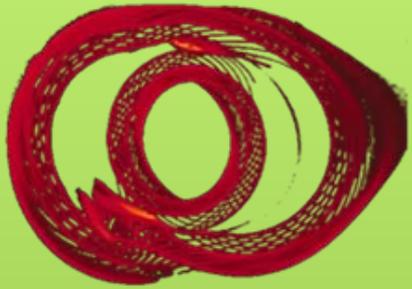


HELPING YOU
TO BE MORE
THAN YOUR
ILLNESS



You Are More

MORETHANILLNESS.ORG

Coping with PSC: It's Not "All in Your Head"

Philip Burke, PhD
18 Year PSC Patient
Clinical Psychologist

What I'd Like Us to Accomplish

- *Understand Need to Cope:*
Physiological Basis for Need to Cope with Chronic Stress
- *Rethink the Biological Model of Health:*

**Shift to a
Bio-psycho-social-behavioral
Model of Health**

Why is coping important?

We are built to respond to physical and psychological demands...

...at least in the short term.

- Demands *stress* body & mind.
- When temporary, acute stress response system helps us meet demands.

Effects of *Acute* Stress on the Brain



Facilitates
rapid
decisions to
look for,
prepare for,
and act on
threats

- Narrows thinking
- Focuses attention
- Promotes automaticity
- Restricts emotions
- Low creativity
- Low social judgment

Stress response doesn't fit PSC

Demands of PSC ongoing (not acute)

- Physiological Changes
- Unpredictability and uncertainty
- Hard to find ways to focus on action

Result:

- **Chronic & recurrent stress**
- **Need to Cope**

Effects of Chronic Stress on...

Body

Aches,
Tension

Infections

Fatigue

Skin
irritation

Breathless-
ness

Hi BP

Insomnia

Thought

Worrying

Negativity

Impul-
sivity

Poor
decisions

Reduced
Creativity

Behavior

Accident
prone

With-
drawal

Poor
communi-
cation

Substance
abuse

Restless-
ness

Emotions

Irritability

Reduced
Confidence

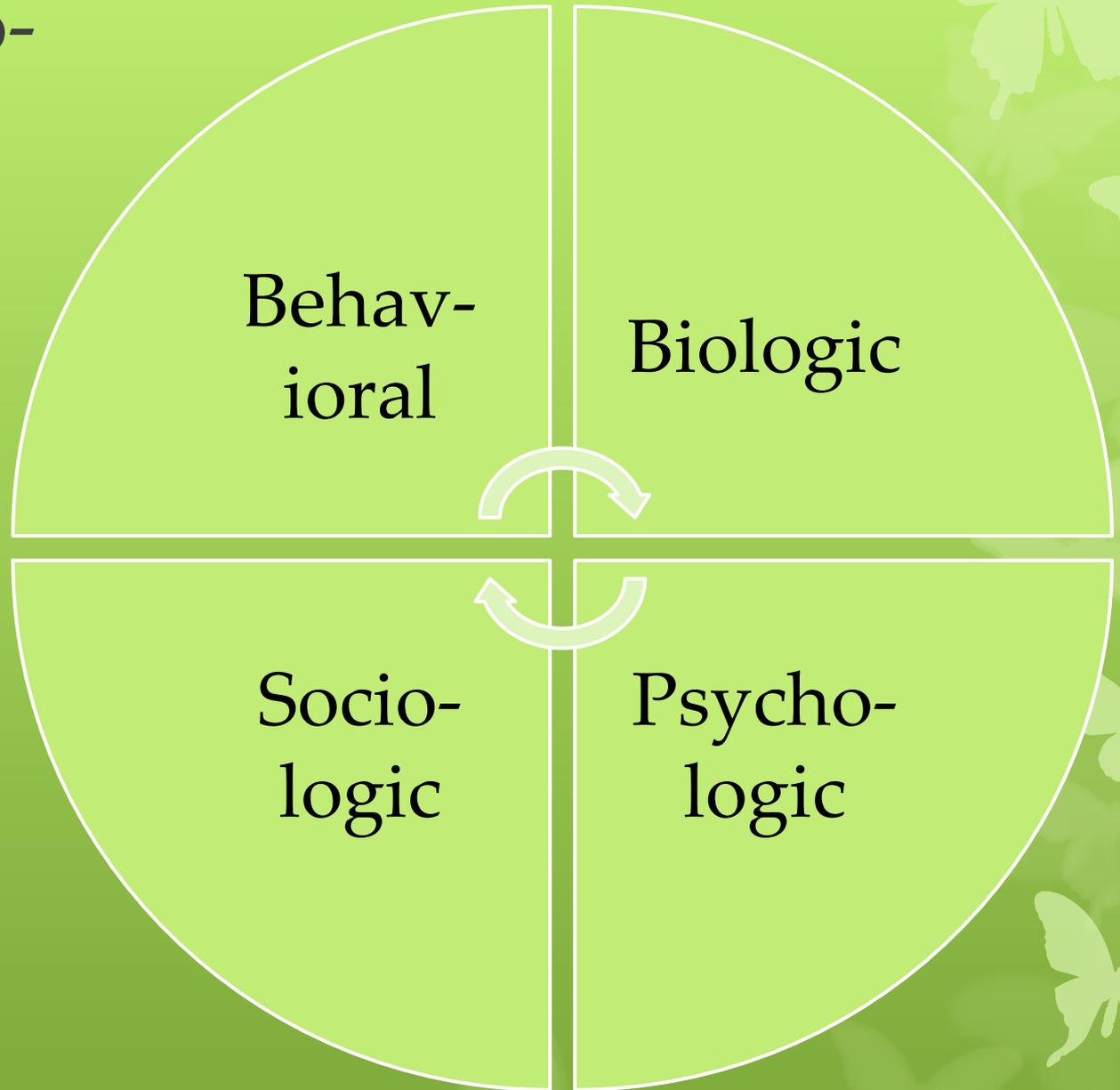
Depression

Apathy

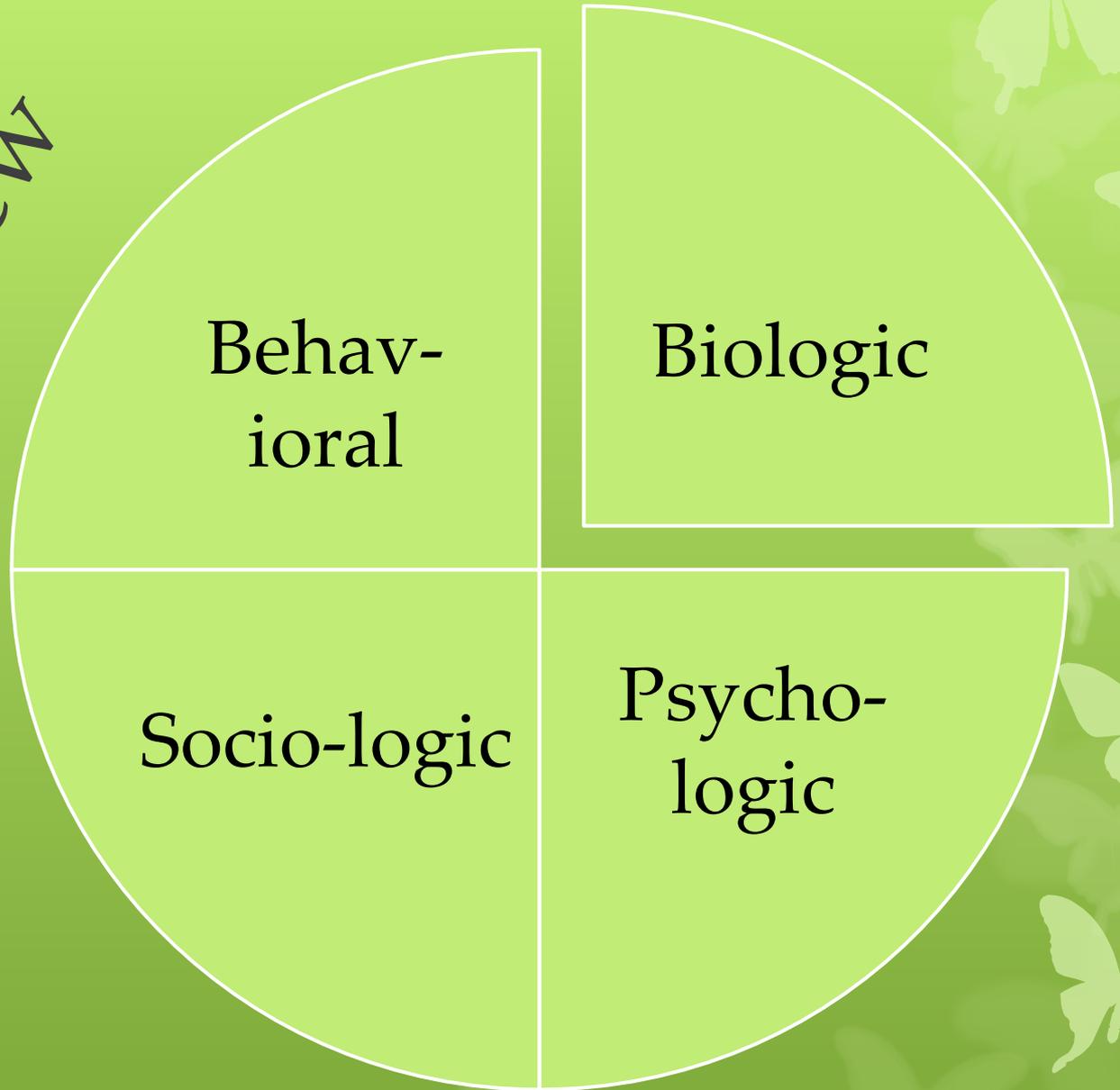
Anxiety

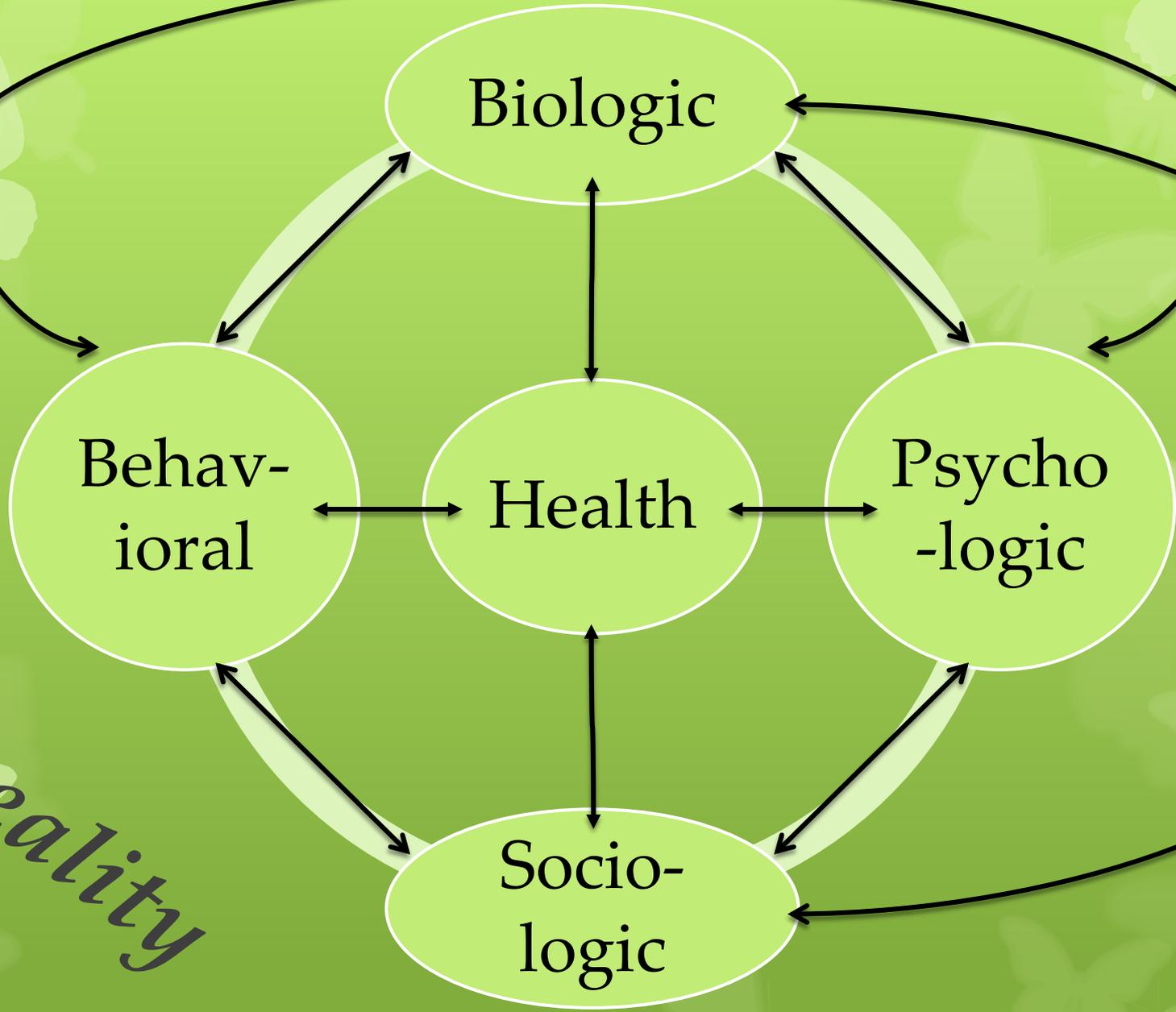
Alienation

Bio-psycho-
social-
behavioral
Model
of
Health



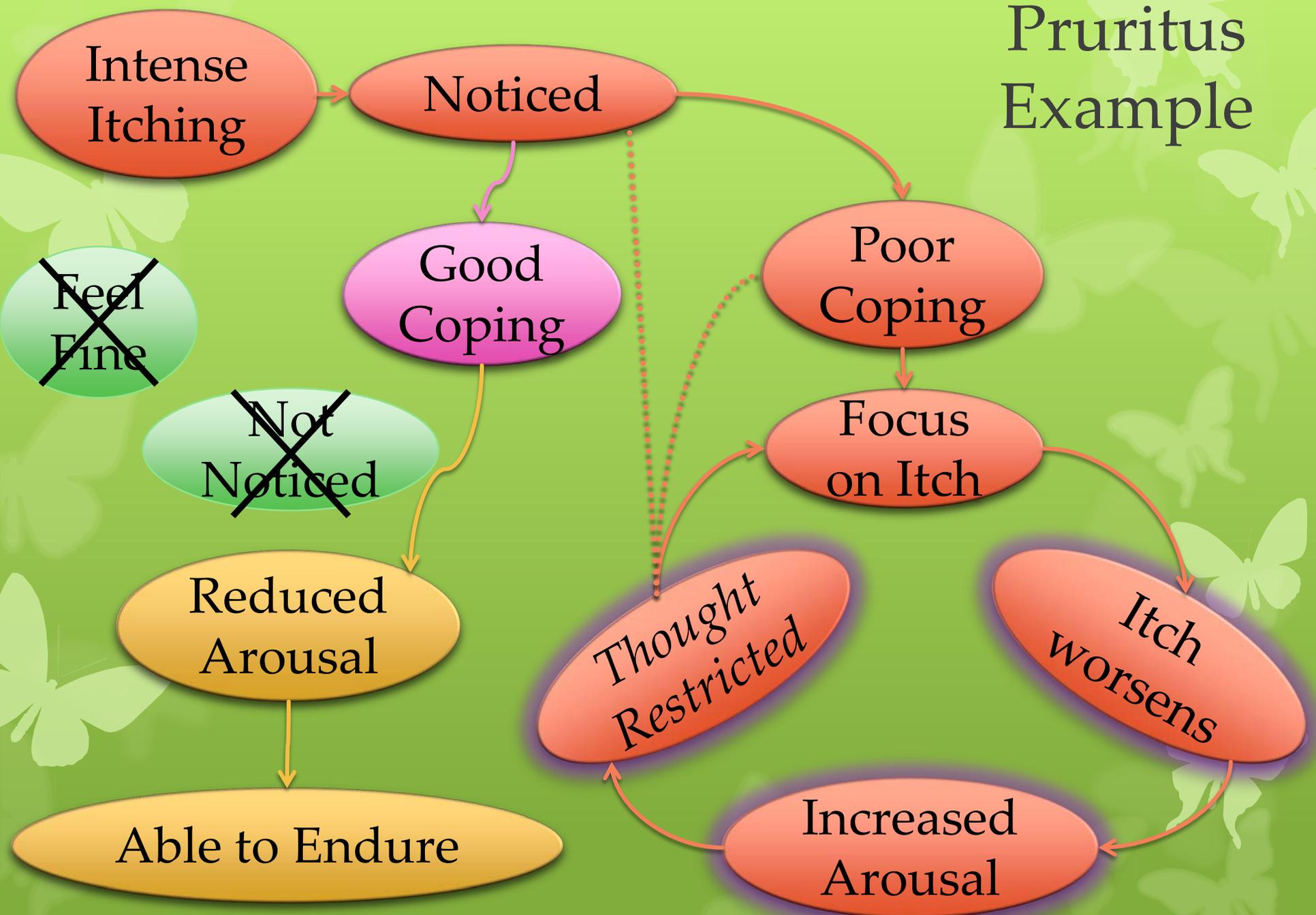
Simplistic View





Reality

Pruritus Example



Examples of Realms to Which This Can Be Applied

- Fatigue
- Insomnia
- Concentration
- Depression
- Post-traumatic reactions
- Sexual relating
- Communication
- Social functioning
- Independence

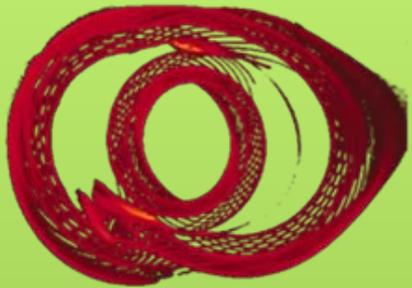
Examples of Coping

- Balanced Diet
- Regular Exercise
- Regular Sleep Schedule
- Medications / Supplements
- Deep Relaxation
- Financial/Insurance Planning
- Balance: Rest with “Pushing On”
- Re-prioritizing / Benefit-Finding
- Rethink Demands as Priorities

Examples of Coping

- Problem-solving (*solvable problems*).
- Practicing **acceptance**.
- Seek social support.
- Recognize mental health problems as expectable parts of illness & seek help.
- Reduce self-blame while accepting responsibility for own health & healthcare.
- Be a “team leader” for healthcare.
- Reducing blaming others.

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Information Presented

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