



IRRITABLE BOWEL SYNDROME; IMPACT OF ECLECTIC THERAPY IN TREATING IRRITABLE BOWEL SYNDROME; CASE STUDY

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ABSTRACT... Objectives: Impact of eclectic therapy in treating irritable bowel syndrome. **Aims and Scope:** To highlight the importance of Eclectic approach in order to form an ideal therapeutic plan to encounter specific needs of the patient with psychiatric illness. **Background:** Patient was 22 years old young adult. Younger in family, raised in strict environment. Father had high expectations with him, used to compare him with others. On his failures he used to discourage him due to which client started to suppress his emotions. Client since two months began to have complaints of irritable bowel syndrome, his medical reports showed no signs of any physical illness. **Intervention and Plan:** Client's psychological evaluation through psychometrics placed him in the category of "mild depressive disorder". His emotional suppressions and low self-esteem were the main reasons of "irritable bowel syndrome". Eclectic therapy was utilized such as: family psycho-education, individual therapy, ABC model of CBT, problem solving strategies. **Results:** Client gradually started to open up with his emotional problems, family counseling played a role in modifying his parents' way of dealing with him. Both father and client began to have healthy relations with each other. He started to sort his emotional complaints and other life problems. He gradually and efficiently became mentally relaxed and recovered his irritable bowel syndrome. **Conclusion:** It was concluded that eclectic therapy successfully helps clients to achieve the solution of their psychological occurrence of symptoms and allows them to improve successfully.

Key words: Eclectic Therapy, Irritable Bowel Syndrome.

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INTRODUCTION

Each of the main psychological models of abnormal behavior, the psychodynamic, behaviorist, humanistic and cognitive approaches has procreated its own tactics to psychotherapy. Though many psychotherapists recognize with one or an alternative of these institutes of treatment, an aggregating figure of psychoanalysts exercise eclectic therapy, in which they lure on methods and instructions of various therapeutic methodologies.¹ Eclectic therapists pursue to improve their therapeutic efficiency by integrating ideologies and methods from diverse therapeutic angles with the objective of creating a path that is individually designed for client's need.²

A disruption in intestine (IBS) affects individual's quality of life and many of them suffer to conclude its reasons have been made.³ Psychiatric

elements deteriorating IBS are anxiety, somatizing syndrome and depression.⁴ It detected often in people suffering from mental problems. Similarly findings found in the work of (Garakani, Win, Virk & Gupta, 2003).⁵

Therefore in this light, present case report was aimed to observe the management of IBS through the treatment line which does not use any linctus.

CASE REPORT

Presentation of Complaints

Client approached to Dr. AQ Khan Centre Institute of Behavioral Sciences in the month of September 2015 with the complaints of irritable bowel syndrome. He reported that he has taken all the gastroenteritis medicines but couldn't get any recovery and his medical reports showed no signs of any physical illness.

Background of the Case

Client was 22 years old young adult in his family. Who was raised in a strict environment at home? He had one elder sister. Client's father was very dominating person in the family with a terrible temper. Who used to compare client with his other cousins and discouraged him on his failures, never showed any sympathy towards him, had high expectations from client especially about his education and tried to show off others as he is the perfect parent but actually he used to take out his frustrations on his children especially on client. Client's mother's behavior was very submissive in all the matters took place in the family which also made him frustrated.

With the passage of time when he reached to his adolescence, he had stopped sharing his emotions and worries with anyone, soon after his elder sister got married. According to him by the time he had developed an attitude of ruminating every negative thought and feeling worthless about him whole day. Due to which he had started to notice that he was beginning to have difficulty in maintaining sleep, feeling lonely, began to have stomachaches and gastrointestinal problems. For gastrointestinal problems he started to see general physicians who prescribed him some medicines and he felt temporary recovery. But his constipation problem got worsen from the month of July 2015. Client visited many of gastrointestinal consultants, took all their prescribed medicines but couldn't find any recovery in his problem.

Treatment Approach

There were two stages planned to deal with client's major complaints which time duration was of 3 months.

Stage 1

Client was firstly taken in the detailed individual session and then he attempted psychometric tests. He was assessed through projective tests namely Thematic Apperception and Rorschach Inkblot tests. In which it was revealed that: his self-worth was low and he felt conflict regarding his self-image. Further he perceived his environment as demanding. He had strong need for autonomy; however at the same

time he had fear of being rejected which over exercise of autonomy and independence. This created in him conflict between autonomy versus compliance. Test results also indicated that he had passive aggression towards his family. Moreover he had concerns over dealing with his environment. His pattern of interacting with the world was conventional and stereotyped; this generally made him fearful of complex and ambiguous situations. Therefore he gradually withdrew from his interpersonal relationship. He had the tendency to be inflexible thus likely to had difficulty in accepting and adjusting to changes. His thoughts, affects and behaviors were impulsive and poorly focused. Withdrawal and passivity were his predominant way of coping with difficult situations.

Further his method of dealing with painful emotions was to distance himself from emotions. He was apt to neutralize things from intellectual perspective this might serve to conceal the impact of affect. His Depression Index (DEPI) on Rorschach was elevated. High DEPI was indicative of depressive symptoms such as fluctuations in mood, a sense of dissatisfaction, pessimism. Elevated DEPI also indicated that client is likely to be lethargic and felt sense of futility when attempting to function capably in a complex society. His Coping Deficit Index (CDI) on Rorschach was also elevated. High CDI was indicative of social incompetence. Elevated CDI also indicated that client felt overwhelm by interpersonal demands.

Client on the basis of his psychological evaluation diagnosed as having "Mild Depressive Disorder". Along with that his suppressed emotions, low self-esteem and stress were playing a role in creating "Irritable Bowel Syndrome".

Stage 2

- Client in the second stage was psycho-educated that for treating his major complaints he had to take psychotropic medicines and psychotherapies. But he showed resistance in taking medicines.
- Client was psycho-educated about the eclectic therapeutic approach which was selected to deal with his depression and IBS.

- He then with active listening, paraphrasing and reflecting back techniques of Client Centered Therapy was made to openly reveal his all emotional frustration which he felt since childhood.
- Client after completing catharsis made to identify the core reasons of his frustrations and his emotional turmoil with the help of ABC model of CBT. Which he identified and understood that he was blaming his parents for all his faults. Due to which he started to have passive aggression towards his parents especially towards his father.
- Client was then made to reconstruct his negative thought with positive one with the help of ABCDE model of CBT.
- Client's family with the consent of client was called for the family counseling session. In which they were psycho-educated that how he had developed emotional turmoil with the passage of time which also affected his gastrointestinal areas. For which they were counseled that they had to provide a healthy environment at home to the client.
- Moreover they were guided to encourage his strengths in order to uplift his self esteem rather than expecting high from him.
- Client was guided the problem solving strategies to deal with all kind of stressors and emotional problems. Such as finding what is the problem, brainstorm its solution, identifying its advantages and disadvantages, making possible alternates, planning the action to implement.
- Client was also guided the ways to uplift his self esteem. Such as stop thinking about what others are thinking of him, believing on his strengths, stop focusing on negative thoughts and comments, take challenges positively and stop comparisons.

RESULT

- Client's negative thoughts gradually got reconstructed in positive one.
- Family environment became healthy. Client became easy in sharing all his emotions and routine worries with his family and was feeling happy with that.
- Client's father stopped expecting high from

him and started to show believe on client's strengths.

- Client had stopped ruminating his past and present negative thoughts.
- Client by the time became more relax emotionally and his depressive symptoms became recovered.
- Moreover improvement observed in irritable bowel syndrome as his emotional turmoil were getting better. His constipation and stomach complaints became reduced.
- His bowel functioning became better and regular.
- He started taking interest in healthy routine life.
- Client had stopped jumping on to the conclusions without evaluating the situations. He also had modified his behavior in coping with the stressful situation by working on problem solving strategies.

DISCUSSION

Overall, client's therapy was thought-provoking but it was also very satisfying to see that he recovered his major complaints without any use of psychotropic medications. CBT approaches showed to be very helpful in facilitating the client to reconstruct and manage his negative thoughts, preventing himself from rumination of past thoughts. CBT, CCT and family counseling sessions appeared to be very effective in dealing with his family conflicts and other emotional issues. Further researches are definitely needed to help explore more advantages of this approach.⁶

Furthermore, psychodynamic approaches were also used to give him an opportunity to explore the childhood issues that affected him badly and to identify the core reasons of his major complaints. In addition, problem solving strategies and strategies for boosting self-esteem had gave him a chance to deal with his problems effectively.

CONCLUSION

Although there are different opinions about the practice of combined techniques of different psychotherapy.⁷ But it was found that the use of different therapeutic approaches with the same client to be effective and incorporation of

therapeutic approaches, where this is believed to be of benefit to the patient would be more encouraging. According to Wheelis (2010)⁸ it's the responsibility of therapist to realize what helps the client to lessen his misery.

RECOMMENDATIONS

- More work need to be done in this area to see its effectiveness with other mental disorders, that how much it is effective with particular disorders.
- Further it is also important to see its cultural biases. Whether it is workable with clients who are coming from interior sides of Pakistan or not.

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*At twenty year of age, the will reigns;
at thirty the wit and at forty the judgement.*

– Benjamin Franklin –

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AUTHORSHIP AND CONTRIBUTION DECLARATION

Sr. #	Author-s Full Name	Contribution to the paper	Author=s Signature
1	Nida Anwar Ali Bhatti	Prepare the whole case study.	