

# INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

THE ART AND SCIENCE OF SOMATIC PRAXIS



## LOVE AS EMBODIED MEDICINE

**C. Sue Carter**  
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### Abstract

As a sentient species, humans are on the threshold of novel insights into the origins of the magnificent obsession that we call “love.” It is well established that healthy relationships can protect against disease and restore the body in the face of illness. Without positive relationships, especially in early life, humans fail to flourish, even if all of their basic biological needs are met. “Love lost” is one of the most powerful forms of stress and trauma. However, the mechanisms through which love protects and heals are only now becoming apparent. Love is most easily understood through the lens of our evolutionary past and in light of our contemporary physiology. At the epicenter of this story is a mammalian hormone, oxytocin and an even more ancient molecule, known as vasopressin. These biochemical building blocks of love are not unique to humans and are shared with other highly social species. Through the study of social behavior in other mammals, we also are learning that the same physiology that lies behind the healing power of love, reduces inflammation, regulates the autonomic nervous system, the immune system, and even regulates the microbiome. Furthermore, the oxytocin-vasopressin system is regulated by experience across the lifespan, helping to explain the lasting physical consequences of both love and adversity. By examining the biology of social bonds and parenting we are uncovering pathways that allow humans to experience and embody love.

*Keywords:* Oxytocin, love, monogamy, nurture

### **Progressing Towards a Greater Understanding of Science & Research within Body Psychotherapy: Part 1**

Courtenay Young & Herbert Grassmann

### Abstract

This three-part article looks at:

**Part 1:** The ‘history’ of the EABP Science and Research Committee initiatives

**Part 2:** Different types of appropriate research for Body Psychotherapy

**Part 3:** Possibilities for future developments towards a better research culture in Body Psychotherapy.

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Research into the efficacy and effectiveness of the many and various different modalities of psychotherapy is absolutely essential if that branch (or ‘mainstream’) of psychotherapy is to have any standing at all within the general psychotherapy community, or with universities, or with governments and ministries of health, and with the general public. Up until fairly recently, the field of Body Psychotherapy has been quite strong on theory; it has also been good enough (until recently) in the clinical practice of its many different modalities and methods; but has been decidedly poor with respect to any proper research. In this article, different aspects of Body Psychotherapy research are explored. Research in the field of Body Psychotherapy is seen as an essential part of developing a professional culture, which has to be fostered both in training and in practice. We also need (much better => good) connections with research departments in universities. Therefore, apart from being sufficiently trained in and now (hopefully) being able to demonstrate the professional competencies<sup>[1]</sup> of a body psychotherapist, as a ‘clinician’, there is an additional role (or set of competencies) – as a potential researcher-practitioner – that now have to be developed and fostered, especially as there are often negative perceptions of research – or lip-service paid towards the need for research – to be found within the psychotherapy community in general, and especially within the humanistic and body-oriented (somatic) psychotherapies. Some of this wider background and some of the more recent developments with respect to research into Body Psychotherapy are mentioned, but this article is focused more on the development of a solid ‘research-practitioner’ culture in Body Psychotherapy, now and especially for the future.

*Keywords:* Body Psychotherapy Research, Appropriate Body Psychotherapy Research, Evidence-Base, Practitioner-based Research, Research Training Module, Practitioner Research Network, Case Studies.

## **Body Psychotherapy Practice and Research A Survey Among Body Psychotherapy Practitioners**

**Biljana Jokić, Frank Röhricht and Courtenay Young**

### Abstract

Psychotherapy practice and research are supposed to complement each other; however, links between them are usually only weakly developed. This study was designed and conducted with the aim to collect information about body psychotherapy (BP) practice and about research resources among body psychotherapists. A total of 404 body psychotherapists from 36 countries participated in an online survey.

The findings revealed a great diversity of BP modalities currently practised within and across different countries, especially diversity in respect of body psychotherapists’ socio-demographic characteristics: 66.4% of participants were over 50 years old, suggesting a

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shortage of young people involved in both BP practice and research. Most therapists provide BP for adults and mostly in the format of individual sessions in private practice, whereas only a few BP practitioners work in main-stream health care settings. The results also suggest significant research knowledge, experience and interest in research among BP practitioners, but a lack of application of these research resources in body psychotherapy is noticeable. Results are discussed with an emphasis on the practical implications: i.e. the possible role for BP training schools to increase the research culture among practitioners; the importance of sharing BP experiences and research between different countries (and languages); and the necessity to develop collaborations between practitioners and academic groups in order to strengthen research capacities and to accumulate knowledge about the intriguing construct of applied embodiment in BP.

*Keywords:* body psychotherapy, professional practice, empirically supported psychotherapies, survey, psychotherapists

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## **About Case Studies & Body Psychotherapy Case Studies (or the lack of them)**

A presentation at the EABP 2018 Congress Scientific Symposium

**Courtenay Young**

### **Abstract**

This is the text of a presentation at the Scientific Symposium at the 2018 EABP Congress in Athens. It was accompanied by a number of slides, which can be accessed via the EABP website.

*Keywords:* body psychotherapy, case studies

## **Introduction to Qualitative research and Grounded Theory**

**Christina Bader Johansson**

### **Abstract**

In this article the concept of the reflective practitioner, evidence-based practice and different ways of doing qualitative research are presented. By asking the questions beginning with “what” and “how”, qualitative research seeks the specific quality which is typical for a phenomenon. One of the most common methods today in qualitative research is Grounded Theory. A pattern of “meaning-carrying units” becomes visible among all the

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THE ART AND SCIENCE OF SOMATIC PRAXIS



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observations or answers to open questions, which are then coded into categories. This coding process is described; it is called a constant comparison until a saturation of a theme occurs, which crystalizes the central meaning of a phenomenon. Some useful standards of the themes of validity and reliability in qualitative research are presented.

*Key words:* qualitative research, Grounded Theory, constant comparison, saturation

## **Developing a Research Mind in Body Psychotherapy Practice**

Presentation at the EABP Congress 2018  
Science & Research Committee (SRC) Symposium

**Zoe Schillat**

### Abstract

The following presentation refers to aspects of the relation and interaction between research and clinical practice in Body Psychotherapy (BPT), as those have been described in the related literature and to the subject of case studies, as a field where the research- as well as the clinical mind can be trained and developed. It also refers to a ‘work in progress’ activity organized by the Scientific Committee of the Greek Association for Body Psychotherapy (PESOPS), focused on informing and encouraging the members concerning writing and publishing case studies.

*Keywords:* Research and Clinical Practice in BPT, Case Studies and EABP Guidelines, Developing the Research Mind, ‘Work in Progress’ Activity

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## Body Psychotherapy Activities in Turkey

**Celâl Eldeniz**

Abstract

Body Psychotherapy is quite a new psychotherapy method in Turkey. There are Turkish publications of several books by Reich and Lowen, trainings have started for the last - almost- ten years. However, there are no certified Body Psychotherapists in Turkey. On the other hand, lack of a national psychotherapy association in Turkey urges the necessity of a Body Psychotherapy association to monitor and regulate the training and certification processes of future Body Psychotherapists in Turkey. Therefore, establishment of a Body Psychotherapy Association is likely to take place soon, which will also work towards creating an active Body Psychotherapy community in Turkey.

*Keywords:* Body Psychotherapy, Training, Psychotherapy Association Start, Turkey

### Webinar reviews:

#### **1. Are we ready for the future of "homo neuroticus" and how will psychotherapy change?**

**Mariana Todorova**

Abstract

Artificial Intelligence (AI), people as a biological algorithm, virtual reality, more than 2 parents, holograms vs. people, extended life continuity thorough medicine ... how this trends we already face will shape people emotions, people lives, their reality and our profession as psychotherapists.

*Keywords:* earning, community, sharing, technology, digitalization, body psychotherapy, virtual and mixed reality

#### **2. New forms of subjectivity between identity and dissociation**

**Maurizio Stupiggia**

Abstract

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We are a dialogue: of the person with oneself, and with other persons. Mental disorder is the interruption of this dialogue through which we strive to build and maintain our personal identity and our position in the world. The crisis of the dialogue of the person with the alterity that inhabits him/her, and with the alterity incarnated in the other persons, is at the heart of mental disorders.

I want to reflect on the relation between the Self and the Other, during a time of increasing dissociative conditions of our life. We are living an increasing sense of solitude, of social and emotional isolation, related to an increasing level of alarm, as individual as well as community.

*Keywords: forms of subjectivity, identity, dissociation, virtual and mixed reality, safety, relationship, dialogue, pause, internal organization*