

Psychotherapy of Psychosomatics in Adolescents

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Abstract

Psychotherapy is considered to be the most difficult and at the same time the most attractive manifestation of psychological competence, the pinnacle of psychological realization, the master profession. For the therapist, who aims to support the client's autonomy, art is key in the work process. This article discusses psychotherapeutic intervention for getting healthy after conditions that are caused by psychosomatic disturbances in adolescents. Psychotherapy contributes to healing in an emotional, mental and somatic aspect. The close relationship between them is the main topic of the present study.

Keywords: psychotherapy, psychosomatics, health, adolescents.

1. Introduction

Psychotherapy is considered to be the most difficult and at the same time the most attractive manifestation of psychological competence, the pinnacle of psychological realization, the master profession. For the therapist, who aims to support the client's autonomy, art is key in the work process. This article discusses psychotherapeutic intervention for getting healthy after conditions that are caused by psychosomatic disturbances in adolescents. Psychotherapy contributes to healing in an emotional, mental and somatic aspect. The close relationship between them is the main topic of the present study.

2. Methods

In my psychotherapy practice, for the past 6 years, I have worked with hundreds of children with psychosomatic symptoms, coming from disharmonious families (families with dominant only primary or only secondary abilities; with the inability to integrate a balance between them in the conceptual framework of the family environment). My observations date back to January 2016 up to date.

The growing trend of physical suffering caused by mental discomfort in preschool-age adolescents in itself determines the relevance of the problem under consideration. It is this fact that sparked my research interest, the purpose of which is to trace the psychosomatic manifestation of family conflict within the disharmonic climate in the family, as well as to investigate and optimize the relationship between the functionality of the family and psychosomatic problems in the preschool child. Among the goals of this study is the development

of an author's methodology for reducing the child's anxiety during therapy, as well as reducing the anxiety of the parental couple, who will be trained to integrate primary and secondary abilities in the family conceptual framework.

Mental health prevention is the foundation of modern man's awareness that physical and mental suffering circulates and actually makes a person sick, which is subsequently proven by medical screening, and treatment by medication alone is a kind of temporary suppression of the symptom. Psychotherapeutic intervention looks for the cause, the removal of which would bring the necessary balance to the affected individual, which is followed in detail in the theoretical overview chapter of the issue under consideration (Gieler, 1987).

The principles of treatment of somatic and mental diseases at different times were closely related to the corresponding idea of the human essence. The developing medicine of the West is the medicine of diseases: it studies the conditions for the development of a disease state, its regularities, as well as the possibilities for intervention. As a rule, they are considered abstractly, that is, independently of the individual and the specific disease picture.

3. Results

A transcultural model was put at the base, which categorically connects the individual; the familial and culturally determined forms of the phenomenon and requires unity in diversity. Disharmonious relationships in the family environment are based on this basis: from the conflict caused, the aim is to derive the possibility of personal development by finding an adequate solution for restoring the balance or creating one, if it was missing in the family environment until now.

Confrontation is considered to be valid for many other areas of human coexistence: the relationship of children to their parents; the relationship between the parents; parents' relationship with each other; parents' attitudes towards extended family members. To place an emphasis only on the suffering and danger of the conflict is a misunderstanding that could cause pathological consequences, especially in the youngest (adolescents from preschool age to 6 years old).

In this line of thought, it is important to note that it is not enough to ask the question "Why?", which by presumption automatically leads to the activation of the defense mechanisms of the other person. The emotional status of the parent and the child would change if the question took the following form: "For what?" For what purpose?", which implies reintegration and a tendency towards unity and further development and expansion of the goals in the direction of improving the family environment (Cobb, 1874).

4. Discussion

The possibility of applying the therapy in an outpatient and inpatient setting was also reported. In the conditions of the latter, one gradually moves to self-help, necessary in the post-hospital period. Psychotherapy is centered on the current conflict. The process shows that in a relatively short time (about 10-15 sessions) an improvement is achieved in the child's condition, and he testifies to a weaker or almost disappeared manifestation of psychosomatic symptoms. Control examinations after a year usually show permanent therapeutic success, which is proven by medical tests in the relevant laboratories, depending on the disease picture (Jores, 1981).

The effect is especially favorable for those who are anxious; neurotic and psychosomatic disorders. Partnership conflicts, depressions, phobias, psychopathies and

schizophrenia can be treated with equal success when the goal is not to eliminate the symptom, but the cause that led to it.

In some cases, the child finds himself in an environment that creates hostile impressions in him, which make him perceive the world as hostile to him. This impression is quite understandable, considering the dissatisfaction of the child's brain.

If upbringing does not act protectively here, the child's soul can develop in a way that later leads him to view the outside world as enemy territory. This impression of hostility is intensified when the child encounters greater difficulties in his life, something that is typical of children suffering from an inferiority complex. These children perceive their environment in a different way than those children who came into this world with relatively more capable organs. The inferiority of the organs can be expressed in a reduced immune capacity of the body, so that the child is more susceptible to psychosomatic illness (Kinzl, 1989).

The cause of difficulties does not always lie in the imperfection of the body. It is largely due to the difficult tasks that those around him do not understand, or to some imprudence in setting these tasks; some defect of the child's environment based on complications in the outside world. Because the child who wants to adapt to his environment, in this case to feel like a full-fledged member of the family environment, even if it is disharmonious, he suddenly encounters difficulties in this adaptation (Benedetti, 1983).

5. Conclusion

All manifestations of this kind, regardless of whether they are due to disharmony caused by excessive primacy or excessive secondaryness in the family conceptual framework, have one thing in common - the child becomes more or less isolated. Children who, for example, have psychosomatic symptoms related to the digestive system, react to food in a completely different way than children who grew up in a harmonious family environment of an integrated balance between primary and secondary abilities. Often these children do not feel part of a community, they even reject the world and others. Life does not present itself in a particularly favorable light for these adolescents. They either feel like martyrs or fighters. This is a picture of the extremes in which they were raised – excessive secondary or excessive primary.

These children often become adults who have a pessimistic worldview from which they spend their whole lives trying to break free, although they continue to carry with them the false life pattern of the disharmonious family in which they grew up.

Here we refer to the question of the psychohygiene of the family environment. Having her in the family unit would have prevented a number of current conflicts, which on your part had led to your processing to the body area in the balance pattern, and hence: I had brought an illness manifested through a psychosomatic symptom.

After clarifying the complaints and the physiology, we move on to the actuality of the conflict in the family environment, tracing the four forms of processing. It is here that psychosocial situations of overload on the part of the parental couple could be detected, in the course of which they missed the onset of the symptom in their child. The basis of the conflict situation carries with it the conditions of the early genesis of the disharmony, from which it follows that the current and basic concepts for both parents, in fairness and for the affected child who lived in this family climate, are determined.

Psychoprophylaxis aims to teach the individual to pay attention to his psyche; to observe changes in his moods; to observe his emotional reserve and its manifestation. On the contrary, more and more often people deal with the disease and its consequences, that is, with

psychosomatics, rather than with psychoprophylaxis, which would undoubtedly prevent a large part of the disease pictures already in early childhood.

What will develop in the child's soul and in his emotional world depends on the penetrating influences of the family environment, which prepares him for communication with other social groups.

In all its manifestations, our interpersonal relationships, partnerships, and child-rearing largely follow this idea. Even our language, the means by which we make ourselves understood by those around us, is based on this principle. Conflicts appear in the process of personality development in confrontation with our environment. They are inevitable whether the environment is disharmonious or not. The difference comes from the way these tasks are resolved.

Realizing that every single conflict has the potential of a certain ability to deal with it, embedded in man as a resource, provides a starting point for its resolution.

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