



¿QUÉ ES LA PSICOSOMÁTICA? (Qué es...) (Spanish Edition)

Teresa Sánchez Sánchez

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Nuestras emociones han sido desatendidas, silenciadas e incluso castigadas por los imperativos morales y la hegemonía racional de nuestro lenguaje y comunicación. Obligadas a buscar un cauce de expresión, encuentran en el cuerpo, en sus funciones, síntomas y dolores un altavoz menos censurable socialmente que la queja psicopatológica. La Psicósomática es ese lugar de confluencia en la unidad psíquica y corpórea que somos. Conocer el proceso que desemboca en el enfermar psicósomático, los factores causales de vulnerabilidad,

las personalidades más amenazadas de somatizaciones graves, los indicadores de benignidad o malignidad en las enfermedades, y las alternativas psicológicas que pueden eludir desenlaces fatales, es el propósito de esta obra.

El lector encontrará un profundo análisis del dolor físico y su afectación psíquica, así como un trabajo riguroso del duelo originado por la enfermedad y el dolor propios, tanto como por el dolor de los padecimientos y la muerte de las personas significativas a las que nos vinculamos.

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