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New approach to psychological methods based on bodily awareness

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In last decades it is possible to observe an increasing number of studies on mental health and emotional well-being and their influence on physical health. That fact explains the recent popularity of new concepts of health, which present a disease as a chance for changing destructive way of thinking and inappropriate psychological defensive mechanisms. According to this approach, physical problems often manifest unexpressed hidden emotional conflicts. In her paper the author would like to present some of the concepts based on idea of healing through consciousness. In her practice as a clinical psychologist she is using innovative methods that include biographical and genealogical aspects, as well as bodily awareness (adopting the Recall Healing, New German Medicine and Total Biology concepts). These methods are aimed to reveal emotional conflicts kept in the subconscious of patients. She has discovered that awareness and verbalization of negative feelings facilitate the process releasing from emotional suffering from memory of body. The task of her presentation is to show in which way people can find out psychological meaning of their physical problems and how it is possible to restore their emotional health. Her future scope is to explore how to use this approach for the treatment of consequences of social trauma.

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