

The Essential Caress

from Roberto Schinyashiki, by the Family Psychologist Dora Ines Garcia

This text is taken from the book *The Essential Caress* of the psychiatrist Roberto Schinyashiki, who has worked for several decades the subject of affection and caress as an essential part in the development of social, psychological and communicative skills of people.

In the book *The Essential Caress* of Roberto Schinyashiki, the Brazilian author highlights the importance of caress in human relationships, he tells us a story that can be the history of human beings anywhere.

There was a country where every time a child was born he received a bag with warm affections that served him to be very happy and solve all kinds of situations that could affect him and his family, he could also give them to others so that they felt well and alleviate their difficulties. Each person in this community could use warm affections depending on their nature and their needs. And children were still being born and warm affection increased.

One day this place came a sorceress who was dedicated to making concoctions to solve the conflicts of people. Seeing that they were all very harmonious and showed no signs of major conflicts, I looked for a way to sow the idea of keeping the warm affections so that they would not end, she knew that, if they were saved and not shared anymore, they would need something to feel good. Some began to keep them and so the sorceress began selling her concoctions to heal people, others continued to use warm affections and did not need anything else to be in emotional well-being.

The best thing was that the more you shared warm affections, the warmer affections increased.

This story is real because when we are born we bring all the necessary batteries to guarantee happiness, it will depend where we arrive and the ability of our parents to give us love and receive all those warm affections that we bring at birth, our smiles, the sweetness of our skin, the Peace of our eyes, joy, the energy to grow and above all the ability to give love and receive it without reservation. The more love we receive, the more we can give. That is why it is so important to cultivate what we call caresses, "warm affections" it is about seeing the beauty of people's lives and raising them positively, releasing judgments and criticism because that is what causes pain and discord. When we are willing to caress the other we do it from ourselves, the pleasant, good, worthy of being loved, understood and we can establish loving contacts with others. The caress is always given from the heart that rescues the other and makes you feel good, the secret formula is, if I am well, you are well and vice versa.

HUGGING

It is a way of giving affection and love and of giving it to others, the hug has the power to restore the Being and harmonize it, it is also a way of charging our body, mind and emotions with positive and positive energy, making us more spiritual. When we embrace and embrace the chemical substances of the brain and body generate harmony and a sense of pleasure, peace and happiness.

There are many kinds of hugs that allow us to express affection and love, the personal embrace, which is what we give ourselves, many times we get tired and naturally we gather and embrace massaging the arms, and we balance the body by picking up the knees; because

it is the feeling of tranquility that we had when we were in the womb of our mother. The bear hug, which occurs with the whole body feeling the other from the belly (stomach), passing the arms over the other person to feel it as close as possible, this hug is comforting and allows you to feel safe and loved by others, it is very common for friends. Children naturally embrace in this way. The embrace of the heart, which as its name says is given from the heart feeling the other person in the heart directly heart with heart and you do a massage on the back, this hug occurs naturally when we want to comfort someone in pain and it is very comforting and common among family members, since it is the heart that rescues us with love and filial feelings.

The experts in Abrazo therapy say that if you give 12 hugs daily you will be able to be successful and assertive in your day, hugs provide security and charge to the being of vitality, joy, harmonizing it. The hug is a powerful and loving caress that guarantees mental and emotional physical health.

There are several techniques that can be used to prevent and contribute elements in order to improve mental health and support populations and family groups that are in situations of vulnerability, to create communicative spaces and support their difficulties. These techniques and therapeutic processes allow them to release their fears, frustrations and develop strengths that improve their daily lives. Among these strategies are: Art therapy, hug therapy, music therapy, play, among others

These techniques are another way of approaching the improvement of mental health through the use of free time, "productive leisure" that allows people to take advantage of the resources around them, their social and family environment with these techniques.

ART THERAPY

It is a therapy or form of expression, which allows to release some of the stressful situations that people live in their daily life, to generate well-being and healing against some psychological, emotional, physical and transcendental or spiritual discomfort, through the expression of "art" or creation. Among the different forms of art is painting pictures, making jewelry, baskets, sculptures and all kinds of creations with their hands, using different techniques to transform the materials of their choice such as wood, fabrics, glass, paper, threads, rocks, plastic, recycling, among others. Through the creations of artistic forms, or manuals, "crafts", the brain relaxes and releases the blockages, the chemical substances that generate pleasure and tranquility, harmony, and sensations of happiness rise.

Art therapy helps to improve interpersonal relationships, to create spaces of cohesion between family and social groups, as well as personal or individual benefits.

Art therapy also develops expressive techniques such as dance, dance, theater, music, play, writing. The story, and any form of communication that facilitates people to express and release emotions.

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