

INTERNATIONAL **BODY PSYCHOTHERAPY** JOURNAL

The Art and Science of Somatic Praxis

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RESEARCH

A 2020s Credo for Body Psychotherapists

COURTENAY YOUNG

Abstract

A credo is a set of beliefs that influence the way we live, a statement that guides our actions, a set of principles or opinions that strongly influence the way we live and work, and a position from which we see the world. With the start of this new decade, the 2020s, I believe now is the time that we body psychotherapists could, should, and need to develop a new credo—one that includes proper research into what we actually do professionally.

Keywords: body psychotherapy, research, evidence

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CASE STUDY

Hands-Free at Last

A therapist and client describe their therapeutic journey

Lucien Ulrich and Saar Bach

Abstract

This article is written by a therapist and patient. It describes the therapeutic process of Saar Bach, who came to therapy entirely out of touch with her feelings, with negative judgments about her “disgusting” body, extreme obesity, and dependent and borderline personality disorder. Covering thirteen years of intense weekly work—moments of joy, fights, and depression for both patient and therapist—it presents the patient's unique journey of learning to accept her body, seeing herself in the mirror, and losing weight.

Keywords: incest, powerlessness/empowerment, violence, isolation/group member, shame, overwhelming emotions/grounded emotions.

EMBODIED CONSCIOUSNESS

**Three States of Embodied Self-Awareness and the
Therapeutic Vitality of Restorative Embodied Self-Awareness**

Alan Fogel

Abstract

This article is based on a keynote lecture from the European Association of Body Psychotherapy, Berlin, 2018. I review research and clinical evidence for three distinct states of embodied self-awareness (restorative, modulated, and dysregulated), each with distinct qualities of felt experience, thought process, autonomic nervous system activation, and social engagement. I suggest that while most clinical practices aim to move clients from dysregulated to modulated (more regulated) states, considerable therapeutic benefit is derived by promoting restorative embodied self-awareness in both therapists and clients.

Keywords: embodied self-awareness, interoception, restoration, regulation, modulation, dysregulation

Embodied Wisdom: *The Dance of Three*

Tina Stromsted, Ph.D., Jungian Analyst

Abstract:

Authentic Movement, also known as "active imagination in movement," is a simple yet powerful meditative and therapeutic approach that bridges body, psyche, spirit, and relationship through expressive movement and reflective witnessing. Through the practice, participants can deepen their ability to be present with themselves and with another in a more vital, increasingly conscious relationship. The practice invites a level of perception of self and other that can evoke deep respect and empathy. Allowing natural movement to emerge within a safe, relational space, the experience may bring further visibility and form to emotions, developmental elements, and qualities that may have been previously repressed or unformed in the person's life. This can provide a pathway toward wholeness—living a more soulful life.

This workshop focused on *The Dance of Three*, a further application of Authentic Movement developed by Jungian analyst Marion Woodman, dancer Mary Hamilton, and voice teacher Ann Skinner in their BodySoul RhythmsÒ approach. A long-time practitioner and teacher of Authentic Movement and of Marion Woodman's BodySoul Rhythms® work, the author reflects on how these practices help develop the embodied consciousness that is fundamental for healing our relations with self, other, and with the natural world.

Keywords: Dance of Three, Authentic Movement, Active Imagination, Marion Woodman, witnessing, embodied consciousness

Authentic Movement as a Movement Meditation Practice

to Support Immune Mediated Inflammatory Disease

Elyn Selu

Abstract

This article details a study conducted with a group of women diagnosed with multiple sclerosis (MS) in rural Western North Carolina (WNC) who participated in a six-week Authentic Movement (AM) class. The study was conducted as part of the author's doctoral dissertation in somatic depth psychology at Pacifica Graduate Institute. MS is a physical illness, meaning that the psychological impact of living with the many neurologic symptoms is rarely addressed. The purpose of this study was to explore the lived experiences of women with MS by providing a way to be in relationship with symptoms. The intention was to explore how a self-directed movement meditation practice could cultivate interoception and active imagination, both self-reflective tools that support psychological wellness. The central finding of this study is that movement meditation practices must accommodate diverse cultural communities who may not have interoceptive knowing. The practice of group support became the medium through which participants acquired the language of embodiment. By developing interoceptive literacy, those with the immune-mediated disease of MS often discover a stronger sense of self and an internal locus of control that may have been lost in the disease course.

Keywords: multiple sclerosis, authentic movement, interoception

BODY PSYCHOTHERAPY AND SOMATIC PSYCHOLOGY IN PRACTICE

Natural Expression

Embodied Learning within Engaged Eco-Psychosomatics

Alycia Scott Zollinger

Abstract

Engaged Eco-Psychosomatics joins breath awareness, somatic intelligence, and mindful attention with a creative agency further heightened through convening with nature. Within this convening is an interactive symbiosis intensified through heightened perception. The intimate cognizance, breath, and liberation available within the act of communing with nature can serve as an eco-psychosomatic therapeutic resource. This form of engaged therapy enhances holistic embodiment and regeneration. When we invite our creative instincts to flow through our bodies, our somatic intelligence animates in a way that can span our historical narrative and encourage transformation aligned with our core desires and inner wisdom. When we join our heart perception with breath and sensory awareness in nature, the confines of the linear brain dissolve. We begin to attune the bodymind to the depths of slow fascination, compassionate discernment, and synergistic consciousness. When there is an element of nature to assist in addressing the inner self, there is an external and textural feedback loop that grounds each stage of the healing cycle in a tangible reality. Engaged Eco-Psychosomatics joins consciousness and energy in a manner that can lead to a direct insight into our character structure, inner needs, and vital nature, as well as assist in the completion of the healing cycle toward homeostasis.

Keywords: somatic intelligence, engaged eco-psychosomatics, mindfulness, movement, expression, embodiment, the healing cycle, creative agency

An Introduction to Functional Psychology

The BES Concept in Clinical Work with Depression

Enrica Pedrelli and Luciano Sabella

Abstract

In Functional Psychology, Basic Experiences of the Self (BES) are necessary for an integrated and whole development of the Self. The article focuses mainly on the BES of *Sensations* and *Contact*, which are always altered in alienation and lack of flow, and related to depressive disorders. We reflect on the need to intervene with such BES for individuals suffering from depressive disorders.

Keywords: depression, Sensations and Contact, cure, Functional Psychology, Basic Experiences of the Self

INTERDISCIPLINARY APPROACH

Blending Disciplines

Using Exercise Science to Explain Somatic Psychology

Stacy Reuille-Dupont

Abstract

Exercise has the potential to decrease negative side effects, lower societal medical costs, and increase quality of life. Exposure to physical exercise increased participation and led the way for a variety of pilot testing movement-based interventions with a diverse, rural, clinical mental health patient population in treatment for numerous clinical diagnoses. The original research (Reuille-Dupont, 2015) is briefly outlined before a discussion of theory used to determine and perform movement-based interventions for psychological and physical health goal treatments. Throughout the paper, psychological and exercise science theory and research are overlaid to explain the physical implications and psychological shifts of

movement-based treatment. It is important to understand common terminology to engage clients and other health care practitioners in movement-based treatment for psychological and physical health. In addition, as specialists in understanding the body's role in experience, it is the somatic psychologist's responsibility to promote and advocate for "exercise as medicine" when possible. Included are visuals to help outline and overlap the disciplines for better understanding, increased awareness, and expanding the language somatic psychologists need to engage in multidisciplinary healthcare teams.

Keywords: physical movement treatment, movement for mental health, exercise science, somatic psychology

A Review of Psychological Approaches

for Treating Schizophrenia

A focus on integrated body psychotherapy and Japanese body psychotherapy (Dohsa-hou)

Yasuyo Kamikura

Ryozo Shimizu

Ichiro Okawa

University of Tsukuba

Meijigakuin University

University of Tsukuba

Abstract

Schizophrenia is a psychiatric disorder requiring many years of treatment, and few patients fully recover. In Japan, few studies have explored psychological approaches for treating schizophrenia; supportive psychotherapy has long been utilized, but it requires long-term intervention. In addition, grading evidence suggests that its efficacy is poor, and novel treatments for schizophrenia are needed. The purpose of this review was to assess the effects of psychological approaches used for treating schizophrenia, and introduce Dohsa-hou to an international audience. The literature showed that social skills training and psychological education have limited impact on improving patients' skills, and discussions on the efficacy of cognitive behavioral therapy have continued. In contrast, evidence supports the use of integrated body psychotherapy (integrated BPT) in reducing negative symptoms. Moreover, the evidence suggests that integrated BPT and Dohsa-hou are applicable in a variety of cases, and are effective even as brief interventions, owing to the utilization of nonverbal

communication and a focus on the subconscious mind. Some issues identified with the published studies assessing these treatment approaches included small sample sizes, researcher and methodological biases, and unexplained mechanisms. Further studies are needed to investigate mechanisms and the effects of Dohsa-hou in treating schizophrenia. (196 words)

Keywords: schizophrenia, treatment effect, psychological approach, integrated body psychotherapy, Dohsa-hou

The magic of Epigenetics – recipes for healthier life

Milena Georgieva* and George Miloshev

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Abstract

Genetics has long been accepted as a deterministic factor that shapes our psychosomatic features and characteristics. But recent data show that genes are not our destiny and we are the masters of our heredity. Unmistakably, modern Genetics proves the fact that by the way we eat, the way we breathe and treat ourselves we regulate the activity of our genes and their outcomes. New genetic data link education, intelligence, food and lifestyle as powerful factors that shape our genes. By inducing chemical modifications on the molecule of DNA and the proteins that organize it in the nucleus, factors like stress, lack of physical activity and chronic illness change the way genes work. The science that studies the molecular mechanisms by which the environment inheritably drives the work of our genes, is called Epigenetics. The epigenetic inheritance just as genetic inheritance goes beyond our time and is transmitted to our descendants.

Here, we summarize some of the most striking examples that illustrate the power of Epigenetics. The Dutch famine from the time of the Second World War and the influence of some of the most devastating pandemics on the life of people worldwide and their Genetics will allow the reader to perceive the fact that Epigenetics holds the key to a healthier and smarter way of living.

Keywords: genetics, epigenetics, psychosomatics, brain, stress, environment, food

PROFESSIONAL ETHICS

Practical Ethics

David Trotzig

Chair of the EABP Ethics Committee

Abstract

The work of the ethics committee of a professional association ranges over a series of topics that, in theory, can be seen as straightforward, but that in practice depend on many variables: the expectations of the different agents or parties involved, the scope of what is considered to be the concerned subjects of the ethics committee's activities, the cultural and legal contexts in which it can act, etc. The consequences of the Ethics Committee's actions and/or lack of actions are significant for the organization as well as its members, clients, patients, or trainees. Adhering to the Ethics Guidelines implies a social responsibility that the ethics committee must regulate and enforce among the Association's members. This responsibility includes caring for the public image of the association, and avoiding unethical behavior among both individual and organizational members, such as training Institutes and professional associations. Changes in customs and values in time, and across many different countries and cultures, give the ethical guidelines an important role as a safeguard of the association's spirit, as defined in its articles of association. This means that special care must be given to teaching ethics so that all members and trainees can share the same values, and feel involved and connected to members who come from different countries and cultures.

Keywords: EABP, ethics guidelines, organizational ethics, social responsibility, cultural diversity, ethics and quality, quality, ethics complaints, ethics and law.

BODY PSYCHOTHERAPY AROUND THE WORLD

**The Development of
Body-Oriented Psychotherapy in Russia**

Boris Suvorov

Abstract

This article provides a brief overview of the history and current state of body-oriented psychotherapy in Russia. This review of the main areas of body-oriented psychotherapy in Russia includes a presentation of biosynthesis, Bodydynamics, Bioenergetic Analysis, and thanatotherapy.

Keywords: psychotherapy, body-oriented psychotherapy, Biosynthesis, RABOP, Bodydynamics, Bioenergetic Analysis, Thanatotherapy, trauma work, Hakomi, SOBBORUS, Bioenergetic Analysis Society, International Association of Thanatotherapy.

BOOK REVIEW

The Infinite Subtleties of Sensation

A look at two key works on trauma

By Adam Bambury

Waking the Tiger: Healing Trauma

Peter A. Levine with Ann Frederick

North Atlantic Books, 1997

In an Unspoken Voice:

How the Body Releases Trauma and Restores Goodness

Peter A. Levine

North Atlantic Books, 2010

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OUR QUESTIONNAIRE

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