

## **Attempts to integrate body-mind: Psychosomatic conception; Phenomenological notes and Person-Centered Approach**

This paper has the intention to announce some reflexions about attempts to integrate body-mind in the health practice field. The Psychosomatic terminology has been delineating studies and practices that aim this integration in psychology and in medicine. This is the conception - particularly in its psychogenic version and in the health culture that derived from it – that will be initially analyzed. The comprehension of this issue is developed in the light of phenomenological conception, since this is the philosophy that intends the body-mind integration through the development of body perception acceptations, as the notion of *lived body*.

This same conception is, in the second moment, discussed in its application in the health area. The resulting consideration shows that this conception is working in accordance to the biomedical model and so, do not reach the aimed integration body-mind. In the continuous search of integration, the third moment of reflexion is developed aligned to the guiding principles of Carl Rogers' theory.

The references to the psychosomatic issue made by this author are discussed in the light of his own vision of Integrated Being. He offers a proposal to act with the Integrated Being although he shows himself, conceptually immersed in psychogenic ideas, what seems to be a paradox.

We raised the idea that the conceptions and explanations about the psychosomatic illness do not reach the aimed integration in all these analyzed conceptions. However, the practical proposals of attention to the Integrated Being fulfill this function, not only in the approach of healthcare assistance but also even in the scientific research.

**Key-words:** Person-centered approach, phenomenology, psychosomatics, health culture