

ABSTRACTS – IBPJ – FALL-WINTER 2021

**Development of the Shortened Version of the Sense of Harmony between Body and Mind
Scale (S-SHS)**

Yasuyo Kamikura and Hirohito Mashiko

Abstract

The purpose of this study was to create a shortened version of the sense of harmony between body and mind scale (S-SHS), which quantifies the sense of integration of body and mind, and study its possible use for healthy individuals. First, in Study 1, Japanese participants (N = 368, 100 men, 267 women, one not specified) completed the S-SHS. We confirmed a five-factor structure, the same as the SHS, through higher-order factor analysis: self-existence of mind and body, relaxation of mind and body, balance of mind and body, sense of independence, and sense of physical stability. In Study 2, for Japanese students (N = 97), the two-week test–retest correlation revealed that the S-SHS had test–retest reliability according to the multiple imputation method. Thus, we confirmed that the S-SHS had sufficient validity and reliability and would make it easier to measure the sense of harmony between body and mind (SH) in healthy individuals than the SHS. Next, in a sample of Japanese students (N = 118), structural equation modeling confirmed that the SH is associated with lower stress responses and a higher sense of authenticity. Therefore, it was suggested that the SH is important in physical and mental health.

Keywords: shortened version of the scale development, the sense of harmony between body and mind, healthy individuals

Impact of a Core Energetics Process Group on LGBTQ+ Authenticity

David deBardelaben-Phillips

Abstract

Authenticity is the ability to know and understand one's thoughts and feelings, while acting in accordance with them. Authenticity is also called being aware or synonymous with one's true self. For many people who identify as a part of the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, and Queer) community, being authentic is sometimes very challenging for fear of judgement, safety, and acceptance which is perpetuated by homophobia. This research is designed to understand the impact of participating in a Core Energetics group—a body centered psychotherapy process group—and the authenticity of the LGBTQ+ participants. The study focuses on determining if the use of Core Energetics and specific techniques in a group process (an unstructured group therapy technique) improves participants' ability to show up more authentically in their lives. The study utilizes existing authenticity measurement tools to quantify authenticity scores pre and post participation in the Core Energetics process group and compares these scores to a larger population score.

Keywords: *Core Energetics, authenticity, LGBTQ+, lesbian, gay, bisexual, transgender, queer, mask, lower self, higher self, homophobia*

Body as Portal

Bringing the Body into Practice

Lisa Mortimore

Abstract

This article offers a synthesis of practice; a conceptual integration of theory-informed right brain (RB) to RB (Schoore, 2012), body-to-body, somatic and relational practice, interfaced with affect regulation theory and attachment repair. It exemplifies the diverse potential of right hemispheric processing and explores and explains the theoretical underpinnings of this body-centered or somatic practice, showcasing the body as a portal to the unconscious, and to the immobilized relational material that hinders the psyche and dysregulates the body. Through a composite clinical excerpt, I present an in-session experience of my integrative practice, a multi-layered rendering of the therapist's internal clinical experience, which identifies layers of tracking the body in practice.

Keywords: *somatic; affect regulation; right hemisphere; attachment repair; body-centered psychotherapy*

Using Ecstatic Body Postures with Hypnotic Imagery Therapy

Nicholas Brink

ABSTRACT

From examining the art of the hunter and gatherer cultures of the world, both ancient and contemporary, the anthropologist Felicitas Goodman found what she believed were postures used by their shamans. In experimenting with these postures while in an altered state of ecstatic trance, she found that the postures gave direction to the trance experience. Some postures provided strengthening and healing energy to the body, while other postures were for divination to find answers to questions. Some postures were for metamorphosis or shape-shifting to become one with a spirit guide. Others were for spirit journeying, or entering the underworld or unconscious mind. Others were used for journeying in the middle or upper worlds. Finally, there were postures for initiation, or for providing a death-rebirth experience—the death of some problematic behavior and the rebirth of greater health. These postures are useful and effective for physical, emotional, behavioral, and spiritual healing. A sequence of postures is also useful for soul retrieval, or for resolving the traumas and emotional problems learned in childhood, which analytic hypnotherapy has also been effective in resolving.

Keywords: shamanic body postures, analytic hypnotherapy, soul retrieval, ecstatic trance.

Intergenerational Trauma

INTERNATIONAL **BODY PSYCHOTHERAPY** JOURNAL

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An Embodied Experience

Michelle Rosenthal

Abstract

Trauma experienced by past generations, or intergenerational trauma (ITT), may affect clients' current functioning. Trauma, while stored in the body, is also transmitted from person to person on a body level through biological and environmental means. While many trauma experts are beginning to learn the importance of somatic interventions for the healing process, there is limited research on the use of somatic interventions for help with symptoms resulting from ITT. This paper explores the implicit nature of the transmission of ITT and posits that body psychotherapy is uniquely positioned to help clients working with challenges related to this type of trauma.

Keywords: Intergenerational trauma transmission, intergenerational trauma treatment, body psychotherapy, multigenerational trauma, generational trauma

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Improving Upon Family Constellations

A Body Psychotherapy Model

Stephanie Scarminach

Abstract

In the field of group therapy, Family Constellations is a practice that remains mysterious. This phenomenological group process has opened a great many emotional doors in family systems. However, there are numerous components in the practice that operate without considering therapeutic safety. While Family Constellation work has shown itself to be impactful, it neither prepares individuals to participate, nor does it conclude in a manner that supports the aftermath experiences of those involved. The approach discussed in this paper provides a theoretical layer that could be integrated into the Family Constellation model to combat this lack of structure, safety, and regulation for all those involved. This proposed model includes a number of body psychotherapy practices that support facilitators in using somatic interventions to create a stronger therapeutic container, track participant regulation, and successfully close the experience in a way that diminishes the potential for harm.

Keywords: Family Constellation, somatic, body psychotherapy, group process

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Body Psychotherapy in Hungary

Márton Szemerey

Abstract

Body psychotherapy in Hungary has a relatively short history, as the repressive political environment did not allow any substantive contact with Western developments in the field before the 1990s. Over the past three decades, there has been a growing presence of various body-oriented schools of psychotherapy in Hungary. This paper provides a brief introduction to the training model currently applied in the Hungarian Institute for Body Psychotherapy, as well as a range of related activities offered primarily through the Hungarian Association for Body Psychotherapy.

Keywords: body psychotherapy, Sándor Ferenczi, Hungarian Association for Body Psychotherapy (HABP), Hungarian Institute for Body Psychotherapy (HIBP), Hungary

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