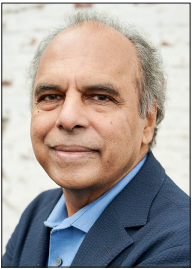


Special Section



GUEST EDITORIAL

The Rise of Affectivism



Raja Selvam

In the last twenty-five years, there has been so much research on the neuroscience of cognition and emotion that leading researchers of emotion have declared that the *era of affectivism* has dawned at last. Simply explained, affectivism holds that it is emotion that determines every aspect of cognition and behavior in every moment of our lives – not the other way around, as the earlier eras of behaviorism and cognitivism would have us believe.

Much of this new knowledge on affectivism has yet to find its way into clinical practice, even in body psychotherapy settings. Therefore, the first aim of this issue on emotions is to bring some of the new findings and their clinical applications to the readers of this journal. A second overlapping aim is to highlight unique ways some body psychotherapists are working with emotions in an embodied manner.

As guest editor, I had the pleasure of meeting with Dr. Les Greenberg, a pioneer in the important work of applying the research on emotions to the process of psychotherapy. To kickstart this special issue, the *Journal* collaborated with Liam Blume, USABP program director, to organize a Forum titled *The Future of Emotions*. Dr. Greenberg and I discussed the recent neuroscientific findings, their clinical applications, and some possible directions for future research on emotions. Presented here as the opening article, our conversation was videotaped, and is available on the USABP website at www.usabp.org.

I also interviewed Dr. Giovanna Colombetti, Professor of Philosophy in the Department of Social and Political Sciences, Philosophy, and Anthropology at the University of Exeter, who works on emotion and affectivity from the perspective of so-called 4E cognition – embodied, embedded, enactive, and extended cognition. In our conversation, *Emotion, Body, and Western and Eastern Phenomenology*, we discuss the limitations of relying solely on the scientific method to study emotions. We touch on further insights from Western as well as Eastern phenomenologists on emotions, in particular stretching the standard definition of the body in body psychotherapy to include the existence of additional bodies that contribute to our emotions, and to the wide range of our psychological experiences.

It is my hope that the articles in this issue trigger a new wave of interest in the latest findings on emotions in science and phenomenology, and their applications to the field of body psychotherapy. In line with the current era of affectivism, the *Journal* invites the submission of articles on emotions and how to work effectively with them in the body.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Raja', is positioned below the text 'Sincerely,'.