

War and Trauma Issue

Abstracts for translation

Why War?

Courtenay Young

This essay is an attempt to answer a fundamental question about the aberrant human behaviour of war or warfare. There are very few examples of such behaviour in the animal kingdom, hence the word “aberrant.” The human animal is possibly the only animal on the planet that conducts sustained aggression (warfare) against others of its own species. There are many examples of anger or rage, and even of other aberrant behaviours (like abuse) but sustained and directed rage against other groupings of the same species is incredibly rare, if not unique. Why is this?

Contemporary Reichian Analysis and War Trauma

Edoardo Pera

This article is based on the author’s experience, primarily in the Middle East, in post-emergency missions over the last 20 years. It is an exploration of war trauma, and how Contemporary Reichian Analysis can make sense of it and potentially help those afflicted, even in combination with other approaches. Given the complex social, cultural, and political landscape, our research is still only at its inception in seeking to better understand the elements of war trauma and suggest bodily interventions. However, in the field, there are certain steps that are possible to take and others that cannot be done.

Giving Birth in a War Environment

An interview with Ukrainian childbirth educator Hanna Kemp

Christina Bogdanova

Hanna Kemp is a Ukrainian childbirth educator and specialist in postpartum rehabilitation working with Ukrainian women internationally. In this conversation with our Deputy Editor, Christina Bogdanova, she gives us a detailed account of women’s war experiences—being pregnant and giving birth in war zones, living as a refugee, especially if pregnant or with young children, raising children with few resources in foreign countries, where they are often bullied. Having herself fled Ukraine

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with her children, she touches on the loss of identity, the loneliness, the never-abating vigilance, the uncertain future. She now offers online support circles to Ukrainian women, and shares with us the resourcing importance of touch and trauma-informed massage, as well as somatic strategies for supporting those with war trauma.

Empowering Children and Caregivers Impacted by the Atrocities of War

Maggie Kline

War leaves its mark on everyone, but children are the most vulnerable. Their growing brains and bodies are forming implicit and explicit imprints from what they absorb through their senses. These imprints shape the anatomy and physiology of brain and body. If robbed of their childhoods, will they grow up perceiving the world (and others) only as dangerous? Or, is it possible for them to also perceive the world with safe places? We are being called to action to show them, through our kind eyes and reassuring safe touch, a world teeming with natural beauty, wonder, and joy. The *Resilience Roadmap Model* offers a plan to provide external co-regulating resources to counteract anxiety from war-conditioned threat responses by using the essentials of healthy attachment. Combining principles of Somatic Experiencing® with drawing and movement, interoceptive experiences of safety and self-protection can transform traumatic imprints into new stories with a triumphant ending. May you be inspired to join the movement to plant seeds of well-being for the world's children.

Transgenerational Trauma

The role of warrior talk

Sally E. Watson

This article focuses on the relationship between warrior talk and transgenerational trauma. Research findings from an extensive study of warrior talk within a lengthy modern conflict is used to explore the ways in which trauma is transmitted across generations. A trauma-informed approach for understanding transgenerational trauma is outlined, and the case for a somatic focus on trauma healing is introduced.

Organizing a Rapid Response to War Trauma

Lessons from the Somatic Experiencing Ukraine Task Force

Melissa Sinclair

In February 2022, the Somatic Experiencing Ukraine Task Force (SEUTF) was established to respond to the crisis in Europe caused by the escalation of the Russo-Ukrainian War. A cooperative effort of

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hundreds of volunteers from 37 countries on four continents, this rapid mobilization and the resources it has garnered to address war trauma represents a historic first for the global SE[®] community. This article documents the processes and outcomes of the SEUTF in order to inform best practices for other body psychotherapy practitioners who may want to organize and sustain effective cooperative responses to the trauma caused by war and other collective crisis moments in real-time, as situations are unfolding.

Exploring the Connections Between the Microbiome and the Brain

A conversation with Ioannis Gampierakis

Antigone Oreopoulou and Aline LaPierre

Inflammation is the body's ancestral response to threat, its first line of defense against injury and foreign pathogens. But as modern threats evolve, science is discovering how inflammation simmers under the surface, not only in leading killers such as heart disease and cancer, but also in psychological symptoms like depression and anxiety.

In this conversation, Harvard neurobiologist Ioannis Gampierakis discusses his research on the impact of inflammatory stress on depression and anxiety—a paradigm-shift understanding of the role of the gut, the microbiome, systemic inflammation, the immune system, and adult neurogenesis, and how they all contribute to brain function.

Case Study Research

Courtenay Young

This brief article reviews three books about case studies and announces a project to develop a further book about body psychotherapy case studies.

From WWII with Compassion

The Calatonia[®] Somatic Approach for Global Reorganization
and Mutual Regulation of Soma and Psyche

Anita Ribeiro Blanchard

Calatonia is a somatic approach based on reinstating self-regulated states, developed by Pethö Sándor, a Hungarian physician, during WWII in the various refugee camps he worked as a doctor for

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the Red Cross. Initially a trauma-based approach, it was later incorporated into psychotherapy treatments in Brazil, where Sándor settled in the 1950s. This article intends to bring attention to this technique for research and use in current global war adversities and refugee displacement situations.

Body Psychotherapy in Spain

Somatic historical milestones
and Spanish Character-Analytic Psychotherapy

José Martín Amenabar Beitia

This article covers some historical milestones of body psychotherapy worldwide, and offers a panoramic view of diverse models in the Spanish field, drawing attention to Character-Analytic Psychotherapy, one of the most relevant current body psychotherapy contributions due to its influence nationally and internationally. The author then delves into some of the issues he considers paramount from a historical and methodological point of view, and for the future of body psychotherapy.

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