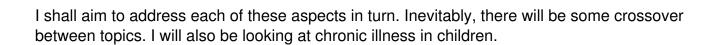
?Of what use is compassion that does not take its object into its arms?'

(Antoine de Saint Exupery)

In this series of articles, I am hoping to address the many and varied issues to do with the way in which arachnoiditis affects our lives in the emotional and social sense.

What are the main psychosocial aspects of chronic illness?

- Why we need a therapeutic alliance: the doctor/patient relationship
- The concept of ?illness behaviour'
- Chronic pain myths
- Disability and Invalidism
- Loss
- Adjustment /Grief
- Describing our illness
- Ways in which we think and feel
- Anxiety
- Depression:
- Suicide
- Cognitive impairment (thinking/memory)
- Insomnia/Fatigue
- Relationship difficulties
- Family problems
- Caregiving
- Children
- Assessment
- Ways of coping
- Psychological treatment
- Pharmacological treatment
- Spiritual/philosophical issues
- Support groups:



[1] Wallston K, Wallston B, Smith S, et al. Current Psychological Research and Reviews 1987; 6(1): 5-25.Perceived control and health.