

# CONTENTS

## PART ONE *Introduction*

Goals of This Study	3
Basic Concepts of the Mind-Body Relationship: Historical Review	5
Psychological Stress and Somatic Reactions	22
Methods and Material Used in This Study	31

## PART TWO *Case Histories*

1. Stomach Complaints: Psychological Significance of Associated Sensory Perceptions	41
2. Fever and Critical Loss of Human Relationships	48
3. Pruritus Ani and Mouth Lesions in a Markedly Infantile Patient	59
4. Shifting Gastrointestinal and Respiratory Symp- toms during Prolonged Emotional Tension	67
5. Painful Joints and Disguised Psychological Stress	77
6. Hematemesis, Abnormal Electroencephalogram, and Psychotic Episode	85
7. Lower Extremity Pain Related to Multiple Psy- chological Factors	96
8. Cough and Depression	104

9.	Vertigo in Gastrointestinal Disease: Somatic Equivalents of the Affects	111
10.	Itching Ears: Adaptive Processes in Chronic Illness	121
11.	Sore Legs, Alcoholism, and Secondary Gain	128
12.	Epigastric Pain and Indigestion: Symbolic Aspects	138
13.	Dyspnea Related to Anniversary Stress	144
14.	Stomach Pain: Psychological Aspects of Clinical and Laboratory Procedures	151
15.	Cerebral Embolism in an Uncommunicative Patient	158
16.	Sore Throat: Symbolism of Body Organs	159
17.	Stomach Pain and Depression	164
18.	Nausea, Flank Pain, and Recurrent Psychological Losses	169
19.	Gastrointestinal Symptoms in a Loss-sensitive Patient	180
20.	Chronic Epigastric Discomfort: The Stomach as Target Organ	186
21.	Stomach Pain in Remission with Rapidly Shifting Psychological Defenses	193
22.	Gastrointestinal Complaints: Patient's Need for Diagnosis of Organic Illness	198

23.	Pain in Back and Extremities Related to Psychological Stress	205
24.	Chest Pain, Alcoholism, and Resistance to Psychotherapy	213
25.	Chronic Ulcer Symptoms: Difficulties in Following Medical Advice	220
26.	Anorexia in a Patient with Markedly Unstable Psychophysical Equilibrium	227
27.	Eye Trouble, Endocrine Dysfunction, and Psychotic Episode	232
28.	Epigastric Distress, Surgical Intervention, and Chronic Neurosis	241
29.	Emotional Conflict Associated with Endocrine Dysfunction	247
30.	Chills and Fever in a Markedly Neurotic Patient	254
31.	Hazy Vision, Recurrent Stress, and Physical Crises	262
32.	Chest Pain Related to Psychological and Bacteriological Factors	273
33.	Back Pain: Psychological Aspects	280
34.	Constipation, Backache, and Somatic Identification	287
35.	Itching, Nausea, and Generalized Malaise: New Symptoms (Readmission of Case 28)	296
36.	Pain in the Back, Multiple Stress, and the Effect of Certain Medical Procedures	302
37.	Chest Pain in a Highly Narcissistic Patient	310

38.	Dyspnea, Somatic Identification, and Multiple Psychophysical Vicissitudes	316
39.	Sore Throat in the Presence of Acute and Chronic Stress	323
40.	Feverishness and Headache: The Role of Environmental Factors	329
41.	Abdominal and Back Pain: Influence of Somatic Identification	333
42.	Biliary Symptoms, Syncope, and Psychological Stress	340
43.	Episodes of Weakness in a Patient with Severe Neurosis	348
44.	Throat and Stomach Symptoms as Symbolic Expressions of Emotional Tension	355
45.	Back Pain in an Accident-prone Patient	361
46.	Abdominal Cramps Associated with Marital Crisis	366

### PART THREE *Discussion*

	Results	377
	Theoretical Implications	414
	Some Clinical Observations	419
	Bibliography	431
	Author Index	441
	Subject Index	445