

The Bitter-Sweet Task of Saying Goodbye



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How can I easily leave a place where I had fun while gaining experience?
A place with wonderful colleagues ... where I could be creative ... where team spirit and work are an optimal dream.

How easily can I leave colleagues who have become friends with whom I have bonded? People initially met professionally, with whom I quickly felt authentic communication, respect, recognition, trust, and honesty? Qualities and feelings that remain unchanged after years of working together.

People with similar values, work ethics, and perspectives, who remain in my heart and in my mind, who feel like I have known from the beginning of time yet have met only on Zoom in two dimensions.

How can I easily leave a role that connects me with fascinating colleagues from around the world? A role that enriches me as a professional and as a human being, where I grow and become a better person, even through adversity? A challenging role that is simultaneously rewarding as each new issue comes to life.

It is not at all easy. On the contrary...

Since I began participating in boards, committees, and organizational projects, I have had a rule: "Never remain more than two terms." Why? Because routine and fatigue step in. Effectiveness becomes foggy. New people with fresh ideas should step in to take the work to new heights.

Being Managing Editor has been a wonderful experience. This role demands stable backstage work coordinating all aspects of the Journal and creating a safe haven so that the Editorial Team, the Boards, and the volunteers can creatively contribute to its evolution. Making sure all goals and details are taken care of would have been cumbersome and lonely had I not been blessed with such good communication and relationships with Aline, Madlen, and Christina. We were a team where each decision was made by a "we" and not an "I."

I spent hours looking at the Journals we created, at the Zoom photos of our Editorial Team. I reviewed reports and numerous files, my initial application and the selection email. My work with the loving Jill van der Aa, my predecessor and mentor.

I remembered my thunderous heartbeat when I first took over – exactly like starting my first therapy session without supervision nearby...

Countless hours planning with the Editorial Team. New rubrics and their realization. The goals, research, and questions seeking answers. The seriousness when trying to solve issues, the steps in uncharted waters. Aha moments. The exhilaration and disappointments. The deadline anxieties. The correspondence with translators. Murphy's laws. The unbound joy of accomplishment.

The brainstorming sessions and the moments when fatigue took over. The small moments of disappointment, the big moments of happiness. The smiles and laughs. The funny moments when our cats took over the screen, reminding us it was time for a break.

When I sent my resignation, I felt the split of logic versus heart. I will be sad to miss being part of our planned goals, such as a new website and seeing the Journal join the doi.

This has been an amazing journey. Thank you, Jill, for being a wonderful mentor. Thank you EABP and USABP for the trust. Thank you Aline, Madlen, and Christina for making my participation in the Editorial Team an unforgettable experience. I feel fortunate to have been part of this team, which for five years has worked in harmony and mutual trust.

My gratitude to our dedicated translators, to the expert printing and mailing team, and to Rob and Vladimir, who helped me cope with the Journal's finances.

I wholeheartedly wish my successor will enjoy this role as much as I did, and take this Journal, the vehicle for the scientific and professional recognition of our field, to the heights it deserves



CLOSING THOUGHTS

A Vision for the Journal

We asked Antigone, how, over these past five years as Managing Editor, her vision for the Journal, and her understanding of its importance, evolved. Her vision for the Journal's future embodies the essence of her love for our field. We will dearly miss her passionate collaboration.

The Editorial Team is the soul of the Journal, and the heart is the rest of the team. I believe that we have to change our perception of what a journal is, especially this Journal.

Because we stand for connection, our leadership must be horizontal. We are about cooperation, meaning that everyone on the Editorial Team needs to know what is going on in every department. Otherwise, decisions cannot fully benefit the whole.



When I came on board, many colleagues were not aware of the importance of the Journal for our profession as body psychotherapists. When people say that body psychotherapy is just another form of therapy or psychoanalysis, I say NO! It's equal to psychoanalysis, but it's not psychoanalysis. Somatic psychotherapy is its own form, and sits next to all the other approaches. We need to take our place as equal, but individual. So, I realized that we have to train our own people to understand that this is the Journal for our profession.

Our community must understand how the Journal contributes to our everyday professional life. It offers an interesting balance between the importance of research, the importance of clinical practice, and the importance of the personal and the human. The Journal, in my mind, should include all of that. It's about new innovative knowledge, but most of all, it's about spreading the word of connection, and the coming together of our human and professional needs.



A body is a society with many levels. We have cells, we have membranes, tissues, organs, systems, and then we have the whole body. If our cells don't communicate with each other, the body breaks down. Without communication, we have no body. And then, our biology takes us into larger systems: the social brain gives us the ability to coordinate our behaviors, emotions, and experience. It allows us to unite into the superorganisms we refer to as couples, families, and communities. As members of a community, we must contribute to its advancement, and this is where the Journal comes in. It is at the apex of our development as a somatic community.



The Journal is instrumental in building a foundation for our field's recognition. For years, I have been telling colleagues to empower what they are studying because it is unique and has a long history. We have to make sure that what we have spent time, energy, money, and knowledge creating does not elude us. We must be careful that what we write, how we write it, what we say about it, and how we promote it consciously reflects who we are.



Let's have an interdisciplinary dialogue. How can your knowledge enrich our knowledge, and how can our deep knowledge about the body enrich your field? Let's bring in people from other modalities, from other fields, because we are now in an era of connectivity, of networking, of unifying. We must grow our collaborative social body, and along with it, our collaborative consciousness.

