



## The importance of psychosomatic approach in proper diagnosis of endometriosis and autoimmune conditions.

**Ania Gurynowicz**

MA Psych, INHC, Psychosomatic Practitioner, Business Wellness Consultant

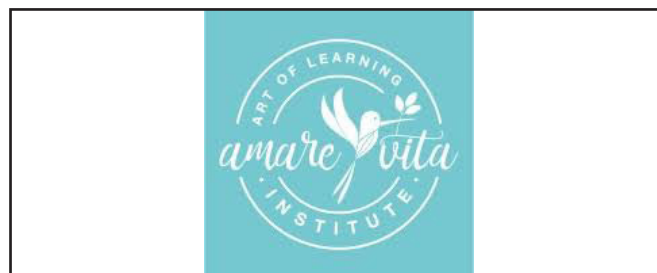
### Abstract:

Psychosomatic medicine may be defined as a comprehensive, interdisciplinary framework for: assessment of psychological factors affecting individual vulnerability as well as course and outcome of illness; biopsychosocial consideration of patient care in clinical practice; specialist interventions to integrate psychological therapies in the prevention, treatment and rehabilitation of medical disease. The aim of this review is to provide an updated definition of psychosomatic medicine, to outline its boundaries with related disciplines and to illustrate its main contributions to clinical and preventive medicine. Current advances in the field have practical implications for medical research and practice, with particular reference to the role of lifestyle, the challenge of medically unexplained symptoms, the psychosocial needs entailed by chronic illness, the appraisal of therapy beyond pharmaceutical reductionism, the function of the patient actively contributing to his/her health. Today, the field of psychosomatic medicine is scientifically rigorous, more diversified and therapeutically relevant than ever before.

Developments have occurred in all aspects of psychosomatic medicine. Among factors affecting individual vulnerability to all types of disease, the following have been highlighted by recent research: recent and early life events, chronic stress and allostatic load, personality, psychological well-being, health attitudes and behavior. As to the interaction between psychological and biological factors in the course and outcome of disease, the presence of psychiatric (DSM-IV) as well as subclinical (Diagnostic Criteria for Psychosomatic Research) symptoms, illness behavior and the impact on quality of life all need to be assessed.

### Biography:

Ania G is a founder of Sloth MD and Amare Vita Institute, an online mentorship platform for individuals and



health practitioners and EndoPositive International, a global endometriosis support and educational stage. She is an international speaker and author of "Alone in the Crowd- Living well with Endometriosis".

Her dynamic attitude and understanding of human mind and psychology has gained her a respect of global clientele and allows her to quickly determine the course of action needed to get individuals and organizations from where they are to where they need to be.

She is dedicated to helping individuals and organizations create a positive change on multiple levels through learning, understanding and implementation while living the best life possible. Her work is centered on mind impact and psychosomatic implications.

Her coaching through meaningful conversations is educational and highly experiential designed to make you feel good immediately and inspire you to know yourself better so that you can do better throughout all life stages.

Ania was born and raised in Poland, has traveled the world, lived in the USA and is currently living in Canada.

### Publication of speakers:

1. <https://pubmed.ncbi.nlm.nih.gov/20642714/>
2. <https://pubmed.ncbi.nlm.nih.gov/20642714/>
3. [https://www.glowm.com/section\\_view/heading/principles-of-psychosomatic-medicine/item/409](https://www.glowm.com/section_view/heading/principles-of-psychosomatic-medicine/item/409)
4. The Divided Mind, John E. Sarno, M.D.

**Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan**

**Citation:** Abigail Anugengen, University of Lincoln, School of Chemistry, Lincoln, England. Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan