Scenario 2: The Resistant Spouse

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The Resistant Spouse

Lisa

- 51 year old female, Caucasian
- B.A. degree
- Former dental assistant
- Managed household and worked full-time
- Used to “do it all!”
- Diagnosed 2011
- Currently on disability
- On DMT
- Spasticity, pain, major fatigue
- Antidepressant for depression and anger
Case Synopsis: Lisa & John
(married nearly 20 years)

**Lisa**
Response to John.....
- Angry, tearful, stressed, agitated
- Feels unsupported, alone
- Doesn’t trust marriage
- Can’t do “it all” like she used to
- Can’t ask John for emotional support

**John (through the lens of Lisa)**
- 55 year old, Caucasian male
- Works full time, engineer
- Resistant to MS events
- “That’s YOUR thing.”
- Doesn’t understand her limitations

**Jeff** Only child, 15, helpful, sympathetic to mom

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Barriers:
What’s Getting in the Way?

**Lisa**
- Perception
- Mental health
- MS symptoms
- Expectations
- Triangulation
- Grief
- Role strain
- Fear
- Anger

**John**
- Role strain and change
- Age
- Education and support
- Hidden Grief
- Expectations
- Fear
- Work schedule
- Personality
Building the Bridge: Navigating Resistance

Therapist
- Personal Bias
- Countertransference
- Values
- Judgment
- Moral distress
- Mindful of self and role
- Goal oriented
- Client centered

John
- Fear
- Avoidance
- Isolation
- Loss of control
- Grief
- Family of origin
- Patterns & expectations about marriage

Goals for INTERVENTION
- Baseline for marriage pre-DX
- Tackle resistance
- Clear expectations
- Address role strain
- Psychoeducation:
  - Normalize grief – chronic illness
  - Emotional wellness / Resilience
  - MS disease process
  - Communication & coping skills
- Counseling: individual, family, couples
ROLEPLAY

John accompanies Lisa to a rare clinic appointment. They are brought in to see you.

Notes from Roleplay / Group Interventions
Research

• National Alliance for Caregiving Study (2012). Multiple Sclerosis Caregivers.

Resources

For Professionals:
• NMSS: www.nationalmssociety.org/For-Professionals/Clinical-Care/Resources-for-You-and-Your-Practice

Cognitive Behavioral Treatment: www.thefreelibrary.com/Effects+of+a+cognitive

Motivational Interviewing: www.multicare.org

Mood Improvement: www.nationalmssociety.org/about-the-society/news/study-suggests-meditation-improves-Quality-of-...13879658

Motivational Interviewing for Health Behavior Change:
• www.motivationalinterview.org
• Self Advocacy: www.nationalmssociety.org/NationalMSociety/media/MS/NationalFiles/Documents/SelfAdvocacyAndCommunityInvolvement/AdvanceYourEmpowerment.pdf

Family Care Partners:
• NMSS: www.nationalmssociety.org/Resources-Support/Family-Matters/Action

Emotions:
• www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/symptoms/emotional-changes/index.aspx
• www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Emotional-Changes

Family Care Partners:
• MS International Federation: www.msf.org/en/9life_with_ms/family_friends_and_carers
• NMSS: www.nationalmssociety.org/Resources-Support/Family-Matters/Action
• Someone You Know Has MS: A Book for Families (pdf)
• A Guide for Caregivers (pdf)
• www.nationalmssociety.org/NationalMSociety/media/MSNationalFiles/Documents/Carepartner-Support-Resources.pdf
Assessment Tools

People with MS:

- **MS Quality of Life Inventory: MSQLI**
  
  [www.nationalmssociety.org/For-Professionals/Researchers/Resources-for-Researchers/Clinical-Study-Measures/Multiple-Sclerosis-Quality-of-Life-Inventory](http://www.nationalmssociety.org/For-Professionals/Researchers/Resources-for-Researchers/Clinical-Study-Measures/Multiple-Sclerosis-Quality-of-Life-Inventory)

Family Caregivers:

- Zarit Burden Scale (Zarit, 1980) (public domain) [www.aafp.org/afp/20001215/2613.html](http://www.aafp.org/afp/20001215/2613.html)
- Caregiver Strain Index (CSI) (Robinson, 1983)
  
- Caregiving Tasks in MS Scale (CTiMSS) (Pakenham, 2007)
  
  Email Dr. Ken Pakenham: kenp@psy.uq.edu.au
- Caregiver Reaction Assessment Scale (CRA) (Given et al., 1992)
  
  Email Dr. Barbara Given, Michigan State University. barb.given@hc.msu.edu
- CAREQOL-MS: Caregiver quality of life (Benito-Leon, 2011)
  