

DGSF-Videotage, 12. bis 19. September 2021

Keynote 2 bei der Eröffnung am 12. September

Lucie Hornová: Psychosomatic symptom – a skilful coach for better communication

Abstract

Psychosomatic illness can be a difficult and life-changing experience. Its presence can play a powerful role in the whole system. Our clients are far too often told “it is just stress-related, try to slow down and relax!” In our perspective, the symptom is usually voicing a relational ambivalence which cannot be voiced or even realized otherwise. In a common medical perspective illness is treated as an enemy. In my lecture I would like to offer a perspective where illness is seen as an honest and sometimes very annoyingly persistent coach of better communication who doesn't get cheated easily.

There has been a long tradition within the family therapy context of treating psychosomatic clients. In this lecture I would like to offer our experience with dialogical approach applied to working with psychosomatic clients and their families.