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Abstract

The Case of a Teenager Girl with conversion Disorder mixed Associative Behaviour - Role of Cognitive Behavioural Therapy with Motivational Interviewing Method. Abstract of this paper discusses a cognitive-behavioural therapeutic intervention combined with Motivational Interviewing method in the case of a 15- year old teenager, named Ms.Pooja hospitalized several times for conversion disorder mixed associative Identity with having pain in lower abdomen and forehead. Symptoms were different from one hospital admittance to the other, and initially included chronic vomiting, restlessness, irritability, then rebel headaches and crying, non-kinetic mutism with language regression, major walking disorders and fainting episodes. From a psychological point of view, her mother describes her as being sensitive, hyperemotional, emotionally unstable, anxious, impressionable, and loving to be the centre of attention. At the age of 9yrs she complained about the sever pain in stomach and forehead for which she stopped her school. The family members took her several doctors including Gastrologist, Neurologist and all test reports were positive, the doctors explained to them. They took her also some temple where treatment on those person who suffering from evil spirits (Sankatwalas) get relief from distress. She stayed there for 9 months with her parents for treatment too. These situations were interpreted as conversion disorder with mixed dissociative behaviour based on a developing personality with sensitive and histrionic traits by psychiatric. We initiated a cognitive-behavioral combined with motivational Interviewing method. A favourable evolution was noticed with every hospitalization. Key words: conversion disorder with dissociative behaviour, cognitive-behavioural therapy and motivational Interviewing method.

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