

The World Has Changed!



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he world is changing... *the world has changed!*

Until now, the world changed mostly through guillotines, Kalashnikovs, bombs, concentration camps, plagues, and disease. This begs the question: could the world change without the “help” of trauma and violence? What if we did not wait for misfortune to push us into change, but instead mobilized our hearts and willpower to embrace it? What if we took responsibility for our growth, and changed ourselves from within! Changed our bodies and souls, our ethics, and values. Embracing responsible change is THE opportunity of our times! It is also at the core of our professional mission as body psychotherapists and somatic practitioners – and is more needed and essential than ever.

For a year now, we have been living in times of “*we don’t know.*” Where knowledge ends, faith begins! Twice knowing, we are still on a path leading to our own destruction. This time of “we don’t know” is our chance to look within and know ourselves! Only then can we grow out of the rigidity of our shells and divest ourselves of our armor.

It is urgent, critical, *vital* that we increase our *emotional intelligence*. It is the only way we will maintain our leadership over the exponentially growing power of the self-learning artificial intelligence we have created, which may soon be capable of overtaking us. Reconnecting and developing our emotional intelligence may well be our only chance of maintaining our advantage over computers so that they don’t grow to know more about us and how to manipulate us than we know about ourselves. Only then will self-learning machines remain a tool in the service of humanity and the organic world, instead of controlling the destiny of a world for which they have no heart.

We know very little about the most powerful computer on the planet – our human brain – yet we are hard at work building artificial ones. We do not yet understand how to heal ourselves, yet we invent medicines and prosthetics that we hope will do what we don’t understand. We cannot invent a pill or vaccine against ignorance. Can we reliably build a prosthetic substitute for our human brain?

Our incredible technologies are meant to ensure our survival and give us dominion over our planet. But we have built them *outside ourselves*. It is more than time that we turn our attention to inner engineering! Our machines create relentless noise. We need silence so that we can hear our body-mind – so that we can hear the organic Truth of nature and the ecosystem of which we are a part. It is time we mature as a species, take responsibility, and change our values from competition to collaboration, from dominance to cooperation, from greed to attuned stewardship. We must get to

know ourselves in these times when our culture is becoming less and less embodied, and human contact more and more virtual. This is disaster prevention for our future.



Before we review the content of the Journal, we would like to introduce Christina Bogdanova, our new Assistant Deputy Editor. She has been supporting the Editorial Team's work every step of the way, and her expert knowledge in graphic design, layout, and publishing has been instrumental in shaping the new look of our Journal.

In this issue, the *Journal* continues to serve the process of self-knowledge started 20 years ago. We pay homage to David Boadella, who turns 90 this year. In conversation with Lily Anagnostopoulou, David talks about his life's work and experience as a pioneer in our field. In **Our Practice** section, we have several articles full of wisdom eminently inspiring to our daily practice. Genovino Ferri reminds us that as recently as the 1980s, doctors still believed that babies do not feel or remember pain. He presents the science behind the lifetime effects of pain experienced during the first 500 days of life, when pain circuits are highly plastic and still maturing. Will Davis takes us beyond the world of the nervous system to explore research that reveals a heretofore unknown communication system among the three nervous systems and the body, resulting in the formulation of a more integrated bodymind model. Judith Blackstone, creator of the Realization Process®, describes how her method of body psychotherapy includes a series of inward attunements for experiencing unitive consciousness, the basis of deepened contact with one's own being and with other people. Bernhard Schläge details the sophisticated touch techniques Postural Integration® has developed to support client needs for affect regulation.

In the section **Trauma Work**, Homayoun Shari, whose work is based in object relations theory and neuroscience, and was influenced and supported by Robert Hilton, analyzes how relational trauma disconnects us from the here and now, and keeps us prisoners of the past who worry about the future. In **Interdisciplinary Approach**, Muriel Moreno presents the results of a fascinating research question: are there common phases and elements within transformational and healing processes induced by different therapies or methods? What do they have in common, and what are the differences between them? Jennifer Taylor suggests that the current application of neurodevelopment principles in play therapy can be bolstered by somatic interventions that foster integration between the body and mind of the developing child.

Body Psychotherapy in Pandemic Times offers three presentations given at the international online conference organized by the Società Italiana di Biosistemica in Bologna in December 2020. These three responses to the pandemic were given by colleagues living in some of the countries that suffered most – China, Italy, and Brazil. In Wuhan, China, a research team led an investigation on post-traumatic stress disorder (PTSD) during and as a result of the epidemic, in the hope of providing targeted services that better serve the demands of the public psychological health care system. In Italy, Enrica Pedrelli, sponsored by the Ministry of Health, implemented a project called *Free Listening Psychological Service*, using a methodology developed over the years by the Functional Psychotherapy Society (SIF). And from Brazil, Rubens Kignel offers a profoundly inspiring view into human evolutionary psychology and our enormous difficulties in evolving toward a better future by refusing to build inclusive systemic alliances with other humans, ecosystems, nature, animals, and microorganisms.

In **Body Psychotherapy Around the World**, Yasuyo Kamikura introduces the development of body psychotherapy in Japan. In addition, the Editorial Team is expanding this section to include a new rubric – **National Associations and Committees in Action**. One of our goals at *IBPJ* is for all body psychotherapists and somatic psychologists to share their professional contributions, not only on an individual basis, but on a group and institutional level as well. Thus, we invite the National Associations and their Committees to share their successful ideas and actions in presenting new

knowledge to their members, refreshing or reframing old knowledge in the light of present-day developments, as well as offering opinions and strategies for the expansion and safety of our profession. We hope that creating a space to share tools, strategies, thoughts, and feelings will support and inspire our sense of community and belonging, and increase all of our organizational competencies. Antigone Oreopoulou, chair of the Greek National Association for Body Psychotherapy Ethics Committee (PESOPS) for the period of 2017–2021, opens this new rubric with an account of the committee’s presentation on the increasing importance of ethics and ethos. She highlights the fine line between legal and ethical provisions and the need for constant updating, monitoring, and reflection. Her account focuses on preparation for the event, from conception to its rewarding conclusion.

Lastly, in our **Book Reviews**, Adam Bambury returns to bring us a brilliant analysis of Marcel Duclos’ reflections on being an Internal Family Systems therapist, and Antigone Oreopoulou walks us through Louis Cozolino’s two foundational and carefully crafted companion books on becoming a therapist.

We have also added a new section inviting you, our readers, to write and let us know *if and how* the Journal is landing in your busy lives.

Please comment, share, and follow us on Facebook and Instagram, and remember to take advantage of the book discount that follows our Book Reviews.

Enjoy reading!

The IBPJ Editorial Team



P.S. Growing awareness is the path to change!

ON THE COVER

Nautilus

The chambers of the nautilus can be seen as a symbol of psychological growth. The nautilus reveals that growth is not linear, or circular, but a spiral movement. Each new chamber makes room for new insights that increase awareness and consciousness – each chamber opening to a larger perspective, inviting reflection, and prompting the renewal of our personal meaning, purpose, and integrity.