



# Fondamenti di psicosomatica (Italian Edition)

*Caterina Carloni*

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## **Fondamenti di psicosomatica (Italian Edition)** Caterina Carloni

Il termine “psicosomatica” richiama all’unità mente-corpo. In una visione olistica del mondo e dell’essere umano non si distingue più il sintomo fisico dalle dinamiche interiori che lo hanno portato a manifestarsi e l’interpretazione simbolica della malattia diventa un appassionante viaggio alla scoperta di sé e alla comprensione del perché di una malattia o di un disturbo.

Il disagio interiore, le fasi di crisi richiamano a una correzione del percorso che non è più adeguato per consentire alla persona la realizzazione di sé e quindi la felicità e la salute; è richiesto dunque un cambiamento, un rinnovamento che non sempre la persona è disposta a riconoscere e attuare. La capacità di nuovi adattamenti e mutamenti nella vita è fondamentale, irrigidirsi in vecchie posizioni e comportamenti quando non sono più adatti alla realtà che ci troviamo a vivere, conduce a problemi più gravi rispetto alle difficoltà che potremmo incontrare lasciandoci andare per aprirci al nuovo con tutte le sue possibilità di crescita e rinnovamento.

Quando contrastiamo questo normale processo della vita, la vita stessa ci viene in aiuto mostrandoci, attraverso il sintomo, la malattia, l’errore da correggere.

Dunque la capacità di trasferire il linguaggio simbolico del corpo in modelli che ne consentano una chiara comprensione è l’obiettivo della psicosomatica.

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