



**MEETING ROOM 4  
7 OCTOBER (SUNDAY)  
10.00-13.00**

**WORKSHOP  
“SIGNIFICANCE AND METHODS OF PSYCHOLOGICAL WORK  
WITH ALEXITHYMIA  
AS PREVENTIVE MEASURES FOR MENTAL HEALTH”  
(Meeting Room 4)**



**Trainer: Inga V. Rumyantseva**, Psychologist, Vice-President of All-Russia Professional Psychotherapeutic League, Head of Regional Unit of PPL in Saint – Petersburg, official representative of the Supervision Committee of PPL in Saint-Petersburg, the Member of the Supervisory Board of the National Self-Regulatory Organization “Union of the Psychotherapists and Psychologists”, Saint -Petersburg (Russia)

---

## Introduction

---

The Workshop considers the notion of alexithymia, which is important for mental health, as a difficulty in verbalizing one's own emotions and a risk factor of psychosomatic diseases, as well as the ways of working with it. There are different points of view on the therapy of alexithymic patients in psychology. It is stated that therapeutic interventions should be limited, and therapy that promotes anxiety activation is not appropriate for such patients. Besides, it is believed that one of the types of assistance to alexithymic patients is the development of creative imagination, dancing, playing musical instruments, art therapy, and that all these skills contribute to the development of the imagination. The Workshop will present an exercise for working with a alexithymic patients, which is based on the Stunning psychotherapy by V. A. Ananiev.