

Workshop given by Silvia Kockel
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eabp = European Association of Body Psychotherapy

The world beyond the glasses

About the correlation between visual disturbances and hidden depression

We recognize the world mainly through our eyes. However, today more and more people need glasses or contact lenses to master their everyday life. Therefore, the question arises: Do they change the sight? Is the world seen through glasses the same as without? Do we see the world through the famous pink spectacles or through grey or colored ones, or does our vision become more clear and sharp? Or are we put "behind glass"?

For 10 years Silvia Kockel has given classes on "breathing for the eyes". An inquiry among all the participants has brought remarkable results.

In the following experiment in her classes she realized a possible connection between visual disturbances and hidden depression. The participants were asked to look through an alternatively open and closed window and describe the different feelings. The outcome was clear. The open window allows a closer contact with the world. Life is more colorful and we are connected to a vivid exchange with the world. As soon as the window is closed, this relation is interrupted. We are separated from the world outside, the colors lose their brightness and the attention turns inside. Feelings of being abandoned or isolated arise. All these symptoms are known also from depression. On the other hand, in this state many people feel protected from being exposed barely and unsheltered to the world. The correspondence between the view through the window and the eyeglasses becomes evident. It is obvious that besides a clearer sight, the glasses are the answer for an additional and deep psychological reason .

Psychosomatic is shown clearly. When interrogating someone in need of eyeglasses, 90% of the participants of the inquiry remember a particularly stressful and oppressed situation in their life. Maybe this situation was solved after some time, but mostly the glasses remained or the sight even changed for the worse. There is a reason to assume that the constant use of glasses could be related to a lasting psychological burden. When asking for the reason for such thinking and feeling, the participants often mention sorrow. Sadness and sorrow, sometimes having been a burden for years, are another reference for depression or hidden depression, although life has been mastered "quite normal".

Also impressive are the different experiences we can make. How do I feel and what sensations or intuitions turn up when wearing eyeglasses or without them? What difference do I notice when looking at the world or myself from behind glass compared with the view of my proper eyes?

Atempsotherapie (respiration/breathing psychotherapy) offers various helpful solutions. In discussions the client will become aware of the actual problems at the time when the visual disturbance occurred. Exercises and treatments can then be offered to support his visual problem. For instance: when exhaustion and lost strength needs stability; to strengthen the own self in order to become independent and competent; also to accept fear and doubts and to deal with them; further to remain in the flow of life despite blockades and helplessness; to overcome isolation and loneliness by making new contacts and to develop a new kind of relation without eyeglasses, but "eye-to-eye" instead.

More and more people suffer from visual disturbances. It is quite possible that this defect is accompanied by a hidden depression. No doubt, eyeglasses and contact lenses are an important aid for a better sight. If additionally existing psychological problems can be solved or at least reduced, Atempsotherapie can essentially contribute to a better life quality.

The workshop informs in detail about the results of the inquiry and discussions with different experts. And of course teaches some practical exercises of Atempsotherapie for a direct and clear sight of the world outside and inside ourselves.

Psychosomatic - Eyes

1. What is my problem of sight/of my eyes?
What is my visual disturbance?

2. When did it occur the first time?
What particular situation of life did I meet with at that time?
What feelings, sensations, ideas come into my mind?
Have I been faced to similar situations several times?
Is the original problem already solved?
If no, what is still open?

3. Have there been changes for the worse?
What particular situation of life did I meet with at that time?
What feelings, sensations, ideas come into my mind?
Are there any relations to the original situation?

4. Have there been improvements?
What particular situation of life did I meet with at that time?
What feelings, sensations, ideas come into my mind?

5. How do I experience the world through my glasses/my contact lenses?
How do I experience the world without my glasses/my contact lenses?
What is the difference in feelings, sensations, ideas coming into my mind?

6. Could I find out relations between my visual disturbance and psychological disturbances?
What would be the solution?

What is the first step? How? When? What feelings, sensations, ideas come into my mind?

What feelings, sensations, ideas come now into my mind?