

Abstract

Mind, body and spirit are often viewed separately in Western society. This study looks at how emotions can be locked in the body through somatisation, and links this to early childhood experiences. What the body tells us is often the key to unlocking the emotions beneath.

This study takes an integrated approach, by looking at the physical sensations, or lack of sensations, emotions, thoughts, feelings and behaviours of a person. It also takes into account different theories such as body work, attachment theory and neuroscience and looks how these can be applied in a humanistic and integrative way.

99 words