

Editor-in-Chief
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Search and You Will Find



Spring is here!

The grass is green. The trees are blooming. The birds are singing.

In the world of animals and plants, almost nothing has changed for centuries. Plants **search** for light. Animals **search** for intimacy in order to continue life itself. But what is happening in the world of humans?

Looking back at the last few decades, life has undergone drastic changes from our grandparents' era. Plants are still plants. Animals are still animals. But are humans still human? And what do we **search** for?

We have discovered artificial intelligence. Our rational intelligence is the most developed on the planet, but our emotional intelligence may well be the least developed among all living beings. We have discovered the dark side of the Moon, but our inner shadows remain in the dark. We have found life on Mars, but we care less and less about our own life. We know that the universe is not infinite, but we do not **search** our *inner* universe. And, when we **search** only on the outside and not on the inside, our spiritual intelligence does not grow. It does not grow its skills to save life, instead of working against it. **Searching** without, if it is not balanced with **searching** within, works against life.

Futurists predict (as you will read in this issue) that within a few years, robots will replace humans. They believe that a wave of unemployment and depression hides behind our hyperactivity, and threatens to engulf the world. We communicate through keyboards, but we do not touch each other.

When I began studying body psychotherapy in Switzerland 25 years ago, I saw advertisements for "the Internet." I asked my professor, Waldo Bernasconi, what that was. He told me, "I don't really know, some new product of humankind's **searching** that might create a lot of work for us in the future."

Futurists also claim that a vast majority of professions will disappear, but that the profession of body psychotherapy will remain as one of the most necessary. What we do is increasingly essential for the hurried, stressed, traumatized, disembodied, and dehumanized person. In the two-dimensional world, one of the laws of physics states that everything causes the existence of a counterpart: its opposite. If this is true, we can expect that as the world speeds into ever-more disembodied virtual communication, the opposite, an ever-growing hunger for **searching** within and returning to what is primal, natural, and human will also arise.

As quoted from the Bible in Matthew 7:8: “**Search** and you will find.” If our numbers increase, and if we **search** together, our **search** will yield all the more.

This issue of the *IBPJ* is dedicated to the importance of a **search** that can provide the scientific basis and conclusive evidence of the efficiency of our profession. In this current issue, we look at the profession of body psychotherapy from several points of view:

- Our special guest author is Dr. Sue Carter, renowned behavioral neurobiologist. Her article *Love As Embodied Medicine* vividly demonstrates why **research** is important. It also reveals the outcomes of her many years of **searching**, and summarizes and brings meaning to all that we do as professionals and as people in general: our **search** for love, which prevails over all other **searches**.
- Enhancing our **research** skills and culture. Members of the EABP Scientific Research Committee contributed the majority of articles in this issue. They write about the “what and how” of conducting **research** and why it is important: *Progressing Towards a Greater Understanding of Science and Research Within Body Psychotherapy* by Courtenay Young and Herbert Grassmann; *Body Psychotherapy Practice and Research – A Survey Among Body Psychotherapy Practitioners* by Biljana Jokić, Frank Röhricht, and Courtenay Young; *About Case Studies and Body Psychotherapy Case Studies – or the Lack of Them*, by Courtenay Young; *Introduction to Qualitative Research and Grounded Theory* by Christina Bader Johansson; *Developing a Research Mind in Body Psychotherapy Practice* by Zoe Schillat.
- Two reviews of the *Handbook of Body Psychotherapy and Somatic Psychology*, by Kathrin Stauffer and Chris Walling. This book gives an overview of psychosomatic philosophy and practice, **searching** for, and increasingly finding, its place under the sun.
- A review by Virginia Zaharieva of *Body Psychotherapy Case Studies – a research project* sponsored by the EABP and compiled by Courtenay Young.
- A new column, *Body Psychotherapy Around the World*, in which Celâl Eldeniz introduces us to the challenges that body psychotherapy faces as it **searches** to find its place in Turkey.
- The future of our profession – summaries of the first two webinars on the new online platform *www.BodyTherapyLearn.Family*. The first, led by the futurologist Mariana Todorova, explores where humanity’s **search** has taken us, and what to expect in the years to come. The second, led by Maurizio Stupiggia, member of the EABP Scientific Research Committee, addresses the challenges that body psychotherapists face when meeting the newest forms of subjectivity, moving from identity to dissociation.

This year, the EABP is celebrating its 30th birthday. The *Journal* is coming of age as it turns 18. An all-new editorial team is publishing this issue. These are all milestones of transformation. The new team’s desire is to invite more related sciences to participate in our *Journal*, to unify colleagues in our professional family, and to be a practical guide for our work as **researchers** in the inner world – work that is becoming ever more necessary for the modern human.

It is spring – another new beginning. Although it may seem as if everything repeats itself again and again, the times are, in fact, different. Science is evolving at an unimaginable pace, and our awareness has trouble catching up. Change, in order to move toward health and awareness and not toward illness, needs competent therapists who can use scientific progress to know how and what to **search** for.

For the sake of springs to come!



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