



# **from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy**

*Peter Wilberg*

Download now

[Click here](#) if your download doesn't start automatically

# from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy

*Peter Wilberg*

## **from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy** Peter Wilberg

Semiotics is the study of 'signs' or 'signifiers' such as words. Psychotherapists seek to understand or interpret the verbal and behavioural signs of an individual's emotional dis-ease. Medical physicians and psychiatrists seek to diagnose both bodily and behavioural symptoms as signs of some organic 'disease' or 'disorder'. In doing so however, they make no semiotic distinction between the medically signified sense of an individual's symptoms and their directly felt or sensed significance – comparable to the felt sense or meaning of a word. Drawing on the work of Martin Heidegger, Jakob von Uexküll, Viktor von Weizsäcker, Luis Chiozza, Arnold Mindell and others, Peter Wilberg brings out in an original way the profound medical as well as psychotherapeutic implications of Eugene Gendlin's method of Focusing with its key concept of 'felt sense' - the recognition that meaning or 'sense' is something that can itself be felt or sensed in an immediate bodily way, exploring in particular the relational dimension of 'bodily sensing'. Soma-semiotics is rooted in the principle that, as signs – and like dreams - somatic illnesses are an experience and expression of lived and felt meanings rather than simply a result of organic, biological, psychosocial, or psychosomatic 'causes'. A soma-semiotic understanding of illness can help both counsellors, therapists and medical professionals to use their own felt body to wordlessly sense and resonate a patient's felt dis-ease, thus coming to feel its meaning or sense directly rather than seeking only to signify that sense through medical terms or 'talking cures'. Consequently soma-semiotics also offers a new foundation for overcoming the ongoing theoretical, institutional and professional separation between practitioners of 'psychotherapy' on the one hand and 'somatic' medicine on the other – a separation often maintained even in the personal lives of psychotherapists, and medical practitioners.

 [Download from Psychosomatics to Soma-Semiotics: Felt Sense ...pdf](#)

 [Read Online from Psychosomatics to Soma-Semiotics: Felt Sens ...pdf](#)

## **Download and Read Free Online from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy Peter Wilberg**

---

### **From reader reviews:**

#### **Carlos Garcia:**

Do you have something that you like such as book? The e-book lovers usually prefer to select book like comic, short story and the biggest one is novel. Now, why not hoping from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy that give your entertainment preference will be satisfied through reading this book. Reading routine all over the world can be said as the method for people to know world considerably better then how they react when it comes to the world. It can't be said constantly that reading routine only for the geeky man but for all of you who wants to possibly be success person. So , for all of you who want to start reading through as your good habit, it is possible to pick from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy become your current starter.

#### **Angela Dickens:**

Are you kind of occupied person, only have 10 or perhaps 15 minute in your moment to upgrading your mind ability or thinking skill actually analytical thinking? Then you have problem with the book compared to can satisfy your short time to read it because all this time you only find guide that need more time to be examine. from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy can be your answer because it can be read by you who have those short extra time problems.

#### **Pablo Cook:**

Reading a book being new life style in this yr; every people loves to learn a book. When you study a book you can get a great deal of benefit. When you read ebooks, you can improve your knowledge, simply because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, as well as soon. The from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy will give you a new experience in examining a book.

#### **Sheila Messina:**

You may spend your free time to read this book this guide. This from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy is simple to develop you can read it in the park, in the beach, train along with soon. If you did not include much space to bring often the printed book, you can buy the actual e-book. It is make you much easier to read it. You can save the actual book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

**Download and Read Online from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy Peter Wilberg #UWZ3OXDF1K2**

## **Read from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg for online ebook**

from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg books to read online.

## **Online from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg ebook PDF download**

**from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg Doc**

**from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg Mobipocket**

**from Psychosomatics to Soma-Semiotics: Felt Sense and the Sensed Body in Medicine and Psychotherapy by Peter Wilberg EPub**