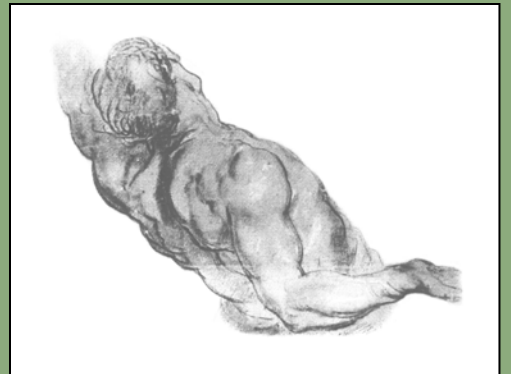


**the usa  
body  
psychotherapy  
journal**

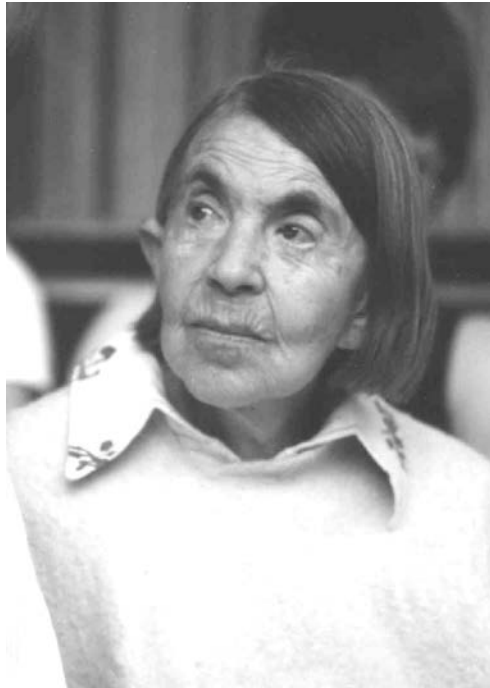


Volume 3 Number 1 2004

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)

# How Charlotte Selver Has Influenced My Work

**Richard Lowe, MA, MFT**

## **Abstract**

In this article I describe how I was first attracted to the work of Charlotte Selver, known as Sensory Awareness, my assessment of Charlotte Selver's importance, her work's correspondence to psychotherapy, and how her work has influenced my work as an integrative psychotherapist.

## **Keywords**

Direct Sensory Experimentation – Embodied – Fuller Organismic Responsiveness  
Human Potential Movement

In the early 1970's after many years of Bioenergetic therapy and exploring various forms of what was then called "body work" I was fortunate to discover the work of Charlotte Selver known as Sensory Awareness. I found her way of working a breath of fresh air. Instead of being treated with techniques or being told what I was experiencing, or being told the right way to be, she led students in sensory experiments designed to help deepen awareness and responsiveness to actual sensations in the moment. This deceptively simple yet profound approach intrigued me as I gradually gained a fresher and more empowered sense of myself and of life.

Over the course of my many years of study with Charlotte and her husband Charles Brooks their skillful use of direct sensory experimentation helped me as well as most of the other students I observed becoming progressively more embodied and truly present. During this process it became clear that there were certain habitual tensions, attitudes and ways of perceiving things that were restricting my authentic aliveness. Over time, with keener awareness and fuller organismic responsiveness, these restrictions diminished more and more into the background as my sensing became progressively more awake, and as I became more oriented to the real world instead of the habitual world of my projections and inaccurate perceptions.

Charlotte was one of the most influential pioneers in the Human Potential and somatic movements. Yet I believe her true importance has gone largely unappreciated because she was so resistant to writing about her work. This was frustrating to many of her students, me included. Charlotte was loathe to define how she worked and would bristle at any suggestion that her work involved techniques, methods or exercises. Her way of teaching was mostly Socratic and experimental, asking questions and devising experiments through which students would discover in their own way and in their own time.

I must confess I can sympathize with her now as I struggle to describe how she has influenced my work as a psychotherapist. She did not train anybody but rather taught by example. The best way I can put it now is that my work with her has instilled certain principles in me that effect and inform what I do with my clients:

- 1 The way we show up in the world is a result of our attitudes and perceptions which are embodied in our very tissues as well as in our breath, our relationship to gravity and in our movement. These dynamics give shape to our sense of reality and thus shape our life.
- 2 The organism has profound wisdom particularly the more we can be more fully awake to it. It greatly helps, therefore, to rediscover this wisdom by developing through practical experience the capacity to more deeply sense the here-and-now realm of organismic reality.
- 3 It's important to help people experience that they are much more than merely a mind and much more than merely a body. We are usually in our imaginations or caught in our thoughts. All of us need to be more fully awake to what this person, this occasion asks of us. What is it to really show up and be more truly responsive to what life brings to us? Powerful changes in how we relate to our environment and to others happen when we are more fully present.
- 4 Encourage the person to stay with what is actually being experienced and let it develop and change. Help the person become aware of when and how he/she compulsively moves away from sensing. Becoming aware of how, when and where we are not sensing is an important part of becoming more alive.
- 5 "Body work", psychotherapy, and various forms of personal and spiritual growth, etc. can become traps in which a person becomes self absorbed and removed from real relating with others. Truer sensing and aliveness necessarily involve developing deeper relationships.
- 6 Experiments/experiences that involve real play are often the richest, for underneath the mask of adulthood lies the liveliness of the child within. Reawakening a sense of wholehearted being is essential to real health.

Currently I am not leading groups and mostly work with individual adults as well as couples and children. Many of the clients I see have initially no conscious desire to explore the quality of their sensing. In these cases I gradually introduce ways of exploring their perception as it relates to their presenting problem(s) and is appropriate to their situation. I usually devise experiments for clients to explore in session, and have found it quite helpful to give experiments to take home to try

out. Clients who are able to use a journal in combination with their “homework” experiments find the combination particularly productive. The element of writing to the self and from the self helps stimulate greater awareness and honesty.

As a psychotherapist I have found many fruitful relationships between Sensory Awareness and various psychotherapeutic approaches. For example, in the Humanistic/Existential work of Jim Bugental with its emphasis on deepening presence, with Adlerian Therapy with its stress on the importance of social interest, with Cognitive Behavioral’s focus on the dynamics of perception, the felt-sense Focusing work of Eugene Gendlin, the processing of here-and-now experiencing in Gestalt Therapy and in Virginia Satir’s work. There are many more such correspondences which I believe only lend evidence that Sensory Awareness, Charlotte Selver’s legacy, is a basic key to the development of human potential and real somatic health.

#### Biography

**Richard Lowe, MA,MFT** is a psychotherapist in private practice in San Rafael and Novato, CA, who specializes in Integrative psychotherapy with adults, couples and children. He studied with Charlotte Selver for over 15 years and was the first president of the Sensory Awareness Leaders Guild.

# 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](http://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 16<sup>th</sup> St. Ste. 119  
Silver Spring, MD 20910  
Phone: 202-466-1619 Fax: 832-717-7508  
E-Mail: [usabp@usabp.org](mailto:usabp@usabp.org)  
Web: [www.usabp.org](http://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](mailto: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., background 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](mailto: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](mailto: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 92<sup>nd</sup>. Street #2A  
New York, NY 10128  
212.987.4969  
[jacarletonphd@gmail.com](mailto:jacarletonphd@gmail.com)

