

Heightened Awareness Is the Best Vaccine



Madlen Algafari
Editor-in-Chief



Aline LaPierre
Deputy Editor



Antigone Oreopoulou
Managing Editor

Our Journal is turning 20! It is refreshing to have a reason to celebrate in these turbulent times when fear and pain are attempting to set up residence in our daily lives. In navigating these turbulent times, it is comforting to have psychotherapists who can help bring awareness to the sources of this fear and pain.

If we were more mature, we would not put as much blame on governments and invisible viruses as we do, but would rather look into ourselves for the reasons why this is happening to the planet right now. We would look for resources and long-term solutions that could remedy the situation.

Scientists claim that it is the destructive influence of humans on nature that leads to the development of such viruses in the animal kingdom. Non-distressed, healthy animals do not carry viruses. What is hurtling towards us is the boomerang we ourselves have thrown. Heightened awareness would be the best vaccine against such a future. For 20 years now, our aim and mission at the Journal has been to publish content that expands the knowledge and consciousness of those who help everyone else grow and expand... because, as the Chinese wrote on the aid packages they sent to Italy this past spring, we are all waves in the same ocean and leaves on the same tree.

In this 20th anniversary edition, we have brought together articles that reflect the maturation, depth, and inclusivity of our somatic field. Anchoring in our history, the editorial team interviews the Journal's two founding mothers, Jaqueline A. Carleton and Jill van der Aa. We continue the historical journey with Luisa Barbato, who highlights the essential importance of Reich's functionalism, and Andrew Howe, who connects us with Jungian and post-Jungian attitudes towards the body. We travel forward with Genovino Ferri and Giuseppe Cimini, who reflect on concepts of energy and their application in the psychosomatic field, and Milena Georgieva and George Miloshev, who share their research on the influence of epigenetic factors on emotional intelligence.

We are consistently amazed by the richness and diversity of the articles we receive, and by the innovative directions emerging in current authors. We hope you will agree that the articles in this issue reflect the coming of age of our field. Danielle Tanner's case study explores shame from a relational and neurological perspective; Karyne Wilner looks at body therapy methodologies to help regulate the long-term effect of fetal distress in adults; Meredith Antonucci demonstrates the use of somatic regulation and interoception in working with perseverance; Angelo Avila introduces a compassionate approach to the integration of body psychotherapy in the treatment of sex offenders; Elizabeth Long gives us a new understanding of body armor as observed through the lens of the fascial system; Gillian O'Shea Brown connects two modalities, IFS and EMDR, for

the treatment of C-PTSD; and Ila Anemone Zeeb explains how the concept of embodiment can support multicultural and social justice competency.

The Research section presents a study by Barbora Sedláková, Tomáš Dominik, and Marek Kolařík that examines the effects of process-oriented psychology in working with body symptoms. The section on Body Psychotherapy Around the World features Rubens Kignel, who traces the development of body psychotherapy in Brazil, and our editor-in-chief, Madlen, gives a personal account of her experience of the stunning creativity of our Brazilian colleagues. Madlen also offers a body contemplation extracted from her current book. Finally, in the Book Review section, Chris Walling and Aline LaPierre present an overview of two significant publications by seasoned and influential body psychotherapists Nick Totton and Kathrin Stauffer.

Cooperation and growth are the themes that flow through this issue's articles – values the Journal has promoted throughout its 20 years of publication, values that give core meaning to our profession, and values this 21st century is in urgent need of because...we are all waves in the same ocean and leaves on the same tree!

Your Editorial Team,

