

SOPHROLOGY

The sophrology is the science which studies consciousness. Etymologically, the word sophrology has its origins in the Greek roots SOS (balance, harmony), PHRENOS (consciousness) and logos (study, discourse), which leads to the definition "study of human consciousness in harmony. "

The sophrology was founded by the Colombian neuropsychologist Alfonso Caycedo in 1960, inspired by the Greek tradition, the classical hypnosis (Braid, Charcot, Erikson), the relaxation methods (Schultz, Jacobson, Vittoz), the psychology (Jung, Freud), the phenomenology (Binswanger, Husserl), various oriental techniques (yoga, zen) and constant discoveries of neuroscience. The term sophrology is not protected, many schools were created with that terminology to describe different techniques and programs, some are opposed to the real objectives of relaxation therapy. To save the authenticity of the method, Dr. Caycedo registered the term "Sophrologie Caycédienne".

According to Dr. Caycedo, consciousness is structured in three levels, corresponding to quantitative changes of it, which is daily experienced by humans. The first level is the vigil (action), the second is sleep (rest) and the third is what Dr. Caycedo calls sophroliminal level (alpha level). The man goes by that level at least twice a day: early morning before opening the eyes and the evening just before falling asleep.

Caycedo also defines three states of consciousness or, more exactly, three existential possibilities of human consciousness: the state of ordinary consciousness, which defines the status of each of us with "our ups and downs", our positive and our negative; the pathological state of consciousness, which covers all the alterations of the psyche, the more serious psychoses to small neuroses; and the state of sophronic consciousness, accessible through the practice of sophrology.

Sophronic consciousness is a state of serenity to which he should proceed with the purpose to gradually release the causes of suffering. Any person who develops this consciousness is in harmony with oneself and with the outside world, has great adaptability, a deep knowledge of the internal mechanisms, a better integration of physical reality and the calm necessary to face external events.

Thus, sophrology guides us to the sophroliminal level with the objective to reach the state of sophronic consciousness. For this it uses a series of relaxation techniques, breathing exercises, body movements and various strategies of mental activation. Gradually and orderly, the person increases the perception and knowledge of his own physicality, emotions, thoughts, conduct and values, along with promoting freedom

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and its own responsibility.

From a therapeutic standpoint, sophrology may accompany any type of treatment in cases of spasms, sleep disorders, pain, phobias, irritability, exhaustion, anxiety, sexual disorders, hyperactivity in children... It is also a great help deal with addictions (alcohol, tobacco, sugar, cannabis...), in the rehabilitation and integration body after mutilating surgery, accompany difficult periods (adolescence, marriage troubles, unemployment, bereavement ...), enhance creativity and artistic potential ... In the educational field, relaxation therapy is helpful to improve and accelerate learning and memory, channeling attention in class, prepare for exams and even help the young person to move and realize its value. Also in sports sophrology is of interest, for example, to improve and structure the body schema, make a test and improve performance and recovery.

It should be noted that sophrology is not a session of hypnosis or psychoanalysis. It has nothing to do with parapsychology or other similar disciplines. The sophrologic techniques are with strong principles of operation, a precise methodology and a rigorous ethics.

Sophrology allows us to transform our outlook on life, make peace with our past, live fully the present and welcome the future.

** Sophrology does not exclude nor does not replace any medical or pharmacological care.*

LEARN MORE:

- The International Sophrology Federation. <http://www.sophrologyinternational.org>
- The Sophrology Academy. <http://sophroacademy.co.uk>