



Disturbi psicosomatici (Farsi un'idea) (Italian Edition)

Giancarlo Trombini, Franco Baldoni

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E' diventato quasi un luogo comune attribuire alcuni dei più diffusi disturbi a fattori di origine psicologica. Ma come spiega bene questo libro, le cose non sono così semplici. Un'appendicite non può essere curata sul lettino dello psicoanalista e un'ulcera, cicatrizzata da una terapia intensiva, può riaprirsi se il paziente non modifica il suo stile di vita. Nella salute come nella malattia entrano sempre in gioco i diversi fattori bio-socio-psicologici che caratterizzano l'essere umano. In questo senso, tutti i disturbi sono psicosomatici. Compito del terapeuta è valutare la situazione da più prospettive, privilegiando l'una o l'altra a seconda dei diversi momenti e dei bisogni del paziente. Dall'equilibrio di questa valutazione e dalla scelta degli interventi più appropriati nasce la capacità di curare.

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