

# **somatic nervous system ap psychology definition**

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## **SOMATIC Definition & Meaning - Merriam-Webster**

The meaning of SOMATIC is of, relating to, or affecting the body especially as distinguished from the germplasm. How to use somatic in a sentence.

## **SOMATIC | definition in the Cambridge English Dictionary**

SOMATIC meaning: 1. relating to the body as opposed to the mind: 2. relating to general body cells, not.... Learn more.

## **Somatic therapy: What it is, how it works, and why more people are ...**

Somatic therapy focuses on the mind-body connection to help release stress and trauma stored in the body. Learn how somatic therapy works, what it treats, and why more people are turning to this body-based, evidence-supported approach to feel safer and more regulated from within.

## **What is somatic therapy? - Harvard Health**

"Somatic therapies posit that our body holds and expresses experiences and emotions, and traumatic events or unresolved emotional issues can become 'trapped' inside."

## **SOMATIC Definition & Meaning | Dictionary.com**

SOMATIC definition: of the body; bodily; physical. See examples of somatic used in a sentence.

## **Somatic - definition of somatic by The Free Dictionary**

Define somatic. somatic synonyms, somatic pronunciation, somatic translation, English dictionary definition of somatic. adj. 1. Of, relating to, or affecting the body, especially as distinguished from a body part, the mind, or the environment; corporeal or physical.

## **You've Heard of Somatic, but What Does it Actually Mean? - LinkedIn**

The term "somatic" comes from the Greek word soma, and literally means "body" as experienced from within. Our bodies hold onto stress, trauma, and tension, often without us being aware which can ...

## **somatic - Wiktionary, the free dictionary**

Adjective somatic (not comparable) Part of, or relating to the body of an organism. Antonyms: psychological, mental

## **What does Somatic mean? - Definitions.net**

Part of, or relating to the body of an organism. Etymology: somatique, from σωματικός, from σῶμα. Somatic generally refers to the cells of the body, excluding the reproductive cells. It pertains to the body's internal organs and skin.

## **Somatics: Definition, Exercises, Evidence, and More - Healthline**

Somatics uses the mind-body connection to help you survey your internal self and listen to signals from your body on pain, discomfort, or imbalance. Somatic therapy incorporates this approach...