

INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

The Art and Science of Somatic Praxis

First issue content

THE RELATIONAL TURN AND BODY-PSYCHOTHERAPY

IV. Gliding on the strings that connect us Resonance in relational body-psychotherapy

Asaf Rolef Ben-Shahar

asaf@imt.co.il

Abstract

This is the fourth and last paper of the series *The Relational Turn and Body-Psychotherapy*.

These papers examined the touching points between body-psychotherapy and the exciting and encompassing field of relational psychoanalysis.

The first paper *From Ballroom Dance to Five Rhythms* (Rolef Ben-Shahar, 2010), explored some basic concepts in relational psychotherapy. It also pointed out the relevance of relational thinking to the history and practice of body psychotherapy.

The second paper *Something Old, Something New, Something Borrowed, Something Blue* (Rolef Ben-Shahar, 2011a) expanded the discussion on intersubjectivity and examined the balance between regressive and novel aspects of intersubjectivity. The third paper (Rolef Ben-Shahar, 2011b) explored connections between somatic, linguistic and relational organizations, and the place of the self in relational body-psychotherapy. This last paper will demonstrate the use of resonance in body psychotherapy within a relational framework, borrowing from psychoanalytic framework, from Jungian and from shamanic traditions.

Keywords

Relational BP, resonance, shamanism, intersubjectivity, transference

Biography

The Israeli Centre for Mind-Body Medicine, Ramat-Hasharon and The Israeli Centre for Group Coaching, Shoham. Asaf is a father of two lovely girls, a husband a relational psychotherapist, integrating body psychotherapy and trancework in his clinical work. He has published papers on body psychotherapy, hypnosis, trauma and relational psychotherapy. He practices in Israel and teaches in a variety of clinical and academic settings in Israel and Europe. Aside from his professional career, he enjoys music, watching wildlife and getting new tattoos.



FROM HOPELESS SOLITUDE TO THE SENSE OF BEING-WITH: Functions and Dysfunctions of Mirror Neurons in Post Traumatic Syndromes

Maurizio Stupiglia
maustup@tin.it

Abstract

Here the focus is on the therapeutic relation: the trauma of abuse is a relational trauma. It must be said that abused people are sensitive to gestures, sensory and motor fragments, etc. This work attempts to repair the relationship texture, as the person has lost the sense of *being-with* and feels desperately alone. The work of mirroring, the joined repetition of the key gesture, and the search for gesture-word connections help the patient to repair that breach. This methodology can promote the recovery of the functionality of the mirror neuron system, and the reactivation of the insula and the amygdala, thus restoring the previously lost ability to communicate.

Keywords

Relational trauma, Mirror Neurons, Key-gesture, Being-with.

Biography

Maurizio Stupiglia, psychotherapist, is Vice President of the Italian Association for Body Psychotherapy (AIPC), Professor assistant at Westdeutsche Akademie of Dusseldorf, Guest Professor at the University of Bologna in Group theory and technique and Professor of General Psychology at the University of Genova. He is a Trainer in Biosystemic psychotherapy and co-founder, with Jerome Liss, of the Societe Internazionale Biosistemica. He works as a therapist and trainer in Italy, in some European countries, in Japan, and Latin America. He is the author of, *Il corpo Violato* and with Jerome Liss of the publication *La terapia biosistemica* (Franco Angeli, 1994)

Website <http://www.biosistemica.net/>

ANXIETY AND PANIC IN REICHIAN ANALYSIS

Genovino Ferri

genovino.ferri@gmail.com

Abstract

In Reichian analysis, fear is seen as an indicator of the intelligence of the living being and is, in many ways associated with one's sensitivity to pain.

From a phylogenetic-evolutionist perspective, a finite distinction between fear and anxiety does not exist. Over the lifetime of the living being, fear is foreshadowed by anxiety, which is understood as the complex cognitive by-product of the organism's capacity to foresee danger in time and space.

Fear, when it '*crosses the threshold*,' becomes a powerful and terrible enemy of freedom, the effects of which should not be underestimated. While fear should be respected, it should also be

surrounded by all the means we have at our disposal; ‘*lay your eyes upon it,*’ i.e. learn to recognize it and accordingly develop a deeper understanding of its origins.

Keywords

Biography

Dr Genovino Ferri, psychiatrist, psychotherapist, president of the Italian Society of Reichian Analysis

FORMING AN EMBODIED LIFE

The difference between *being* bodied and *forming* an embodied life

Stanley Keleman

Berkeley, California, January 2012

SKeleman@aol.com

Abstract

The human's ability to make transitions in its age shapes, socially and personally, produces distress, anxiety, and doubt about how to behave. One response is to become overly reliant on inherited responses. An alternative response is to use voluntary muscular influence and the formative dynamic to manage and resolve cortical emotional organismic dilemmas. The body is an organized environment, a structure of excitatory vitality and experiential knowledge, and a source of the personal and collective wisdom of knowing. Voluntary muscular effort extends this power, making it possible to participate in how we give body to experience and make memories.

Keywords

Being Bodied, Being Embodied, Embodying, Formative Psychology® Voluntary Muscular Effort

Biography

Stanley Keleman is the director of the Center for Energetic Studies in Berkeley California, where he teaches the Formative Approach to human development. Awarded a PhD in Human Letters from Saybrook Graduate School in 2007, he is also the founder and developer of Formative Psychology, the director of research at the Center of Form and Development in Zurich, Switzerland, and a visiting lecturer at the Spectrum School of Humanistic Psychology in London, England. He has authored the pioneering books *Emotional Anatomy*, *Embodying Experience*, *Your Body Speaks its Mind*, *Insults to Form*, *Living Your Dying*, and *Myth and the Body*, in addition to numerous clinical books. He can be contacted at skeleman@aol.com or through his website, centerpress.com.

ORGANISMIC SELF-REGULATION IN KURT GOLDSTEIN'S HOLISTIC APPROACH

Luigi Corsi

gijoe130@hotmail.com

Abstract

The author presents a brief intellectual biography of Kurt Goldstein which focuses on the concept of organismic self-regulation – the true *leitmotiv* of his entire theorization, beginning from the Frankfurt (1914-1930) and Berlin (1930-1933) periods, across the long period spent in the U.S. (he was one of the first victims of the Nazi persecutions), and up to his death in New York in September 1965. In particular, emphasis is given to the gradual shifting of his thinking from an unmistakably neurophysiologic plane, which in *The Organism* leads to the formulation of the “basic biological law”: Equalization toward an “adequate” average level in an “adequate” time – a “law” that seemingly takes us back to Walter Cannon’s homeostatic regulation principle – to a more philosophical, existential, and ontological plane, which underlies the concept of *Self-realization*.

Key words

Equalization, Organismic, Constants – *individual* Norm – Self-realization

Biography

Luigi Corsi (philosopher, psychologist) lives and works in Tuscany, Italy. He’s a researcher and collaborator at the Universities of Pisa and Florence. He’s the translator and editor of *The Organism*, to which he wrote a preliminary *Note*. He’s the author of *Riflessioni sui fondamenti epistemologici e storico-filosofici delle concezioni organismiche di Malcolm Brown*, in Pini M. (ed) “Psicoterapia corporeo-organismica. Teoria e pratica clinica”, Franco Angeli, Milano, Italy, 2001; and of *The Concept of Health, Disease and Therapy in the Holistic-Organismic Approach of Kurt Goldstein* (poster presented at the 23rd Annual Conference of the European Health Psychology Society, Pisa, Italy, September 23rd-26th, 2009).

WHEN THE THERAPIST IS AROUSED

Sexual feelings in the therapy room

Merete Holm Brantbjerg

moaiku@brantbjerg.dk

Abstract

This article focuses on the therapist’s self regulatory skills as vital to the process of addressing sexual feelings as part of psychotherapeutic interaction. How do we support ourselves as psychotherapists in containing and exploring sexual feelings, impulses and thought patterns while staying within the ethical boundaries of a psychotherapeutic relationship? Psychomotor exercises with precise individual dosing are described to support containment of sexual arousal.

Training gender skills through psychomotor awareness is a pathway to replacing old automatic, defensive strategies with containment and coping anchored in the present.

Keywords

Sexual feelings, therapist's self regulation, psychomotor skills

Biography

Merete Holm Brantbjerg is a co-creator of Bodydynamic Analysis. She developed Resource Oriented Skill Training as a psychotherapeutic approach to trauma work - focusing especially on authority issues. Merete leads trainings and workshops in Scandinavia, North America and London, and maintains a private practice for therapy and supervision.

WHAT DISGUST MEANS FOR COMPLEX TRAUMATIZED / DISSOCIATIVE PATIENTS A Pilot Study From An Outpatient Practice

Ralf Vogt

info@ralf-vogt.com

Abstract

Although complex traumatized / dissociative patients frequently become traumatized under repelling circumstances, the role of repulsion or disgust has, until now, only been researched sparingly in the field of psychotraumatology. A few exceptions can be found in the field of psychosomatics, but in contrast with its brethren of basic emotions - fear, shame and grief (depression) - disgust does seem, however subconsciously, to be a taboo subject for both patients and trauma therapists. We are therefore happy to report that this pilot study, which was conducted in an outpatient psychotherapy practice with a sample size of 71 patients, was able to raise a number of new hypotheses regarding this hitherto neglected emotion.

Disgust may turn out to be an important diagnostic indicator. Our research showed that patients suffering from complex psychological trauma tended to suffer more from symptoms of disgust. They could also only overcome their disgust with exceedingly more difficulty than other client groups. Memories of disgust, which hark back to sexual abuse and violence inside the patient's own family, acquire special significance, as the patient is unable to digest these repellent experiences. Instead, the disgust they experience in such instances descends into the depths of the unconscious where it dwells for years. Symptoms of disgust, however oblique and concealed, coincide significantly with other psychosomatic symptoms, often exacerbating existing phobias, aggressive behaviour and shame.

Lastly, this article will also briefly look at ways of treating disgust effectively with the aid of interactive and physically oriented settings.

Keywords

Complex trauma, Dissociative disorders, Disgust, Psychosomatics, Psychological trauma predictor, PTSD

Biography

Dr. Ralf Vogt is a psychotraumatologist, psychoanalyst, family therapist, body psychotherapist, individual and group therapist.

He has been working in private practice since 1992. For the past 15 years he has been working on his own therapy model SPIM-20-CT together with his wife. The latest version SPIM-30-CT is in progress.

Together they direct the training curricular at the Trauma-Institute-Leipzig which includes workshops and seminars by renowned international clinicians. They organize biannual international conferences regarding the field of complex trauma and dissociation. Dr. Ralf Vogt has published various papers and books on trauma and dissociation in German and English.

He is a member of DeGPT, ESTD, ISSTD (Fellow Award) and on the board of directors of the ISSTD.

www.ralf-vogt.com