Abstract
This article presents a theoretical reflection about the concept of corporality and its relationship to psychotherapy, which is based on partial results of the analytical bibliographical research Corporality in the Context of Psychotherapy. This research was developed as a project of the research line Clinical and Health Psychology of the Psychology Department of Universidad del Norte, Colombia. The conception and function of the human body in psychology are analyzed, especially in psychotherapy. The human body is understood as the initial point from which we could have experiential and conscious access to affects. It is concluded that corporeal sensations always implied a direct connection to a specific affect. This idea means that if human beings attend to the immediate experience that is felt corporally, they will have more possibilities to access to conscious and experiential knowledge about their intentions, affects, decisions, and the valuing process.

Keywords
Lived body, corporality, existential humanistic psychology, experiential psychotherapy, felt meaning, felt sense.