

In This Issue...

W

e open with a special section on **Addiction and Trauma** curated by Jan Winhall as guest editor. Jan, who lives and works in Toronto, is the author of *Treating Trauma and Addiction with the Felt Sense Polyvagal Model™* and a leader in charting an embodied direction for addiction treatment. In alignment with Gabor Maté who introduces the section, she invited colleague Steven Porges to discuss how his Polyvagal Theory points us toward an embodied direction in the treatment of addiction. She also invited Nancy Falls and Dawn Flynn to share the importance of emotional/relational presence in addiction treatment. Finally, informed by the evolving knowledge of our biology, Steve Hoskinson and Back Ho come full circle to meet the wisdom of Reich's initial formulations, as they argue for a fundamental clinical shift from negative to positive reinforcement that enables a client's biology to break free of the dominance of the ubiquitous negativity bias, and align with the primary, organismic impulse that orients toward pleasure.

In the **Research** section, Aaron Freedman, Theresa Silow, Steuart Gold, Thomas Hope, and Denise Saint Arnault present their new instrument, *The Somatic Post-Encounter Clinical Summary (SPECS)*, to help practitioners and researchers track and measure the process, interventions, and qualitative outcomes of somatic psychotherapy, and allow somatic psychotherapists to structure session data collection. For those less familiar with the field of research, Kolbjørn Vårdal's article, *Developing Relational Trauma Therapy*, is a lesson in professional integrity from which we can all learn. He takes us step-by-step on his journey in assessing a body psychotherapy technique that was not performing as expected.

Seasoned master therapists Genovino Ferri and Luisa Barbato invite us into their **Clinical Practice** with a case presentation that deepens the developmental attachment understanding of *Borderline Disorder in Contemporary Reichian Analysis*.

The **Interdisciplinary Approach** section offers a challenging but rewarding paper by Homayoun Shahri. *Life, Entropy, Information, Emotion, and Trauma* is a complex but important exploration that anchors clinical interventions in biology, chemistry, thermodynamics, and information theory to derive a unified theory on how life is sustained within living organisms.

Getting To Know Reich continues our partnership with the Wilhelm Reich Museum in Rangeley, Maine. Håvard Friis Nilsen offers a fascinating article on how, at its roots, the development of our somatic field is intertwined with psychoanalysis. *The Origins of Body Psychotherapy* brings to light aspects of our somatic "childhood" that reveal how the concept of character emerged from interactions between Freud and Reich.

In our travels with **Body Psychotherapy Around the World**, Kathrin Stauffer reflects on *Being a Body Psychotherapist in Britain*. She talks about the advantages and disadvantages of cross-fertilization among therapies, and the trend among younger practitioners to make psychotherapy more available – preferably within the National Health Service.

Antigone, our managing editor, has long wanted to open a space in the journal for personal collegial sharing. In **Personal Viewpoints**, Vladimir Pozharashki offers a moving and inspirational personal account of his life-threatening *Encounter with Covid-19: Mobilizing the Will to Live*. We can all learn from this brave encounter, which engaged a clear-headed decision to use his medical knowledge together with his inner relationship to his body to insure his survival.

We close the issue with three **Book Reviews** that give the reader further insight into the current embodied direction of trauma and addiction treatment: Raja Selvam's long-awaited *The Practice of Embodying Emotions*, reviewed by Ian McNaughton; Jan Winhall's *Treating Trauma and Addiction with the Felt Sense Polyvagal Model: A Bottom Up Approach*, reviewed by Michael Ostolenk; and our beloved Serge Prengel's *The Proactive Twelve Steps: A Mindful Program for Lasting Change*, reviewed by Jan Winhall.

