

A Message from the USABP President

Christopher Walling



The United States is currently witnessing the rise of a more finely tuned appreciation for the body's role in healing trauma and complex PTSD. As increasing numbers of clinicians are integrating somatic elements in their work, we are experiencing a growing interest in body psychotherapy and in our USABP organization.

It is therefore a great pleasure to see the spring issue of the *IBPJ* embrace the importance of research and the need for significant scientific validation of the mind-body connection. It is also most appropriate that this issue features an article by Dr. Sue Carter, Fellow and Past President of the International Behavioral Neuroscience Society, and Director of the Kinsey Institute for Sex Research at Indiana University. Her contribution, titled *The Embodiment of Love*, is timely, as this issue itself is the love child of an all-new European-American editorial team who continue to forge ever-closer ties between the United States and European Body Psychotherapy Associations.

As our teams come together to build a common mission and vision for the *IBPJ*, our goal is to reach our colleagues around the world to evolve an important tool for cross-pollination. We feel it is time to move the integrated approach of body psychotherapy and somatic psychology to the center of the therapeutic dialogue, and establish a foundation for our voice to be heard internationally. Our field of body psychotherapy has huge potential to bring much-needed change in healthcare practices, and stimulate advances in culturally responsive treatments. The *IBPJ* editorial team is working to show that we are prepared to lead the way to systematic investigation of body-based clinical work, and reach out to practitioner-scholars across disciplines.

It is also our key goal to expand the *Journal's* reach by using communication tools that were not available to our predecessors. In support of our mission, we invite you to visit and post on our Facebook and Instagram pages as we increase our social media presence.

On behalf of all of us, we hope you enjoy this spring issue of the *IBPJ*. Let us collectively step out and lead the way as a cohesive and supportive community of clinicians, researchers, trainers, and authors.



Christopher Walling, PsyD, MBA, SEP is a licensed clinical psychologist, and an active leader in the biobehavioral sciences. His work integrates the developmental, neurobiological, and somatic aspects of the lifespan. Dr. Walling is President of the United States Association for Body Psychotherapy, the hub of somatic psychology, and Associate Deputy Editor for the *International Body Psychotherapy Journal*. His clinical focus in the behavioral sciences examines the intersections of neuro-psychoanalysis, affect regulation, and body psychotherapy. Dr. Walling is a Clinical Associate at the New Center for Psychoanalysis in Los Angeles, California. He currently serves on the Scientific Advisory Board for the Kinsey Institute for Sex Research at Indiana University, and as Chairman of Education for the Alzheimer's Research and Prevention Foundation. Dr. Walling maintains a private practice in Los Angeles, California

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