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# HEALTHCARE RESEARCH AND PATIENT SAFETY

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## Application of the psychocultural approach in holistic care

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Health is the state of physical, mental, and social well-being, and not simply an absence of disease to paraphrase the World Health Organization (WHO, 1948). The management of any condition should consider bio-psycho-social dimensions. This assertion supports the psychocultural approach in psychological care (Mubiayi Mamba, 2021) which says that man maintains his total well-being when there is harmony between the three poles of the Soma-Psyche-Society/Environment trilogy. This apprehension therefore extends to the notion of holistic care or care at all. What about holistic care in the sense of the psychocultural approach? The human being or man complete and concrete consists of the body (the physical envelope, carnal structure or matter constituting the tangible and palpable component grasped through anatomy and physiology in short biology), of the soul which is also called the heart of man by abstraction to the physical heart (pump of blood in the body) and of the spirit that is the core of this complete man's existence (Mubiayi Mamba, 2020). From this description the complete and concrete man needs that harmony that has been emphasized above with society/environment in order to achieve good or integral health. The society/environment as defined in this study is a sine qua none condition for complete total well-being. This component includes culture as a driver of behavior. This means that man as a social animal realizes his existence only through his life in society, his life in an environment where he has interactions, where he measures his belonging and his self-esteem. Culture, although related to each society, each milieu; it embodies habits and customs, societal or social norms, everyday languages, social models, and patterns, religious or ancestral beliefs,

totems and taboos, in short, the internalization of all affects conditioned by life in the surrounding world of the individual. Seen in this light, culture would thus be the catalyst for our responses to the circumstances of human existence.

Seen in this light, culture would thus be the catalyst for our responses to the circumstances of human existence. Therefore, care, whether medical, psychological, legal or social, to be effective and sustainable, should take into account a syncretic approach that encompasses the external, and therefore physical aspects of the individual and the inner aspects that relate to the psyche or unconscious factors as well as to the culture that refers to the heritage of the offspring, different living environments and the effects of the environment. Our application of the psychocultural approach in gynecology and obstetrics has shown us that a pregnant woman who experiences complications during childbirth can be able to find his normal labour when the therapist or caregiver proceeds by a psychodynamic interview followed by prophylactic psychoeducation and psychological support with the use of alternating or deep breathing techniques and haptonomy. Of course, in the absence of detected infections or programmed malformations (Mubiayi Mamba, 2021) and in pediatrics, it has also been understood that a child who experiences certain behavioral disorders it can be due to the history of his mother from conception of pregnancy to childbirth. In other words, one can understand the attitude of a rapist, for example, if one realizes that he himself witnessed a rape of his mother or sister.

**Keywords:** culture, childbirth, well-being, society/environment, trilogy, concrete, and complete man, holistic, soma, psyche, born criminal.

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## Biography

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