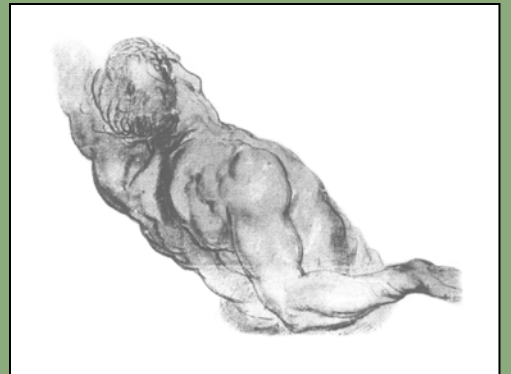


**the usa
body
psychotherapy
journal**

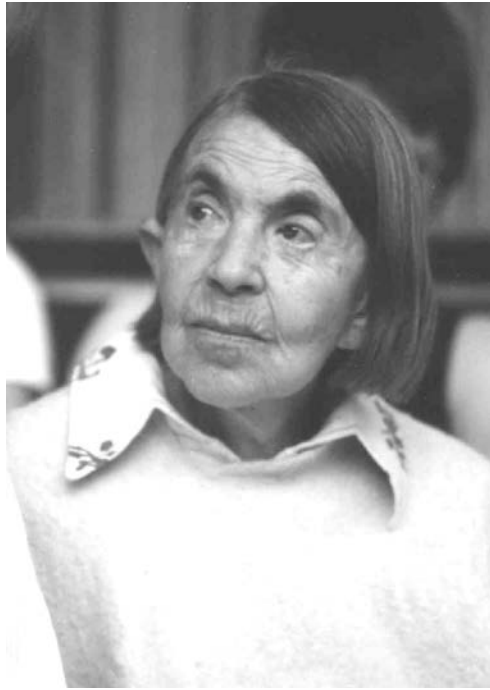


Volume 3 Number 1 2004

The Official Publication of
THE UNITED STATES ASSOCIATION FOR
BODY PSYCHOTHERAPY

Table of Contents

Charlotte Selver Tribute	3
Editorial Jacqueline Carleton, PhD	4
Guest Editorial Judyth O. Weaver, PhD, SEP, RCSP	6
On Being in Touch with Oneself Charlotte Selver	7
On Breathing Charlotte Selver	10
Sensory Awareness and Our Attitude Towards Life Charlotte Selver	13
An Interview with Charlotte Selver and Charles Brooks Ilana Rubinfeld	14
Interview with Charlotte Selver Charles Schick	19
The Influence of Elsa Gindler on Somatic Psychotherapy and on Charlotte Selver Judyth O. Weaver, PhD, SEP, RCSP	22
Gymnastic Elsa Gindler	27
Integrating Sensory Awareness And Somatic Psychotherapy Judyth O. Weaver, PhD, SEP, RCSP	31
Charlotte Selver in 1965 Peter Levine, PhD	36
Experiencing: A Memoir Marjorie Rand, PhD	37
How is Breathing Now? Terry Ray, MA, LPC	40
My Experience with Charlotte Selver and Sensory Awareness Barbara Cabbot, PsyD, LMT	42
Sensing is the Heart of the Contact Ginger Clark, PhD, MFT	44
How Charlotte Selver Influenced My Work Richard Lowe, MA, MFT	46
Sensory Awareness, Creative Expression, and Healing Connie Smith Siegel, MFA	48
Sensory Awareness and Graduate School: Reflections of a Grateful Student Susan Kilkus, MA	52
Epilogue Charles Brooks	55



Charlotte Selver

Born April 4, 1901 – Ruhrort, Germany
Emigrated to United States - 1938
Died August 22, 2003 – Muir Beach, California

“Becoming more and more able to be there in situations, whether easy or difficult; to be more there with our mind, with our hearts, with our sensitivities, with our strengths - this is very, very important.”

©2004 USABP
USABP Mission Statement

The USABP believes that integration of the body and mind is essential to effective psychotherapy, and to that end, its mission is to develop and advance the art, science, and practice of body psychotherapy in a professional, ethical, and caring manner in order to promote the health and welfare of humanity.
(revised October 1999)

Experiencing: A Memoir

Marjorie L. Rand, PhD

Abstract

The author describes her journey through dance and gestalt and how she discovered Sensory Awareness without knowing what it was. She describes how SA has been her introduction to the concept of meditation. She cites the importance of SA in body psychotherapy and how she uses it in her own IBP practice.

Keywords

Gestalt Therapy – Authentic Movement – Body Psychotherapy

“It doesn’t matter what you do if approached through your whole being, devoting yourself to something, coming more to unity, to what you are actually communicating with, a person, a task or a situation”. Charlotte Selver, (Waking Up-Becoming Respons-Able Green Gulch Farm Study Group May 2, 1988)

A BRIEF HISTORY

In my former pre-therapy life, I was a dancer, and in some ways, I still am. After my first round of college in the 60’s I got married and had children. I still danced several times a week. Through the dance world I took a class from a dance therapist and discovered dance/movement therapy. I felt I had found my niche and began to study it intensely. I certainly was highly influenced by Authentic Movement, the work of Mary Whitehouse, to which Marcia Leventhal, Susan Lovell and Joanne Segel introduced me. I was also influenced by Continuum, the work of Emilie Conrad. This very non-structured approach to movement appealed to me, and although I didn’t know it at the time, had many similarities to Sensory Awareness (SA). Through my studies in dance therapy I happened to take some classes in what I didn’t know then, was SA. Several of Charlotte Selver’s students who lived in Los Angeles were giving classes and sessions in this work. Those who primarily influenced me in those days were Ellen Jacobs (Barbara Colburn) and Ginger Clark.

In the 70’s I trained in Gestalt therapy and again found the influence of Charlotte Selver in Perls’ Awareness Continuum. Throughout the 70’s and 80’s, I took workshops with Charlotte (and at that time, also her husband Charles Brooks) mostly at Esalen Institute in Big Sur, I also spent time at Zen Center San Francisco, Tassajara and Zen Center Los Angeles sitting zazen. During this time I discovered the work of Magda Proskauer (Breath Awareness) and Marion Rosen (whose teacher was influenced by Elsa Gindler, who was also Charlotte’s teacher).

During my graduate studies, I developed my own work called Gestalt Movement Therapy and began to give workshops. SA always was and still is an integral part of my work. In the 80’s I joined in partnership with Jack Rosenberg and helped develop Integrative Body Psychotherapy (IBP). Jack also studied SA and so it is a prominent feature of the IBP method.

EXPERIENCING SENSORY AWARENESS

The classes in SA were a new world for me, and I consider them to have introduced me to the concept of meditation. Never knowing what to expect, I would perhaps lie on the floor with a smooth stone on my forehead EXPERIENCING. Just EXPERIENCING. Having been a performer and a “doer” all my life, learning how to simply experience changed me forever. I learned how one’s perception could be altered by attention to “what is.” The experience is quite psychedelic in nature. It definitely changed my relationship to reality.

I remember one workshop in particular, when Charlotte had us standing on the deck at Esalen for what felt like more than an hour, EXPERIENCING STANDING!! At the end I was consumed with fear. I felt so far away from the ground. Charlotte simply said to me, “If you were in your feet instead of your head, you wouldn’t be afraid.”

Words of wisdom which again influenced me forever

Anyone who knows me and my work knows that I am primarily interested in bringing awareness and energy DOWN TO THE FEET-GROUNDING. We teach what we have to learn!

By the time I met Charlotte, she was already in her 70’s and Charles Brooks, her husband helped lead the workshops. She was hard of hearing and she carried a wooden box and held a horn to her ear, although she did use more modern forms of hearing aids later. But I will always carry the memory of that box and horn. She spoke only when necessary. This minimalist style was characteristic of Charlotte and made everything that came from her so much more valuable. I believe I remember almost every word I heard her say, and they were all gems. Another inimitable comment from Charlotte on the same subject was, “Usually the head is the point of disturbance. It’s good that we can think. Thinking is one of our major occupations, but what we call thinking should not eliminate everything else.”

Another aspect of SA and also Authentic Movement (AM) is the element of witnessing and being witnessed. A person can do any process on their own, but the relational aspect of working in a dyad or a group and being observed, makes the experience more real and adds dimension which may not have been discovered otherwise.

THE IMPORTANCE OF SENSORY AWARENESS IN BODY PSYCHOTHERAPY (BP)

Although Charlotte never claimed SA to be psychotherapy, only PURE AWARENESS for awareness' sake, I do not see how BP can be practiced without it. To me, awareness has to be the first step in any process. Without awareness, there can be no change. Arnie Bieser coined the term "The Paradoxical Theory of Change" -you must first acknowledge what IS before it can change. Often awareness alone produces change. Fritz Perls said, "Awareness in and of itself is curative."

I begin every session with simply experiencing, the breath as it is, sensations, thoughts, feelings, memories, anything which comes to awareness as it is, without judgment or interpretation. The insight that can come from simply observing one's experience in the moment is profound. A client referred another potential client to me who came for two sessions and never returned. She told my client "How can you work with her? She doesn't DO anything?" I believe this non-doing, less-is-more style is empowering to the client. We simply guide the client on the path to self discovery. Unfinished movement sequences complete, blocks dissolve, energy flows, breath happens without our having to do something. I believe our grounded and witnessing presence with the client is all that is necessary. This way of being is not easy to accomplish. It has taken most of my almost thirty years of experience as a therapist for me to get here. Without SA I don't know if I ever would have gotten here.

HOW I USE SA IN THE CONTEXT OF A BODY PSYCHOTHERAPY SESSION

You can practice SA alone or with another person, either as therapist or client. If you are with another person, you may report your awareness to that person, and perhaps be guided to deepen the awareness or move it. If you are alone, it is good to write your experience in a journal after the session. A session does not have to have any content material, although it may and often does. However, increased awareness and noticing the degree of presence in your own body is the only aim of the session. Often thoughts, feelings, memories or sensations may claim your attention. When that happens just allow them to be there and follow where they lead, always bringing your attention back to your body. Using SA to bring awareness often brings feelings and they can be worked with at the time they arise in the session. This can be done for as long as forty-five minutes, or as short as the amount of time you have. You can do as much or little of this as you like. You may want to spend the whole session sensing into only one place. That is fine.

Feel yourself lying (or sitting or standing). Feel your feet beneath you. Notice your connection to the ground. What is the quality of your relationship with the earth? Now follow your breath as it enters you and notice where it goes. Perhaps you can feel your breath in the space inside your head. Now notice the quality of the space. What happens when you allow breath to enter? Is it possible to sense the sinus cavities in your skull? Perhaps your awareness wants to go into your soft palette at the back of your throat. It may or may not be possible to go there. What happens in that space? Notice what is happening in the rest of your body now. Where does your breath want to go? Explore following your breath and see where it takes you. Continuing to allow the breath to come and go at its own pace and rhythm. Can you feel the space inside your body? Where does your awareness go? What places in your body seem to be out of your awareness? Notice if there is any part of your body that may want to move. If there is, go to that place and allow it to do what it wants to do. Or maybe the movement you feel is internal. Just monitor that. What do you notice? Can you feel what connects your head to your feet? Where do you feel that? Can you feel your whole body now? Be with yourself and listen for any message that might come to you from your body.

In a body psychotherapy session, I would focus on whatever comes into the client's awareness and after every verbal exchange, I would ask the client what they are feeling in their body, and let that awareness take us to the next issue. For example, the following is an excerpt from a session.

The client is a 32 year old woman whose mother is in the process of dying of cancer. She has been doing Integrative Body Psychotherapy for one and a half years.

CLIENT: I feel that I need to make a big change in my life.

THERAPIST: Where do you feel that in your body?

CLIENT: I always feel it in my gut.

THERAPIST: Can you describe the feeling in your gut?

CLIENT: Yes, it feels empty, like it's hollow.

THERAPIST: Just allow yourself to experience the hollowness and see what happens.

CLIENT: Now I feel something in my throat.

THERAPIST: OK be with that for now.

CLIENT: I feel tears in my throat.

THERAPIST: Stay with that awareness.

CLIENT: I don't want to cry.

THERAPIST: Just watch the not wanting to cry-where do you feel it?

CLIENT: My throat is tight.

THERAPIST: Go into the tightness.

CLIENT: (starts to cry)

THERAPIST: What do you feel now?

CLIENT: My throat is looser.

THERAPIST: And your gut?

CLIENT: I feel energy swirling around in there now.

This excerpt reflects the power of working with awareness and sensation to create change without dealing with content.

I can honestly say that SA has been the single most important influence in my work and in my life. Charlotte will certainly live on within me and within those who knew her.

Thank you from the bottom of my heart.

Biography

Marjorie L. Rand, PhD specializes in Integrative Body Psychotherapy (IBP) and Pre and Perinatal Psychology. She is in private practice in Manhattan Beach and Brentwood, California. She is International Coordinator of IBP Institutes where she trains and supervises therapists in the U.S., Canada, Europe and Israel. She is the co-author of *Body, Self and Soul: Sustaining Integration* and has contributed a chapter to *Getting In Touch, A Guide To The New Body Psychotherapies*, Quest, Wheaton, Ill., 1997. She is currently co-authoring a book on the somatic side of vicarious trauma (in press, W.W. Norton) with Babette Rothschild. She has also published many articles on Somatic Psychology and Pre and Perinatal Psychology. Dr. Rand is on the Conference Committee and was a member of the former Ethics, Training Standards, and Advisory Committees of the United States Association of Body Psychotherapy. She is also a Diplomate of The American Psychotherapy Association. She can be reached at www.drRANDbodymindtherapy.com.

USA BODY PSYCHOTHERAPY JOURNAL

The Official Publication of
United States Association for Body Psychotherapy
Jacqueline A. Carleton, Ph.D., Editor (jacarletonphd@gmail.com)

USABP Mission Statement:

The USABP believes that integration of the body and mind is essential to effective psychotherapy, and to that end, it's mission is to develop and advance the art, science, and practice of body psychotherapy in a professional, ethical, and caring manner in order to promote the health and welfare of humanity.

USA Body Psychotherapy Journal Purpose:

This peer-reviewed journal seeks to support, promote, and stimulate the exchange of ideas, scholarship and research within the field of body psychotherapy as well as an interdisciplinary exchange with related fields of clinical practice and inquiry.

SUBSCRIPTION & BACK ISSUES

(all funds USD)
_____ \$65 (USD) Two year subscription
_____ \$35 (USD) One year subscription
_____ \$20 (USD) Single issue
_____ \$25 (USD) Keleman issue
2002 _____ Vol. 1, No. 1 _____ Vol. 5, No. 2
2003 _____ Vol. 2, No. 1 _____ Vol. 5, No. 2
2004 _____ Vol. 3, No. 1 _____ Vol. 5, No. 2
(Selver Issue)
2005 _____ Vol. 4, No. 1 _____ Vol. 5, No. 2
(Research Issue)
2006 _____ Vol. 5, No. 1 _____ Vol. 5, No. 2
(Boadella Issue)
2007 _____ Vol. 6, No. 1 _____ Vol. 6, No. 2
(Keleman Issue)
2008 _____ Vol. 7, No. 1 _____ Vol. 7, No. 2
(Lowen Issue) (Research Issue II)
2009 _____ Vol. 8, No. 1 _____ Vol. 8, No. 2
2010 _____ Vol. 9, No. 1 _____ Vol. 9, No. 2
(Research Issue III)

SUBSCRIBER INFORMATION

Name _____
Address _____
City _____ State _____ Zip _____ Country _____
E-Mail _____ Telephone (daytime) _____
An email address is required for electronic notification. A non-AOL address is preferred.
Amount Enclosed _____ Check Discovery Visa MasterCard
Card Number _____ Exp. Date _____ Security Code _____
Signature _____

I would like information about becoming a member of USABP



Abstracts and Indexes available at www.usabp.org

POSTAGE

Shipping to U.S. and Canada included
International Orders need to include the following postage fees.

SUBSCRIPTIONS

The following postage rates apply *per year*.

_____ \$18 Mexico, Western Europe
_____ \$27 Eastern Europe
_____ \$40 China, Japan, Australia, Cent/South America

SINGLE ISSUE

The following postage rates apply to the first copy.

Additional copies are \$3 shipping each.

_____ \$9 Mexico, Western Europe
_____ \$14 Eastern Europe
_____ \$20 China, Japan, Australia, Cent/South America

The United States Association for BODY PSYCHOTHERAPY

8639 B 16th St. Ste. 119
Silver Spring, MD 20910
Phone: 202-466-1619 Fax: 832-717-7508
E-Mail: usabp@usabp.org
Web: www.usabp.org

The USA Body
Psychotherapy Journal
The Official Publication of
the USABP

Editor

JACQUELINE A. CARLETON, PH.D.

Peer Review Board

SUSAN APOSHYAN, M.A.
DAVID BROWN, PH.D.
RUELLA FRANK, PH.D.
MARY J. GIUFFRA, PH.D.
BARBARA GOODRICH-DUNN
ELLIOT GREENE, M.A.

LAWRENCE HEDGES, PH.D.
JOEL ISAACS, PH.D.

GREG JOHANSON, PH.D.
BLAIR JUSTICE, PH.D.
RITA JUSTICE, PH.D.
ALICE LADAS, Ed.D.

ALINE LAPIERRE, PSY.D.
LINDA MARKS, M.S.M.
JOHN MAY, PH.D.

PATRIZIA PALLARO, LCMFT, ADTR
MARJORIE RAND, PH.D.
LAUREL THOMPSON, M.P.S.

Editorial & Research Intern

SASHA DMOCHOWSKI

Production Manager

ROBYN BURNS, M.A.

USABP BOARD OF DIRECTORS

VIRGINIA DENNEHY, PRESIDENT
PAUL BRIGGS, VICE PRESIDENT
LYNN TURNER, SECRETARY
JACQUELINE A. CARLETON, TREASURER
CHRISTINE CALDWELL
MARY J. GIUFFRA
KAREN JACOBSON
GREG JOHANSON
ALICE KAHN LADAS
KATHY SCHEG
KATY SWAFFORD
LAUREL THOMPSON

ADVERTISING INFORMATION

The USABP Journal accepts advertisements for books, conferences, training programs, etc. of possible interest to our members. Please contact usabp@usabp.org for more information.

CRITERIA FOR ACCEPTANCE

How does material in this manuscript inform the field and add to the body of knowledge? If it is a description of what we already know, is there some unique nugget or gem the reader can store away or hold onto? If it is a case study, is there a balance among the elements, i.e. back ground information, description of prescribed interventions and how they work, outcomes that add to our body of knowledge? If this is a reflective piece, does it tie together elements in the field to create a new perspective? Given that the field does not easily lend itself to controlled studies and statistics, if the manuscript submitted presents such, is the analysis forced or is it something other than it purports to be?

PURPOSE

This peer-reviewed journal seeks to support, promote and stimulate the exchange of ideas, scholarship and research within the field of body psychotherapy as well as an inter-disciplinary exchange with related fields of clinical practice and inquiry.

To ensure the confidentiality of any individuals who may be mentioned in case material, names and identifying information have been changed. It must be understood, however, that although articles must meet academic publishing guidelines, the accuracy or premises of articles printed does not necessarily represent the official beliefs of the USABP or its Board of Directors.

The USA Body Psychotherapy Journal (ISSN 1530-960X) is published semi-annually by the United States Association for Body Psychotherapy. Copyright (c) 2008 United States Association for Body Psychotherapy. All rights reserved. No part of this journal may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission of the publisher.

Subscription inquires & changes of address should be sent to *USA Body Psychotherapy Journal*, 7831 Woodmont, PMB 294, Bethesda, MD, 20814. For customer service, call 202-466-1619.

Subscription Rates: Single current issue \$20; \$35 yearly. Postage outside the US and Canada please inquire at usabp@usabp.org.

Postmaster: Send address change to *USA Body Psychotherapy Journal*, 7831 Woodmont, PMB 294, Bethesda, MD, 20814.

SUBMISSION GUIDELINES AND SPECIFICATIONS

First consideration will be given to articles of original theory, qualitative and quantitative research, experiential data, case studies, as well as comparative analyses and literature reviews. Submission of an article to the *USA Body Psychotherapy Journal* represents certification on the part of the author that it has not been published or submitted for publication elsewhere.

Initial submission should be e-mailed to jacarletonphd@gmail.com as an attachment in Microsoft Word.

Manuscript should be double-spaced in 10pt. type, with at least a one inch margin on all four sides-please include page numbers, otherwise manuscript should be free of other formatting.

Title, full authorship, **abstract of about 100 words and 3-5 key words precede the text**. Please include an endnote with author's degrees, training, mailing address, e-mail fax, acknowledgement of research support, etc.

Authors are responsible for preparing clearly written manuscripts free of errors in spelling, grammar, or punctuation. We recognize that the majority of contributors are not professional writers, nor do they function in a publish or perish mode. Furthermore, we are aware that the work of our profession is sometimes pragmatic, associative, intuitive, and difficult to structure. However, a professional journal such as we envision normally accepts only pieces that are fully edited. Therefore, we may occasionally suggest that writers find a reviewer to edit their work before it can be accepted. We will suggest names of possible editors if requested.

References: References within the text should include author's surname, publication date and page number.

Full attribution should be included in bibliography at end. *For books:* surname, first name, book title, place, publisher, date of publication. *For periodicals:* Surname, first name, title of article in quotes, name of publication, year, volume, and page numbers. Or, consult the latest edition of the Publication Manual of the American Psychological Association.

LETTERS TO THE EDITOR

The editors are eager to receive letters, particularly communications commenting on and debating works already published in the journal, but also suggestions and requests for additional features or departments. They may be sent to the email address below. A selection of those received will be published in the next volume of the journal.

CORRESPONDANCE ADDRESS

Jacqueline A. Carleton, Ph.D.

Editor

USA Body Psychotherapy Journal

115 East 92nd. Street #2A

New York, NY 10128

212.987.4969

jacarletonphd@gmail.com

