

A Message from the Editorial Team



Madlen Algafari
Editor-In-Chief



Aline LaPierre
Deputy Editor



Antigone Oreopoulou
Managing Editor

Dear Colleagues,

This issue covers many of the seminal presentations of the 16th EABP Congress titled *Body Psychotherapy and Challenges of Today – Alienation – Vitality – Flow*, held in September 2018 in Berlin, and of the USABP National Conference titled *The Science of Connection; Honoring Our Somatic Intelligence*, held in November 2018 in Santa Barbara, California.

We thank the many presenters who answered our call and contributed articles based on their presentations. The response was so enthusiastic that it soon became clear that it was an impossible task to cover in one single issue two scientific forums of such stature involving participants from all over the world. We could not fit all the articles we accepted into a single issue and so we have opted to divide the presentations between this issue and the Spring/Summer 2020 issue.

As your editorial team, we have worked with great enthusiasm to organize the wealth of new ideas and leading edge developments that were brought forth in both assemblies. You will find the articles categorized as follows:

- *Our Roots*
- *The Culture in the Body and the Body in the Culture*
- *Body Psychotherapy and Somatic Psychology Practice*
- *Working with Trauma*
- *Research*
- *Interdisciplinary Approach*
- *Professional Ethics*
- *Scientific News*
- *Body Psychotherapy Around the World*
- *Book Review*

In addition, Judyth Weaver, recipient of the USABP 2018 Lifetime Achievement Award, generously offered three *Sensory Awareness Meditations* to remind us to keep body and mind in connection as mind becomes absorbed in taking in the Journal's intellectual sustenance.

In the last few months, we have experienced an increase in article submissions from colleagues from the Eastern-most to Western-most parts of the world. This encouraging development tells us that body psychotherapy and somatic psychology are progressively attracting new supporters. We see it as reflecting the growing awareness that achieving health and happiness depends on treating human beings with psychosomatic unity.

This poses a significant *challenge* for all of us body psychotherapists. Although for us, it might seem as absurd as proving that *water is wet*, can we increase global awareness of the *connection* between body, mind, and soul? Our world needs it!

We hope that this international issue, which brings together authors from both sides of the Atlantic, will further our common professional goal—*the challenge of today*—increasing awareness, decreasing alienation, increasing vitality, and honoring our somatic intelligence to bring healing to the body and soul of our planet.

Your Editorial Team,

