

Body-oriented psychotherapy: thanatotherapy

Luzan Anna Mikhaylovna

Belarusian state medical university, Minsk

Tutor(s) - Abedkovskaya Irina Yuryevna, Belarusian state medical university, Minsk

Introduction

Body-oriented psychotherapy was born in the bosom of the psychoanalytic school of Sigmund Freud. It was he who first formulated the position: "The ego is first and foremost a bodily ego". The main feature of body-oriented psychotherapy is that any of them is directed not only at relieving stress, but also raising awareness of the body and intensifying the emotional reaction, it all leading to healing.

Aim

The main aim of this work is to learn what thanatotherapy is and to learn its techniques.

Materials and methods

The research is carried out with the help of comparative analysis of books and articles by Vladimir Baskakov and interviewing Belarusian thanatotherapist Olga Babina.

Results

Thanatotherapy is one of the types of body-oriented psychotherapies. Thanatotherapy has a powerful effect, it adjusts and affects virtually all the psychological problems of man, appearing an effective means of relaxation. At the same time, it is a special method of

psychotherapy, which is assigned to work with psychological problems through the determination of the lost contact with the process of death and dying. It is very difficult to understand and accept why we must contact with body processes, that cause the greatest fear - dying and death, to solve our psychological problems. The first person, who understood it and brought this idea to life, was the creator of thanatotherapy Vladimir Baskakov. The author considers that his method is not "treatment through death", but rather, on the contrary - "treatment through life" by means of external signs of death. Baskakov has progenies all over Europe. In Belarus there is only one person who works in this direction – Olga Babina, who practices such thanatotherapeutic methods as “theatre of touches”, “bodily homeopathy”, “bodily magic” to overcome psychological problems and to heal corporeal diseases.

Conclusion

The practice of thanatotherapy by trained professionals enables us to provide assistance in psychosomatic disorders and get results in the treatment of many other diseases: osteochondrosis, depression, asthenia, drug addiction, schizo-phrenia, when dealing with fears and pains, in preparing for childbirth and treatment of infertility.