



# Towards a Psychosomatic Conception of Hypochondria: The Impeded Thought

*Martine Derzelle*

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## **Towards a Psychosomatic Conception of Hypochondria: The Impeded Thought** Martine Derzelle

A rigorous and groundbreaking study. Martine Derzelle is the first researcher to approach hypochondria as a relational pathology. Martine Derzelle is the first researcher to approach hypochondria as a relational pathology.

The author tackles a subject that has puzzled care professionals for decades: hypochondria. Martine Derzelle confronts all specialists (psychotherapists, psychiatrists, doctors, psychosomaticians) with the paradox of this pathology and the theoretical void on which the approach to those patients who express a suffering of various kinds has stood for more than a century.

In the first part, the author highlights the lack of theoretical elaboration on hypochondria in the existent literature; in the second part, on the basis of clinical examples, she analyzes the nature of the disease, and then offers a completely innovative theoretical elaboration. Finally, in the third part, she proposes a new and specific approach to treating this pathology at both the theoretical and clinical levels within the framework of psychoanalysis and implementing key concepts from relational psychosomatics.

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