

CATHARSIS APPLICATION PROGRAM®

A powerful restorative technique helping individuals explore safely their conflicts and repressed emotions and feelings for a real liberation and healing process

Patients Benefits

Forty years of clinical observations has clearly shown that the music composed by Dr. Alain Amouyal facilitates the emergence of emotions tied to past traumatic experiences. As does a fable, his music has the ability to draw an individual's attention toward a particular problem and generates a possible solution. Just as the ancient tragedies of Greece gave spectators the opportunity to rid themselves of certain urges (violence, passion, fear, etc.), the cathartic function of this music brings past traumatic experiences to the surface and serves as a means of releasing the emotional baggage tied to them. It seems, in fact, that each piece vibrates preferentially with particular knots of pathos (frustration, obsession, anguish, depression, etc.).

The use of CAP music seems to activate an effect on the emotional and mental realms through a somatopsychic integration, which is reflected by neurophysiological modifications. This dynamic process may also have a possible action on the subconscious as well.

So this process can be applied across many pathological disorders. Its application can range from the simple request of a client who wants to reduce stress to the one who want to engage in deep psychotherapy.

The positive effects experienced with the Catharsis process can influence behaviors and improve the quality of life. Some positive changes that have been observed are:

- relaxation and a sense of relief
- reconnection with the body
- ability to let go
- increased threshold to pain
- restful sleep
- releases tension and stress
- ability to adapt behavior appropriately to new situations
- creativity enrichment
- improvement in communication with others
- increased concentration

For the creators, the key objective of this method is to help people to get in touch with their inner world and begin a journey towards a meaningful life in a non-confrontational and non-threatening way. In fact, each individual controls the speed of their development and explores only what they accept themselves. The process allows individuals to go beyond their self-defenses without forcing anything, which ultimately provides a global and sustainable integration of change.

To summarize, CAP brings to the patient:

- a very important opportunity to work on achieving personal growth
- a process revealing a set of markers and assessments that can be further developed in the therapeutic milieu
- a 13-week commitment which provides regularity, structure and self-discipline which are qualities that, when developed, will have positive consequences in everyday life
- ability to touch on aspects of the personality or behaviors that would take more time to reveal with talk therapy
- a movement in time and space that allows the patient to no longer comprehend only the reality of the moment, but to cross exciting boundaries into the understanding of his inner world. The patient has the ability to pinpoint the key points in his past and future history.