



Mrs. X

A 53 year old employee attended for integrated therapy after having been diagnosed with Fibromyalgia six months previously after having symptoms for 'years.'

Her health perception was 40 out of 100 (ED QL). Feeling like she had been served a life sentence, she had looked up all she could about the condition. Deciding to 'fight' the disease and become fitter, she did what was recommended for her diagnosis. To get through the day's work, she took pain medication, tried to 'pace her activity' and then managed only around 3 hours sleep at night, waking up exhausted.

Janet despaired at letting her employer and family down and failing to do the things she had set out to do. She reported 'all over body pain and chronic fatigue'. This was always severe in her neck and shoulders and her hands were often 'stiff,' making it very difficult to write. She had been off work sick for three months and felt 'useless'.

Her coping style was that she always put others before herself and had been brought up to do so. The illness coincided with a 12 year period of stress in which she had cared for her father until his death, helped another family member through an illness and experienced relationship problems.

Janet was 'a busy, active person' believing that her self-worth lay in what she does for others. This derived from childhood conditioning, being the eldest of a large family, in her words, 'being a good person', and 'being strong.' This pattern pervaded throughout her adult life, denying herself to please others.

The 'self' needs to be emotionally and physically nurtured. If not it becomes hypervigilant for danger as a natural response to threat. REM sleep is severely disrupted due to the autonomic nervous system's response. Her subconscious survival response had been one of defence and repressed emotions rather than growth.

Various emotional responses were revealed via motivational interviewing. New beliefs facilitated her perceptual outlook to one of being a unique person with talents and successes. Having made small goals for herself she began to change the way she thought and behaved as a result of Integrated cognitive therapy and guided Imagery.

Gaining back control of her own needs, the outcome CORE 10 dropped in the first 2 sessions from 29 to 15. Her sleep improved to around 5 hours and energy levels improved. EQ-5D health perception score went up to 75. She began to engage in day to day activity which was related to her own wellbeing and found that she had more energy to work and socialise.

On the final third session her Core 10 was within normal range. The client had managed to gain control of her thinking patterns, was sleeping better and her pain

had improved by '70%' She had reduced taking pain medication to 'now and then', had been able to return to work and was planning for a brighter future.

After three months this employee contacted me to say she was still following her plan, had few symptoms and when she did they were not impacting on her life.

Start: Core 10 = 29

After 3 x one hour sessions, Core 10 = 7

EQ-5D-5L = Health perception from 40-75 Improved

Phone Review: Reported to be self managing well after 6 months and remained at work.

<http://www.hgi.org.uk/register/Therapists/Pam-Kay.htm>