

Message from the Editorial Team



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A microscopic virus with a crown (Lat., *corona*) has come around to do the work that we therapists do every day – help people find meaning and truth, help them switch on their antivirus programs against the internal “viruses” that flourish in human lack of awareness and mistaken beliefs.

Thanks to the state of emergency, our clients are reaching deeper realizations, catalyzed by what is happening around them in this time when we must work remotely. Some anxious and depressive clients stabilize, while those in need of control soften into humility. The vulnerable become empowered, and the strong are humbled. It seems like the situation pushes us to an alchemical healthy middle ground. We become sick in order to return to health, and we truly meet after an experience of separation.

As Wilhelm Reich would say: “*The emotional plague has been embodied.*” And the crown – the symbol of the power neurosis of our time – has finally made our bodies sick. The body is ever the hospitable host of symptoms when a problem cannot be solved at the level of our behaviors, thoughts, and emotions. And the body, as we all well know, makes symbols literal by transforming them into symptoms: fever, cough, and shortness of breath equate to warming up, throwing out what is unnecessary, and expressing the need for internal freedom.

We must take the time to analyze what has happened.

All of this gives us reason to believe that we are profoundly needed – ever more so as body psychotherapists who acknowledge and work with the unity of body and soul.



For those who receive the printed version of this *Journal*, you will notice that we have a new look. We felt in need of fresh air and expansion. We wanted larger pages with broader margins that act as a more spacious container for type that is bigger and easier to read. We wanted to honor our rich and diverse contributors with a home that better embodied these very somatic principles of ease and expansion.

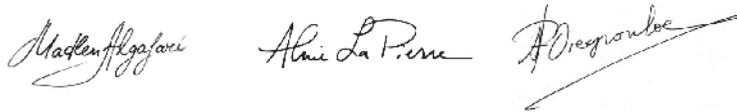
The content of this issue, however, is a continuation of the previous one. It includes articles from the last EABP Congress and USABP Conference, all written before the time of corona. (We hope we will get to use the phrases “before” and “after” the coronavirus as in before and after the time of global awareness. Let us not forget that “apocalypse” (from Greek) means revelation and uncovering.)

In this issue, you will once again find different sections. We acknowledge these pandemic times with a special Covid section that offers different points of view on the unusual situation in which we are forced (or unconsciously chose) to live. An Interview section presents a conversation with Peter Levine, which we complement in the Book Reviews with a comparative analysis of two of his seminal books: *Waking the Tiger: Healing Trauma* and *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. You will discover a new 2020 credo for the body psychotherapist, a moving case study written from the dual perspectives of client and therapist, and a teaching approach to the ethical principles of our profession. You will be introduced to body psychotherapy in Russia, find interesting data on how body psychotherapy in Japan helps schizophrenic patients, and learn how the functional body psychotherapy approach helps depressed clients in Italy. You will explore the benefits of therapeutic contact with nature and silence through the field of eco-psychosomatics, and the healing power of physical activity in Authentic Movement and exercise science – all topics addressing embodied self-regulation, that is, what is natural and true, and what is implicitly familiar and healing for our bodies. And as a special offering, you will learn about the magic of epigenetics and the coronavirus.

Maybe we needed this quarantine to allow an internal dialogue to emerge that would encourage us to sort truth from delusion. We have apparently needed this quarantine to grow our awareness. At times, until recently, when we psychotherapists spoke of growing awareness, people called us utopian. Today, we feel closer to the possibility of transforming a utopian vision into reality. Self-absorbed individuals may even consider taking off their crowns.

Because, as you see on the cover of this issue, all roads in the maze of life lead to the heart – to the love at the center.

Your Editorial Team,

Three handwritten signatures in cursive script, arranged horizontally. The first signature is 'Maden Alga/wei', the second is 'Alain La Pierre', and the third is 'A. Oreganobae'.