

Treating the emotional dimension of Chronic Fatigue Syndrome (CFS)

Evolving from Adrenal Fatigue, and a precursor to the debilitating effects of ME, CFS is a desperately difficult illness to suffer from. It can look like laziness and lack of motivation, so those around the sufferers can experience profound frustration, generating shame and defensiveness in the CFS sufferer who will often then isolate.

There is a great deal of evidence surrounding CFS that is worth exploring (suggest: <http://www.nhs.uk/conditions/Chronic-fatigue-syndrome/Pages/Introduction.aspx>) but at CHARTER the part we help the sufferer to address is the part relating to trauma, burn out or stress being a very real stress but also being a person's internal, emotional reaction to stress.

At CHARTER we have had success treating sufferers and their families, as we focus on supporting the sufferer to surrender to the solution and not to the illness, and to focus on the difficulties around experiencing functional anger and fear. We also support the families to explore the impact this illness has on them, and on their desire to be supportive instead of impatient.

The sufferers of CFS in treatment at CHARTER report that they have previously felt unable to express powerful feelings, so have instead turned them in on themselves causing their bodies and minds to literally fog over and shut down. We have found that recovery is painstakingly slow, but possible, taking up to 18 months, where a person may attend CHARTER daily, but spend part of their time here resting. Helping someone to move into their emotions when they have developed such profound avoidant patterns as exhaustion and irresistible urge to sleep means that at the times the person is awake we can do the work and when they fall asleep our role is simply to hold, and to wait.

The team at CHARTER works collaboratively with all the client's relevant health professionals to ensure that the emotional reawakening is properly managed alongside any physical symptoms.

If you think you are suffering with Chronic Fatigue Syndrome then give us a call, we can help

Call 020 7323 4970

www.charterharleystreet.com