

## **BODY IMAGE AND INTERDISCIPLINARY APPROACH: A CASE REPORT**

Presenting author Hospital Israelita Albert Einstein, Brazil, Marcus Vinicius R. F. Netto (Hospital Israelita Albert Einstein, Brazil), Donato Callegaro Filho (Hospital Israelita Albert Einstein, Brazil), Fabio R. S. Romano (Hospital Israelita Albert Einstein, Brazil), Ana Merzel Kernkraut (Hospital Israelita Albert Einstein, Brazil), Denise Tiemi (Hospital Israelita Albert Einstein, Brazil)

**BACKGROUND AND CASE DESCRIPTION:** Studies show that cancer patients benefit from an interdisciplinary approach. This case report aims to show the impact that multidisciplinary care (oncologist, psychologist and body therapist) has had on a 69-year-old patient with metastatic bilateral breast cancer to bone, lung and lymph nodes. It is noteworthy that the palpable mass was neglected by the patient for a year, due to fear of undergoing surgery. The tumor was only detected by health staff during a visit to the patient's house, after she had avoided medical consultation for a period of time. So the doctor's hypothesis was a difficulty with self-care, which can negatively impact treatment adherence and self-care. In psychological attendance, it was observed that the patient had difficulty with symbolization (expressing in words her psychological conflicts) and tended to make use of defense mechanisms such as projection and rationalization, which contributed to frequent *acting-outs*. Related to this, the relationship between the patient and her body was only experienced through pain and disease. From this, it was considered important that the patient could establish a new relationship with her body, making use of speech, and not only through the body, as an expression of her suffering. Touch therapy is a technique that consists of a sequence of light and gentle nudges along the patient's body in a slow, steady rhythm, which can promote feelings of relaxation and well-being. Thus, associated with psychological attendance, was done a bodywork, in order to help the patient establish a different relationship with her body.

**CONCLUSION:** It was observed that the interdisciplinary approach has provided an appropriation of a new body image, in which the body can be perceived by the patient not only through pain and disease, but also through wellness sensations. In addition, the patient has decreased the utilization of defense mechanisms such as rationalization and projection and replaced by better symbolization capacity, putting into words her feelings and conflicts.