



# When the Body Displaces the Mind: Stress, Trauma and Somatic Disease

By Jean Benjamin Stora

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## When the Body Displaces the Mind: Stress, Trauma and Somatic Disease By Jean Benjamin Stora

Can the mind really generate a physical disease? Conversely, can the body cause mental illness? What do we know today about their interaction? The relations between body and mind are the source of many problems that are currently treated separately by psychoanalysts and doctors because of the compartmentalisation between their disciplines. Despite differences in clinical practice, we all stand to benefit from a common understanding of the reciprocal influences of the mind and the body and the ways in which these are interrelated. It is time to stop treating the body in isolation from treatment of the mind and to understand that where the psychic apparatus fails in its key task of managing the excitations generated by the tensions and frustrations of everyday life, it is the body that takes over. With a wealth of clinical examples, the author proposes an innovative theoretical and clinical approach that seeks to break down the barriers between biology and psychoanalysis; he also demonstrates its benefits for the health and recovery of patients and its implications for disease prevention.

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### **Editorial Review**

#### **Review**

"We...have reason to be grateful to Professor Stora for this pioneering volume, in which he makes a first neuro-psychoanalytic foray into the fascinating and important field of psychosomatic medicine. In this spirit, I unequivocally recommend his work to prospective readers, and encourage his colleagues to take up the many scientific challenges he here poses for them." (From the foreword by Mark Solms)

#### **About the Author**

Jean Benjamin Stora is a psychosomatician and psychoanalyst. He was President of the Pierre Marty Institute of Psychosomatics from 1989 to 1992 and the Société Française de Médecine Psychosomatique from 2000 to 2002. He is a consultant in psychosomatics at the teaching hospital of La Pitié-Salpêtrière, working in the endocrinology unit and the center for prevention of atherosclerosis and cardiovascular disease.

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