



The psychological impact of the sick role on recovery from medical illness using a multidisciplinary team approach and integrated psychotherapy approach using a case study approach

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Abstract

Statement of the Problem:

Investment in the sick role appears to prevent some patients from recovery or the perception of recovery. Using a multidisciplinary team approach where there is collaboration amongst the disciplines with a careplan is beneficial for the patient's recovery. An integrated therapeutic approach working with the underlying schemas responsible for the investment in the sick role will allow the patient to "get better".

Methodology & Theoretical Orientation

Multidisciplinary medical and psychiatric community based collaboration with continuation of care, comprehensive & holistic view of the patient, benefit of the availability of range of skills. Schema therapy integrated approach (CBT, psychotherapy, BWRT) to address underlying psychological issues underpinning medical illness.

Findings

Focus on the Investment in the sick role using the schema psychotherapy approach & MDT collaborative approach showed a decrease in psychological and medical symptomology.

Conclusion & Significance

Schema therapy within an integrated approach address g the underpinning psychological issues responsible for the medical illness and poor recovery with a MDT collaborative approach is favorable for psychiatric and medical recovery.

Recommendations

Implications for future research into the integration of psychology & medicine, working in a collaborative multidisciplinary approach within the community. A need for an IT platform for shared patient notes.



Biography:

Samantha Williams is a Clinical Psychologist, and provides Psychological treatment that is accessible & affordable. Working within a multidisciplinary approach & patient needs led

Speaker Publications:

1. Samantha Williams, Mental health in the Covid-19 pandemic, *QJM: An International Journal of Medicine*, hcaa110, 30 March 2020
2. Samantha Williams, C. Mental Health and the Covid-19 Pandemic, *The New England Journal of Medicine*, 13 April 2020

[30th Euro Congress on Psychiatrists and Psychologists;](#)
Vienna, Austria - May 11-12, 2020.

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<https://europe.psychiatryconferences.com/speaker/2020/samantha-williams-clinical-psychologist>