



The music - means of achieving the psycho diagnostic and therapeutic objectives for alexithymic patients

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ABSTRACT

The problems of adaptation and of reduced possibilities of expression and externalizing of the psychic or somatic suffering of alexithymic patients is a special attention among specialists, being outlined a set of measures taken to reduce these deficiencies. One of the methods with curative potential on the human psyche is the music therapy, which offers endless possibilities for improving somatic and mental suffering. The interest for this art grows, more so when the latest researches finds many advantages attributable to the music, this being achieved thanks to the action of sound vibrations on the cerebral cortex, which may serve as a means of stimulation and potentiation of some intellectual and affective processes. However, the music can accomplish the major goal in achieving a cathartic process, acting as a purifier to the accumulated negative emotions, present in alexithymic patients. To develop a deeper perspective into communicative sphere, invite you to the reflection on the influence of music by designing an intervention process in the future and awareness of how this can be done.

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Introduction

By definition, the alexithymia is mainly characterized by an inability to self-knowledge and expression, a limited ability to recognize own emotions and express them verbally, cessation of perceptio of the physical sensations as having a particular emotional cause and an externally cognitive style. Goleman (1) describes two types of people in emotionally: *the passionate and the indifferent*.

The passionate has exaggerated emotional responses to a situation, and the indifferent is nonreactive to the problems he face, ignoring the almost total seriousness. Some subjects have ample emotional reactions, while others minimize the importance of the issue, remaining impassive in extreme situations. This means that for some people the consciousness of their emotions can be overwhelming, while for others it barely exists.

The psychoanalysts have analyzed a class of patients who could not be treated using conventional methods because they could not relate to any feeling, fantasies and dreams, they not having an emotional life about to speak.

J.C. Nemiah and P. Sifneos (2) describes for the first time in 1973 the term alexithymia, which means "no words for emotions", coming from the Greek word: "a" - prefix that defines the lack of something, "Lexis" - word, speech and "Thimos" - emotions, but in clinically, the alexithymia refers to the syndrome described in the scientific literature and not just to mere absence of words in expressing emotions, the authors noting that many patients with psychosomatic disorders have difficulty in expressing emotions and feelings, using stereotypical and rigid posts. People with alexithymia are not able to identify and distinguish their own feelings, nor those of others, at the same time having a limited emotional vocabulary. Also, they can not distinguish between emotions and bodily sensations therefore they do not understand and do not verbalises, they can confuse emotional suffering with

physical pain. These people can say that they feel a "void" in the stomach, they have palpitations, dizziness, but they do not know what they feel could be anxiety. The somatic manifestations, appeared in different forms are actually emotional events that are impossible to be recognized by the alexithymic, they expressing these physical symptoms and because they have low capacities for fantasies. "The inability of these patients to address their inner life and to express them in dialogue and doctor-patient relationship has been called by some clinicians thought operative, and by others hypsymbolism (3).

Iamandescu (4) considers that the main mechanism that may be invoked as a pathogen factor in assessing alexithymia, would be reduced possibility of expressing and externalizing their psychic or somatic grief. Ikem (1995), cited. O.Popa-Velea (5), describes the term "alexisomie", this being the inability of expression, on the psychosomatic patients, suffering their injuries.

This fundamental confusion regarding the feelings seem to lead often to medical problems, when really these sensations are experienced emotional despair, leading inevitably to somatization disorders. Much of the interest of psychiatrists to alexithymic is to distinguish them from those who come to the doctor for help, unlike those who fall prey to obsessions on numerous investigations in order to find a medical diagnosis and appropriate treatment for what which is actually an emotional issue. It is estimated that alexithymia affects 30% of people with psychological problems.

Difficult to identify and express emotions and feelings, such as a distinction between fear and anger, inability to interpret gestures, expressions, positions, can affect and limit how people communicate appropriately with others. Alexitimicii are characterized by a monotonous way of talking, blunt expression of their being deprived of any

medical condition that presents an imperturbable failure in the dialogue.

Approaches psychoanalyst was found that subjects alexithymic dream less, and the content of their dreams is poor, factual and realistic, this inability to tell a dream being in close contact with the deficit in the sphere of communication about their emotions: subjects dreams, but can not verbalize. Their thoughts have a pragmatic content, more outwardly directed only towards internal sensations. Alexitimicii tend to describe events without fantasies and without symbols, telling more circumstances surrounding their production.

The main features of alexithymia

In summary, the clinical aspect, the defining features of alexithymia, current conceptualizations are illustrated by:

- difficulties in identifying emotions;
- inability appropriate expression and the nuanced description of emotions and feelings;
- impoverishment imaginative life;
- hardening emotional life;
- inability to self-knowledge and self-assessment;
- externally oriented style of thinking;
- difficulties in distinguishing emotional states of bodily sensations of emotional arousalului;
- deficit in cognitive processing of emotional experience expressed through a limited ability to symbolize emotions;
- low awareness of feelings and difficulty in regulating their emotional;
- tend to focus on specific details of external events.

Alexitimicii seem to be devoid of all emotions, although this is due to the inability of expression rather than to the total absence of emotions. They rarely complain, but when I do, I can not say why cry, despite the emotional intensity of this download. This is the essence of the problem, alexitimicii are unable to realize, to express and explain exactly inner turmoil, lacking the fundamental ability to show emotional intelligence.

Alexithymia characteristics in children

Children are prone alexithymic chronic anxiety caused by inability to identify emotions. This happens in healthy children when feelings and emotions that you do not fully understand, the more the alexithymic when inability to make quick decisions based on intuition, affect their personal lives.

Depression is another problem in children alexithymic especially in adolescence, when there are changes and desire stronger affirmation of self, accompanied by an amalgam of feelings and emotions that they do not and they can express themselves, their lives and complicated and appearance negative thoughts lead to depression masked with fluctuating manifestations illustrated by insomnia, asthenia, somatoform various accusations and especially the unorganized.

Signs of alexithymia in children the child has a practical nature, logic, without being hostile towards others; It is amazed by the emotional reactions of others; a fall in labor representation; rarely daydream; It is indifferent to art; Personal decisions are based mainly on rules and principles than on what feels; it is difficult to talk about their emotions and feelings.

Causes of alexithymia

Alexithymia is a complex phenomenon and, therefore, to find a single cause for all cases is difficult. Therefore, until now it has been suggested that the disease could have a primary or secondary cause. Primary alexithymia is understood as a genetic predisposition, so it could be caused by inherited traits, a neurological abnormality or incomplete

development interrupted. Also fall into this classification and effects of consumption of certain drugs.

Secondary alexithymia resulting from changes in coping style, created through social learning (5). This occurs as a sequel to severe emotional trauma that can come from childhood or a situation of prolonged stress, which is known: posttraumatic stress syndrome. This was seen in survivors of concentration camps or veterans of the Vietnam War, presenting therefore a defense mechanism characterized by "denial" facing the trauma suffered due to repress feelings that finally, affecting behavior.

Rief et al. and Sifneos, apud.Ledoux (6) found that alexithymia may represent certain aspects of depression or general distress. Parker et al., Cited Ribot (7) found, however, that alexithymia and depression are distinct concepts, but quite significantly correlated. Some authors consider that alexithymia is an attempt to block the negative emotions associated with stress.

For emotionally bottlenecks are fear of a mistake, not to seem extravagant; fear of risking to be a "pioneer" of being in the minority; poor capacity to relax, to let the incubation time to unfold, to act; pathological desire to maintain security; difficulties in changing thinking; over-reliance on the opinions of others; lack of competence to submit effort.

However, alexithymia has not been clarified with regard to its pathogenesis, assuming that there are multiple levels of disruption (emotional, verbal story or fantasy) that may arise jam. Also, it has been assumed that there is a profound deficiency, possibly inherent in response to external stimulation produced only a neurophysiological mobilization without a psychological drive, or a verbal account of deficiency in the capacity.

There were also alleged, among alexithymia causes: lack of emotional transmission of nerve impulses from the brain area to the right hemisphere responsible for language in the left hemisphere, because the 'corpus callosum' joining hemispheres each; faulty connection between hemispheres ie between areas of the brain involved in emotional awareness.

The left hemisphere - "The primary function of the left hemisphere is to translate any representations perception, logical and semantic noise of reality and communicate with the outside based on this logic and analytical coding of the world" (P.Watzlawick, 1983 as cited in M. Roco 2004).

The predominance of left hemisphere means taste for vocabulary, words, phrases and structure the art of making plans, preference for details and not whole, logical presentation of facts. The characteristic typical of the left hemisphere is the rational approach.

The right hemisphere of style manifestation of a person is thinking without language universe, understanding nonverbal, spatial perception. It is appreciated that instead of rhythm, music, images and imagination, is the universe dream of color, vision in relief. Its task is to synthesize and express our experience in a picture. Imagination and intuition are they dominant functions, for which seat is considered artistic and musical competence. The approach is intuitive (as opposed to the rational) - she proceeds by association of ideas through interactive approach, consolidates relationships within a whole. Assess things depending on the context of historical, geographical, economic, sociological, etc. Nothing can be taken separately (a kind of relationship as complete horizontally from left hemisphere, where the relationship is vertical). The approach seems less random and not well you figure out where it wants to go. Advancement is spiraling,

expecting little by little elements to rank each other as slim as possible (M.Roco, 2004).

Sifneos, cited. Roco (3) describe the inability to realize alexithymic feelings. These come to them, they say they feel terrible, but I can not say exactly, I can not describe the emotional state that, so he assumes that there is a disconnect between the limbic system and the neocortex between emotional brain and speech center.

Limbic brain has a certain autonomy in relation to the cortex. A particularly intense emotion causes a reaction of the limbic system and blocks any reactivity of cortical areas. Limbic brain has selective and detective role. He is a filter which provides a selection of stimuli freely, interest, motivation, success, etc. Information judged interesting by the limbic system more quickly reach the brain - the cortex limbic stimulates areas referred to positive information. In case of negative information in relation affect unsuccessful, they no longer reach the brain, the limbic brain is stopped (hippocampus). The cortex has plasticity and flexibility, operating with symbols, language, abstract thinking, allowing assessment and processing ideas.

Limbic brain, physiologically considered the center of emotions, impulses, long-term memory, immediate action and the development of imaging is guided by seven laws:

1. It is waterproof any type rational logic;
2. Any information is filtered by the limbic system and the communication from the limbic cortex is unidirectional;
3. This filter is conducted by the emotional undertones of the information being interesting, monotonous, security / insecurity, harmony / conflict;
4. Action is registered lived limbic system;
5. The limbic system stores all the memories, allowing acquisition experience;
6. Filter agreeable or disagreeable memories after working;
7. The limbic system provides knowledge through images.

"The consciousness of feeling is not only an act of knowledge, a form of affection, but also an attitude, a feeling for feeling, an emotional reaction to an emotional phenomenon" (3)

If *metacognition* refers to the ability to know, to be aware of the processes of thought, conscience refers *metadevice* own provisions: think of it when cheerful (1).

Distinctive features of the person affected by alexithymia

The profile of a person affected by this disorder has a number of identifiable features, many of which are similar to those shown in the depression, although in the case of alexithymia are more pronounced. Among the most important are: inability to experience pleasure; lack of sexual interest; confusion; lack of energy and empathy; impulsivity; distorted view of reality; dependent relationships trend or isolation; introspective little ability and imagination; ineffective communication, serious and boring.

Social and cultural factors associated with alexithymia

Some research suggests that a good reason, the close relationship between socio-cultural factors and the development of alexithymia. Both models of family communication and social learning have a crucial impact on individual development. Enough example is the newborn that is born without the ability to speak or organize their emotions, so it depends on adults to be (identify them) and to treat them accordingly. When there are severe abnormalities of communication between mother and baby, the chances of eventually developing a disorder, are much higher.

Other factors associated with alexithymia, according to recent studies, are related to some diseases such as anorexia and bulimia, premenstrual syndrome, inflammatory diseases, hypertension, brain trauma, etc. Many confuse erroneous definitions alexithymia with other conditions and disorders involving lack of emotion or emotional expression. Alexithymia should not be confused with sociopathy (lack of interest in others), Stoicism (deliberate resistance to emotional impulses), apathy (lack of emotional reactivity and motivation), emotional repression (subconscious denial of emotions).

Treatment alexithymia

The only treatment is psychotherapy alexithymia (the causes are not neurological). The goal is for the patient to understand their emotions, to identify, to explain. It is a long process and very frustrating.

Highlights (8) the beneficial role of supportive psychotherapy and educational favorable response from some group therapies, and related psychosomatic disorders - utility biofeedback and relaxation therapies. Also, patient education in order to acquire a new lifestyle and identifying maladaptive mechanisms, constitutes a form of therapy appropriate to their needs.

Guidelines psychotherapeutic

- a) - experiential psychotherapy - achieving a higher level of consciousness through techniques of free expression of the ego (directed imaginative, dramatic, etc.) - it creates prerequisites for the transition from a rigid attitude to adopt multiple strategies and flexibility of their use;
- b) - cognitive behavioral psychotherapy - focuses on the development of behavioral models to showcase achieving performance and restructuring ideas and attitudes;
- c) - Rational Emotive psychotherapy - identification and removal of internal obstacles that hamper their affirmation;
- d) - transactional analysis - Analysis of the Ego states, conducted objectively and hypnosis, regression to age, cognitive schemas to identify dysfunctional childhood traumas suffered, necessary changes;
- e) - group psychotherapy - self-esteem achieved growth by facilitating the emergence of feelings of acceptance.

These interventions are designed to optimize the relationship physician / psychologist - patient and a value adaptive, primarily by restructuring coping mechanisms centered on issues and emotions, creating a better self-knowledge and self-affirmation, their use, especially for patients psychosomatic extremely beneficial.

Another approach psychoanalytic psychotherapy of inspiration is the use of music in order to stimulate activation and emotional - creative, it can allow access to state of mind that can evoke different worlds, able to shape the human soul. "The songs that cross our mind analyst really give a clue to the secret life of the emotions experienced by each. The song inner voice of an unknown transmits itself not just fleeting moods and impulses, but sometimes unknown or refused a desire, a goal and a need that we do not like to admit. Any secret message would wear, incidental music that accompanies us conscious thinking is never accidental" (Reik, cited. 9). Self imaginative music releases, unlocking the natural flow of creative skills, as acting and other impulses of imagination. A symbol emotional unleash a new meaning. High frequencies unleashes creativity, jam collapses, yielding a high level of inspiration flow.

Accelerate key skills is to get rid of "cognitive or emotional blockages" to allow new flexibility and

development. Emotional function of music is divided into cathartic function / relaxing and activating / energy - relaxes the body and mind, engaging all the senses, emotions and imagination, producing reconciliation aware of the subliminal, providing the opportunity to get rid of bottlenecks past to liberate the energies of joy .

The team led by Lozanov (apud.10) found that, amid listening concerts "active" composed by Mozart, Beethoven and Brahms, there is a connection between the two hemispheres of the brain. The concert "active" Baroque concert followed by "passive", were powerful and energisers balancing factors. According to Tomatis, music not only binds into a whole right brain with the left, but gives a boost of energy, balancing both mind and body, realizing, on the one hand print in memory of the information in overall, on the other hand raising individual emotional responses, making them actively participate.

Neuroscience branch that deals with music focus almost exclusively on the neural mechanisms by which we perceive the tone, tonal intervals, melody, rhythm, etc., and until recently very little attention given to emotional aspects of music appreciation. But music has echoed on both sides of our nature - it is essential emotional and intellectual at the same time essential.

The mechanisms involved in music perception and its psychotherapeutic effects as underlying the limbic system, which is - after Ruch (apud.11) - "integration experience mental headquarters' internal organs transmitted through its connections with the frontal lobe, thalamus relations (considered" headquarters of subjective experiences ") and hypothalamus (considered" vegetative brain "), so regulator of internal activities.

Music acts on the body, addressing both the region's primary instincts and emotions related to their activity and upper floors subcortical brain stem and upper functions carried region in the cerebral cortex. This structure "plurietajată" works as a whole and music simultaneously addresses various stages of that system (12).

It seems that some musical compositions floors adresează predilection of other others, producing emotional level changes, cognitive, energetic, volitional, neurophysiological, relational, perceptive, sensitive, etc.

The influence of music on emotional processes - new evidence in research

The therapeutic properties of music were charged since the dawn of mankind. Today, technical advances allow scientists to quantify the physiological changes that produce their music in different body areas. Music perception is a complex phenomenon, since sound waves that produce vibrations of the tympanic membrane and ending with an elaborate process of decoding the auditory cortex. Scientific research devoted to the effects of music on the human being, were reunited in numerous conferences, including the International Congresses illustrate Mozart & Science 2008 Vienna (November 16 to 19.) And 2010 Krems (4 to 6 November.), The topic of oral presentations and posters have covered many areas of pathology, such as neurology, cardiology, psychiatry, psihooncologie, obstetrics, neonatology, intensive care, palliative medicine, pain syndromes, etc.).

From this wide range of studies, we present some experiments that were aimed at exploring the link between music and emotions, mechanisms psihoneurofiziologie moved by hearing different songs.

Iamandescu, I.B. and A. Chitu (13), conducted a preliminary study to find connections between general emotional atmosphere of music and emotions induced type, which will be compared in a future study with depressed patients. In this respect, were prepared three sets of four parts (duration approx. 14 min. Each) - Music sad, joyful and meditative. Subjects' responses were analyzed, observing: the type of emotion and appreciation of music notes (on a scale of 1-10). Results showed that: 1. meditative music produced the largest number of emotions, followed by the sad, and ultimately joyous; 2. produce maximum pleasure meditative music, sad music - minimum; 3. confirmarea opinion about the accessibility of classical music in people with a high intellectual level, regardless of their musical culture.

Kuessmer, M. (14), conducted a study that investigates fMRI activation of neural structures under the action of musical fragments that induce negative emotions (fear), positive (happiness) and neutral. Experimental findings have revealed that activations were concentrated in the left and right temporal lobes and the occipital lobe. Contrasting sad music versus cheerful music revealed hemodynamic responses in the hippocampus. Amygdala activation was absent in both contrasts. The observed pattern is discussed in terms of inducing emotion, underpinning the cognitive mechanisms and areas for further research.

Marin, M. (15), investigates the emotional transfer (music, visual complex areas), assuming that the excitation plays a crucial role in emotional processing, making exploring the role of excitement by combining music (romantic) than pleasure induced images complex disorders. Results showed that the response to stimuli musical and visual modulated by musical education of the participants, it was associated with high ratings of arousal in response to stimuli Music nasty (those trained), while participants with a musical responded the complex images, but not unpleasant.

Mikutta.C. (16) examined changes under the influence neuro-physiological 5th symphony of Beethoven, concluding that music is capable of provoking an intense neuronal excitability that may be linked to the emotions of the moment.

Vilkeliene. A. (17), studying music in what situation, an autistic child can communicate verbally or non-verbally, the study results being processed qualitatively and quantitatively. In this regard, it was demonstrated effects on the relationship of autistic children (song helps children develop powers of music, while music games provide an opportunity to expressing spontaneous feelings and to children in a communication conscious and social dialogue).

Malloch & Trevarthen (18), demonstrate how speech and rhythmic movement and music modes is a prerequisite for all forms of communication. The theory unites areas of otherwise disparate around common understanding by common movements motivated by communication and collaboration, they are an intrinsic part of the human being, from birth. Examples of applications of music therapy support the argument that our native skills for communicative musicality contributes to a sense interdependence, self-esteem and health.

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It can be said that the interest of researchers around the world causes broadening the application of muzicoterapieii, with obvious results, both biomedical and psychosocial resounding music depending on what happens in the intellectual experience - emotional subject, while listening to music.

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