

Pain and Meaning: from the injury to the experience of pain

Ways to do it Group of psychic-corporal activity



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This activity focuses not only on providing symptomatic relief, but also on opening a possibility of elaboration of emotional tension, worries and anxiety that appear due to the limitations which they have to deal with. The essence of the work is to specify the individual differences, in relation to the subjective experience of pain.

PAIN

ORGANISM BODY PERSPECTIVE



Haemarthrosis, joint arthropathy, synovitis
(difficult cycle to stop)

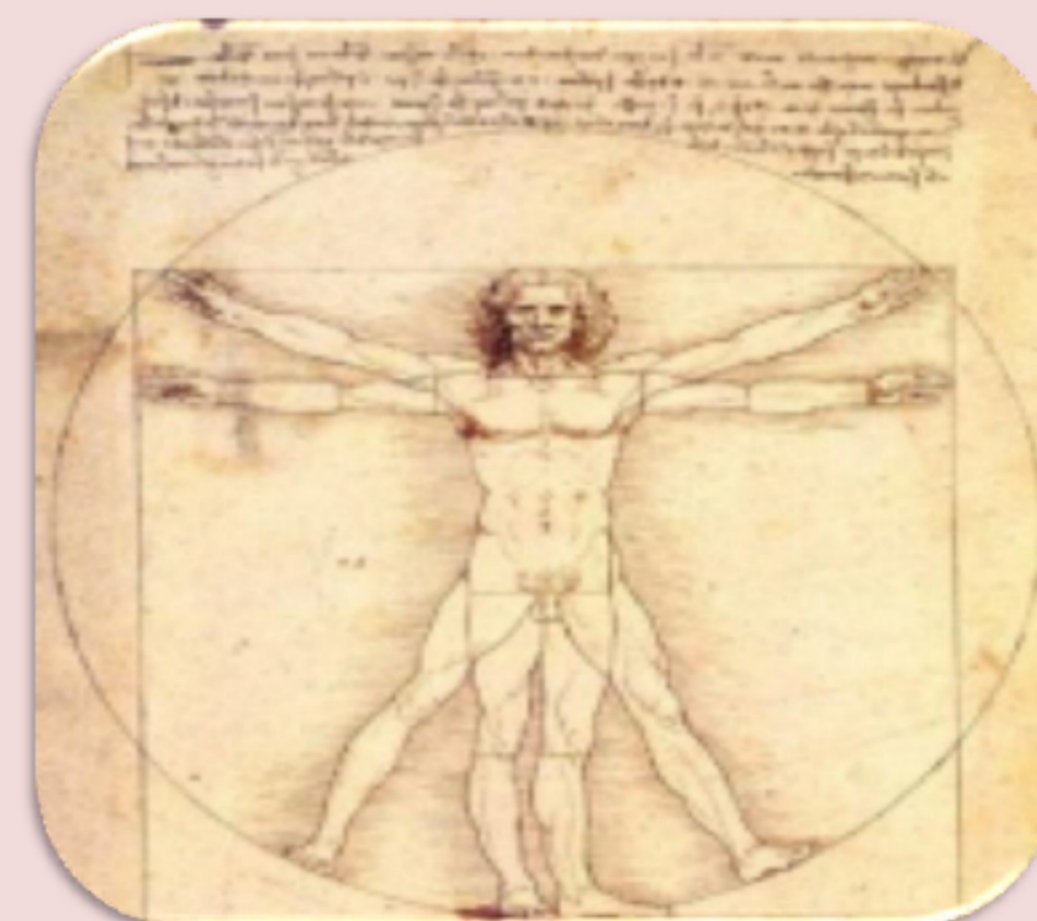


EFFECTS: Reduction of joint mobility



EXPERIENCE

IMAGINARI BODY PERSPECTIVE



Degree of pain resistance



Emotional state



SUBJECTIVE EFFECTS

SYMBOLIC BODY PERSPECTIVE



How each person calls "whatever" he suffers from



CONCLUSION

This experience has brought about a change in their attitude towards pain.

The participants can vary: from considering the pain as an insurmountable obstacle, to learning gradually how to confront it with new horizons.

The participants can find another way of calling pain and of speaking about themselves with respect to this pain.

All of this orientates the subject to a position where he takes control of his own existence.

