



# Mind-Body Problems: Psychotherapy with Psychosomatic Disorders

*Janet Schumacher Finell*

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The opening paper profitably links psychosomatic disorders to alexithymia, the absence or deadening of feeling, the inability to identify or express emotion. Alexithymic individuals are particularly prone to disease as a result of the faulty processing of emotions that leads to cognitive deficit in coping with stressful affects. Animated case reports on specific disorders?anorexia, arthritis, irritable bowel syndrome, even (speculatively) miscarriage?balance consideration of developmental questions and treatment issues (transference/countertransference) and techniques.

From a historical essay on Freud's view of the mind-body connection to explorations of the complicated role of trauma and PTSD, the contributions to Dr. Finell's collection demonstrate intellectual energy and clinical creativity.

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