

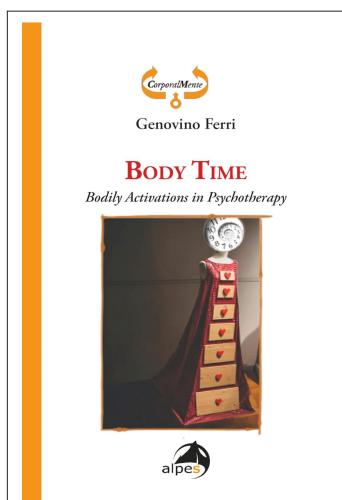
BOOK REVIEW

Body Time

Bodily Activations in Psychotherapy

by Genovino Ferri

Irena T. Anastasova



Body Time, the last book in a series by Genovino Ferri, presents the essence of the knowledge and experience of four generations of Reichian analysts, whose work and contributions are mentioned with respect and in their exact order of appearance on the **arrow of time**.¹ The history of all body psychotherapeutic modalities known today begins with Wilhelm Reich, who as Ferri describes, discovered a diamond in the rough whose value he could not imagine. Generations after him have unfolded the richness and scale of his discoveries, until today when all of us body psychotherapists hold in our hands a finely-cut diamond through which we can select the most suitable bodily activation for our clients.

Ferri's Contemporary Reichian analysis is an innovative and up-to-date three-dimensional (3D) character-analytical Vegetotherapy on the **Evolutionary Phase**,² **Character Trait**,³ **Relational body level**,⁴ rightly positioned on the arrow of time.

The 20 actings, or bodily activations, described in this book can rightly be seen as a form of surgical instrumentation – portals located at the periphery of the body, through which we can reach the central areas corresponding to the particular body level. With the help of these ontogenetic movements, after gathering precise information about the client's history, analyzing their current state, and their implicit and explicit requests presented in the **setting**,⁵ the trained psychotherapist is able to activate the client's life force in-

telligence which is directed towards **negentropy**⁶ and the reorganization of the system, leading to physical, mental, and social well-being.

The presentation of the actings as a discussion between Professor Ferri and a group of colleagues – experienced psychotherapists and students – is extremely valuable. Through personal experience of bodily activations and feedback from volunteers as well as comments from group participants, knowledge deepens and a better understanding emerges of the relationship between the basic components of contemporary character-analytical 3D Vegetotherapy on the Evolutionary Phase, Character Trait, and Relational body level. Teaching and sharing knowledge and experience in a group is characteristic of Professor Ferri. By regularly meeting with colleagues from all over the world, he is stimulated and continues to develop and improve Contemporary Reichian analysis to an ever higher level of precision and understanding.

Reading this book was for me a journey through time, from the birth of Body Psychotherapy associated with Wilhelm Reich to present time. The book traces the roots of Contemporary Reichian analysis, gives recognition and respect to the contributions of previous generations of Reichian analysts, and opens space for the new developments supported by modern discoveries in biology, physics, neurology, and genetics. Thanks to his knowledge in the fields of psychiatry, neurology, psychoanalysis, and body psychotherapeutic modalities, as well as his sincere interest in the principles of reality and the intelligence of life, Professor Ferri was able to actively contribute to the difficult transition from the third to the fourth generation of Reichian analysts.

One of his significant contributions to Contemporary Reichian analysis is the inclusion of the intrauterine phase of development that precedes the previously known evolutionary phases. He asserts its significance for the character analytic 3D Vegetotherapy of the Evolutionary Phase, Character Trait, and Relational body level. Revolutionary for its time, this interpolation brings with it an avalanche of innovations, one of which is a change from the original top-down direction of development to a bottom-up trajectory consistent with human ontogenesis. This, in turn, leads to the rearrangement of Reich's seven bodily levels in a new logical way that follows the stages of human development from the beginning of life.

Another significant characteristic of Ferri's Contemporary Reichian analysis is the introduction of the neurotransmitters norepinephrine, dopamine, and serotonin in the diagnosis and construction of the therapeutic plan. Very important as well is his emphasis on analyzing the character of the therapist-client relationship, and the choice of a specific countertransference to a given client.

The Contemporary Reichian analytical setting described by Ferri in *Body Time* is a complex living system filled with benevolence, intelligence, precision, responsibility, ethics, acceptance, and a great deal of humanity.

I hope the experience and wisdom shared by Professor Ferri in his most recent book will awaken your curiosity to deepen your understanding of Contemporary Reichian analysis, and bring you enough open questions to strengthen the negentropic spiral of development, which will affect our personalities and our work with clients.





Irena T. Anastasova is a medical doctor, body psychotherapist, and Contemporary Reichian analyst trained by Professor Genovino Ferri. Since 2011 she has worked as a body psychotherapist in private practice in Sofia, Bulgaria. Together with two other colleagues, she organizes supervision groups and master classes with Professor Ferri in Bulgaria.

ENDNOTES

1. The evolutive arrow of time is a concept in Contemporary Reichian analysis that describes the total time of a person's existence from conception onward. It considers biological and biographical depth from both phylogenetic and ontogenetic perspectives.
2. The Evolutionary Phase is the period of ontogenetic evolution in which the Self receives imprints from relationships with the partial objects of that time. The interval bounded by two transitions is biologically marked on the evolutive arrow of time.
3. Within each developmental stage, an imbricated set of behavioral patterns and modules are deposited that have been established by relationships with specific partial objects. These result from each of our own life stories in particular stages, and they define the trait patterns of our character.
4. The relational bodily level is the somatic location associated with the time of that specific stage in which the imprints are recorded, and where the peripheral and implicit memories of that particular character trait are deposited.
5. The therapeutic setting allows for the relationship between the analyst and the analyzed. The relationship itself is a third presence – a responsive, third, living force. It will create triangulation that can be expressed, and will expand the dialogue to a triologue.
6. Negentropy refers to a negative variation of entropy, which always moves towards greater orders of organization and developmental stratification from their original value. In Contemporary Reichian analysis, entropy and negentropy can be represented by two opposite directions on the arrow of time, one moving towards entropic zero and the other moving towards an increase in negentropy – for example, from the birth of an individual, the origin of life, or the beginning of a relationship.