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## Przeciwnicy czy wspólnicy: pacjent i lekarz w procesie leczenia zaburzenia somatyzacyjnego – aspekty praktyki klinicznej

Against or together: Patient and doctor in the treatment of somatisation disorder - Aspects of clinical practice

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To establish an understanding of the causal conditions of the disturbance a patient with severe functional disorder has to suffer, there is often no simple way. But without understanding there is no compliance and adherence to expect in the psychosomatic treatment.

How is it possible to come into sufficient contact with these patients and initiate a psychosomatic or psychotherapeutic treatment? Beginning by some aspects of the current scientific findings to the aetiology, the paper will describe what is to be regarded in the handling of these patients. The typical interactional problems must be accepted as meaningful expressive normality and not as disturbance or resistance so that one can work with it more productively.