

Dissertation and Masters' Theses Abstracts from Somatic Psychology and other Graduate Programs

THE CHICAGO SCHOOL OF PROFESSIONAL PSYCHOLOGY DISSERTATION ABSTRACTS

Is Your Brain on Board? Quantitative Correlations between Attachment Styles (ECR-R) and Body Awareness (MAIA) Elizabeth Juliet-Lyle Lutz, 2014

Attachment style and body awareness are an increasing focus of interpersonal biology research and clinical efforts. Multidisciplinary literature in affective neuroscience, psychobiology, pain management, obesity, exercise and eating, and other anxiety disorders focuses on neural correlates of these behaviors. Somatic information is encoded synergistically in the anterior cingulate cortex (AIC), within the biological template formed during early attachment. This dissertation examined correlations between anxiety subscales measured by the Experiences in Close Relationships Revised (ECR-R; Fraley et al., 2000), the Multidimensional Assessment of Interoceptive Awareness (MAIA; Mehling et al., 2012), and demographic descriptors from the Kaiser Adverse Childhood Experiences (ACE) study (Felitti et al., 1998). Stressors, stress-regulation activities, and stress-related diseases based on anxiety reported by participants were correlated with the attachment style (ECR-R) and body awareness (MAIA) subscales. Attachment style subscales from the ECR-R were found to correlate to body awareness subscales from the MAIA in the participant group (N = 504). Included are implications for assessment and treatment of common clinical presentations of anxiety and stress disorders, directions for further research in integrative medicine, hermeneutics of attachment theory, potential for the use of integrative assessment in healthcare, and further phenomenological study on how we choose what we eat. Full document available at www.elizabethlutz.com.

A Phenomenological Exploration of Compulsive Sexual Behaviors as an Embodied Experience of Heterosexual Women Giselle Teller-Holt, 2014

This doctoral research study used a phenomenological qualitative approach to explore compulsive sexual behaviors as an embodied experience of heterosexual women. Eight women were interviewed using open-ended questions and a Focusing exercise (Gendlin, 1981) Although most of the sexual encounters were non-paraphilic and might be viewed as common dating behavior, the co-researchers expressed shame and distress because of their sexual encounters. The textural data derived from the co-researchers' words were analyzed using NVivo 10 software and the van Kaam Method, modified by Moustakas (1994). The findings reveal patterns of internal and external dissociation, shame that becomes anger, commitment challenges, and the relinquishing of personal agency of their sexuality. Most notably, their ability to describe their embodied experience was absent in all but two of the co-researchers. The two co-researchers who were able to describe their embodied experience reported a history of psychotherapy to address the shame resulting from past sexual behaviors. This implies a connection between the ability to be embodied and healing sexual shame.

All eight co-researchers came from a dysfunctional family-of-origin system, such as: they did not feel safe with their fathers/step fathers; biological fathers were emotionally and/or physically absent; they were sexually abused by their step-father/step-brother/other male adult brought into the house by their mother or stepfather. This supports the literature that attachment history impacts the development of female sexuality. The researcher encourages future research into the interconnectedness of one's ability to be embodied and the absence of sexual shame.

**NAROPA UNIVERSITY
MASTERS THESES ABSTRACTS**

**Remote Communication Technologies in Dance/movement Therapy:
Survey Results of Therapist Uses and Perceptions**

Marcel Zobel, 2013

The use of Remote Communication technologies in facilitating therapy has been an emerging phenomenon within the counseling field and is predicted to rise in the coming years (Norcross, Hedges, & Prochaska, 2002). In an effort to identify current trends regarding these technologies within the Dance/Movement Therapy (DMT) community, a survey was distributed to members of the American Dance/Movement Therapy Association (ADTA). Information gathered from this survey demonstrated that the telephone was used significantly more often for remote communication with clients than other technologies ($p < .001$). More experienced therapists were more likely to engage the therapeutic process over the phone ($p < .001$). Significant differences were not discovered in the use of remote communication technologies between individual or group clients. Dance/Movement therapists rated the telephone as significantly more likely to be helpful in the therapeutic process than other means of remote communication ($p < .001$) and rated risks to client anonymity and confidentiality as the aspects of therapy that were most at risk of harm with such technologies ($p < .001$). A discussion and considerations for future direction are offered.

**The Dance of Cultural Identity: The Use of Dance/Movement Therapy to Explore
Race and Gender with a Group of Adolescents-Assigned-Female-at-Birth**

Etalia Thomas, 2013

This study worked with a group of adolescents-assigned-female-at-birth at an urban middle school, to create a performance centered on the question, "What does it mean to be a girl in the twenty-first century?" The author used dance and movement to generate ideas, explore themes, and embody the lived experiences of the participants. Results echo the tenets of third wave feminism, demonstrating an era of "girl power," choice, and gender equality. Community-based-participatory-research (CBPR) was the qualitative method used to gather and analyze data. Although it is not without flaws and limitations, CBPR facilitates the use of research as a method for improving community structures from the inside and employs community members as active participants who are involved in most, if not all, of the research process. This study included its participants in the process of gathering and analyzing data, the creation of the performance, and the dissection of performance impact on audience.

**Implicit Bias and Body Psychotherapy:
Cultural Competence from a Body-Centered Perspective
Manuel Gomez, 2013**

A body-centered perspective is proposed to enhance the three aptitudes of knowledge, awareness, and skills, expected of culturally competent psychotherapists. Information and strategies are provided to support counselors in the process of assessing, identifying, and reflecting on their own implicit biases; expanding the counselor's capacity to become aware of their implicit biases; and developing body-oriented interventions to counteract the expression of implicit bias when interacting with clients targets of bias.

**Therapist Qualities, Interventions, and Perceived Outcomes:
Bringing Developmental Movement into Body Psychotherapy
Becky Snell, 2013**

The past decade in the field of psychology has seen an increasing awareness of the connection between mind and body in psychotherapy. Working directly with the body, utilizing Developmental Movement in particular, has had success with children, some developmentally challenged, in reading, balance, and coordination (Goddard Blythe, 2005). Previous research has been done with children utilizing Developmental Movement, and has shown a decrease of undesirable behaviors related to Attention Deficit Hyperactivity Disorder (Patterson, 2010). However, research on utilizing Developmental Movement with adult clients is lacking. In response, this research study was conducted to assess how Developmental Movement can be used with adult clients in individual psychotherapy. This research presents a qualitative interview study that seeks to answer this question and take a step in filling this gap in the Body Psychotherapy literature. Five therapists utilizing Developmental Movement in individual therapy sessions with adult clients were interviewed. Results of this study indicate that there are themes consistent among the interviewees regarding the qualities that a therapist needs to have to facilitate a session utilizing Developmental Movement, the types of interventions used, and the perceived outcomes of utilizing Developmental Movement with adult clients.

**Reparative Dances:
Applying Daniel Stern's Forms of Vitality to the Dance Movement Therapy Dyad
Hillary E. Sinn, 2013**

"Vitality forms," a concept introduced by Daniel Stern to describe the total felt experience of dynamic qualities within the body and between bodies in relationship, is offered as a theoretical framework to the therapeutic dyad of dance/movement therapy (DMT). Although DMT has its roots in body-based attunement and has a long history of responding to and tracking dynamics in relationship, the field has not explicitly framed the work in this way. This article proposes that dance/movement therapy is a clinical application of Stern's concept, and explores the possible benefits of invoking the concept of "vitality" in communicating the work. A case vignette is offered to illustrate the presence of vitality forms within the context of a DMT session.

**The Integrative Power of Dance Movement Therapy: Implications for the Treatment of
Dissociation and Developmental Trauma
Laura Pierce, 2013**

Chronic and compounding exposure to traumatic events, especially within the context

of early attachment relationships, can result in symptoms of dissociation commonly seen in dissociative disorders, personality disorders, and post-traumatic stress disorders. This theoretical article proposes an application of dance/movement therapy as facilitative of right brain integration in adult clients who present with trauma-related dissociative symptoms. Findings from trauma psychology, neuroscience, and dance/movement therapy literature are used to create an attachment-oriented theoretical foundation for how dance/movement therapy might support the integration of dissociated somatic, emotional and psychological experiences. A model for case-conceptualization and treatment planning is proposed according to a phase-oriented trauma treatment framework, with interventions accompanying the three phases of safety and stabilization, integration of traumatic memory, and development of the relational self. In particular, dance/movement therapy interventions such as body-to-body attunement, kinesthetic mirroring, interactive regulation, self-awareness, symbolism and expression, and interactional movement are examined as applications that may support bottom-up integration and resolution of psychological trauma. Theoretical limitations and suggestions for future research are also discussed.

**JOHN F. KENNEDY UNIVERSITY
MASTERS THESES ABSTRACTS**

**Reclaiming Your Inner Dance:
Dance/movement Therapy for Sexual Trauma Survivors Abroad
Musenge Luchembe Hayslett, 2014**

The objective of this Professional Integrative Paper is to utilize the contributions of Dance/movement Therapy (DMT) pioneers in order to illustrate that DMT is an effective therapeutic technique for survivors of sexual trauma that can be applied to immigrants and refugees in the United States as well as abroad in their native countries. Part One explores therapy techniques developed to treat clients with varying levels of functioning, struggling with intrapersonal and interpersonal relationships due to symptoms from psychosis, PTSD, or stressors produced from living in a highly mechanized society. Part Two includes the clinical applications of these methods with three young women as they begin their three month long residential treatment program for trauma survivors in Zambia. Part Three covers the writer's personal experience with DMT for sexual trauma. The discussion also describes areas for additional research and implications for future research.

**An Improved Public School Life
Jill A. Sweeney, 2014**

The public school system is failing our country, and some of the things that can be enhanced upon are an improved curriculum and a holistic look at the students in classrooms. The discussion explores alternative methods from the perspectives of transpersonal psychotherapy and humanistic theories. A clinical perspective explains how a psychotherapist in each classroom could aid the teachers and help to improve behavioral and emotional issues for students. Bridging home and school life together with psychotherapy will positively impact racial issues, poverty, and high incarceration rates due to the existing school system. An improved public school system will promote a positive academic experience, healthy relationships, better mental

health, increased self-esteem, and offer resources to prepare students to enter the world as self-sufficient adults.

A Holistic View on PTSD
Noelle Morra, 2014

The Veterans Administration has addressed a large spectrum of challenges that the mental health profession are up against when treating PTSD. A considerable amount of time, effort and resources are contributed to Veterans in the hope that lives will be improved for those who have served our country honorably. It is vital to understand how and to what extent stress contributes to mental dysfunction in terms of its chemistry, its stages, and its origins. It is also vital to have a strong understanding of the introduction of stress education and stress interventions, as they should be a critical component during the counseling process because of both the emotional and chemical imbalance it generates in the brain and body. In addition, by addressing the various aspects of prolonged exposure therapy that need improvement, with the necessary focus on improvement of cardiovascular health and improvement of basic life skills in PTSD patients, the advancement will significantly increase the quality of the recovery of long-term health for veterans.

The Use of Ritual for Practitioners of Hospital Psychotherapy
Camille Campbell, 2014

This paper explores the psychotherapist's use of personal ritual as a powerful tool to increase clinical effectiveness with patients seen in hospital settings. The author suggests that understanding the therapy relationship neurobiologically can aid therapists in understanding their own mental integration and in creating effective rituals for self-care. This idea is examined from a theoretical, personal, and clinical perspective. The author provides a pragmatic definition of personal ritual and presents a theoretical foundation drawn from interpersonal neurobiology and sensorimotor psychotherapy. The personal section delves into the author's yoga and meditation practices and explores their connection to the ideas raised in the theoretical section. Finally, the clinical implications of these ideas are explored in three case studies. The author's stated goal is to leave the reader with a working definition of ritual and an idea of how to create one and implement it into his or her clinical work.

EUROPEAN ASSOCIATION FOR BODY PSYCHOTHERAPY
2014 STUDENT RESEARCH AWARDS

INSTITUT FÜR ATEM & KÖRPERPSYCHOTHERAPIE
SWITZERLAND

„Ich geh dann mal weg.“ Kommunikation bei dissoziativen Phänomenen in der AKPT
“I'm going away” Communication in Dissociative Phenomena in Breath
and Body Psychotherapy
Mona Gollwitzer, 2014

Many clients have experienced behavioral therapy, psychoanalysis, or other verbal psychotherapy. They do not (or no longer, or only up to a point) believe in the effects of verbal therapy. However, at the beginning they are very quickly overwhelmed by breathing and body exercises.

They want to do everything right, to progress, thereby becoming victims of high expectations, reducing their body consciousness, worsening their symptoms, and hampering the development of a therapeutic relationship. This is where a touch (contact) intervention becomes a valuable complement: clients do not have to achieve anything beyond observing and – to the extent of their possibilities – communicating. Expectations are reduced and the therapeutic relationship begins to take hold as effect (power) factor. However, especially in the touch intervention, the line between “not having to talk” and “not being able to talk” seems quite thin. The former occurs when the body relaxes moderately. The latter happens in conjunction with a sudden increase or decline in tonus or with vague bodily perceptions, thoughts, and fantasies. This is dissociation. Those affected often do not realize that they are dissociating, even though their lives, relationships (including their relationship with their own bodies), and bonding capacity are compromised. In this thesis, the author reviews the manifestations and possible neurological and psychogenic origins of dissociation. In particular, it looks at dissociation as a consequence of early trauma during the pre-speech development phase and reaches conclusions for the therapy of dissociative adults. It presents the AKPT concept of extended countertransference and shows how it can be applied to work with dissociative clients. In search of forms of communication promoting contact, it proposes a model of communication appropriate for development, and examines the possibilities and limitations of the touch intervention. A case study illustrates the application of the concepts and models presented.

**REIDMAN INTERNATIONAL COLLEGE FOR COMPLEMENTARY MEDICINE
ISRAEL**

**The language of crying in body psychotherapy
Liron Lipkies, 2014**

Everybody cries. From the moment we emerge into this world, and throughout our lives as adults, we cry in different situations and under various conditions. The reasons why a person chooses to cry or not to cry, the type of crying, the purpose of crying, its impact on the other person and the accompanied sensations, all these kept theoreticians and clinicians interested and curious for hundreds of years, from Darwin in 1872 to contemporary research conducted in the last few years (Kottler & Montgomery, 2001; Vingerhoets, Cornelius, Van Heck & Becht, 2000). However, since crying is structured as an adaptive behaviour which harnesses the other person to help (particularly during infancy when the baby uses crying as a language through which it asks of its primary attachment figure to provide it with its basic needs that the baby cannot provide for itself) (Nelson, 1998), I have chosen to examine crying primarily as a language within relationships, while relying on attachment theory (Bowlby, 1951, 1965). This study offers two vignettes to demonstrate two different types of crying. The first vignette describes chaotic crying which expresses a primal language characteristic of early infancy. The second vignette presents an organised crying which is accompanied by verbal explanations attempting to clarify the cause, which is indicative of later developmental stages where crying can also be interpreted as manipulative (Zeifman, 2001). Here, I emphasise the importance of non-judgmental examination of the subsymbolic communication therein. The therapeutic work in this situation involves an appropriate and non-shaming conversation also taking into account the subsymbolic aspects of the communication (talking with the body in its own language), as well as validating the symbolic-verbal messages. The important point raised here concerns the issue that when a client cries, the crying in itself is already

a subsymbolic communication, and therefore behind the words there will also be another emotional experience which is likely to manifest in resonance or as countertransference.

ECOLE BIODYNAMIQUE, FRANCE
LACAN BIODYNAMIQUE un Autre regard sur les psychoses
Towards a biodynamic psychosis treatment
Grégoire Rodembourg, 2014

Monitoring psychotic patients either in institutions or in private practices requires the adoption, and the support of, a particular transfer modality. Studying the works of both Freud and Lacan on this subject has brought to my attention a number of points in common between the psychoanalytic treatment of psychosis and Gerda Boyesen's biodynamic approach. After having isolated the specific transfer modalities of the psychotic structure, we look at the different possible treatments. The focus will mainly be on the dynamics of accompaniment and on the position of the caseworker. By opting for a presence which is drained of all personal will in regards to the individual, the therapist can facilitate the insurgence of new possibilities of being and self realisation; more creative, more respectful of the patient's vital force and personal dynamics. Clinical studies show how this attitude allows the psychotic individual to have a different type of social relationship with the other, significantly reducing the need to resort to a sacrificial act as a healing attempt. Finally we will compare the psychoanalytic and biodynamic approaches pointing out similarities pertaining to the position of the therapist in the relationship, the fitting out of the work schedule and the interest for the patient's own dynamics.

WRITING ABOUT BODY PSYCHOTHERAPY

An invitation to write for us, with us, with support along the way. Your writing can contribute to and enrich the 'body' of critical and reflective content, as well as to the clinical expertise, in the 'field' of body psychotherapy.

Whom can you write for?

We suggest that – for a professional article – you consider:

The EABP/USABP peer-reviewed **International Body Psychotherapy Journal** (for original work only): www.ibpj.org

The peer-reviewed journal of Body, Movement and Dance in Psychotherapy (for original work only): www.tandfonline.com/toc/tbmd20/current#.VBfpFS6wJRU

Or: (for German language authors) **körper – tanz – bewegung**; Zeitschrift für Körperpsychotherapie und Kreativtherapie: www.reinhardt-verlag.de/de/zeitschrift/51830

(You will find the necessary “instructions for authors” on their various websites.)

Or: for something a bit more conversational: **Somatic Psychotherapy Today**:

<https://www.SomaticPsychotherapyToday.com>

Or: Something for a newsletter of your particular professional association, modality association, or national association in psychotherapy;

Or: A comment or a thread in one of the **Somatic Perspectives LinkedIn** group discussions, facilitated by Serge Prengel: www.linkedin.com/somaticperspectives.com

Or: Possibly, a chapter for an edited book, on a particular theme, possibly like one of the series being published by Body Psychotherapy Publications (**BPP**):

www.bodypsychotherapypublications.com.

Or: Something to be published somewhere else, at some other time, in a different medium; or for a personal internet blog; or . . . maybe just for your personal journal.

What can you write about?

You can write about attending a recent Congress, or seminar, or about attending a different event; - or about your student thesis; - or your experience of writing your student thesis; - or a special or particularly interesting case history; - or an aspect of your personal therapy; - or about working with a particular client group; - or about a development of theory or practice; or - even about your reflections on the field of Body Psychotherapy.

How to get started writing professionally?

There is an article in the journal of Body, Movement & Dance in Psychotherapy www.tandfonline.com/doi/full/10.1080/17432979.2010.530060#.VBfsNC6wJRU (You can also find a free copy here.)

And there are some recent guidelines about how to write a professional Body Psychotherapy Case Study: www.eabp.org/researchcase-study-guidelines.php. There are also many articles on the Internet (in different languages) about how to write.

If you want any further assistance with where to publish, or with the process of editing, or re-editing, or with the complications of the publication process, the following people may be able to offer you some help.

They are all professional body psychotherapists, editors and writers:

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Sincerely,

EABP Publications Committee

<http://www.eabp.org/publications.php>

**Squaring the Circle:
Bridging the Gap Between Research and Practice
About the EABP Collaborative Practice Research Network (CPRN)**

The awareness of the importance of fostering different models of research, particularly those linked more closely to the actual practice of body psychotherapy and those encouraging a two-way communication between researchers and practitioners, has led to the creation of the EABP Collaborative Practice Research Network.

This is an exciting new initiative to provide a forum for dialogue, debate and the development of innovative and creative research methods and projects that assist clinical practice and help body psychotherapy (and/or somatic psychology) to develop an empirical underpinning of its professional practice.

The aim is to broaden knowledge of the field of body psychotherapy through communities of practice and clinical research. It explores how a CPRN can transform perceptions of psychotherapy research and practice, strengthen connections between members, and encourage continuous development and co-creation among participants. This important initiative is an opportunity to make a significant difference within our profession and to develop – together – the foundations of both scientific and clinical practice research.

Specifically, we are planning to explore and develop, at local and international levels, a variety of strategies to support practitioners' research and look at what types of research potentially provide a broadening of our understanding and practice of psychotherapy, and how various types of research advance, improve and extend our knowledge of body psychotherapy. We will do this by bringing together practitioners and researchers from around the world, both online and face-to-face, to discuss ways of bridging the gap between clinical practice and research.

The committee has organized two symposiums in conjunction with the 2012 and 2014 EABP Congresses. The next symposium will be held during the 15th European Congress of Body Psychotherapy in Athens Greece, 13-16th October 2016.

We would like to invite you to join us and become part of this exciting and innovative initiative. If you are interested please contact Sheila Butler and Herbert Grassmann - cprn@eabp.org

EABP Science and Research Committee - Sheila Butler, Herbert Grassmann (chairperson), Frank Röhrich, Maurizio Stupiggia, Joop Valstar, Courtenay Young and Jennifer Tantia www.eabp.org/research-scientific-committee.php

Strengthening links between practitioners and researchers at every stage of the process

News:

The Society for Psychotherapy Research (SPR), an association devoted to the development and dissemination of research on psychotherapy has some exciting upcoming SPR events:

- *The International Annual Meeting in Philadelphia, USA* in June 2015 from 24th to 27th June.
- *The European Conference on Psychotherapy Research* in Klagenfurt, Austria, September 24th to 27th, 2015, and the planned 2016 International Meeting in Jerusalem, Israel in June 2016.

You might also like to browse the Psychotherapy Research Journal pages, especially the Special Issues and the online resources; there is a lot of information on the integration of theoretical, empirical and clinical knowledge in psychotherapy. See <http://www.psychotherapyresearch.org>

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RESEARCH ISSUE

Guest Editor: Jennifer F. Tantia, PhD, BC-DMT

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Nancy Eichhorn, PhD



E U R O P E A N
A S S O C I A T I O N F O R
B O D Y -
P S Y C H O T H E R A P Y



Connecting professionals, exchanging expertise, enabling collaboration

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