

# INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

THE ART AND SCIENCE OF SOMATIC PRAXIS

INCORPORATING US ASSOCIATION FOR BODY PSYCHOTHERAPY JOURNAL

International Body Psychotherapy Journal *The Art and Science of Somatic Praxis*

Volume 17, Number 2, Fall 2018 pp

ISSN 2169-4745 Printing, ISSN 2168-1279 Online

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Abstracts

## **I feel, therefore I am Madlen Algafari**

### Abstract

This is an excerpt taken from the foreword of my book *I Feel, Therefore I Am*. I express in it my gratitude to S. Keleman for giving me the courage and the arguments to defend my thesis that the emotional intelligence is more important in our days than the rational intelligence.

*Key words:* Emotional Intelligence, Chemistry and Alchemy, Physics and Metaphysics of Emotional Life

## **Gracefulness that comes to meet me, in meeting Stanley Keleman**

**Sônia Andrade**

### Abstract

The author expresses her gratitude for the legacy received from learning from experience while attending the programs at the *Brazilian Center for Formative Psychology®* and from her interactions with Stanley Keleman. It addresses how formative thought and method offer the possibility of self-knowledge, and personal and professional growth from what is experienced in the body.

*Keywords:* Stanley Keleman; Formative Psychology®; body; re-bodying; meeting; gracefulness; intimacy; gratitude; human being.

## **The Unforgettable Lessons of Stanley Keleman How to Be Humans by Embodying Our Life instead of Passively Going through It Christina Bogdanova**

### Abstract

In this article I present some aspects of Stanley Keleman's work that fascinate me and that have practical and theoretical importance for me. Being pulsatory organisms we can form ourselves and our life; thanks to the pulsation process we organize being in the world and we can moderate how we live. Our bodies are the only true story-tellers of our lives and by feeling and understanding them we can determine our destinies. We, humans, are unique source of self-creating realities. We are voluntary participants in creating consequences and experiences and we can enrich life by making new patterns of acting and new understanding of embodied life. The embodied experience of the organizing process, intrinsic by nature, enables us to turn ourselves into human beings, to develop and grow instead of living in stagnation, dissatisfaction or illness. So, we can consciously choose to undertake the formative journey with its "Five Steps" for better self-understanding of our current state of being, for personal evolution and for forming a sensible living self.

*Key words:* Stanley Keleman, pulsation, pulsatory organisms, organizing principle, embodied experience, formative journey, Five Steps, the HOW methodology, accordion process, somagram, story-telling

**Three layers in my relation with Stanley Keleman  
Erica Cavour**

Abstract

The author talks about three important moments in her relationship with Stanley Keleman and his Formative Psychology.

*Keywords:* Stanley Keleman, Formative Psychology, human evolution, gratitude

**Stanley Keleman: Memory, Love and Honor  
Leila Cohn**

Abstract

In this article the author talks about her history with Stanley Keleman and how their growing cooperative partnership led to the realization of the project "Interviews with Stanley Keleman". This article contains an excerpt of their last interview "Quantum Dynamics in the Human Experience"

*Keywords:* *Formative Psychology, Quantum dynamics, Stanley Keleman, Formative process, Human experience, Incompleteness, Evolution*

**Thank you, Stanley  
Terry Cooper**

Abstract

Stanley died like Stanley lived, without drama or fuss, in an ordered and organised way. He often said, "the body knows how to die".

*Keywords:* Stanley Keleman, *Living your Dying*, relationship with self

**Keleman's Anatomy and Formative Process –  
an approach to understanding mankind  
Linking two dimensions  
Anton Darakchiev**

Abstract

This article expresses the opinion of a physician, specialized in internal medicine about the Bodywork method of Stanley Keleman and his understanding of the human anatomy. It points out the contribution of Keleman's "Formative Process" and "Emotional Anatomy" to the understanding of human behaviour and the way to change it in a positive way.

*Keywords:* Anatomy - Formative Process - Emotional Anatomy - Stanley Keleman - Somatic Work - Biological Vision - Human behaviour – Body psychotherapy

**Who is Stanley?  
Marilyn Haller**

**Stanley as Sculptor  
Gene Hendrix**

Abstract

As an editor of Stanley Keleman's works, Hendrix describes how sculpture was a metaphor for his work, the work of giving shape to the various stages in life. For Stanley this was the

hero's journey, the formative journey.

*Keywords:* sculpture as metaphor, shape, formative journey

**Stanley Keleman and the Forms of Existence**  
**Peter Kralev**

Abstract

This article is inspired by Stanley Keleman's attitude towards the human body, emotions and organism – a complete form of psycho-physiological existence. And this existence is a series of forms – from the protoplasmic history and the processes that build the cell's structure to the forms of human life. Forms, according to Keleman, are manifestations of a united process which encompasses emotions, thinking and life history in a structure, and they are marked by, among other things, the meeting of our inner world with the outer one. In his Formative Psychology he introduced order and forms in which we can recognize ourselves. By undertaking the "formative journey" a person can get acquainted with one's own innermost depths through a process of transformation – psychological and somatic. And if there are models that deform the integrity, there is the HOW methodology to correct the deformed structure in order to use ourselves more successfully.

*Key words:* Stanley Keleman, forms, structure, existence, Formative Psychology, totality of pulsations, body movements, accordion principle, *Five-Step Model*

**The Sudden Loss of Stanley as Catalyst for Growth**  
**Christina A. Loeffel**

Abstract

In 1989, Stanley Keleman described the organismic experience of sudden loss and how we can work with our somatic structure to form a personal ending rather than be lived by the inherited startle and shock reactions. The author describes how she used this talk and Voluntary Muscular Cortical effort to help form her own responses to the sudden death of Stanley.

*Keywords:* Stanley Keleman, Formative Psychology®, Sudden Death, Shock, Grieving

**EMBODYING LIFE IN AGING**  
**Artemis Marinho**

Abstract

The text talks about my personal experience of aging in a formative view.

*Keywords:* Stanley Keleman, Formative Psychology, Aging Woman, Formative Process

**The Role of Fascia in Shape**

**Johannes Carl Freiberg Neto**

Abstract

This text relates part of my conversations with Stanley Keleman about the studies that I have been doing about Fascia as mechanosensitive tissue and voluntary cortical muscular effort.

*Keywords:* Stanley Keleman, Formative Psychology®, Fascia, Mecanoreceptors Proprioception, Interoception, Cortex, Astuteness

**Somatic intimacy - the master of the formative process**  
**Denise Passos**

Abstract

Somatic intimacy is the master of the formative process, it guides us in the direction of a personal life, a formative life. Intimacy is an agent in the continuous of the formative person.

*Key words:* Formative psychology; Teacher; Intimacy; Quantum Dynamics; subjectivity; Stanley Keleman

**Memorial for Stanley Keleman  
EABP Congress - Berlin, September 6, 2018  
Ilse Schmidt-Zimmermann**

Abstract

Ilse Schmidt Zimmermann, ex-President of the EABP (European Association for Body Psychotherapy), gave this tribute to Stanley Keleman at the EABP 16<sup>th</sup> European Body Psychotherapy Congress in Berlin, describing Keleman's theoretical legacy and the contribution he has made to the body psychotherapy field.

*Keywords:* body psychotherapy, Emotional Anatomy, embodied dialogue, volitional muscular/cortical effort, formation process

**Forming a life post stroke  
Alison Bonds Shapiro**

Abstract:

The impact of Stanley Keleman's work can be seen very clearly in its application to coping with the sudden changes in form and function that result from a major neurological injury. This article first describes a personal journey through recovery from such an injury using the tools of formative psychology. The article then discusses how the author includes those tools in training programs for survivors and family caregivers in both inpatient and outpatient settings. These training programs are designed to teach self-management skills for supporting ongoing neurological recovery and forming a life post injury.

*Keywords:* Stroke, Neurological injury, Neuroplasticity, Engagement, Internal Narratives, Sensory Awareness, Attention, Agency, Mirror Neurons, Self-compassion

**Less is more:  
In remembrance of Stanley Keleman  
Max Strecker**

Abstract

This article summarizes some of the major aspects of Formative Psychology and is a personal review on encounters with Stanley Keleman and his way of working.

*Keywords:* Formative Psychology, Stanley Keleman, embodiment, personal evolution, living your dying

**In Honor and Memory of Stanley Keleman  
Sonja H. Sutherland**

Abstract

Sutherland describes how, on both a very personal level, as well as on a professional level, Stanley Keleman has influenced her and her life deeply. Professionally, she brings her years of experience and embodied understanding of Stanley Keleman's Formative perspective and approach to her Feldenkrais® practice and also to the creation of her social emotional curriculum for children.

*Keywords:* Feldenkreis, formative psychology, pulsation, self-influence

**My formative journey**

## **Iracema Teixeira**

### **Abstract**

This text is a personal account - the sharing of a journey towards my inner world. I speak of a pulsating growth; of the experience of expansion and retraction in myself, embodying my formative soul and laying the foundation to the construction of my adult.

*Keywords:* Stanley Keleman, Formative Psychology®, journey, body, love