



## PSYCHOSOMATIC BODYWORK

*"Each psychological problem is embodied into specifically structured physical restriction, spasm or rigidification."*

*Dr Tatyana Bosh*

Biomedic Psychosomatic Bodywork (BPSB) is the result of over 20 years clinical experience and effort from **Dr Tatyana Bosh** to create a **medically profound form of holistic bodywork**.

Dr Bosh has **brought together different manual methodologies into an integrated form of therapy**, which utilises elements of: Physiotherapy, Osteopathy, Chiropractic, Shiatsu, Rolfing, Bioenergetics and Somato-emotional Release Techniques, Cranio-sacral Therapy, Lymphatic Drainage Massage, Bates Method for Visual Re-education, Indian Head Massage, Japanese An Ma Massage, Visceral Manipulation, Rosenberg Facial Massage, Reflexology, Biofeedback, Kinesiology, Iridology, Aromatherapy and Colour therapy.

Each Biomedic Psychosomatic Bodywork is **personalised according to the uniqueness of an individual biological terrain**. Although occasionally challenging, it is usually considered as being **overall a pleasant experience**.

## MEDICAL INDICATIONS

Biomedic Psychosomatic Bodywork aims to **define, release and re-balance an individual's pattern of restrictions**. It is, therefore, therapeutically indicated in all cases of **musculo-skeletal resistances, poor joints mobility, spasms of internal organs, lymphatic or venous stasis or energetic blockages**. BPSB is always beneficial when one is feeling **low in energy or experiencing strains and aches** within the body. The following are the most common Health problems encountered and successfully treated by BPSB.

### Stress Related Dysfunction

anxiety, depression, muscular aches, insomnia and related conditions

### Painful Conditions

headaches, backaches, neckaches, joint aches, period pain and related conditions

### Drugs Resistant Conditions

irritable bowel syndrome (IBS), fibromyalgia, chronic fatigue syndrome and related conditions

### Presomatic Syndrome

hyperfunction, hypofunction or dysfunction of various bodily organs and systems

### Transitional Stages

in life such as convalescence, puberty, pregnancy or menopause

## BIOREGULATORY THERAPEUTIC PROCESS

Psychosomatic Bodywork is essentially a **somatopsychic therapeutic process**, capable of reversing a pathological psychosomatic process back to Health. **It strengthens one's general state of Health by means of facilitating self-regulatory mechanisms that improve both constitutional and acquired weaknesses**.

### BPSB - Antistress Therapy

A simple relaxing massage commonly practiced today does not nearly satisfy the growing need for a profound and effective stress release. Biomedic Psychosomatic Bodywork is a form of **Health hygiene**, a new Holistic Antistress Therapy, which not just offers a wonderful sense of well being, but additionally increases the overall boundaries of an individual's Health.

### BPSB - Preventive Therapy

As Biomedic Psychosomatic Bodywork strengthens homeostatic mechanisms, it has a **powerful, preventive impact on the manifestation of a disease**. When practiced as a Bioregulatory Preventive Therapy, Dr Bosh also emphasises education on Health, as she considers one's Health awareness an equally important precondition for long-term preventative Health care.

### BPSB - Restorative Therapy

Biomedic Psychosomatic Bodywork is a gentle form of holistic therapy. When practised as a restorative therapy, BPSB can be applied either on its own, or as part of Dr Bosh's Integrated Bioregulatory Restorative Therapy. It is **recommended for acute and chronic diseases**, such as: fibromyalgia, myalgic encephalomyelitis (ME), sciatica, arthritis, eczema, asthma, colitis, hiatus hernia etc.