

## Psychosomatic Symptoms: March 2026

### Essential reading

Driver, C. (2005) An under-active or over-active internal world: an exploration of parallel dynamics within psyche and soma, and the difficulty of internal regulation, in patients with Chronic Fatigue Syndrome and Myalgic Encephalomyelitis. *Journal of Analytical Psychology*: 50(2), 155-173.

Gerhardt, S. (2015). *Why Love Matters; how affection shapes a baby's brain*. East Sussex: Routledge. Chapter 5: 'Trying not to feel: the links between early emotional regulation and the immune system'.

McDougal, J., (1989), *Theatres of the Body: a Psychoanalytical Approach to Psychosomatic Illness*, London: Free Association Books. Chapter 1. 'Mater', pp.12-31.

### Recommended reading

McDougal, J., (1989) (as above) Chapter 2. The Body-Mind Matrix.

Sidoli, M., (1993), When the Meaning Gets Lost in the Body: Psychosomatic Disturbances as a Failure of the Transcendent Function, *The Journal of Analytical Psychology*, 38(2):175-190

### Background / future reading

Clark, G., (1996), The Animating Body: Psychoid Substance as a Mutual Experience of Psychosomatic Disorder, *The Journal of Analytical Psychology* , 41(3):353-368

Kradin, R. (1997) The psychosomatic symptom and the self: a sirens' song. *Journal of Analytical Psychology*, 42, 405-423.

Porges, S.W. (2018) Polyvagal theory: a primer. In Porges, S.W., and Dana, D. (eds). *Clinical Applications of the Polyvagal theory*. New York: Norton. pp. 50-72.

Redfearn, J., (2000), Possible Psychosomatic Hazards to the Therapist: Patients as Selfobjects, *The Journal of Analytical Psychology* , 48(2):177-194

Wiener. J. (1994) Looking Out and Looking In: Some 'Reflections on Body Talk in the Consulting Room, *Journal of Analytical Psychology*, 39(3): 331-350

Winnicott, D.W. (1966) Psycho-somatic illness in its positive and negative aspects. *Int. J. Psycho-Anal.* 47, 510.

Winnicott, D.W. Mind and its relation to the Psycho-Soma. (1949 / 1984) *Through Paediatrics to Psychoanalysis*. London: Karnac.