



PSYCHODERMATOLOGY

## TWO CASES OF REFRACTORY HYDE PRURIGO NODULARIS HAVING RESPONDED TO PSYCHOANALYSIS

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Objective: To reduce the intensity of PN by resolving psychic conflicts.

Materials and Methods: After consent, the patients received weekly semi-structured Lacanian psychoanalytic clinical interview sessions.

After each session, they answered the Dermatology Quality of Life Questionnaire (DLQI) and had a complete examination.

At the beginning of the sessions, they took no treatment.

### Observations:

#### Observation 1

A 57-year-old reported a 3 years history of excoriated papulonodular lesions of the limbs, shoulders and buttocks.

The initial DLQI was 10.

During the sessions, he verbalized emotions concerning his father's authority and a recurring feeling of abandonment.

After 8 sessions, pruritus disappeared and PN lesions decreased with a DLQI at 3.

#### Observation 2

An 11-year-old child had a 4 years history of pruriginous papulonodular lesions of the trunk, limbs and lower back.

The initial DLQI was 24.

At the outset, he reported the abandonment of his mother, and suicidal thoughts he had in the past.

After 8 sessions, pruritus disappeared and PN lesions decreased with a DLQI at 4.

Key message: During the sessions, the patients verbalized emotional trauma, and mental suffering of childhood and adult life.

We have been to link up between psychic disorders and pruriginous dermatosis through the somatization process.

The skin plays the role of a body and psychic container, and our patients seemed poorly contained in their skin.

Chronic irritation may reinforce the role of the skin as a limit of the body, and therefore the





personality itself.

What is healing, is the experience that the troubled and painful emotional life finds a space in which it can be received and contained.

