

ANALYSIS OF CONCEPTS OF PSYCHOANALYTIC PSYCHOSOMATICS

E.P. Filimonova

*Scientific Research Institute of Kuban State University of Sport, Culture
And Tourism, Krasnodar, Russia*

Today the meanings “psychosomatics” and “psychosomatic medicine” are associated with numerous research directions that are not homogenous and not coordinated with each other in selection of approaches and methods of researches. The modern psychosomatic medicine developed dramatically in the latest fifty years is not conceivable without psychoanalysis. It owes psychoanalysis the stimulus for systematical study of psychosomatic interrelations in the disease process, a number of fundamental conceptions for theory and practice, which still remain the postulate and the ground of psychosomatics. At the same time the attitude of psychoanalysis towards the problem of psychosomatic diseases is not certain; quoting Freud «it is an uninvestigated borderline realm».

ACTUALITY. The available literature on psychoanalytical psychosomatics does not provide summarized systematized investigations of theoretical conceptions of psychoanalytical psychosomatics. Therefore, the absence of systematical investigations in this field and importance of the problem for psychoanalytical psychotherapy determined the theme of the present work.

INNOVATION OF THE RESEARCH. The present work is a first attempt so far to summarize rather few publications of domestic and foreign authors on psychosomatics.

OBJECT OF THE RESEARCH is a complex of theoretical aspects of psychoanalytical psychosomatics.

The aim of the research is assessment of different psychoanalytical conceptions of psychoanalytical psychosomatics.

THE FOLLOWING TASKS WERE PUT FORWARD:

- To trace down the main directions and approaches of domestic and foreign authors to the problem of psychosomatics and to compare them on the basis of historical consideration;
- To revise psychoanalytic theories of psychosomatics by S. Freud;
- To revise psychosomatic theories and models of S. Freud's early followers;
- To investigate modern conceptions of psychoanalytical psychosomatics.



senior research associate
info@newecology.ru

Methodological postulates of the work are theories and conceptions of leading psychoanalysts: S. Freud, F. Alexander, G. Ammon, O. Kernberg, H.J. Freyberger and others; and also leading foreign and domestic psychiatrists: V. Broitigam, P. Kristian, M. Rad, B. Luban-Plozza, V. Pöldinger, F. Krieger, K. Pederak-Hoffman, V. Podkorytov, A. Smulevich, V. Gindikin, Ya. Obuhov and others. Methods of the research are theoretical study, comparison, systematization of classical and modern psychoanalytical and medical literature.

PRACTICAL SIGNIFICANCE OF THE WORK.

The research deals with practical tasks on improvement of understanding of psychological mechanisms of psychosomatic disorders, which enables obtaining new connections and meaning in the psychoanalytic interaction, as well as reaching a new conclusion – that psychosomatics came to existence a century ago but has always been a practical instrument for genuine doctors. And today it has the right to become a fundamental science dealing complexly with etiopathic processes, which occur in the patient and hence the treatment should be multifaceted, with consideration of pathogenesis and aetiology of the disease and individual peculiarities of the patient. This approach for assessment and analysis of analytic conceptions and modern theories enabled to come to an important statement that psychosomatic diseases are determined by a fixation in the pre-oedipal stage of development with predomination of borderline level of the development of the psyche. The understanding of patient's psyche level is crucial for the choice of the technique for psychoanalytic psychotherapy.