

The guide for a successful psychotherapeutic treatment



Dr. med. Alexander
Kugelstadt

"Then It Must Be Psychosomatic!"

["Dann ist das wohl
psychosomatisch!"]

When the body and psyche are
sending help signals while the
doctors find nothing

Mosaik

400 pages

Format 13,5 x 20,6 cm

October 2020

Rights sold to:

Poland (Otwarte)

Dr. med. Alexander Kugelstadt, born in 1981, is a specialist in psychosomatic medicine and psychotherapy. He wrote his doctoral dissertation on psychosomatics in the media. For several years he worked in internal medicine at the Berlin Charité hospital and has been at Germany's best-known psychosomatic institute, the Institute for Psychosomatic Medicine and Psychotherapy of the AOK in Berlin, since 2011. In 2014, he published a guide to starting off a career as a doctor. He is a supervisor and lecturer, and has been co-editing the successful PsychCast podcast, which has over a million downloads.

Sometimes our thoughts just won't stop when we want to sleep. Or the stomach rebels when work needs to be done. Some people are certain they have a fatal heart condition, yet they consider medical tests that show no problems to be actual confirmation that something has been overlooked. Others suffer from severe migraine, and when doctors can't find the cause they say it is merely "psychosomatic". For many people, this is the prime diagnosis for anxiety, because at this point, often after a long odyssey through many medical examination rooms, the limits of standard medicine seems to have been reached.

Psychosomatic medicine and psychotherapy start precisely with the interface of body and psyche. Thinking, feeling, and acting are much more closely connected to the body's functions than has long been assumed. This book brings together the primary psychological and physical needs of the human being in an easy-to-understand way, and it will be of great use in healing when most treatments have not been of benefit.

- Symptoms throughout the body and their psychological causes
- The first extensive popular text on psychosomatic medicine

Press

"The positive message of this book is that there is a way out of

conditions that are unable to be diagnosed as having physical causes." *rbb "Zibb"*

"This book offers a good overview of the fundamentals of psychosomatics, after which it sets out to view the entire body from a psychosomatic perspective." *Psychologie bringt dich weiter*

"This provides helpful inspiration for cases in which the treatment of physical symptoms by itself does not help." *Care*