

Psychotherapies for MUS - Reference list

Psychodynamic

Abbass A, Kisely S, Kroenke K (2009) Short-Term Psychodynamic Psychotherapy for Somatic Disorders. Systematic Review and Meta-Analysis of Clinical Trials. *Psychother Psychosom* 2009;78:265-274

Bronstein C (2011) On psychosomatics; The search for meaning. *Int J Psychoanalysis* 92; 173-195

Creed, F., Fernandes, L., Guthrie, E., Palmer, S., Ratcliffe, J., Read, N., Rigby, C., Thompson, D. & Tomenson B. North of England IBS Research Group. (2003). The cost-effectiveness of psychotherapy and paroxetine for severe irritable bowel syndrome. *Gastroenterology*, 124(2):303-17

Guthrie E (unpublished manual) *Adaptation of the psychodynamic-interpersonal model to work with medically unexplained symptoms*

Guthrie E, Creed, F., Dawson, D. & Tomenson, B. (1991). A controlled Trial of Psychological Treatment for the Irritable Bowel Syndrome. *Gastroenterology*, 100: 450-457.

Hamilton, J., Guthrie, E., Creed, F., Thompson, D., Tomenson, B., Bennett, R., Moriarty, K., Stephens, W. & Liston, R. (2000). A Randomised Controlled Trial of Psychotherapy in Patients with Chronic Functional Dyspepsia. *Gastroenterology*, 119: 661-669

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Sattel H, Lahmann C, Gundel H, Guthrie E, Kruse J, Noll-Hussong M, Ohmann C, Ronel J, Sack M, Sauer N, Schneider G and Henningsen P (2012). Brief psychodynamic interpersonal psychotherapy for patients with multisomatoform disorder: randomised controlled trial. *Br J Psych*, 100: 60-67.

Schoenberg P (2007) *Psychosomatics: the uses of psychotherapy*. Basingstoke: Palgrave Macmillan

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<https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/core/competence-frameworks-9>

<http://www.ucl.ac.uk/clinical-psychology/competency-maps/physical-health-conditions-competences/specific%20interventions/Psychodynamic%20Interpersonal%20Therapy%20web.pdf>

[Competency Frameworks for people with persistent physical health conditions map \(ucl.ac.uk\)](#)

For details of the 5-day training course in psychodynamic-interpersonal therapy (PIT), contact secretary to Else Guthrie (Professor of Psychological Medicine & Medical Psychotherapy) at Wendy.Clarke@manchester.ac.uk

CBT

Kroenke K (2007) Efficacy of treatment for somatoform disorders: a review of randomised controlled trials. *Psychosomatic Medicine*. 69:881-88

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Comparison of adaptive pacing therapy, cognitive behaviour therapy, graded exercise therapy, and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial