

XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires, 2024.

# Uso de la psicoterapia basada en la evidencia para adaptar el tratamiento a los pacientes con Trastornos Neurológicos Funcionales.

Saporiti, Carla.

Cita:

Saporiti, Carla (2024). *Uso de la psicoterapia basada en la evidencia para adaptar el tratamiento a los pacientes con Trastornos Neurológicos Funcionales. XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires.*

Dirección estable: <https://www.aacademica.org/000-048/575>

ARK: <https://n2t.net/ark:/13683/evo3/vSE>

*Acta Académica es un proyecto académico sin fines de lucro enmarcado en la iniciativa de acceso abierto. Acta Académica fue creado para facilitar a investigadores de todo el mundo el compartir su producción académica. Para crear un perfil gratuitamente o acceder a otros trabajos visite: <https://www.aacademica.org>.*

# USO DE LA PSICOTERAPIA BASADA EN LA EVIDENCIA PARA ADAPTAR EL TRATAMIENTO A LOS PACIENTES CON TRASTORNOS NEUROLÓGICOS FUNCIONALES

Saporiti, Carla

No acreditado. Buenos Aires, Argentina.

## RESUMEN

Este trabajo tiene como objetivo describir y analizar los elementos específicos de los principales enfoques psicoterapéuticos utilizados en pacientes con trastorno neurológico funcional (TNF). El TNF presenta síntomas neurológicos perturbadores e incapacitantes, que no se ajustan a la fisiopatología conocida de las enfermedades neurológicas. Comúnmente, incluye convulsiones funcionales (CF) y puede volverse crónico. El principal tratamiento recomendado es la psicoterapia. Las diferentes modalidades de psicoterapia estudiadas para este trastorno incluyen terapia cognitivo-conductual (TCC), enfoques de tercera ola, psicoterapias psicodinámicas, intervenciones terapéuticas y psicoeducativas grupales, y, para pacientes con CF y trastorno de estrés post traumático (TEPT), exposición prolongada basada en TCC. Frecuentemente, el TNF muestra patología comórbida y una amplia variedad de factores predisponentes y perpetuantes, conformando una población altamente heterogénea que requiere adaptación clínica, máxima flexibilidad durante el tratamiento e identificación de aquellos elementos más adecuados para pacientes específicos. Por esto, se efectuó una revisión bibliográfica de la literatura referida a dicha temática, en pos de determinar, dentro de los principales enfoques, cuáles son sus diferencias y aspectos comunes. Esto permitiría adecuar el tratamiento a los diversos subgrupos de pacientes o a los diferentes momentos del proceso de recuperación de un mismo paciente, aumentando la posibilidad de éxito clínico.

## Palabras clave

Psicoterapia - Evidencia clínica - TNF - Desorden de conversión

## ABSTRACT

USING EVIDENCE-BASED PSYCHOTHERAPY TO TAILOR TREATMENT FOR PATIENTS WITH FUNCTIONAL NEUROLOGICAL DISORDERS

This work aims to describe and analyze the specific elements of the main psychotherapeutic approaches used in patients with functional neurological disorder (FND). FND presents disturbing and disabling neurological symptoms, which do not fit the known pathophysiology of neurological diseases. It commonly includes functional seizures (FS) and can become chronic. The main recommended treatment is psychotherapy. The different psychotherapy modalities studied for this disorder include

cognitive-behavioral therapy (CBT), third wave approaches, psychodynamic psychotherapies, group therapeutic and psychoeducational interventions, and, for patients with FS and post-traumatic stress disorder (PTSD), prolonged exposure therapy, a CBT-based treatment. Frequently, FND shows comorbid pathology and a wide variety of predisposing and perpetuating factors, forming a highly heterogeneous population that requires clinical adaptation, maximum flexibility during treatment, and identification of those elements most appropriate for specific patients. For this reason, a bibliographic review of the literature referring to said topic was carried out, in order to determine, within the main approaches, what their differences and common aspects are. This would allow the treatment to be adapted to the various subgroups of patients or to the different moments in the recovery process of the same patient, increasing the possibility of clinical success.

## Keywords

Psychotherapy - Clinical evidence - FND - Conversion disorder

**BIBLIOGRAFÍA**

- Association AP. Diagnostic and statistical manual of mental disorders (DSM5). American Psychiatric Pub.; 2013.
- Barry JJ, Wittenberg D, Bullock KD, Michaels JB, Classen CC, Fisher RS. Group therapy for patients with psychogenic nonepileptic seizures: a pilot study. *Epilepsy Behav* 2008;13(4):624-9.
- Baslet G, Bajestan SN, Aybek S, Modirrousta M, D.Clin.Psy JP, Cavanna A, et al. Evidence-based practice for the clinical assessment of psychogenic nonepileptic seizures: A report from the American Neuropsychiatric Association Committee on Research. *J Neuropsychiatry Clin Neurosci* 2021;33(1):27-42.
- Baslet G, Ehler A, Oser M, Dworetzky BA. Mindfulness-based therapy for psychogenic nonepileptic seizures. *Epilepsy Behav* 2020;103:106534. <https://doi.org/10.1016/j.yebeh.2019.106534>.
- Bloch-Atefi A, Smith J. The effectiveness of body-oriented psychotherapy: A review of the literature. *Psychother Counsell J Austr* 2015;3(1).
- Brown, N.W., Psychoeducational groups : process and practice. 2018.
- Brown RJ. Psychological and psychiatric aspects of psychogenic nonepileptic seizures (PNES): A systematic review. *Clin Psychol Rev* 2016;45:157-82.
- Brown RJ, Reuber M. Psychological and psychiatric aspects of psychogenic non-epileptic seizures (PNES): A systematic review. *Clin Psychol Rev* 2016;45:157-82.
- Brown RJ, Reuber M. Towards an integrative theory of psychogenic nonepileptic seizures (PNES). *Clin Psychol Rev* 2016;47:55-70.
- Bullock KD, Mirza N, Forte C, Trockel M. Group dialectical-behavior therapy skills training for conversion disorder with seizures. *J Neuropsych Clin Neurosci* 2015;27(3):240-3.
- Campbell LF, Norcross JC, Vasquez MJT, Kaslow NJ. Recognition of psychotherapy effectiveness: the APA resolution. *Psychotherapy (Chic)* 2013;50(1):98-101.
- Carlson P, Nicholson Perry K. Psychological interventions for psychogenic nonepileptic seizures: A meta-analysis. *Seizure* 2017;45:142-50.
- Carson A, Stone J, Hibberd C, Murray G, Duncan R, Coleman R, et al. Disability, distress and unemployment in neurology outpatients with symptoms 'unexplained by organic disease'. *J Neurol Neurosurg Psychiatry* 2011;82 (7):810-3.
- Chen DK, Maheshwari A, Franks R, Trolley GC, Robinson JS, Hrachovy RA. Brief group psychoeducation for psychogenic nonepileptic seizures: a neurologist-initiated program in an epilepsy center. *Epilepsia* 2014;55(1):156-66.
- Conwill M, Oakley L, Evans K, Cavanna AE. CBT-based group therapy intervention for nonepileptic attacks and other functional neurological symptoms: a pilot study. *Epilepsy Behav* 2014;34:68-72.
- Cristea IA, Vecchi T, Cuijpers P. Top-down and Bottom-up Pathways to Developing Psychological Interventions. *JAMA Psychiatry* 2021;78 (6):593-4.
- Dalocchio C, Tinazzi M, Bombieri F, Arnó N, Erro R. Cognitive behavioural therapy and adjunctive physical activity for functional movement disorders (conversion disorder): A pilot, single-blinded randomized study. *Psychother Psychosom* 2016;85(6):381-3.
- de Barros ACS, Furlan AER, Marques LHN, de Araújo Filho GM. Effects of a psychotherapeutic group intervention in patients with refractory mesial temporal lobe epilepsy and comorbid psychogenic nonepileptic seizures: A nonrandomized controlled study. *Seizure* 2018;58:22-8.
- Dixit R, Popescu A, Bagić A, Ghearing G, Hendrickson R. Medical comorbidities in patients with psychogenic nonepileptic spells (PNES) referred for video-EEG monitoring. *Epilepsy Behav* 2013;28(2):137-40.
- Espay AJ, Ries S, Maloney T, Vannest J, Neefus E, Dwivedi AK, et al. Clinical and neural responses to cognitive behavioral therapy for functional tremor. *Neurology* 2019;93(19):e1787-98.
- Fizman AL, Nunes, D'Andrea, Figueira. Traumatic events and posttraumatic stress disorder in patients with psychogenic nonepileptic seizures: A critical review. *Epilepsy Behav* 2004;5(6):818-25.
- Foa, Hembree, and Rothbaum, Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences, Therapist Guide. 2015: Oxford University Press.
- Foa E et al. Prolonged exposure therapy for PTSD: emotional processing of traumatic experiences - therapist guide. Oxford University Press, Incorporated; 2019.
- Foa EB, Kozak MJ. Emotional processing of fear: Exposure to corrective information. *Psychol Bull* 1986;99(1):20-35.
- Fobian AD, Long DM, Szafarski JP. Retraining and control therapy for pediatric psychogenic non-epileptic seizures. *Ann Clin Transl Neurol* 2020;7(8):1410-9.
- Goldstein LH, Chalder T, Chigwedere C, Khondoker MR, Moriarty J, Toone BK, et al. Cognitive-behavioral therapy for psychogenic nonepileptic seizures: a pilot RCT. *Neurology* 2010;74(24):1986-94.
- Goldstein LH, Deale AC, O'Malley SJM, Toone BK, Mellers JDC. An evaluation of cognitive behavioral therapy as a treatment for dissociative seizures: A pilot study. *Cognitive Behav Neurol* 2004;17(1):41-9.
- Goldstein LH, Robinson EJ, Mellers JDC, Stone J, Carson A, Reuber M, et al. Cognitive behavioural therapy for adults with dissociative seizures (CODES): a pragmatic, multicentre, randomised controlled trial. *Lancet Psychiatry* 2020;7 (6):491-505.
- Goldstein, et al. Cognitive behavioural therapy vs standardised medical care for adults with Dissociative non-Epileptic Seizures (CODES): a multicentre randomised controlled trial protocol. *BMC Neurol* 2015;15:98.
- Gutkin M, McLean L, Brown R, Kanaan RA. Systematic review of psychotherapy for adults with functional neurological disorder. *J Neurol Neurosurg Psychiatry* 2021;92(1):36-44.
- Hayes SC. Acceptance and commitment therapy, relational frame theory, and the third wave of behavioral and cognitive therapies. *Behav Ther* 2004;35 (4):639-65.
- Hayes, S.C.H., Stefan, Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy. Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy., ed. S.C. Hayes and S.G. Hofmann. 2018, Oakland, CA, US: New Harbinger Publications, Inc. vi, 452-vi, 452.

- Hingray C, Maillard L, Hubsch C, Vignal J-P, Bourgognon F, Laprevote V, et al. Psychogenic nonepileptic seizures: characterization of two distinct patient profiles on the basis of trauma history. *Epilepsy Behav* 2011;22(3):532-6.
- Hinson VK, Weinstein S, Bernard B, Leurgans SE, Goetz CG. Single-blind clinical trial of psychotherapy for treatment of psychogenic movement disorders. *Parkinsonism Relat Disord* 2006;12(3):177-80.
- Hobson, R.F., *Forms of feeling*. 1985, London: Tavistock.
- Howlett S, Reuber M. An augmented model of brief psychodynamic interpersonal therapy for patients with nonepileptic seizures. *Psychotherapy (Chic)* 2009;46(1):125-38.
- Joel M. Reiter, D.A., Charlotte Reiter, W. Curt LaFrance, *Taking Control of Your Seizures: Workbook*. 2015: Oxford University Press. 336.
- Kompoliti K, Wilson B, Stebbins G, Bernard B, Hinson V. Immediate vs. delayed treatment of psychogenic movement disorders with short term psychodynamic psychotherapy: randomized clinical trial. *Parkinsonism Relat Disord* 2014;20(1):60-3.
- Kozłowska K et al. Multimodal rehabilitation: A mind-body, family-based intervention for children and adolescents impaired by medically unexplained symptoms. Part 1: The Program. *Am J Family Therapy* 2012;40(5):399-419.
- Kozłowska K, Chudleigh C, Cruz C, Lim M, McClure G, Savage B, et al. Psychogenic non-epileptic seizures in children and adolescents: Part II - explanations to families, treatment, and group outcomes. *Clinical Child Psychol Psychiatry* 2018;23(1):160-76.
- LaFrance Jr WC, Reuber M, Goldstein LH. Management of psychogenic nonepileptic seizures. *Epilepsia* 2013;54(Suppl 1):53-67.
- LaFrance WC, Baird GL, Barry JJ, Blum AS, Frank Webb A, Keitner GI, et al. Multicenter pilot treatment trial for psychogenic nonepileptic seizures: a randomized clinical trial. *JAMA Psychiatry* 2014;71(9):997. <https://doi.org/10.1001/jamapsychiatry.2014.817>.
- Mayor, R., et al., Long-term outcome of brief augmented psychodynamic interpersonal therapy for psychogenic nonepileptic seizures: Seizure control and health care utilization. *Epilepsia*, 2010. 51(7): p. 1169-1176.
- Michaelis, R., et al., Psychological treatments for people with epilepsy. *Cochrane Database Syst Rev*, 2017. 10(10): p. Cd012081.
- Myers L, Vaidya-Mathur U, Lancman M. Prolonged exposure therapy for the treatment of patients diagnosed with psychogenic non-epileptic seizures (PNES) and post-traumatic stress disorder (PTSD). *Epilepsy Behav* 2017;66:86-92.
- Myers L, Zandberg L. Prolonged exposure therapy for comorbid psychogenic nonepileptic seizures and posttraumatic stress disorder. *Clinical Case Studies* 2018;17(1):3-20.
- Payne P, Levine PA, Crane-Godreau MA. Somatic experiencing: using interoception and proprioception as core elements of trauma therapy. *Front Psychol* 2015;6:93.
- L. Myers, M. Sarudiansky, G. Korman et al. *Epilepsy & Behavior Reports* 16 (2021) 100478 9.
- Reiter JM, Andrews DJ. A neurobehavioral approach for treatment of complex partial epilepsy: efficacy. *Seizure* 2000;9(3):198-203.
- Reuber M. Psychogenic nonepileptic seizures: answers and questions. *Epilepsy Behav* 2008;12(4):622-35.
- Reuber M, Burness C, Howlett S, Brazier J, Grünewald R. Tailored psychotherapy for patients with functional neurological symptoms: a pilot study. *J Psychosom Res* 2007;63(6):625-32.
- Reuber M, Pukrop R, Bauer J, Helmstaedter C, Tessendorf N, Elger CE. Outcome in psychogenic nonepileptic seizures: 1 to 10-year follow-up in 164 patients. *Ann Neurol* 2003;53(3):305-11.
- Reuber, M., et al., Psychogenic nonepileptic seizure manifestations reported by patients and witnesses. *Epilepsia*, 2011. 52(11): p. 2028-35.
- Rothbaum, B., E. Foa, and E. Hembree, *Reclaiming your life from a traumatic experience: a prolonged exposure treatment program workbook*. 2007: Oxford University Press. 1-26
- Rusch MD, Morris GL, Allen L, Lathrop L. Psychological Treatment of Nonepileptic Events. *Epilepsy Behav* 2001;2(3):277-83.
- Sawchuk T, Buchhalter J, Senft B. Psychogenic nonepileptic seizures in children-Prospective validation of a clinical care pathway & risk factors for treatment outcome. *Epilepsy Behav* 2020;105:106971.
- Sharpe M, Walker J, Williams C, Stone J, Cavanagh J, Murray G, et al. Guided self-help for functional (psychogenic) symptoms: a randomized controlled efficacy trial. *Neurology* 2011;77(6):564-72.
- Yalom, I.D. and M. Leszcz, *The theory and practice of group psychotherapy*. 2015.
- Zaroff C, Myers L, B. Barr W, Luciano D, Devinsky O. Group psychoeducation as treatment for psychological nonepileptic seizures. *Epilepsy Behav* 2004;5 (4):587-92.