



### Psychological Conditions and Treatment Approaches

#### Chronic Pain:

- Persisting pain past expected time of recovery (usually 90 days)
- Significant negative impact on other areas of life and functioning
- Co-morbid depression and/or anxiety
- Withdrawal from social and work domains
- Unclear diagnosis and/or repeated failed treatments
- Complicating factors such as workers compensation

*Treatment:* Behavioural Neuromodulation, CBT, Pain Desensitisation. Treatment tailored to individual needs, factoring in co-morbidity, personality and other relevant issues.

#### PTSD:

- Exposure to traumatic event with distress persisting for more than two weeks
- Emotional numbing and other depressive symptoms
- Re-experiencing of event(s), including nightmares
- Avoidance of reminders and memories
- Hyperarousal

*Treatment:* Trauma-focused CBT, management of associated maintenance behaviours.

#### Complex Trauma:

- History of sexual or physical abuse
- Volatile and/or abusive relationships
- Labile mood (rapid, severe mood swings – often anger-based)
- Associated destructive behaviours, such as eating disorders, substance abuse, inappropriate and/or risky sexual behaviours.

*Treatment:* Complex presentations require strong and supportive rapport and more complex treatment models, such as advanced CBT, ACT and DBT.

#### Grief and Loss:

*Treatment:* Dual Processing Model encouraging the grieving process, while promoting adaptive functioning in other domains to minimise loss in other areas of life.

*Complex Grief Processing:* Unresolved issues (unfinished business) identified and resolved. Processing completed.

#### Depression and anxiety:

- Recommend use of the DASS-21 measure (enclosed) for fast and indicative information when conditions are identified. Can be included with referral.

*Treatment:* Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT). Mindfulness-based Cognitive Therapy (MBCT) for preventing relapse of depression.

Copies of this sheet and the DASS-21 can be downloaded from: [www.randolphsparks.com.au](http://www.randolphsparks.com.au).