

Chapter Eight

Logical Links
INTERPRETATION
RECOMMENDATION
LIMITATION
EVALUATION

Most creative, speculative, propose

DO LINKS!!!!!!

Throughout this thesis we have explored the interface of thoughts, feelings, bodily sensations and physiology. It is important to understand these psychobiologic processes in order to isolate those that would be conducive to health. In the field of mental health, Cowen (1991) recommended that we move energies and resources from struggling with illness toward building “wellness,” i.e., build health rather than fight sickness. He proposed that the pursuit of wellness could best be achieved through the psychological attributes of competence, resilience and empowerment. Psychological empowerment refers to a sense of control and mastery over the social environment (Bakal, 1992).

Providing women with new behavioural and interpersonal skills to achieve greater life satisfaction and gratification would no doubt improve both mental and physical health. If, at the same time, they can learn to develop an experiential awareness of their bodily sensations, they are more likely to attain and maintain wellness at all levels.

Our understanding of the nature of psychobiologic processes which contribute to health and illness needs further study. People of any age can learn to recognize the relationship between their innermost thoughts, feelings, life experiences, and bodily sensations. But at present this awareness is mostly limited to therapy settings and there is a need for programs which educate the populace at large about the health-enhancing potential of somatic awareness. There is a wisdom of the body which can be utilized to facilitate health and recovery from illness.

