
Abstract

Somatization that causes a mind-body dualistic world and its recovery

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In the state of somatization, the mind and body separate and lose their unity. Somatization poses difficulties for therapists who strive to deal with body and mind as one. The purpose of this study is to clarify the mind-body dualistic state in somatization and the process of recovering in psychotherapy. We dealt with an inpatient suffering from chronic somatization symptoms. In somatization, the body, the subject of experience, becomes a kind of tool for defense like a shield, standing between the mind and reality. As a result, both mind and body present disabilities in experiencing reality. Therefore, in psychotherapy, both mind and body must be dealt with as they exist, and dialogues with the mind and negotiations with the body ought to take place. Through the process, we understood it was possible to support the recovery of the body and mind as a unified subject experiencing reality. It was also shown that the state of the mind and body which have recovered their unity could be found in the patient verbalizing their experiences.

Keywords: somatization, psychosomatic disease, mind-body dualism, subject of experience, inpatient treatment
