Abstract
Painful Bladder Syndrome/Interstitial Cystitis (PBS/IC) is a disease that affects particularly women in diverse areas; thus, the objective of this work is to present a proposal for the expression of feelings as a way of helping in the remission of the disease. Questionnaires and interviews were applied to identify common experiences among patients, as well as therapeutic work with a sample composed by 12 women, between 30 and 60 years old, using Gestalt sensibilization with experiential exercises. The results found show that, in general, patients who have learned to listen to their body, becoming aware of their own necessities and expressing them, have improved their quality of life.

Keywords
Painful Bladder Syndrome /Interstitial Cystitis, feelings, expression, Gestalt sensibilization, life quality.