



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.