

## **Cognitive Behavior Therapy with a Migrant Pakistani in Malaysia: A Single Case Study of Conversion Disorder**

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**Abstract :** This clinical case presents a 24 years old, Muslim Pakistani girl with a history of conversion disorder. Her symptoms comprised fits, restlessness, numbness in legs, poor coordination and balance, burning during urination and retention. A cognitive-behavioral model was used for conceptualizing her problem and devising a management plan based on cognitive behavioral therapy (CBT) and culturally adapted coping statements. She took 13 therapy sessions and was presented with idiosyncratic case conceptualization. Psychoeducation, coping statements, extinction, verbal challenging, and behavioral activation techniques were practiced in a collaborative way for cognitive restructuring of the client. Focus of terminal sessions was on anger management. The client needed a couple of more sessions in order to help her manage her anger. However, the therapy was terminated on the part of the client after attainment of short term goals. The client reported to have a 75 % improvement in her overall condition and remained compliant throughout the therapy.

**Keywords :** cognitive behavioral therapy, conversion disorder, female, Muslim, Pakistani

**Conference Title :** ICCPM 2019 : International Conference on Cognitive Psychology and Memory

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** May 14-15, 2019