

Using CAT in Medically Unexplained Symptoms - webinar

Presented by Abrar Hussain

Date:	Wednesday 8 th July 2020	Times:	5:30pm till 7:30pm
Cost:	£50 (online) / £65 (invoice)	Location:	online workshop using Teams

Summary Outline:

Medically Unexplained Symptoms (MUS) are physical symptoms or experiences without a clear structural pathology. They are also called functional symptoms. They are common and can become chronic and disabling. Patients with MUS find it challenging to access treatment and support as there are very few services set up to address their specific needs. They also face stigma from healthcare professionals and the general public as the condition is poorly understood and often confused with malingering. Patients with MUS can get into unhelpful relational patterns due to their negative experience of the healthcare system. These patterns can make it more difficult for them to manage their symptoms. It is important for clinicians to be more aware of MUS and to be able to confidently engage patients with MUS in therapy. A Cognitive Analytic Therapy approach can help these patients identify and revise their procedures, improve their level of self-care and enhance their quality of life. Patients who present primarily with psychological issues can also have co-existing MUS or other chronic physical symptoms which can adversely impact on recovery. It is therefore an important area for all clinicians to be trained in.

Learning objectives:

- To develop an understanding of the pathophysiology of MUS focusing on the latest evidence base.
- To introduce the application of the CAT model in patients with MUS within the context of the healthcare system.
- To teach mapping reciprocal roles using physical symptoms in self (attention/somatic focus) (workshop element) in a safe manner.

Learning outcomes:

By the end of the Webinar,

- Attendees will be more confident in discussing MUS with patients.
- Attendees will be able to apply their CAT skills in patients with MUS.

Presenter – Abrar Hussain

I am a consultant psychiatrist in liaison psychiatry working in Berkshire. I have been running a specialist service for FND (MUS) since 2012. I am an accredited CAT therapist and have delivered CAT workshops in the Royal College of Psychiatrists.

ACAT reserves the right to change programme content and presenters.

How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/1107/
- To pay by invoice (purchase order number required) please email attaching the booking form (available via event documents at www.acat.me.uk/event/1107/) to: alison.marfell@acad.me.uk

Enquiries

- Email: alison.marfell@acad.me.uk Telephone: 01305 263511

Terms and Conditions:

For event terms and conditions please visit <https://www.acat.me.uk/page/acat+events+terms+and+conditions>