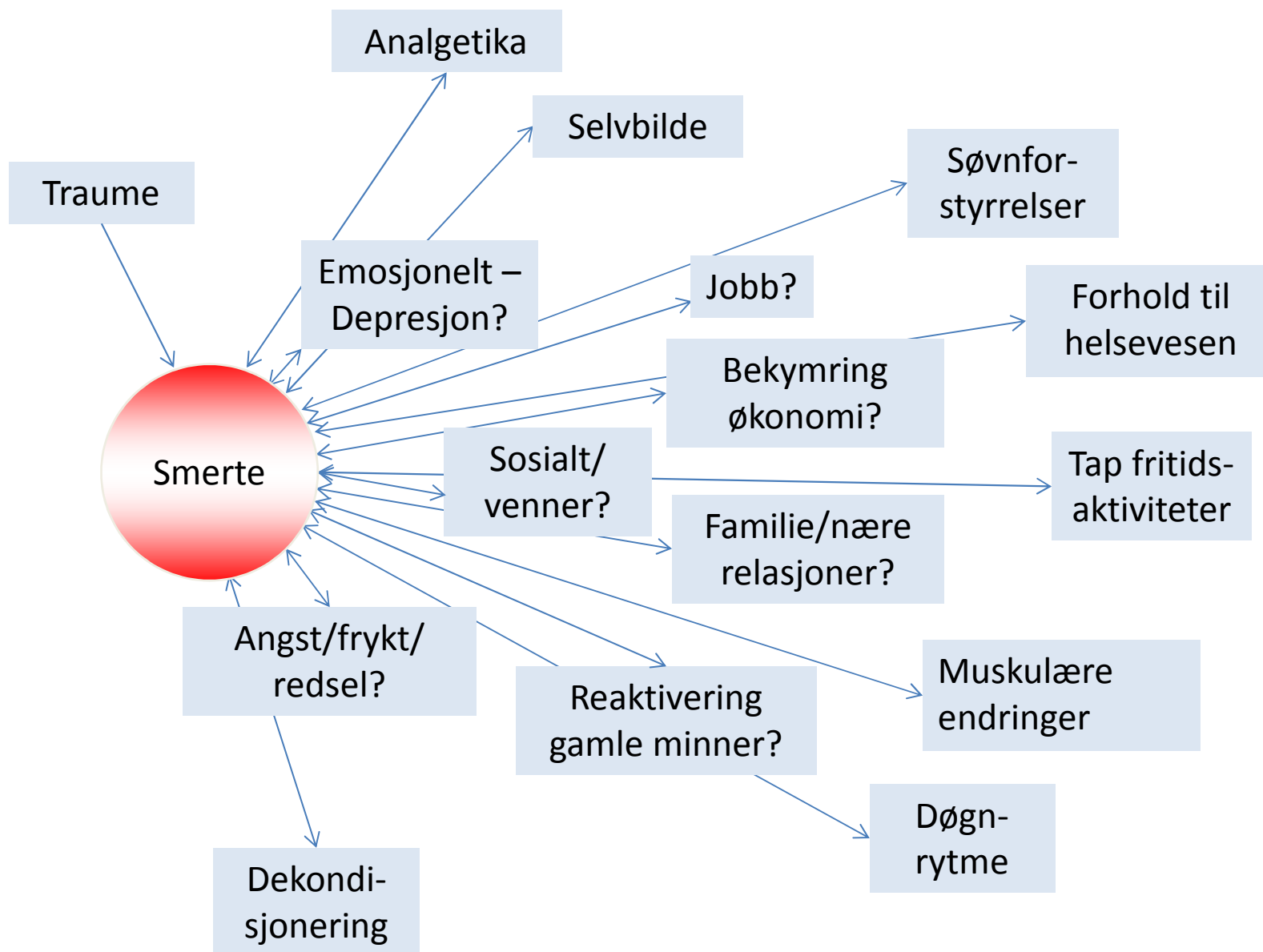


# Psykologiske behandlingsmetoder – en oversikt -

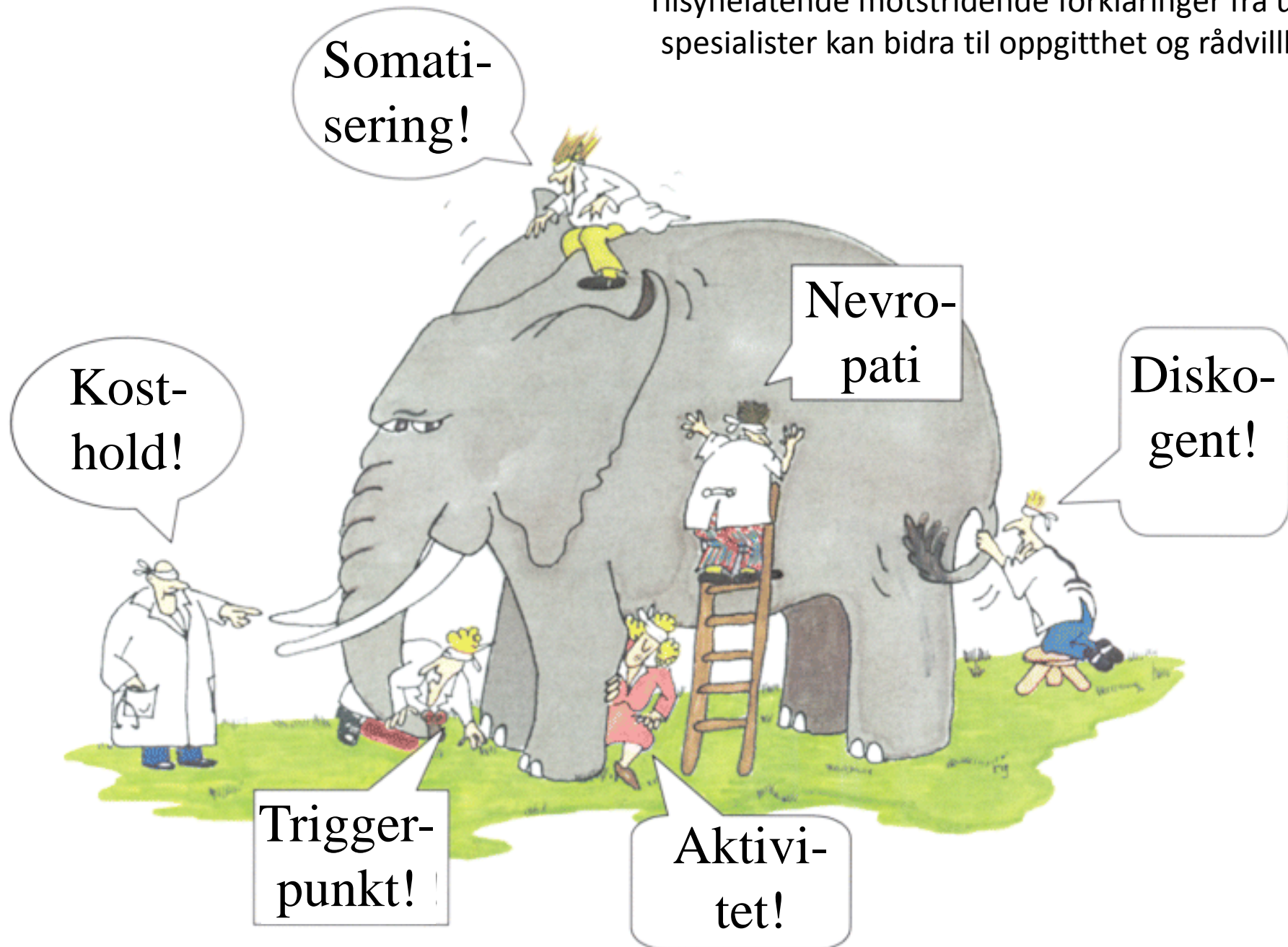
Heidi Trydal, Borrik Schjødt

NOSF - 11. Januar 2014

Et i utgangspunktet enkel traume eller avgrenset smerte – kan få såpass omfattende og sammensatte konsekvenser, at vi trenger tid til en omfattende undersøkelse, og en formulering av mål og tiltak sammen med pasienten og eventuelt pårørende.



Tilsynelatende motstridende forklaringer fra ulike spesialister kan bidra til oppgitthet og rådvillhet!



- Reformulere problem – på en måte som gir opphav til handling og endring
- med pasienten som den aktive part
- dvs. legge til rette for at pasienten kan ta ansvar.

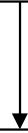
**Table 1**

Schematic timeline outlining the development of CBT applied to the treatment of chronic pain.

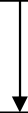
1950	1960	1970	1980	1990	2000
	<b>Operant</b>				
	<i>Operant – Pavlovian conditioning</i>	<b>Biofeedback</b>			
	<i>Cognitive theory of stress</i>	<i>Behavioural analysis of self control</i>	<b>Stress management</b>		
	<i>Clinical observations</i>		<b>Cognitive therapy</b>	<b>Mindfulness-based stress reduction</b>	
				<b>Fear avoidance</b>	
				<i>Behaviour analysis of language</i>	<b>ACT</b>

Morley, S. (2011). "Efficacy and effectiveness of cognitive behaviour therapy for chronic pain: Progress and some challenges." *Pain* **152**(3 Suppl): S99-106.

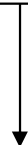
Økt funksjon  
praktisk, sosialt, fysisk



Økt livskvalitet



Redusert smerteplage

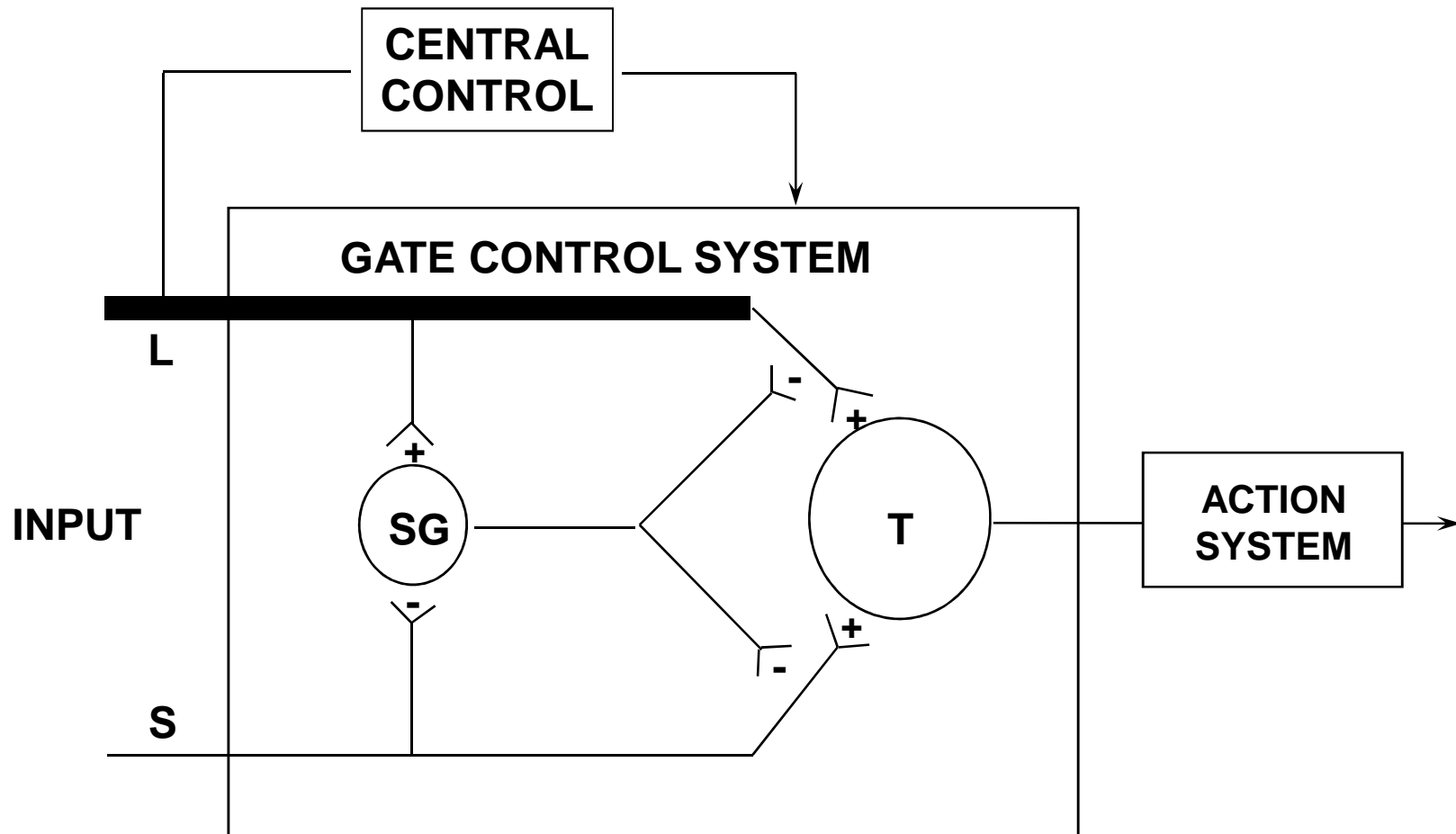


Redusert smerteintensitet

# Psykologiske behandling – langvarig smerte

- Self regulatory approaches
- Behavioral approaches
- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy -ACT
- Dynamisk korttidsterapi

Kerns, R. D., et al. (2011). "Psychological treatment of chronic pain." *Annu Rev Clin Psychol* 7: 411-434.



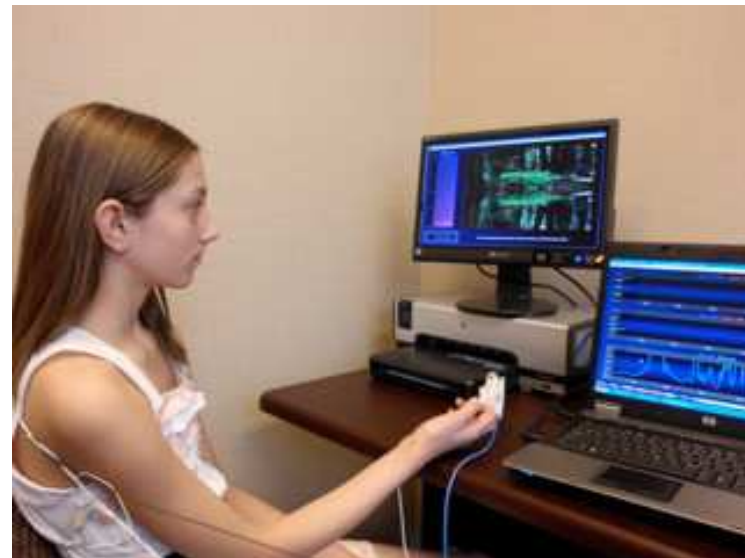
- |   |                               |
|---|-------------------------------|
| <b>L</b> - Large-diameter ( $A\beta$ -fibre)        | <b>T</b> - Transmission cells |
| <b>S</b> - Small-diameter ( $A\delta$ - og C-fibre) | <b>+</b> - Excitation         |
| <b>SG</b> - Substantia gelatinosa                   | <b>-</b> - Inhibition         |

Meltzack R & Wall P, Pain Mechanisms: A New Theory, Science: 1965;  
150(3699): 971-979



# Biofeedback

- Påvirkning av fysiologiske prosesser,
- Tilbakemelding (ved lyd, farger, kurver, musikk, osv.) på fysiologiske prosesser.
- HR, hudmotstand, muskelspenninger, BT, osv.
- GSR, EMG, EEG, mv



# Biofeedback – effekt?

- On average, effect sizes in these meta-analyses were medium to large, and clinical effects were shown to persist for approximately 15–17 months post treatment for both migraine and tension-type headaches in adults, adolescents, and children (Nestoriuc et al. 2008).

Nestoriuc Y, Rief W, Martin A. Meta-analysis of biofeedback for tension-type headache: efficacy, specificity, and treatment moderators. *J. Consult. Clin. Psychol.* 76:379–96, 2008.

# Avspenning =

- Autogen trening
- Forestillingsbilder
- Dyp pust
- Progressiv muskelavspenning
- Meditasjon
- Mindfulness
- Hypnose
- ....



# Avspenning og smerter

- Literature concerning the numerous relaxation techniques and methods to induce hypnosis are inconsistent as to which are the most effective and (or) they contain discrepancies, which makes evaluation of efficacy difficult.

Turk DC, Swanson KS, Tunks ER. Psychological Approaches in the Treatment of Chronic Pain Patients—When Pills, Scalpels, and Needles Are Not Enough. *Can J Psychiatry*. 2008;53(4):213-23.

# Mindfulness

- Oppmerksomt nærvær/mindfulness: fokuser på et fenomen her-og-nå
- Uten referanse til fortid og framtid
- = bevisst tilstedeværelse
- Opphav – buddhistisk tradisjon/ meditasjon.

Smerteatferd



Konsekvenser



**Fig. 1.** Pain thresholds determined in the cold pressor test with or without the spouse present. Spouse solicitousness was assessed by the West Haven–Yale Multidimensional Pain Inventory

H. Flor, Basic issues in the psychobiology of pain, i Gebhart, Hammond & Jensen (eds.)  
 Proceedings of the 7th World Congress on Pain, Seattle: IASP press, 1994

# Fordyce

Signifikant økning av påståtte fysiske problemer

Akutt rygg-smerte

I forhold til:

1. *Tradisjonell behandling* "la smerten være din guide"
2. *Atferdsterapeutisk behandling* - tidsavhengige tiltak

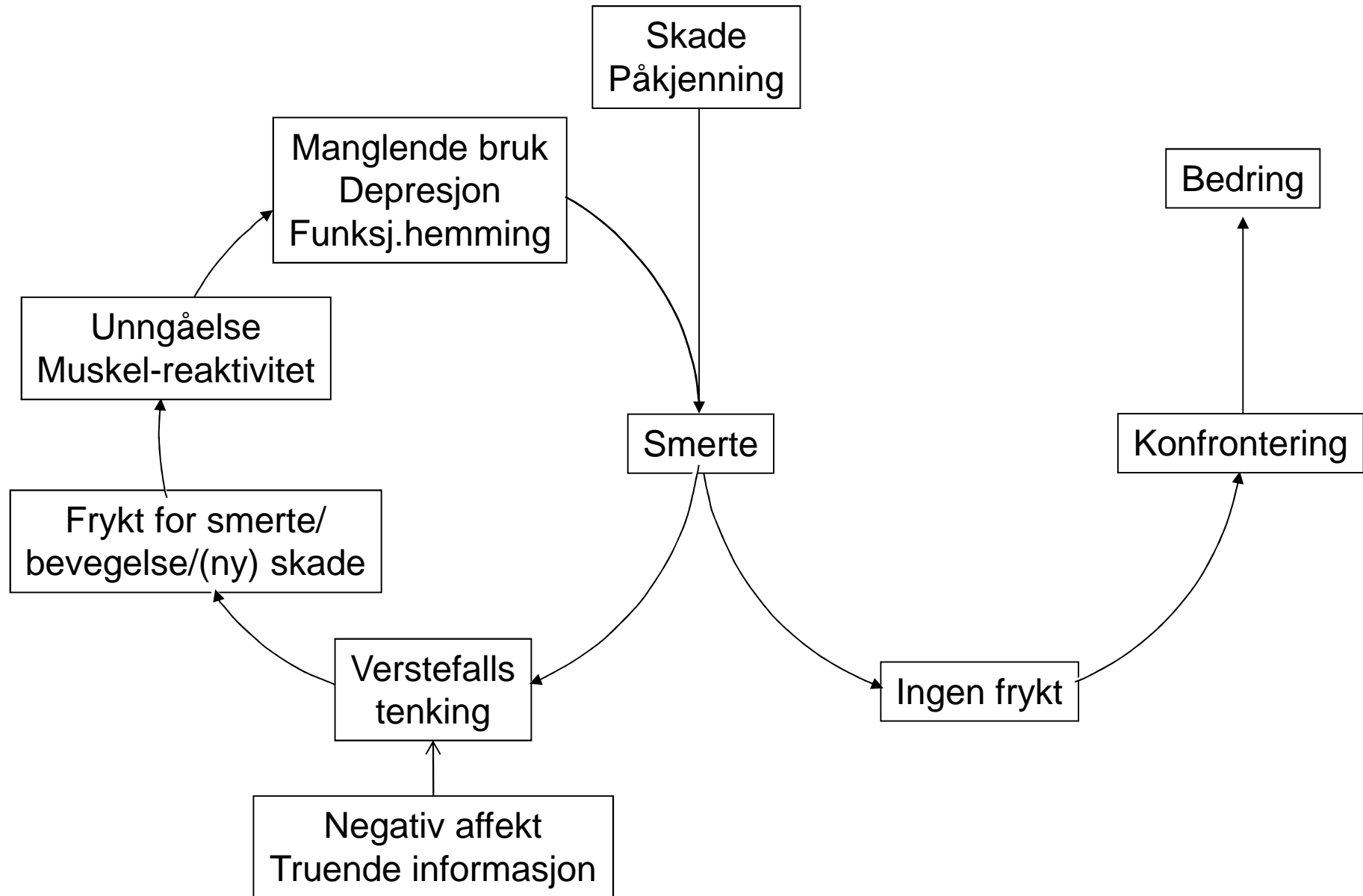
- analgetika
- aktivitet
- trening
- konsultasjoner

Fordyce, W. E., et al. (1986). "Acute back pain: a control-group comparison of behavioral vs traditional management methods." J Behav Med 9(2): 127-140.

Funksjon på samme nivå som før skade



Vlaeyen JW, Linton SJ. Fear-avoidance and its consequences in chronic musculoskeletal pain: a state of the art. Pain. 2000 Apr;85(3):317-32.



# Bevegelsesfrykt:

- Kartlegg: bevegelser pasienten frykter.
  - *TSK/Tampas Scale for Kinesiophobia*
  - *Observasjon – video?*
  - *PHODA*
- Forklar sammenheng.
- Hierarki – angstprovoserende situasjoner.  
Gradvis, systematisk eksponering.