

The role of the  
psychotherapist in the  
application of the five  
steps of individual  
psychosomatic  
psychotherapy in the  
context of the three  
integration stages

P R E S E N T A T I O N

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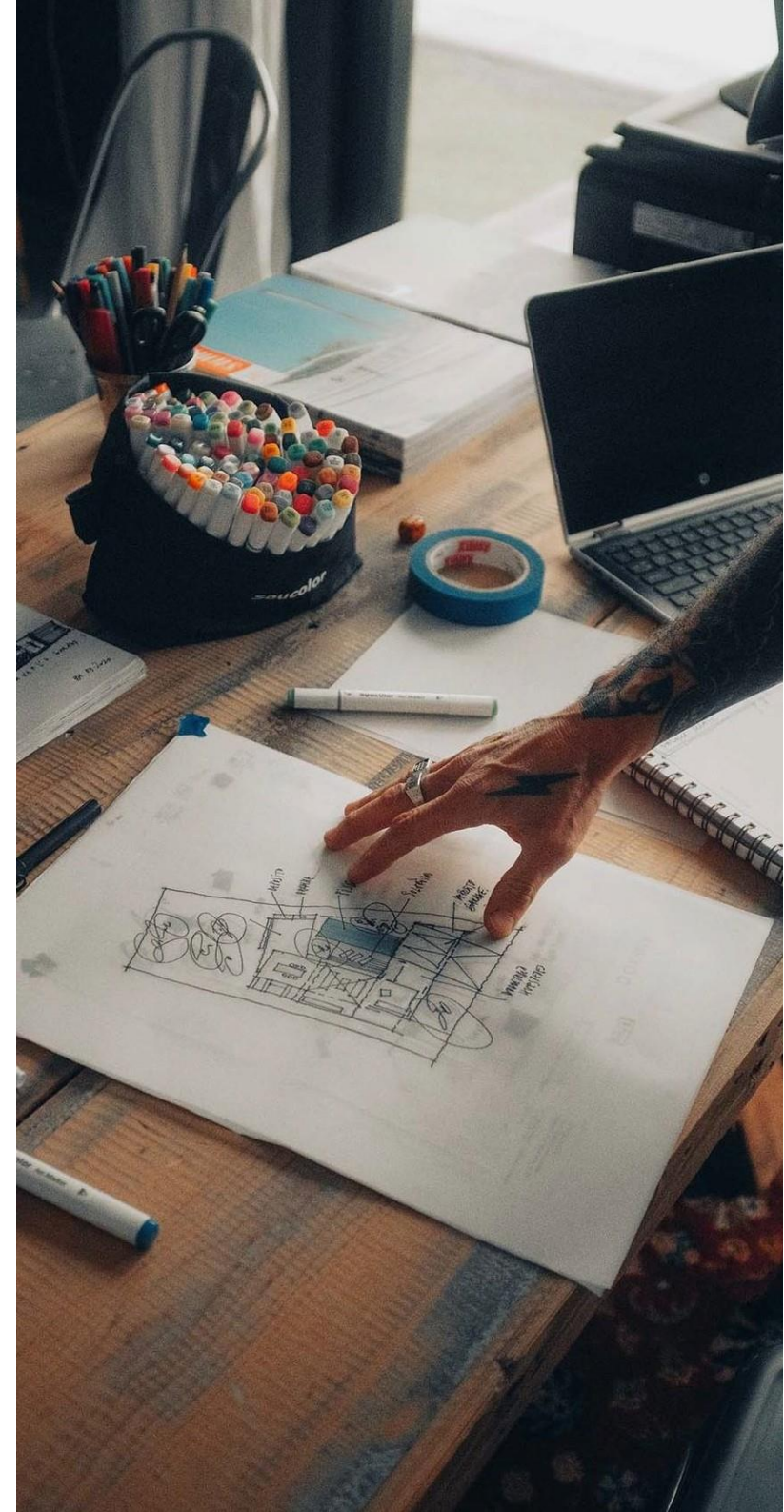
# 1. Introduction:

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The five-step process Positive Psychotherapy is a therapeutic strategy whose main points such as family therapy and self-help are meaningfully related to each other. The patient is guided within the individual family or group psychotherapy step by step.

## 2.Methods:

The methods of therapy are an overview of the possibilities for application of the tool, they are flexibly adapted to the specific requirements of the situation in which the patient finds himself or his family. According to the principle that the change of one element of the system affects the whole system the patient receives within the therapy the task to abandon the role of patient and to perform the role of therapist of his own situation.



Indicative of many patients with psychosomatic symptoms and the denial of conflict that occurs. By the way, ignoring family conflicts, the three interaction stages are:

1. Linking
2. Identification
3. Separation

They are key in the treatment process according to the methodology used. From the various forms of conflict processing to microtraumas these are the current abilities only then we talk about the basic conflict in the context of the four role models.



### 3. Results:

Communication difficulties most often lead to a narrowing of the contact. The partner is punished by forbidding something or by withdrawing from it. The result is an encouraging indication which in diseases whose etiology is considered to be strongly somatic is aimed at including the Model of Positive Psychotherapy and the role of the therapist. Changes in the psychological sphere correspond and changes in somatic data recognized by the patient. Positive interpretation and the resulting therapy had as a result after another month a significant unloading of the conflict.



## 4. Discussion:

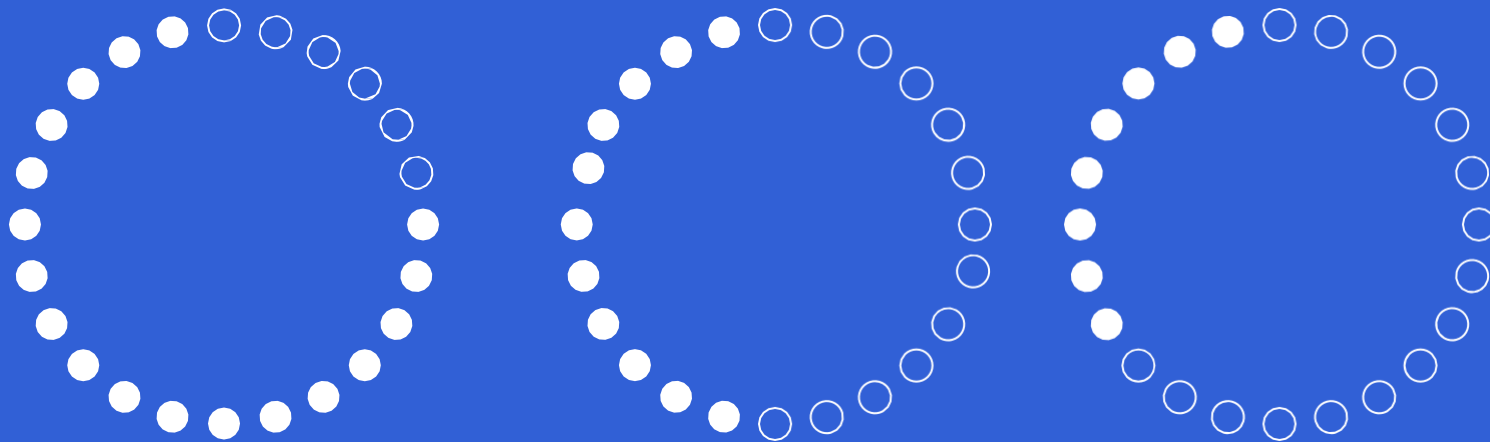
Current qualities and abilities characterize the individual in his daily life, they are understood as models for explaining why he once developed specific symptoms. These are the emotional life situations that the patient categorizes as an integral part of his personality. With regard to the rules for conducting a conversation, the participants have the obligation to keep the conversation a secret, as a harsh remark is much more harmful than an open conversation at an appropriate time should not be criticized. All family members meet regularly at the agreed time this can be done once a week and can be held on exceptional occasions patient stories are psycho serum and most of the concepts and their opposites are reflected in proverbs and stories.

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At the beginning of the conversation the partner expresses his problems and wishes. The requirement is for the therapist to focus on listening carefully and politeness. The role of the psychotherapy and the psychotherapist are connected to passing through the interactional stages and the whole process keeps in touch with the family members. Often the emphasis is only on rational upbringing, but the emotional sphere must also be emphasized on the emotional sphere.

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## 5. Conclusion:



There is no area that is as emotionally saturated as the relationship between a man and a woman in the family there is no other area as burdened with prejudice. My personal observation as a psychotherapist is that the more the emphasis on conflict, the more the patient becomes ill thematically. So we have to be careful in the way we present information.

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**thank  
you**