

**Our practice:**

**The 500 Days of the Primary Object Relationship**

*Nociception or Pain?*

**Genovino Ferri**

**Abstract**

After defining the difference between pain and nociception, the author likens that binomial to another featured in the international debate on analytical psychotherapy—subjectivity and pre-subjectivity. He places the focus of comparison of those binomials during the period of the primary object relationship—the first 500 days of a person's life, from conception to weaning.

A wide range of factors—anatomical, physiological, hormonal, and cytochemical—are given, supporting the hypothesis that awareness of pain is not necessary for marks to be incised in the implicit memory of the bodily unconscious as a basis for possible relational suffering.

**Keywords:** Nociception, pain, primary object relationship, intercorporeity, implicit memory.

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**Keeping the Body in Body Psychotherapy**  
*A Neurobiological Approach to Connective Tissue*

Will Davis

**Abstract**

Body psychotherapy has been strongly influenced by far-reaching research in neurology. While these influences are easily justifiable, there has been a concomitant influence of moving away from the body to a brain-based model. Concurrently, research in the manual therapies in connective tissue, and specifically fascia, has revealed how and why body-based techniques can have such a profound effect on a patient. Taking this further, this research has revealed a heretofore unknown communication system among the three nervous systems and the body, resulting in the formulation of a more integrated body/mind model. I will highlight the growing connections between connective tissue (CT) and the three nervous systems in the body and show the role CT plays in these connections. The main theme is connective tissue's *plasticity*; its ability to adapt and readapt to changing conditions locally and systemically, externally and internally, as well as physically and emotionally. The plasticity of CT lies at the heart of any therapy that involves either movement or touch. It is the biological, body-based means of body psychotherapy's efficacy.

**Keywords:** fascia, Reich, interpretive interoception, plasticity, connective tissue, nervous systems

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### **Inhabiting the Body as Unitive Consciousness**

Judith Blackstone

#### Abstract

This paper presents the Realization Process, a method of body psychotherapy that includes a series of inward attunement exercises for experiencing unitive consciousness as the basis of deepened contact with one's own being and with other people. The paper focuses primarily on this method's understanding and facilitation of embodiment. In the Realization Process, embodiment is viewed as the experience of being present everywhere in one's body

simultaneously, as unitive consciousness. This is a shift from being aware of the body, to inhabiting the body. The paper describes how the Realization Process utilizes the embodiment of unitive consciousness to heal deficits in contact with oneself and others, and to refine the therapist's capacity for empathy. Brief attunement practices from the Realization Process are included to illustrate this shift.

*Keywords: embodiment, Realization Process, body psychotherapy, consciousness*

### **Touch and Affect Regulation Postural Integration, Trauma Skills, and Tools for Body-Oriented Psychotherapy**

**Bernhard Schlage**

#### **Abstract**

Based on new neurophysiological research, this article explores how touch influences different areas of our brain via nerve receptors, and how different techniques of touch support a client's need for affect regulation. Following Allan Schore's proposed approach to affect regulation, the article demonstrates what supports a client's emotional expression and development of a resilient inner self. It describes how to work with the affect cycle with traumatized clients and deepens the understanding of the window of tolerance in order to support clients who are suffering from overly strong and painful emotions, as well as those who struggle with a general lack of emotion.

*Keywords: Touch and affect regulation, skin-mechano-receptors, affect-cycle-charts, window of tolerance*

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#### **Trauma work**

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Editor-In-Chief *Madlen Algfari* [editorinchief@ibpj.org](mailto:editorinchief@ibpj.org)

Deputy Editor *Aline LaPierre* [deputyeditor@ibpj.org](mailto:deputyeditor@ibpj.org) • Managing Editor *Antigone Oreopoulou* [managingeditor@ibpj.org](mailto:managingeditor@ibpj.org)

**The Present Moment, Trauma,  
and Relational Somatic Psychotherapy**

**Homayoun Shahri**

**Abstract**

In this paper, I will discuss how life is lived in the present moment, and how this is connected to living a joyful life. I will show that living in the present moment is related to embodied living and connecting to the body. The role of relational trauma in disconnecting from the body is then examined. The parts that early bad object relations play in the inability to live in the present moment are examined from the perspectives of object relations theory and neuroscience. The healing role of the good object—that is, the therapist—is discussed, and a technique based on insights from relational somatic psychotherapy is presented that may shorten the therapeutic process.

*Keywords:* neuroscience, object relations, present moment, relational somatic psychotherapy, transitional objects, trauma

**Interdisciplinary approach**

**Correspondence Between Phases and Elements  
in Transformational and Healing Processes  
Induced by Different Therapy Methods**

**Muriel Moreno Ojeda**

### **Abstract**

This paper compares the author's observations of the processes of transformation and therapeutic change in herself and her clients. Nine phases were observed and titled the EsenciArt System: The 9 Phases of Transformation. The research question is: Are there common phases and elements within transformational and healing processes induced by different therapies or methods? What do they have in common, and what are the differences between them? A 21-question survey was used based on the *9 phases* observed by the author. 155 practitioners from 35 countries and from 32 therapies/modalities took part in the study. 120 participants were female; 35 participants were male. Ages ranged from 18 to 74 years. Expertise ranged from no professional experience (students) to 40 years of professional practice. These participants classified their work within one of these three approaches: Mind approach, Body approach, and Body-Mind approach. Results show that professionals from different modalities and approaches do identify and value common phases and elements in transformational and healing processes as described in the EsenciArt System: The 9 Phases of Transformation, with an average correlation of 9 out of 10. The Body-Mind approach was found to be closest to the EsenciArt System. All professionals rated the 9 phases with average correlations ranging between 7.8 and 9.9. The qualitative analysis also showed correlation by pointing towards the importance of practitioners being present, connected, respectful, trusting, and caring—these being the right conditions to activate an organic healing process in human beings.

**Keywords:** body psychotherapy, therapeutic change, body-mind therapy, EsenciArt System, psychosomatic.

**Body Psychotherapy in the Playroom:**

**A Somatic Approach to Working with Child Clients**

Jennifer L. Taylor

April 2019

Abstract

This paper proposes a theoretical model of play therapy that blends developmental neurobiology perspectives with tenets of body psychotherapy. The author suggests that the current application of neurodevelopment principles in play therapy can be bolstered by somatic interventions that foster integration between the body and mind of the developing child. The topics of regulation, attunement, and interoception are explored from a somatic lens and therapeutic applications are explored. This paper sets forth an integrative, trans-theoretical approach of incorporating body psychotherapy principles in the playroom.

*Keywords:* body psychotherapy, play therapy, somatic psychology, regulation, attunement, interoception

**Professional Ethics**

**Applying the EABP Code of Ethics  
in Everyday Practice**

*A presentation by the Ethics Committee  
of the Greek National Association for Body Psychotherapy*

**Antigone Oreopoulou**

**ABSTRACT**

During the last four years, the Ethics Committee of the Greek Association for Body Psychotherapy (PESOPS) held four meetings for its members. This article describes the

committee's first meeting, titled *The Ethics Committee and the Code: What we need to know in everyday practice*, and relates the story of what happened behind the scenes that led to valuable conclusions.

**Keywords:** Ethics Code, Ethics Committee, EABP, PESOPS, Ethics workshop.

**Body psychotherapy in pandemic times**

**Investigation of PTSD  
during the Coronavirus Epidemic**

Xiao-Ge Liu, Wen-Tian Li, Fang Xiong, Lian-Zhong Liu, Ulrich Sollmann

Quote:

**Abstract**

**Aim:** We investigated to understand post-traumatic stress disorder (PTSD) during the coronavirus epidemic, and related influential factors. We hoped to provide more basis for targeted services to improve public psychological health care.

**Methods:** From the psychological aid platform set up by the Wuhan Mental Health Center, we obtained online sample data of Chinese residents during the coronavirus epidemic. We used the PTSD examination scale as the study tool and analyzed the data with SPSS.

**Results:** A total of 376 data was collected. The PTSD degree of the public was  $45.93 \pm 17.32$ , the positive detection rate was 63.56%, and the PTSD level increased with fluctuation. Participants' gender, educational level, and location were the influential factors. Specifically, women, lower educational backgrounds, and people in Wuhan were more likely to have PTSD.

**Conclusions:** The epidemic had a great impact on people's psychological status. Although the epidemic has basically been brought under control, PTSD levels have not declined. Therefore, it is necessary to provide timely psychological assistance for people in need, and help them adapt to life as soon as possible.

**Keywords:** COVID-19; post-traumatic stress disorder; influence factors; timeline changes

**Brief Treatment in an Emergency**

*Methodological Proposal for Functional Psychology Intervention*

*Implemented During the COVID-19 Emergency*

**Enrica Pedrelli**

ABSTRACT

The COVID-19 pandemic has required mass intervention to offer psychological support to the world population. This article lays out a methodology developed over years of experience and implemented for the Italian population by psychotherapists of the Functional Psychotherapy Society (SIF) for the Ministry of Health project called *Free Listening Psychological Service. National Toll-Free Number*. The Brief Treatment in Emergency (Pedrelli and Sozzi, 2016) according to Functional Psychology (Rispoli, 2004; 2016) is based on years of experience in the diagnosis and treatment of stress, combined with the skills of emergency psychology. It shows how essential it is to have psycho-body skills in emergency treatment, and how it was also possible, even in a context of isolation and remoteness, to use body-oriented techniques. Functional Psychology refers to experiences that form the basis for the development of skills in each of us as Basic Experiences of the Self (BES). In an emergency, we can work on BES to restore emotional stability and security, and reconnect with resources. In this article, the BES of Control and Perception are used as examples to provide a view of potential remote emergency work.

**Keywords:** brief treatment in emergency, Basic Experiences of the Self, Psychocorporeal techniques, Functional Psychology

## **Time for Transformation and Creativity**

**Rubens Kignel**

abstract.

The idea of this article is to research, explore and propose a new way to look and live with the adversities of human life in the environment and the system on earth. Since the beginning of life, much before human life, nature has been showing us through the development how different forms of lives found a way to relate, adapt, include and exclude what is necessary to keep life alive.

We as human beings can learn with the millions of years of life experience, in the direction of the ecology of humans to preserve life wherever it exists. So, I try to show that what is considered impurities might be the system we depend to live, as well making associations with the human psyche relationships with the environment and between us.

keywords: environment, nature, ecological communication, body psychotherapy, nature and communication, virus, fungus and bacteria, impurities and purities between us, psychoanalysis, Reich.

**Body Psychotherapy Around the World**

**The Development of Japanese Body Psychotherapy**

**Yasuyo Kamikura**

Abstract

This article aims to introduce the development of Japanese body psychotherapy by focusing on Dohsa-hou, an original Japanese psychotherapy created by Gosaku Naruse. First, this article introduces psychotherapy in Japan, including the licensing of clinical psychotherapists and mainstream psychotherapy in Japan. Second, it introduces body psychotherapy, prominent psychotherapists, and people's acceptance of touch in Japan, while comparing Western and Eastern cultures and psychotherapy. In addition, the article shows how Dohsa-hou has been developed in the fields of children with disabilities, by practicing Dohsa training, and people with mental illnesses by using clinical Dohsa-hou. Next, the author discusses some issues as a Dohsa-hou therapist, current topics in Japanese mental health amid the COVID-19 pandemic, such as "depressed mood brought on by stress from quarantine" and "quarantine fatigue," and the possibilities of online Dohsa-hou. Last, a proposal is made for the future of psychotherapy. The spread of Dohsa-hou will be significant for the development of body psychotherapy in Japan.

**Keywords:** body psychotherapy, Japan, Gosaku Naruse, Dohsa-hou, Dohsa training, clinical Dohsa-hou

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