

Medically Unexplained Physical Symptoms (MUPS)

Calgary Emotional Health

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Sometimes people have serious physical symptoms that can't be fully explained despite extensive medical testing. Even though these symptoms cause very real and disabling effects on the person's health and functioning, the absence of a clear medical cause can make it hard to understand and treat these symptoms effectively. As a result, people can end up stuck suffering with their symptoms despite the best medical efforts. Some common examples of unexplained symptoms (MUPS) are listed below:

Diagnostic Interview for Emotional Factors

After serious medical conditions are ruled out for unexplained symptoms, it is important to investigate *whether or not* any emotional factors are contributing to the physical symptoms given that these factors are not captured by standard medical testing. Research shows that we all can experience physical, motor, and neurocognitive symptoms in response to emotional stress and in some cases, this can occur without our awareness resulting in the onset, worsening, or persistence of very serious physical symptoms.

To help you determine whether or not emotional factors are contributing to your health problems, you may want to consider a Diagnostic Interview. The 2-hour collaborative interview is completely voluntary and requires some curiosity about how emotions affect you physically and if they contribute in some way to your specific physical symptoms. The interview involves helping people carefully engage and observe their emotional processes, body responses, thoughts, and interaction patterns that emerge while repeatedly examining their symptoms and situations where they improve or worsen. Findings are reviewed and evaluated together based on how the body and symptoms respond during interview—improving, resolving entirely, or no change. With direct evidence of emotional factors impacting symptoms, clients can then decide to engage in further sessions aimed at symptom removal and progress monitoring.

Common MUPS:

Headache

Chest and Abdominal Pain

Back, Neck, and Joint Pain

Nausea and Digestive Problems

Fatigue and Sleep Problems

Dizziness, Confusion, and Weakness

Memory, Concentration, and Visual Problems

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