

**Abstract:**

This thesis entitled *Body-Mind Problem* describes the issue as a traditional point of view, through the philosophical conception of the relationship between body and mind and the historical development of links between body and mind. Unusual point of view with an overlap in psychological practice describes the current field of psychology applying the relation of body and mind - constitutional typology, psychotherapy focusing on the body and psychosomatics. The practical part of this work is aimed at determining the influence of dance movement therapy, as one of the types of psychotherapy focused on the body, on reducing emotional problems in children aged 4-6 years.