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## Shadows in the History of Body Psychotherapy: Part II

Courtenay Young with Gill Westland

### Abstract

This article is intended to open up a discussion and to begin to name, to reflect on, and gradually start healing some of the wounds arising during the development of body psychotherapy, particularly during the period 1960-2000. It highlights several inherent problems in individuals single-handedly pioneering new methods, and several systemic difficulties in the organization of the original training courses. These 'shadows' are not unique to body psychotherapy and similar examples can be found in many other modalities of psychotherapy and in many other communities. They have implications for the wider professional field and also for the future development of our field of body psychotherapy and, once named and owned, can be utilized more positively. Because of its length, the article has been split into 2 parts.

*Keywords:* Body psychotherapy, shadow, history, abuse, healing, ethics

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### The Scene of the Crime:

**Traumatic Transference and Repetition as Seen Through Alfred Hitchcock's *Marnie*  
Eric Wolterstorff, Ph.D. & Herbert Grassmann, Ph.D.**

### Abstract

This essay presents an integrated approach to treating traumatic transference dynamics. Our theory integrates findings from the family therapy literature, principally the contributions of Murray Bowen; new understandings about memory from the field of neuropsychology, most clearly expressed in the writings of James Grigsby; and insights into the behavior of the autonomic nervous systems of people after they have been stressed or traumatized, as modeled by Peter Levine. Our work integrates these three literatures into an approach to addressing the complex interpersonal dynamics that arise when psychotherapists work with clients who have experienced a particular class of traumas which we call "in-group traumas", which is to say, those clients who have a history of involvement in traumatic incidents in their families, schools, churches or other tightly knit groups. Because of the close and ongoing nature of relationships in these groups, memories of traumatic experiences in such environments can be more complex than memories of car accidents, surgeries, or even an attack by a stranger. We propose a way to conceptualize these memories of "in-group" traumas. To do so, we rely on five ideas: 1) It is useful to simplify people's behavior during a traumatic event into four roles: Savior, Victim, Bystander, Perpetrator. A single individual might play more than one role, even during the same event. 2) Individuals playing any of these four roles can develop posttraumatic symptoms. 3) Traumatic reenactment can be accounted for through the mechanism of projective identification. 4) During a traumatic event, we remember not so much what happened to us alone, but rather our subjective interpretation of the entire traumatic event itself; we remember the *scene of the crime*. 5) Healing from a complex relational trauma requires integrating all four posttraumatic roles and, through them, the whole of the traumatic event. Identifying with one of the roles and disidentifying with the others, as is usual, leaves clients with a superficial misinterpretation of what they actually remembered because, during the original traumatic event, they also remembered what they imagined at that moment to have been the experience of others present. To conclude, we describe the implications of this interpretation for clinical interventions. Throughout, we use a

(fictional) case study accessible to any reader, Alfred Hitchcock's 1961 psychological thriller, *Marnie*.

*Keywords:* trauma, group dynamics, traumatic transference and countertransference, traumatic reenactment and projective identification, posttraumatic memory space, Alfred Hitchcock

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**SOMATIC PSYCHOTHERAPY  
AND THE AMBIGUOUS FACE OF RESEARCH  
Gregory J. Johanson, PhD**

Abstract

The relationship between somatic psychotherapy, science, and research are explored, especially as they relate to Hakomi Therapy as one modality within the body-inclusive therapeutic community. It outlines how a training institute, as a provider of psycho-somatic therapy trainings, functions as both a consumer and generator of research. Issues explored include how somatic therapists have pioneered aspects of psychotherapy in advance of corroborating research findings; how findings are engaged critically in light of clinical experience; and how findings beyond psychotherapy in cognate fields such as neuroscience, developmental studies, multicultural, and spiritual arenas are necessarily integrated into an adequate research agenda. "Science" in this context refers to principles from the sciences of complex adaptive systems (CAS) and the philosophy of science of what it means to be human. "Research" refers to experimental methods for confirming or questioning scientific/clinical assertions.

*Keywords:* psychotherapy research, somatic psychotherapy, Hakomi Therapy, AQAL Integral Theory

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**Body Psychotherapy for Anxiety Disorders  
Manfred Thielen, PhD<sup>1</sup>**

Abstract

In this paper, an overview of anxiety theories including the latest findings from perinatal and infant research will be explored from a holistic perspective. The body psychotherapy approach to anxiety problems will then be illustrated with case vignettes.

*Keywords:* anxiety theory, Freud, Reich, psychodynamics, infant research, body psychotherapy in practice.

**Somatic Dialogues:  
Embodied Relating**

**Asaf Rolef Ben-Shahar**

Introduction

With contributions from David Boadella, Stanley Keleman, Will Davis, and Akira Ikemi Big bodies interest me — by which I don't mean heavy-built people, but big bodies – families, organisations, communities. The body of our community as body psychotherapists has a painful history of ostracising and marginalising. It often had to fight for its right to exist alongside the more mainstream therapeutic modalities. Reich and the first generation of his

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<sup>1</sup> This article is based on an article, which was first published in German in "Psychotherapie und Wissenschaft" (Psychotherapy and Science). Volume 1, Number 1/2011 with the title: "See how eloquent – the body in psychotherapy. IV" Ulrich Sollmann (Ed.), but has been essentially rewritten. Translation by Elizabeth Marshall.

students had to struggle to be acknowledged as legitimate theoreticians and clinicians, and we are fortunate to be living in a different era. Most psychoanalytic journals are not only biw addressing the body in psychotherapy, but also relating to somatic methodologies of working with the body in therapy. Looking at the body psychotherapeutic community I am left wondering about the body that we are; what kind of body do we have? Sadly, it feels that we are oftentimes fragmented and isolated — that even within body-psychotherapy there exists a lot of segregation, dissociation, and primarily, lack of rigorous interdisciplinary dialogue.

We at the IBPJ wanted to help us embody our communal body by facilitating interdisciplinary discussions through a platform for clinicians from different modalities to share their thoughts and feelings about themes that concern us all.

This colloquium is the first dialogue in what we hope to be many. We have asked Nick Totton to write about embodied relating, the connection between being bodies and being in relationships, from his own theoretical and clinical stance, Embodied Relational Therapy (ERT). Following Totton's lucid foundation of his ideas and understanding, we have asked four leading figures in the field of body psychotherapy to each write a responding paper, dialoguing with Totton's. Finally, Totton has shortly commented about those responses.

The four respondents are David Boadella, founder of Biosynthesis; Stanley Keleman, pioneer of Formative Psychology; Will Davis, who created Functional Analysis; and Akira Ikemi, one of the most senior clinicians in Focusing Oriented Psychotherapy today. We are delighted and proud that such prominent members of our community were willing to partake in this project and are certain that our readers will appreciate the variety and conviction, the similarities and differentness. We hope that this project will continue and are engaged in gathering material (and writers) for further themes around which to dialogue.

We hope that you enjoy the richness of this unravelling body and, as always, invite feedback, questions, and comments.

**Embodied Relating: The Ground of Psychotherapy**  
**Nick Totton, MA**

Abstract

This paper argues and tries to demonstrate that embodiment cannot simply be bolted onto traditional concepts of transference, countertransference, and projection, or vice versa, but that a fully embodied therapy must be reconceived from the ground up. It offers an embodied account of relational patterns; a theoretical context for this account, which draws on theories of embodied cognition and on the work of Maurice Merleau-Ponty; and, following out of these two themes, an argument for thinking of therapy as *play*. There is also a note on embodied social and cultural processes. The conclusion is that an embodied therapy throws into question the separation between world and perceiving subject, as well as between one subject and another.

*Key words:* embodiment, phenomenology, embodied cognition, embodied relationship

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**Responsive Combodying, Novelty, and Therapy**  
**Response to Nick Totton's Embodied Relating, The Ground of Psychotherapy**

**Akira Ikemi**

Abstract

In this paper, written as a response to Nick Totten's article "Embodied Relating: The Ground of Psychotherapy", the author first presents his recent view on embodiment. The term *responsive combodying* is used to express the three perspectives comprising his view. From this standpoint, reflexive awareness about the pre-reflexive living forward of the body is articulated. The implicit and the unconscious are contrasted on the grounds of their respective temporalities. While the unconscious points to the past, combodying pre-reflexively points to the not-yet, to novel ways of relating and living. In psychotherapy, novel ways of living forward change both the client's and therapist's existence.

*Keywords:* combodying, the implicit, reflexive awareness, Focusing

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## **Response to Nick Totton's Embodied Relating: The Ground of Psychotherapy**

**Will Davis**

### **Abstract**

While agreeing with Totton's position on an embodied relationality in therapy, I have looked for clarification about some of the basic concepts to better understand the fused state of therapist/patient. This intertwined relationship is of particular interest to me because my position is that the role of the other is overemphasized in development and therapy.

*Key words:* embodiment, self organizing, endo self, embodied relations