

Emotional Rehabilitation

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### Emotional Rehabilitation

The closure, withdrawal and retention cause pain or anxiety, a result of pressure created by the energy of a blocked impulse. This retention is through the muscles that are ready to act, are blocked by an order of mind. The impulse is displaced below the surface of the body. One is no longer conscious of desire. If the muscle does not contain account pulse excitation, anxiety occurs. When the situation contains a promise of pleasure associated with a threat of pain, we feel anxiety. This dilemma of being subjected to conflicting movements causes anxiety latent in most psychic disorders. A balanced relationship with the body is achieved through life experience, is not achieved only with the mind and thought, as it is registered in each memory cell expresses the symptom, and this is beyond the symbolism to which the self finds another way to establish a healthier way of living.

We assume that people live in their bodies but psychopathology shows that this is not always so. If all goes well in our development the psyche-soma integration reaches a sufficiently good point that we can feel and experience our humanity incarnate, deploy our energy in action and it is full of meaning, without losing our roots in the body.

Rehabilitation according to the UN (United Nations) "is a process of limited duration and with a defined objective, aimed at enabling an impaired person to reach a physical, mental and / or social functioning optimally, thus providing the means to change their own lives " In referring to the emotional rehabilitation, we speak of a process aimed at restoring integration and coherence between thinking, feeling and doing, to live as full beings.

Applies in those cases where the chronicity of a disease means that it can manifest itself again later in time the same or different way. Not exhausted its decision on the purely medical or psychological consultation point (Sherman, 2008).

The emotional re-enablement (enabled as being able to be authorized: give yourself permission, give credit, given the possibility to have) implies that the individual is responsible first to decide to improve their quality of life, to discover their own potential and channel that energy (previously blocked) towards resolving their conflicts and the realization of their projects. One of the main resources is the psycho-physical work temporarily, since accompanying aware of attitudes, perceptions and feelings about himself / herself. This process provides a self-knowledge that facilitates real-developing body image, dealing with conflicts within and interpsychic, learn new ways to link and manage situations, learn to express and integrate the experience. Reduce anxiety and depression, releases endorphins, and strengthens the respiratory system, circulatory, musculoskeletal and immune systems.

The images allows to put in words, pictures, gestures, that the "inside unattainable." The image is a bridge, linking the perceptions between the inner world and reality around us. The body is the territory of the image. What is communicated bodily needs of the organization of the elements of social experience into an aesthetic that allows its communication and time searching for these items single through the emotion can be recognized and used (Kruger, 1984).

We heal from joy and expansion, laughter and humor using the dynamic dimension of the game that immerses us in a climate of free and unknown possibilities restoring the original freedom of the body, awakening responsiveness, sensitivity, spontaneity and emancipation. The deployment of the poetics of the body of the desiring subject finds and responsibly opens the possibility of being present in every here and now.

References

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