

Salutogenesis
Bodypsychotherapy and Depression
A qualitative study about strengthening
the life supporting forces

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Summary

Depression is an increasing health problem in the western world, which causes immense personal suffering and substantial financial cost. The overall aim of this study was to use a salutogenetic perspective and based on Grounded Theory find out, how bodypsychotherapists form their therapeutic work with the client. The history of Salutogenesis and the up-to-date research in salutogenesis, as well as those from the Bodypsychotherapy were described. Classifications of depression, theories to development of depression, their neurobiological results, as well as effect and non-effect of psychopharmaceutics were discussed.

Three open questions were sent to the members of the CH- EABP. 20% of the bodypsychotherapists answered the questions and made exact statements to their professional person and to their present clients. The written answers to their assumptions of health, their therapeutic methods and the signs of recovery from depression were analysed through the method of consequent comparison and theoretical sampling. The main categories from the bodypsychotherapists were triangulated to two other comparisons of data. The result shows, that bodypsychotherapists use concrete salutogenetic ideas especially those facilitating selfregulation and mindfulness. From the data some categories of treatment were gathered, which, supported by the concept of phänomenological idealtypes, could be valid for a larger population of depressive clients. These categories were named as follow: "Attachment and Therapeutic relation", "Mindfulness", "Contact with sorrow enables sound, creative Aggression" and "Selfregulation and Rhythms"

Keywords:

Salutogenese, Depression, Bodypsychotherapy, therapeutic alliance, Selfregulation, Mindfulness