

Blog

Bodymindfulness, physiology and self-regulation

Bodily symptoms which are hard-to-explain medically have a significant physiological aspect which may not be effectively addressed by verbal/cognitive approaches, i.e. top down methods.



Many people who do try psychological therapy for their bodily symptoms do not find sustained relief, becoming symptomatic again 6 months after treatment.



The specific neuropathology of hard-to-explain pain symptoms queries the efficacy of talking therapy as the sole form of treatment. Research suggests that body-based approaches are important to consider because they appear to support the necessary neuro-plastic changes required to bring about short-term symptom relief and long-term effective treatment.

The BodyMind Approach® is emerging as one of the most significant body based treatments for chronic unexplainable bodily symptoms due to its profound impact on the nervous system, combined with its focus on gentle and graded body awareness through mindful-movement. It is a form of bottom up self-regulation and, consequently, an integrative for body and mind, feelings and thoughts, imagination and creativity/expression.



For details about courses in your locality contact

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