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Denise Gimenez Ramos

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Denise Gimenez Ramos : The Psyche of the Body: A Jungian Approach to Psychosomatics before purchasing it

in order to gauge whether or not it would be worth my time, and all praised *The Psyche of the Body: A Jungian Approach to Psychosomatics*:

4 of 4 people found the following review helpful. *The Psyche of the Body* By Christine Ford Ramos nails the nexus of body-mind relationship by correlating studies in Western medicine with principles and research in depth psychology. This nexus has long been understood in other cultures and is the basis of treatment for indigenous healers and Chinese medicine. Now finally the West is beginning to document medical and psychological research that supports and elucidates the implications of the body-mind nexus. But the field is young and not widely accepted. Ramos, a psychologist and Jungian analyst, makes a fine contribution in *The Psyche of the Body*. She cites extensive studies to help Westerners understand why in some individuals inner conflicts may express primitively as physical symptoms and as neurotic or psychotic disturbances in others. She cites the "symbol" as the missing link in this budding field. All human meaning is organized around archetypal patterns. And while we can't know the archetype per se, our physical and mental health depends on expressing something of the all-important symbol. However, in some individuals, archetypal disturbance due to difficulties in a developmental stage may make the symbol of the effecting archetype inaccessible. It remains stuck in the body where it cannot be expressed. And if not expressed as neurotic or psychotic attitudes and behavior (which are treatable), it may express "primitively" as physical symptoms and disease, sometimes fatal. Moreover, research indicates possible correlations between types of unexpressed meaning and types of disease. Ramos is exploring nothing less than the frontier of Western medicine. Unless the mind-body nexus is granted full respect and funding, prevention and healing will remain limited and costs will continue to escalate. The human and fiscal promise of integrating a psycho-physical paradigm of theory, research and practice are incalculable. Published in 2004, this unique book received little attention, perhaps because it was authored by a Brazilian and a woman. But perhaps also because it suggests that the future of Western medicine is more in need of depth psychology than many in this field dominated by technology and chemicals are willing to consider.

6 of 6 people found the following review helpful. An original perspective By Pericles Pinheiro Machado Denise Ramos invites the reader to take an interesting tour into the world of psychosomatics -- from early Philosophy to modern Neuroscience. She proposes a new approach to this field of science, based on her experience as a Jungian Analyst in Brazil, and the newest developments in body-mind studies. The clinical cases illustrate her theory that psyche and matter are interconnected. I strongly recommend this book to anyone who is interested in a greater understanding of psychosomatics.

3 of 3 people found the following review helpful. An original perspective By Pericles Pinheiro Machado Denise Ramos invites the reader to take an interesting tour in the world of psychosomatics - from early philosophy to modern neuroscience. She proposes a new approach to this field of science, based on her experience as a Jungian Analyst in Brazil and the newest developments in body-mind studies. The clinical cases illustrate her theory that psyche and matter are interconnected. I strongly recommend this book to anyone who is interested in further understanding psychosomatics.

The Psyche of the Body is a passionate and well-informed plea for a Jungian version of psychosomatic medicine and psychotherapy. Illustrated by vivid clinical illustrations of case histories, *The Psyche of the Body* reviews the long history of psychosomatic medicine and models of the relationship between psyche and body that have evolved over time, and presents a full revision of research in the field over the last twenty years. It presents a much-needed theoretical model together with practical guidelines that demonstrate how the psychological aspects of specific illnesses should be handled in therapy and analysis. Practicing and training Jungian analysts, as well as all those involved in clinical treatment, will find the interdisciplinary approach to psychosomatic medicine promoted in this book fascinating reading.

About the Author Denise Gimenez Ramos is a clinical psychologist and a member of the Brazilian Society of Analytical Psychology. She has a private clinic in Sao Paulo and is also Professor of Analytical Psychology and Head of the Department of Post-Graduate Studies in Clinical Psychology at the Pontificia Universidade Catolica de Sao Paulo.