

# Salutogenesis

Peter Hess® Sound Massage and Sound Methods are based on the model of salutogenesis.

**Salutogenesis** = Latin salus (health) and Greek genesis (origin). Meaning 'origin of health'.

The concept of the medical sociologist Aaron Antonovsky describes the development and maintenance of health.

The focus is not on the absence of illness, but on the question: 'What keeps us healthy?'

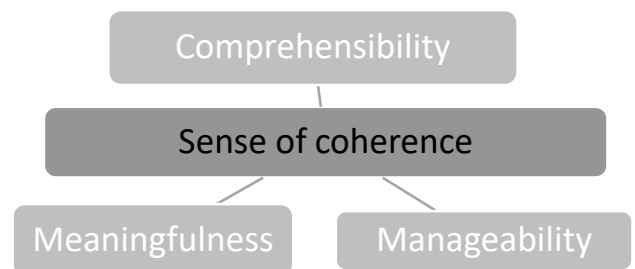
Antonovsky sees **health and illness as two poles of a continuum**.

The focus is on **resources and protective factors**.

This means that health is not a fixed state, but is dynamically influenced by various factors.

A central aspect of salutogenesis is the **sense of coherence (SOC)**, consisting of:

- **Comprehensibility:** The ability to understand one's own life situation.
- **Manageability:** The feeling of being able to overcome challenges.
- **Meaningfulness:** The conviction that life has a purpose.



By strengthening resources and protective factors such as social support, health-promoting lifestyles, personal responsibility, optimism, etc. we can move along the continuum towards health – regardless of existing limitations.

Peter Hess® Sound Massage and Sound Methods can make a valuable contribution to this.

*Health is not everything, but without health,  
everything is nothing.*

*Arthur Schopenhauer*



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## **Sources:**

Björn Migge: **Handbuch Coaching und Beratung**, 3. Auflage, Beltz Verlag

Antonovsky Aaron: **Salutogenese: Zur Entmystifizierung der Gesundheit**. DGVT-Verlag, 1997.

Script of the teaching seminar: **Peter Hess® Sound Massage – Sound Massage II**, revised edition, Peter Hess® Institute, 2024.

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## **Note:**

The OMW are a joint project of the group 'Klang ohne Grenzen' (KOG) and the International Association of Sound Massage Therapy.

We are part of the OMW network (in German):

<https://omw.hdz-nrw.de/omw-netzwerk.html>

