



English abstracts for translation

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Efficiency of Psychotherapy Involving Altered States of Consciousness: A Call to Reconsider Our Spiritual Stance at the Clinic

Rachel Shalit

Abstract

This paper deals with the efficiency of psychotherapy, particularly when involving techniques that stimulate altered states of consciousness (ASC). One main conclusion arising from research in this field is defined well by Bogart (1991), who asserts that ASC may profoundly reorient an individual's identity, emotional attitude, sense of wellbeing and purpose in life.

Body-oriented techniques have the potential to induce ASC; therefore, a methodological exploration of the ASC realm as part of body psychotherapy is called for. Moreover, as ASC may also trigger spiritual experiences, it is my belief that embracing the correspondence between the body and the spirit holds great promise for clients.

The paper discusses three main subjects:

1. Altered states of consciousness— what they are, ways of inducing them
2. The efficiency of psychotherapy
3. The correlation of body psychotherapy with consciousness and spirituality

In italics appear questions and dilemmas, in some instances as an introduction to a paragraph, in other instances as issues raised for further contemplation.

Keywords: body psychotherapy, altered states of consciousness (ASC), efficiency, trance, spirituality

Gender as a Relational Somatic Experience: How Psychotherapists Participate in Gendering Clients (An Experiential Conversation)

Gary Glickman, MA, LMFT

“Power relations have an immediate hold upon it [the body]; they invest it, mark it, train it, torture it, force it to carry out tasks, to perform ceremonies, to emit signs” (Foucault, 1991, p. 25).

Abstract

This paper articulates a study of gender role-playing by a focus group of body-centered psychotherapists familiar with Relational Somatic Psychotherapy (RSP), in hopes RSP might offer a lens for helping clients understand their embodied gender experiences, and for helping clinicians understand how wittingly or unwittingly they might be participating in "gendering" their clients. That is, to whatever extent therapists are not aiming to help bring consciousness to a person's sense of identity regarding gender (as with any other culturally reinforced identity), they might be colluding to limit it. A workshop introduction is articulated, followed by a review of gender literature relevant to psychotherapy, a description of methodology, results from the group's role-play experiences, and suggestions for further study.

Keywords: gender, Relational Somatic Psychotherapy, masculinity, femininity, sexuality, clinical eros

Nina Bull: The Work, Life and Legacy of a Somatic Pioneer
Daniel J. Lewis, M.P.H., M.A.

Abstract

Nina Bull is a significant albeit underappreciated figure in the history of body psychotherapy. She was a pioneer in the study of the mind/body relationship and the role of the musculature in subjective experience. She is best known as a teacher and mentor to Stanley Keleman, the founder of Formative Psychology. Still, her life largely remains a mystery as little has been done in the way of compiling information about her work or personal life. This paper presents a synopsis of her attitude theory, describes the experiments she conducted to confirm her theory, discusses the relationship of her work and Formative Psychology, and presents original historical study of the events and attitudes that informed her research.

Keywords: Nina Bull, Formative Psychology, emotion, history of psychotherapy, skeletal musculature, muscles, attitude theory.

In Support Of Body Psychotherapy
Will Davis

Abstract

After an introduction to body psychotherapy, there is a discussion of the trend in verbal and cognitive therapies to include the body. This trend will be highlighted via a comparison with body psychotherapy as well as references to cases. There is then a description of body psychotherapy's unique contributions to psychotherapy at large and photos of a patient showing physical changes during six months of body psychotherapy treatment.

Keywords: body psychotherapy, embodied cognition, embodied self, self-reflexivity, Reich, Schore, Pagis

The Ever Changing Constancy of Body Psychotherapy
Robert Hilton, PhD

Abstract

Presented at the 2012 USABP Conference, this keynote address outlines both historical theories that have informed today's body psychotherapy and contemporary trends of thought in the field. Robert Lewis, Alexander Lowen, Donald Winnicott, Harry Guntrip, Ronald Fairbairn and Wilhelm Reich, as well as Donald Kalsched, Dan Siegel and Peter Levine are all given mention, sandwiched between illustrations borrowed from poetry and Hilton's own anecdotes. Hope is proposed for a humanistic, sympathetic future of body psychotherapy.

Keywords: history, poetry, Reich, Winnicott, Siegel

Hyporesponse: The Hidden Challenge in Coping With Stress
Merete Holm Brantbjerg

Abstract

This article addresses the role of hyporesponse in stress management. The concept of muscle response is presented—regarding both hyperresponse (tension) and hyporesponse (giving up)—and how these two defensive strategies interact and easily polarize. Building up energy and precision in dosing is presented as a strategy to modify hyporesponse and, through that, lower the risk of losing contact with parts of the self in different phases of stress. Interconnectedness between high arousal states—both hyper- and hypoarousal—and muscle response patterns are addressed and special attention is given to potential consequences of hyporesponse in the transitions between the different levels of arousal that occur in daily life.

Keywords: stress management, hyporesponse/giving up, building up energy, arousal states, transitions