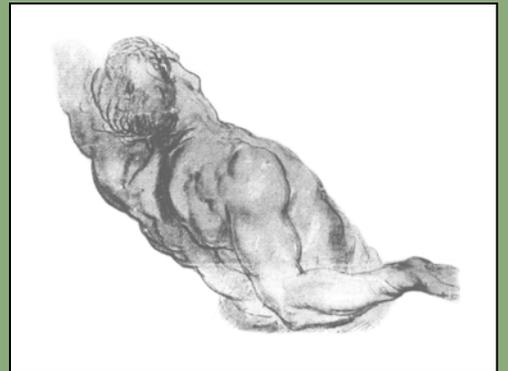


**the usa
body
psychotherapy
journal**

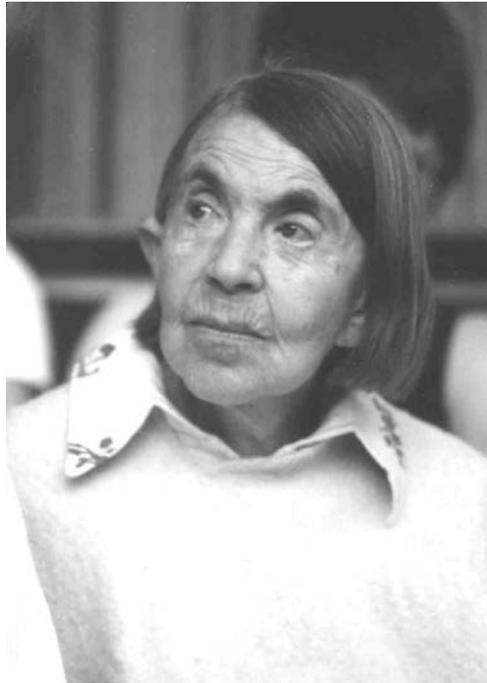


Volume 3 Number 1 2004

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)

Interview with Charlotte Selver

John Schick

Abstract

In this interview Charlotte talks about the necessity of the work of Sensory Awareness being involved in the world situation. She cites the importance of differentiating between sensations and emotions and describes some of the strong influences she received from Elsa Gindler.

Keywords

Elsa Gindler – World – Communication - Differentiating

This interview was conducted with Charlotte at her home in early June, 1987, two months after her eighty-sixth birthday. At the time, she had just finished conducting three-month study group at Green Gulch Farm in Muir Beach, California. As I talked with her, she was preparing for a trip to Europe two days hence.

Schick: This spring you've celebrated your eighty-sixth birthday, and I'm wondering, do you sense your approach to the work maturing or changing in any way?

Selver: It changes every day because it's no method, it's always meeting new whatever reality brings, whatever at the moment is acute. But I do think that the enormous difficulties in the world situation, the problem of starvation, the political injustices, the persecutions and all that is happening now, has augmented my desire to let people open their eyes and open their hearts for others in the world and become active in that what is necessary today. I do see the danger that when people become very involved in studying breathing, for instance, or becoming quiet, that this will become their world, so that they lose connection with all that is happening in the world, and by that narrow their own viewpoints and their participation with life.

Schick: Has this become a deep concern of yours?

Selver: It's my concern and I try as much as possible wherever I can, during the work to find ways to let people feel what is happening in the world. For instance, I have sometimes taken articles from the newspapers which describe a condition in a certain country and I ask my students to read it and to feel what they read. I have tried to open their hearts for what is happening with the hope that it is in some way possible for them that they become active and play a positive role in the world, instead of just keeping their attention on their study and in the narrow room of their friends and interests.

Schick: Do you consider this development of a person's responsiveness toward all life to be an important aspect of this work?

Selver: This is what the work is about. When one studies human nature and really experiences what is given; when one takes it seriously to see, to listen, and to feel, then it is obvious that the wish will come to contribute to a world which makes it possible that more and more people can be open for what they experience, and lose their aggressions, and feel with others, and listen to others, and speak their mind, and act their mind. The greatest influence on me was the way Elsa Gindler lived. She was there for everybody. She was conscious of the influence which poverty and oppression had on so many people. The way she went through the Hitler time; working; hiding people who were persecuted, sharing her very meager rations with them, helping them to get out of the country, even at the risk of her own life, all this has been working in me.

Schick: Are there any other changes in approach which you notice?

Selver: Yes, it has become more a question of communication, of the quality and clarity of communication. One very important part of this is that people speak directly out of their experience and not speak *about* what they experience. But that when they speak, they relive their experience, and by that the way of speaking becomes more direct and more precise, more fully backed by their experience. One of the things which is difficult to bring about is that people learn to differentiate between sensation and emotion. Most of those who come to our work have been in psychoanalysis, or have worked with psychotherapists, and they slide very easily into the emotional experience rather than into the sensory experience. So to keep the keel straight is very important, that people don't mix it up. Of course, very often, in a sensory experience, emotions come up and they should not be suppressed, but one would have to feel the difference between the two.

Schick: Have the kinds of people who come to study with you changed over the years?

Selver: Oh, yes. When I first started out in New York, I often had people come to me who had kinks in themselves. Now, most people come because they are interested in the work itself, and they come to see how far they can trace their own abilities.

Schick: What would you say are some of the important questions which occupy you now concerning the work?

Selver: How it is that we can help people to become more awake, and how, after they begin to wake up, they learn to trust their own sensations. And how it is that they can discover they really can see, and hear, and sense; and that this alone can be a very powerful agent in one's life. One can learn not to restrict one's view; to feel oneself as a member of this planet we all live on. It's important that people learn to stop circling around themselves and instead to become open to the world and active. When I started to study with Elsa Gindler, I was very deeply impressed by her including the whole cosmos in her work. She made us conscious of the fact that every person has his potentials, and how very important it is that we make it possible that more and more people can develop these potentials.

Schick: This is a theme we keep returning to; it's clear that this whole question of a person's responsiveness to the larger world in which she lives is a very important one for you.

Selver: *Yes, it's extremely important.*

Schick: Why do you think it is that this responsiveness is lacking in so many people today?

Selver: Many people feel they are too weak for such a task, but in the moment in which a person wakes up and becomes more ready, and by this I mean more willing, they will discover in themselves a boundless amount of energy. So the work is partly to discover what amount of energy is needed for every given task and to allow that this energy can be expressed unhindered. This is what it means to be potent. And this potency goes hand in hand with seeing more, hearing more, feeling more, and being more in touch with what happens. Some people think that they get so sensitive they can't stand it. You realize that one **can** stand it? But this has something to do with being able to stand. People have usually learned from other people what to think, and we are not going this way because we feel that the person has all the abilities to find out for himself. He doesn't have to look to other people to be told what is right. This possibility of discovering gradually that one can trust one's own reactions can be a very powerful event.

Schick: So, you try to provide your students with questions, which they must investigate on their own?

Selver: Yes, that's right. This is very important, this is the only way to create a healthier society. The basis in our work is that when one gradually begins to go into each activity anew, one loses one's habitual stance. And this approaching each activity anew means a person who is awake and changeable. When one becomes more awake, when one loses one's restrictions, the organism becomes a very movable and elastic entity. The more one loses the tendency to protect oneself, the more one becomes trustful of one's own abilities... with all this comes movability and elasticity. So that one does not always tot into the old horn, but rather learns to approach every situation anew, more and more new, so gradually as people are more with what they are doing, they become more reactive. The tendency to withhold gives up by itself. No one has to do it, it happens on its own.

Schick: So it's partly a question of becoming more awake, of becoming more responsible. . .

Selver: The first thing is one must have occasions to discover that one can trust oneself.

Schick: Do you try to provide such occasions in the classes?

Selver: **This is the practice.** While people are attending to the given task, the attitudes which they bring with them clearly show. At first, only other people see it, but by and by, people feel it themselves, and then they discover how they acquired these attitudes; most of the time it's something they acquired long ago. It takes patience and time to discover what the gesture says. For instance, the gestures of people who always want to be graceful, this kind of false gesture [indicates gesture], or people who are afraid, or aggressive, they discover it in themselves. When I am used to shouting and then I begin to hear, to listen, my voice lessens because it's not necessary to shout on every occasion. It's not always agreeable what one finds. It's a beginning of a new beginning. It has nothing to do with criticism, or feeling guilty, or anything like that, but just in quiet and openness to feel what belongs to the moment and what doesn't. I remember when I was, for the first time, with Gindler, I was just a guest, and she asked, "Do you feel that you are going through space?" "Do you feel the air around you?" "Do you really want to jump?" "Do you use the floor as a springboard?" I had been studying gymnastics and had never heard such questions. I was amazed! In my studies up until I met Gindler, I had been learning something entirely apart from reality. I

was taught certain things and I learned them, but I never came more in contact with my environment and my own inner capacities and so on.

Schick: So for you it all started with Gindler . . .

Selver: The very first time I visited Gindler and heard her ask questions of her students, I realized this was the work I had to go into.

Schick: And you are still working at it in your eighty-sixth year.

Selver: I am fascinated by it. It's my dish.

Biography

John Schick, student of Charlotte Selver and Charles Brooks is now a licensed psychotherapist. He lives with his family in Muir Beach, California.

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., 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.

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

