

***EDITORIALS***  
***USA Body Psychotherapy Journal***  
***Volumes 1-10***  
***2001-2011***

***Jacqueline A. Carleton, Ph.D., Editor***

***Guest Editors***  
***Judyth O Weaver, Ph.D.***  
***David Boadella***  
***Gerhard Zimmerman, M.D.***  
***Jim Elniski***

***Table of Contents***

Volume 1, Number 1, 2001	2
Volume 1, Number 2, 2001	2
Volume 2, Number 1, 2002	3
Volume 2, Number 2, 2002	4
Volume 3, Number 1, 2003	6
	7
Volume 3, Number 2, 2003	8
Volume 4, Number 1, 2004	9
Volume 4, Number 2, 2004	10
Volume 5, Number 1, 2005	12
	13
Volume 5, Number 2, 2005	14
Volume 6, Number 1, 2006	15
	16
Volume 6, Number 2, 2006	17
Volume 7, Number 1, 2007	18
	19
Volume 7, Number 2, 2007	20
Volume 8, Number 1, 2008	22
Volume 8, Number 2, 2008	23
Volume 9, Number 1, 2009	24
Volume 9, Number 2, 2009	25
Volume 10, Number 1, 2010	27
Volume 10, Number 2, 2010	28

## ***THE USA Body Psychotherapy Journal***

### **Editorial, Volume 1, Number 1, January 2002**

It gives us enormous pleasure to introduce this inaugural issue of the USA Body Psychotherapy Journal. It feels as if we have just given birth to the Journal following a long and sometimes difficult and complicated labor. Like all new parents, we look at it with a mixture of anxiety and pride and hope others will approve of it. Just as every new parent has hopes and dreams for their child as a shaper of the future and a reflection of the parents, we hold hopes and dreams for this journal. We hope that it will fulfill the task of both shaping and reflecting the field of body psychotherapy and its relationship to other related arts and sciences.

This publication is a “work in process” which needs to be shaped by the members as well as the Board of directors of the USABP. Hopefully, many of you will want to contribute ideas and suggestions as well as articles to future collaborative efforts with the European Association for Body Psychotherapy and continuing to fulfill the task of bringing body psychotherapy into the mainstream.

The four articles chosen for this initial issue reflect a diversity of form and outlook that we hope will be continued and expanded.

The first is an elegant pilot study of “The Relative Efficacy of Various complementary Modalities in the Lives of Patients with Chronic Pain,” utilizing four different body-oriented interventions: Focusing, Reiki, Zero Balancing, and Rubenfeld Synergy Method™, in addition to a control group which received didactic instruction. This study by Pamela M. Pettinati, MD, MPH, Ph.D., won the first research award of the USABP.

Our second article by Kerstin E. White, M.A., is a critical review of the literature on the clinical implications of the appropriate use of touch in psychotherapy. In conclusion, Ms. White recommends the inclusion of specific guidelines on the use of touch in the APA code of ethics and recommends increased education, training, research, and a dialogue between traditionally trained and body-oriented therapists. Following so closely on the heels of the publication of the USABP Code of Ethics, this article emphasizes and highlights the crucial role such a Code of Ethics must play in the developing field of body psychotherapy.

Diane Poole Heller, Ph.D., and Laurence S. Heller, Ph.D., have contributed a clinical example of the use of Somatic Experiencing™, developed by Peter A. Levine, M.D., in the treatment of auto accident trauma. Their article clearly delineates the principles and techniques of this intriguing method, which takes specific steps to avoid retraumatization of the patient.

Finally, Barbara Goodrich-Dunn, M.A. and Elliot Greene, M.A. have collaborated on an informative and provocative contribution to the history of body psychotherapy. Focusing on a series of interviews of the “elders” of body psychotherapy completed by Ms. Goodrich-Dunn in the 80’s, she and Elliot Greene have placed body psychotherapy firmly in the tradition of developmental psychology, beginning at the end of the Nineteenth Century and culminating in the innovations of these ten pioneers in our field.

Three people have given the editor enormous support, encouragement and practical nitty-gritty help far beyond their titles listed in the masthead. Robyn Burns lent her help and enthusiasm from the initiation of this project, always asking questions that we had no idea existed in plenty of time for us to figure out, again with her help, reasonable answers to carry us on to the next stage. She is a virtuosa in the art of the possible. Mary Giuffra responded to my desperate plea for help when my energy had failed, picked up the reins out of nowhere, got us back on track, and has continued to share her enthusiasm, energy, and remarkable expertise in multiple areas. Her imprint is on every page. Jan Dragan has lent her expertise in communications and public relations to this project since its inception, and for that I am most grateful. But, in addition, she has generously counseled me on many editorial matters related to the broader field of body psychotherapy, in which we have been colleagues for many years. Having her virtually daily consultations on all aspects of the present volume has been almost as valuable as her indefatigable sense of humor.

Jacqueline Carleton, Ph.D.  
Fall 2001  
New York City

## ***The USA Body Psychotherapy Journal***

### **Editorial, Volume 1, Number 2, 2002**

When we launched the Journal last spring after months of planning and hard work by members of the USABP Board of Directors, I said that it would be a “work in progress,” and so it is. Two important changes are already underway. First, we are working to constitute a formal Editorial Board that will work with me to establish

policy and guide our progress and direction as a professional journal. In addition, a separate Peer Review Committee will conduct blind reviews of all articles submitted for publication and turn in their written comments and recommendations to the editor for help in planning future issues. These immediate changes, which we hope will meet with your approval, are reflected in the masthead in this issue. If you are interested in serving the USABP Journal in either of these capacities, please contact me at JACARLETON@aol.com.

That said, I am delighted to offer you in this FALL 2002 issue of the Journal an impressive variety of articles that reflect the depth and breadth of our field. Whether grounded in research or offered in the context of personal healing and professional practice, I believe you will see and appreciate how we are expanding as a body.

Christa Ventling leads off with a report on the research that won this year's research award at the USABP Conference in Baltimore in June. An elegant research design investigated the efficacy of bioenergetic therapy as well as the stability of therapeutic results among patients of Swiss Bioenergetic therapists. Former patients were asked to fill out self-evaluative questionnaires and return them anonymously. An impressive 49% response rate netted a sample of 149. Questions covered psychic and physical condition, interpersonal and psychosomatic problems and the effect of body work on physical consciousness, cognitive insights and changes in the quality of life. But even more important than the results is her sophisticated discussion of the methodology of this type of research that will hopefully inspire continuing efforts in this direction.

Patrizia Pallaro and Angela Fischlein-Rupp, by contrast, explore the theoretical basis and practical application of dance-movement therapy within a psychiatric day treatment facility. Employing a case presentation, they illustrate the importance of an integrative approach allowing room for synthesis of various treatment modalities. They show how dance/movement therapy facilitates a process of physical, emotional and psychological integration by providing a safe container in which emotional issues can be addressed through movement, imagery, symbol and metaphor.

In an article entitled "Therapist's Body Awareness and Strength of the Therapeutic Alliance" Douglas Radandt discusses data collected from practicing therapists in a pilot study in which they assess the relationship between body awareness of therapist and therapist's assessment of the strength of the therapeutic alliance. This preliminary research raises several important questions about these relationships as well as other possible factors affecting the strength of the therapeutic alliance which are suggested for further study.

Following Kerstin White's article in the first number of this journal on the ethical and clinical implications of the use of touch in psychotherapy, Jaffy Phillips outlines for the practicing clinician the factors which need to be considered when employing touch. In addition to discussing relevant ethical considerations, she provides an empowering manual for how to assess those factors under three headings: client factors, therapist factors and relationship factors. She then defines a technique she calls "somatic tracking" and illustrates how it can be used to assess subjective aspects of the client's experience, the therapist's experience, and of the therapeutic relationship which needs ongoing evaluation when touch is employed.

Our final article, Margot S. Biestman's "Exploring Healing with the Experience of Breath: My Story," chronicles the author's own healing journey after a severe spinal trauma at the age of 70. Working with the body therapy modality she practices and teaches Margot shares intimately the healing of a healer. This inaugurates what I hope will be an ongoing feature of this journal: a personal account of one of the intersections of our personal and professional lives.

Articles such as these are establishing a firm foundation for the USABP Journal. In future issues, we would like to include case studies that illustrate practice and inform readers of the context/research that supports that practice. Please consider offering your practical work and submitting a case study to the journal for peer review. Overwhelmed by the plethora of new books that pique your interest and tease your checkbook? We are in the process of gathering advance copies of books from publishers for our members to read and review. Let us know if you would like to offer your services as a critical reviewer.

Please know that your enthusiastic response and support for the USABP Journal has fired our commitment to producing a credible publication that will reflect, define and validate the growing field of bodywork psychotherapy. That said, as a body, let us go forward!

Jacqueline Carleton, Ph.D.  
October 2002  
New York City

## ***The USA Body Psychotherapy Journal Editorial, Volume 2, Number 1, 2003***

A palpable synergy is building in our organization and spilling over into your commitment to the USABP Journal. With this issue, enough members have volunteered their time and expertise to put all Journal articles through a formal blind peer review process. A minimum of three reviewers read each submission and returned their

thoughtful written comments and suggestions to the editor. Based on these reviews, articles were accepted provisionally and reviewers' comments were forwarded to the author along with recommendations for final edits. A willingness to face the scrutiny of peers is an indication of commitment to excellence and professionalism, but it is, nonetheless, daunting. Many of you have expressed your appreciation of the professional interchange involved in this procedure. I commend each of you who submitted an article for publication, whether accepted or not, and encourage more of you to open yourselves to this process.

Each of the papers contained in this issue integrates some aspect of clinical body psychotherapy with either theory or research. All are written by practicing clinicians in the field who are also concerned with teaching and training body psychotherapists. Each weaves a tapestry of a different design.

Peter Fernald, trained in both psychoanalytic and bioenergetic psychotherapy, takes a fresh look at Carl Rogers' client-centered approach as an essentially body-oriented psychotherapy. He analyzes Rogers' attention to the somatic aspects of experience as catalytic for change, quoting numerous examples from Rogers' sessions. He then goes on to compare certain more general aspects of Rogers' thinking about human nature with those of Wilhelm Reich, thus typing him into the body psychotherapy lineage.

Alexis Johnson, on the other hand, uses two contrasting cases as a focus for an exploration of the uses of an integrated approach to early childhood development therapy through particular attention by the therapist to his own bodily sensations and emotions and facilitation of that same awareness in these two clients. She illustrates how the combination of seeing wholeness, body awareness and astute questions offer an exciting therapeutic map for the pre-personal world.

Penelope Best focuses on the relational shaping between the body of the client and the body of the therapist and explores that relationship in the relational shaping between the body of the therapist and the body of the supervisor in a dance therapy supervision research project. She uses the concept of Interactional Shaping as a frame for her creative integration of dance therapy, movement observation and social constructionist discourses and discusses its connections to other theoretical perspectives. She illustrates her work with examples from supervision sessions.

Cynthia Price, honored at the last USABP Conference for her research proposal which was subsequently funded by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, describes the process of her research design and implementation. As she points out, intervention research in the field of body psychotherapy is crucial to its advancement. To this end, clinicians and researchers must be familiar with each other's language and methodologies, preferably embodying both.

Thirty years ago, this editor participated in a psychiatric epidemiology training program at the College of Physicians and Surgeons of Columbia University (also funded by NIH) which introduced residents in psychiatry and advanced PhD candidates to each other's fields. We spent two years taking courses together and in each other's fields and went on to formulate cross-disciplinary research projects. My own became a dissertation on Wilhelm Reich's ideas on child rearing. I eventually refocused my goals and moved from research and teaching into further training and ultimately the practice and teaching of body psychotherapy. I am very grateful, in the course of editing this journal to come in contact with those of you who share my passion, not only for the work itself, but for the advancement of research and building of theory. It is exciting to see this kind of interdisciplinary approach utilized by body psychotherapy.

Jacqueline Carleton, Ph.D.  
Spring 2003  
New York City

## ***The USA Body Psychotherapy Journal Editorial, Volume 2, Number 2, 2003***

### **The Articles**

With this volume we inaugurate what I hope will be a series of review articles covering various aspects of our own and related fields. Aline LaPierre has surveyed recent Jungian publications related to the body and culled from them eight volumes of particular interest to critically review for us. Her obvious familiarity with this literature makes her critical evaluations of particular interest.

Theory and practice in the area of trauma work are offered in two very different articles by Peter Levine and by Marcel Duclos and Connie Robillard. Peter Levine lays out for readers a theoretical map of how trauma is lodged in bodily reactions and sensate experience. Then using several cases as examples, he carefully illustrates how the use of sensate experience can ultimately dislodge that trauma. He contrasts cognitive and sensate

approaches to anxiety and shows anxiety's role in maintaining traumatic re-experiences. Using as an example the treatment of a native Eskimo youth, he focuses on how the immobility response fixates traumatic and panic anxiety, how it can be uncoupled, and the necessity of completing the defensive response, at least in imagination.

In stark contrast to Levine's theory/illustration approach to the topic, Marcel Duclos and Connie Robillard's very personal compilation of their own and their patients' trauma experiences take us right to the core of the sexual abuse of children. Their poetry and first person narratives take us directly into the child's experience just as their reflections as therapists take us to the heart of the healing relationship. Readers will appreciate the flow and integration of theory and application in the artful hands of skilled practitioners.

Two contrasting case histories from Bioenergetic analysts present different aspects of their work. Elizabeth Rablen explores the bodily expression of transference and resistance in the treatment of a middle aged woman, leading us through particularly significant sessions verbatim to illustrate how she works with these two important aspects of the treatment.

Scott Baum, on the other hand, offers reflections on selected aspects of the treatment of a young man whom he saw both individually and in a group. Of particular interest are his speculations on the aspects of his own history that are similar to the patient's.

In a 1997 address to the European Association of Body Psychotherapists, printed here for the first time, Katherine Ennis Brown explored the inevitability of the reassertion of the soul and the feminine in culture, but particularly in body psychotherapy. Using archeological and anthropological sources as well as her own clinical and teaching experience, she called for a better balance of the two sides of the autonomic nervous system and a reassertion of the values of the feminine, not at all confined to female persons. We must continually integrate the fascinating findings of neuroscience with explorations such as this.

### Musings

Some ancillary themes caught my attention as I reread the articles in this issue. One of these is the continuity of modalities. Our field is interesting sociologically in that it is an "academic" endeavor which has been nurtured in large part outside of academe. Long seen as alternative, both to traditional psychoanalysis and to medical practice, the content of body psychotherapy has probably also supported this structure. Only recently have somatics and body psychotherapy begun to be taught in undergraduate and graduate curricula. So, the very content of our field has exerted a pull toward marginality and some body psychotherapists became attached to that status as part of their and the field's identity.

Certainly beginning with Reich, many of the modalities have been birthed by strong, charismatic leaders, making succession and definition of theories and techniques far from routine. Some have split over whether and how to maintain the "purity" of their founders' theories and techniques while at the same time remaining ambivalent about whether to anoint a successor or try to make a transition to a somewhat democratic form of authority. That such transitions can be precarious and difficult was pointed out to me in a monograph I read in the '60's as a graduate student at MIT entitled "A Theory of Stable Democracy" (Princeton: Center of International Studies, Monograph #10, n.d.) in which the author, Harry Eckstein, points out that in any system, stability is increased if forms of authority are isomorphic at as many levels as possible. That is to say, an authoritarian family does not easily breed responsible citizens of a democracy.

We can see the tragedy of trying to instantly imprint Western political culture on the tribal cultures of Afghanistan and Iraq, which have no civic culture in the Western sense, but on a smaller scale we are faced with the same dilemma. How do we, or do we even want to, make a transition from competing schools and training programs originated by highly original and charismatic leaders to a structure that would be inclusive and hopefully celebratory of originality and differences?

And, what of the authority structures within each "school"? How are students, supervisors, teachers really chosen? And, how does the relationship between patient and therapist, which is at the root of our work, affect and allow itself to be affected by the aforementioned structures? I don't have answers, but I find these questions fascinating.

Another issue that came up was what training prepares us for and how it does it. In the Duclos and Robillard article, a patient is quoted as confronting her therapist about his/her ability to stay in for the long haul, confront the horrors of abuse and keep them both afloat. She is quoted as saying, "Your professors did not prepare you for this experience."

What can possibly prepare us for the depths and heights of the work we do? Is it some innate or developed cluster of sensitivities and abilities?

Is psychotherapy like parenting: no matter what you have read or studied, you do it with who you are not what you know?

The head of my training unit at Columbia, DeWitt Crandell, once said, "Psychotherapists are born.....and then they need all the training they can get." In that vein I usually insist to students that commencing any sort of career in body psychotherapy or related fields is a "life sentence." By that I mean that as

long as they do this work, they must be intentionally growing with additional training, workshops, supervision, personal therapy, teaching.....whatever keeps them evolving.

And, that is what we, the USABP Journal, must also do: continue to lead, hopefully in the way Gandhi suggested, by following our “followers”.

#### Acknowledgements

As the momentum grows, we have put more structures into place. And, this would simply not be happening without the dedication and hard work of Naina Dewan and Robyn Burns. We have put a peer review process in place and worked out a number of ways of tracking it and forwarding comments to writers. They have also dealt with copyright agreements, foreign subscription forms, authors' reprints, and myriad other details. I am deeply grateful for their enthusiastic participation in this wonderful project.

Jacqueline Carleton, Ph.D.

Fall 2003

New York City

## ***The USA Body Psychotherapy Journal Editorial, Volume 3, Number 1, 2004***

Charlotte Selver was clearly an amazing woman. Working beyond the age of 100, she imparted to those who worked with her, often for thirty or more years, a powerful way of deeply knowing them-selves and others. Unlike other contributors to this issue, I never met Charlotte Selver, nor have I really studied Sensory Awareness in depth. I have only experienced a brief but intriguing Sensory Awareness work-shop at the last USABP convention. So when Judyth O. Weaver, PhD, the main exponent of Charlotte Selver's work in the US, offered to co-edit an issue on her mentor, I was thrilled, both for us as a journal, but also for the chance to get to know both her and Selver better. Dr. Weaver has researched and commissioned (in some cases cajoled and conjured) all of the articles for this volume. It has been my delightful task to view them as an outsider and to plague all contributors for additional examples and explanations. They have been amazingly patient and forthcoming.

Volume 3, No.1 reflects a threefold purpose. First, it honors one of the important forbearers of our work through her own words and of those who knew her. I would like to continue in this journal to honor the “elders” with publication of works by and inspired by them. Secondly, it is part of our mission to contribute to the history of body psychotherapy, so in addition to honoring Selver herself, we have included an article about Selver's most important teacher, Elsa Gindler and one by her as well. In it, her only published work, Gindler anticipates concepts later articulated by Reich and others. Body psychotherapy's historical position at the alternative edge of both psychology and medicine particularly requires us to document our genesis and our relationship to the larger field of psychotherapy. Finally, we have solicited a number of articles by her students about their own work with what they gleaned from her, including concrete examples of how body psychotherapists, our readers, could use this work in clinical practice.

The articles in this issue fall into several categories and some fall into more than one. First, we present, to the extent possible, the experience of Selver herself, which several contributors describe as profound. In addition to the photo on the first page, there are three of the very few articles written by Charlotte Selver herself or transcribed by her students. There are also two interviews conducted with her, 15 years apart, describing her work and giving slightly different views of her and her work. In reading her words, it struck me how closely they echoed Reich's therapeutic goals when she spoke of somatic experiencing as accessing our original nature, the closer to which we come, the happier and healthier we will be. She gives us a primer on self-regulation.

After these, our guest editor, Judyth Weaver, writes of the significance of Elsa Gindler, Selver's mentor, and outlines some of the connections to American psychotherapeutic traditions. She then thoughtfully elaborates her own integration of sensory awareness and somatic psychotherapy, comparing it to the Zen practice she had acquired in Japan. This introduces a theme which runs through many of the following articles: the capacity of sensory awareness to deepen whatever experience or technique the psychotherapist is engaged in, both for the therapist and for the client.

Indeed, it reminds me of the popular work, Eckhardt Tolle's POWER OF NOW (1999). Staying in the present moment and in one's own body allows a spontaneous transformation that is almost impossible any other way. Psychoanalyst Michael Parsons explores contiguous territory in THE DOVE THAT RETURNS, THE DOVE THAT VANISHES: Paradox and Creativity in Psychoanalysis (2000), juxtaposing the therapist's deep concern to understand and the readiness to be taken by surprise. Both are essential, but the knowing, doing, theory and technique aspects of our work are often easier to articulate and transmit than the values of being, spontaneity and

love. And, even if we embrace both poles, we must continually hold within our beings the creative tension between these opposites if we are to become and express in our profession all that we are and can be. In an earlier volume, I \*/quoted a teacher of mine as saying, "Psychotherapists are born and then they need all the training they can get." We must also concede that we need all the training we can get in order to allow our theories and techniques to infuse our being and becoming so that we greet each therapeutic moment with our whole being as utterly unique.

The largest section of this issue is inaugurated by tributes from Peter Levine, PhD and Marjorie Rand, PhD, both originators of important schools of body psychotherapy. Each details how Selver's work influenced their work in both theory and practice.

Following them, five psychotherapists with differing backgrounds describe how they have used, elaborated and adapted what they learned from her in their practice and teaching. Terry Ray, MA, LPC, describes her amusingly ambivalent introduction to Selver and her work as it crept up on her to lodge within her and deepen over many years of workshops, flowering in her ability to "listen deeply and to be open and present" to her clients. Barbara Cabott, Psy.D., L.M.T., who studied with Selver over a span of 32 years, gives a brief description of its personal impact, and takes us through three sessions with an individual client, demonstrating the power of sensing in facilitating profound bodymind interventions. In "Sensing Is the Heart of Contact," Ginger Clark, PhD, MFT, a relational somatic psychotherapist, uses two case vignettes to demonstrate that "Sensing is both a means and an end: contact is sensing with the heart and at the heart of contact is sensing." Richard Lowe, MA, MFT, in describing Selver's influence on his work, elucidates six principles that inform how he works with clients. And, Connie Smith Siegel, MFA, illustrates through description, cases and examples of patients' drawings, her creative integration of sensory awareness with deep art work. Finally, Suzanne Kilkus, MA, in an unusual synthesis of personal and professional development, allows us to directly experience with her, through excerpts from papers she wrote for graduate courses, the impact of sensory awareness training on her personal and professional development as well as her clinical practice.

In conclusion, we reprint the Epilogue to the only book written on Sensory Awareness, by Selver's husband and collaborator, Charles C.W. Brooks.

I would like to take this opportunity to thank two people who were of inestimable support in the early issues of this journal, Mary Giuffra, PhD and Cynthia V.N. Peck, MA. When I felt totally at sea and overwhelmed, each in a different way guided me and gave unstinting help. Mary is amazing at connecting with people and finding resources both human and material. And, when resources were not available, she pitched in and proofread the entire first two years of journal. After working with the material so much, I could never have done it. Her comments, however, were so trenchant and pivotal, that I have persuaded her to join the peer review board so that authors can benefit from her incisive erudition earlier in the process. Cynthia nudged me to be less dryly academic and livelier in my own writing, frequently suggesting metaphors and interesting angles when I could think of none.

Jacqueline Carleton, PhD  
Spring 2004  
New York City

## ***The USA Body Psychotherapy Journal*** **Guest Editorial, Volume 3, Number 1, 2004** **Judyth O. Weaver and Charlotte Selver**

When Charlotte Selver emigrated from Germany in 1938 and settled in New York City she began giving private sessions, and eventually classes, in the work of somatic inquiry that she learned from her teacher, Elsa Gindler, and that she eventually called "Sensory Awareness."

In the early 1950's Selver taught classes at the New School for Social Research. In 1957 she was one of the presenters, along with Eric Fromm and Daisetz Suzuki, at the seminal conference in Mexico called "Zen Buddhism and Psychoanalysis." Zen popularizer Alan Watts also studied with Selver, calling her work "Living Zen," and eventually they gave workshops together. Selver also taught workshops with Shunryu Suzuki, founder of the Zen Center in San Francisco. In 1963 Selver gave the first experiential workshop at Esalen Institute in California.

With Charles V.W.Brooks, her husband and colleague of thirty years, they regularly taught in Maine in summer, New York City in fall, Mexico in winter, and California in spring. Selver also eventually returned to teaching regularly in Germany and maintained this schedule of travel and leading classes until shortly before her death at 102.

People in varying fields were influenced by the work Selver offered; one of the largest groups was in the field of psychotherapy. Even though Selver herself was not a psychologist and would not take her work into the realm of psychotherapy, psychologists and therapists of various persuasions have studied the process of Sensory Awareness

and been influenced by it. Many have incorporated it into their lives and practice and have also referred their own clients to the work.

I began studying intensively with Charlotte Selver and Charles V.W. Brooks in 1968. Their work seemed to be similar to the practices I learned in the Zen Buddhist monastery in Japan that I had recently left. When I realized my direction was toward the study of body-mind integrative therapy, it made complete sense to me that the practice of Sensory Awareness would have to be the foundation. This was affirmed to me in 1984 when I met Wilhelm Reich's daughter, Eva, and learned how interested her father was in the work of Elsa Gindler. Reich's first wife, Annie, a psychoanalyst, had studied with Gindler as had Otto Fenichel and his wife, Clare. Reich's second mate and love of his life, Elsa Lindenberg, also studied with Gindler. Eva is sure these influences on her father directed him to working with the body and breath.

In our own professional organization there are many who can trace their lineage of "tuning into the organism" to the teachings of Charlotte Selver: Katherine Brown, Marjorie Rand and Ilana Rubenfeld, among others, have studied with Selver. Some of them are gracing the pages of this journal with their contributions. I imagine that many more of our colleagues have been influenced by Selver and the work of Sensory Awareness, probably even without knowing of their lineage.

At each of our last three conferences, I have been honored to present this work of Sensory Awareness as the foundation of body-orientated psychotherapy. And it has been a great honor and pleasure to have been asked to co-edit this journal with Jacqueline Carleton. Often, people in the more quiet somatic practices are not inclined to writing. Charlotte Selver, herself, didn't write much. (You will notice that two of the three pieces by her in this journal were transcribed from her classes.) Putting some of our experiences and thoughts in words to be printed was very challenging for some of us. Some of us have struggled to do so as an expression of gratefulness to our teacher and as a hope that others in the field of somatic psychotherapy could recognize the influence in their own work.

As our field becomes more accepted in the psychoanalytic world and our work more sought after, it is a thrill to have this issue of our relatively young organization honoring and commemorating the work of such a foundational teacher, Charlotte Selver.

Judyth O. Weaver, PhD  
Guest Editor

## ***The USA Body Psychotherapy Journal Editorial, Volume 3, Number 2, 2004***

What, if anything, do we know, and how do we know it? This perennial question has recently taken on an urgency which is far from academic. With managed care controlling so much of our patients' access to psychotherapy, we are hard pressed to "prove" that what we do in our consulting rooms makes some measurable difference. At the same time, as clinicians, we need to understand as much as possible about the functioning of the nervous system in order to make our interventions as precise and efficient as possible. Applied neuroscience speaks to both of these issues. Known variously as "psychoneurology", neuropsycho-analysis, etc. this burgeoning field is particularly relevant to us as body psychotherapists. It virtually erases the dichotomization of mind and body: their most important link is emotional processing. Neuroscience also critiques and refines much of what we have long done intuitively and at the same time helps to particularize and economize these insights and interventions.

Genomics performs a similar service for the nature/nurture issue, elaborating the complex interaction of genetics and environment throughout the life cycle. And, pre- and perinatal psychology extend our range of inquiry and knowledge to the periods before and immediately after birth. In our first three articles, these areas are addressed.

In the first section of a three-part neuroscience literature review and primer, Aline LaPierre guides us into this rapidly expanding, sometimes dense, literature. As she points out, contemporary neuroscience picks up a thread that interested Freud but that he was compelled by lack of research data, to drop. In his 1895 *Project for a Scientific Psychology*, Freud attempted to describe the human mind in terms of neurological mechanisms, but, finding available data inadequate, gave up objective neuroscientific pursuits and concentrated on the more subjective mental science of psychoanalysis. Modern neuroscience again takes up that challenge.

After defining basic terms and concepts, LaPierre explores such interesting topics as the comparative plasticity of emotional circuits in the brain to those relevant to math and vocabulary, pointing out that emotional circuits are much less malleable. She also discusses the two major functions of genes, dispelling the nature/nurture polarization by elucidating their functions as templates and transcriptors/translators, describing gene expression as the ongoing transformation of the genetic template to create a unique individual. In a concluding section, she also introduces us to what many in the field consider the "bête noir" of neuroscience, the concept of "consciousness": What is it? Where is it? How does it evolve? And finally, she calls on body psychotherapists to use their unique training to

contribute their valuable insights to practical applications of neuroscience.

Ernest Rossi, in "The Genomic Science Foundation of Body Psychotherapy," explores how genes interact with the environment to modulate human behavior and how human relationships modulate gene expression. He sees psychosocial and functional genomics as the basis for all forms of psychotherapy, proposing that "gene expression can operate within the typical hour of body psychotherapy sessions....novel and stimulating mental and emotional experience as well as physical exercise can turn on gene expression in a manner that is fundamental for understanding the healing dynamics of body psychotherapy". Utilizing detailed diagrams, he proposes a four-stage model of clinical body psychotherapeutic interventions.

In "Integrating Pre- and Perinatal Psychology and Body Oriented Psychotherapy," Christine Caldwell points out the common features of both and then discusses specific contributions that each can make to the other. Marjorie Rand exemplifies this by outlining the stages of birth from the fetal perspective and then elaborates their impact on each of the Reichian segments, concluding with a case vignette.

Two Italian psychotherapists, Anna Maria Bononcini and Mauro Pini, in "Transference and Countertransference in Organismic Psychotherapy," discuss the evolution of the theory and practice of these concepts in Organismic Psychotherapy. They trace their roots from psychoanalysis to object relations through humanistic psychology to their present exposition by Malcolm Brown and Katherine Ennis Brown.

Our concluding paper, "Health Threatening *Bulimia Nervosa* and a Promising New Treatment Approach," utilizes a case history as a focus and framework. After an informative introduction to the sociology and psychology of eating disorders, particularly *anorexia nervosa* and *bulimia nervosa*, Christa Ventling uses a poignant case history, a work in process, to frame the theoretical and clinical issues that arise. She interweaves information about *bulimia* into her account, often in the form of psychoeducation of the patient, and also in pertinent commentaries on the treatment.

It is my hope that this volume will contribute materially to our knowledge as clinicians, not in the sense of facts or theories, but in helping us to formulate ever-expanding questions of both ourselves and those we strive to help.

Jacqueline Carleton, Ph.D.  
Fall 2004  
New York City

## ***The USA Body Psychotherapy Journal* Editorial, Volume 4, Number 1, 2005**

In my introduction to the last issue of this Journal I posed the question, "What if anything do we know and how do we know it?" In that issue, this question was grappled with through the fields of neuroscience, genomics, and pre- and peri-natal psychology. In this issue, John May critically evaluates the body psychotherapy literature from a novel and imaginative point of view, using Kurosawa's classic film, "Rashomon" as a template of inquiry. He explores the problem of belief, asking what is subjectivity, what is truth? How is the clinician to evaluate the conflicting claims put forth in the body psychotherapy literature? He discusses four types of narratives frequently found in tautological relationship to each other in much of somatic psychological literature: the clinical story, the life story, the therapeutic story, and the theory. The loose relationship between theory and evidence, he shows, leads to "wild assertions", of which he gives many examples. In conclusion, he recommends that in order to escape from our place under the Rashomon Gate, we must support our work on a three-legged stool, supported by introspection, observation of clients, and research evidence.

In the current issue of *The New York Review of Books* (March 24, 2005, pp.34-36), Oliver Sacks, in a touching memoir of his long and mutually inspiring relationship with Francis Crick entitled "Remembering Francis Crick", quotes him as saying in the early 1960's that "understanding the relation of brain and mind – in particular the biological basis of consciousness, was one of the two or three great enterprises to be embarked upon in the near future.

In the second of three reviews of the neuroscience literature, Aline LaPierre continues to explore the relevance of the findings of "that great enterprise" to the practice of body psychotherapy. Some of the themes she pursues in this installment are:

- Emotions as cognitions of bodily states and organizers of behavior, as well as virtually every type of information the brain can encode.
- The importance of the mother (primary care giver) as regulator of the infant's arousal states and genetic expression leading to self-regulation.

- Development as an interactive series of reorganizations within hierarchies, feedback loops and evolutionary layers which allow for increased complexity, stability and adaptivity.
- The brain as a dynamic, embodied process.
- The significance of the existence of implicit, procedural memory, comprising internal working models of attachment and emotional social information in place long before explicit memory comes online around 18 months.
- The importance of positive affects especially in early development as the key to growth supporting psychological states and physical health.

She concludes by highlighting the importance of the psychotherapist as “the psychobiological regulator of the patient’s affective states with a quote from Allan Schore:

The attuned, intuitive clinician, from the first point of contact, is learning the nonverbal moment-to-moment rhythmic structures of the patient’s internal states, and is relatively flexibly and fluidly modifying her own behavior to synchronize with that structure, thereby creating a context for the organization of the therapeutic alliance.

In the initial section of her three-part neuroscience review,(USABPJournal, Vol.3, No. 2) Aline LaPierre concluded with a call to “somatic psychotherapy...to draw on its rich tradition to contribute valuable insights to the practical application of neuroscience with approaches that harness the plasticity of our nervous systems by stimulating neural connectivity, expand[ing] the inner reaches of the brain and enhance[ing] the interactive cooperation between sensations, emotions, and thoughts – and thus maximize the potential for gene expression and brain growth”. In this regard, she stressed the importance of exploration of subtle dimensions of the body at microscopic cellular and molecular levels, exemplified by approaches such as Continuum.

Continuum represents, for its originator, Emilie Conrad, a lifetime of exploration of the possibilities of the fluid movement she originally observed not only within herself but in the wave motions of the sea, the exploratory undulations of aquatic creatures, and of the Haitian prayer rituals she observed and participated in during her time there as lead dancer in a folklore company. Feeling intuitively that God was not, as she observed in her culture, “elsewhere”, she has spent more than 40 years in work with individuals, with groups, and in university laboratories, exploring the wisdom of the fluid of the cells of the body. Her intuition has been informed by quantum physics, cell biology and astronomy. Her pathbreaking work with spinal cord injuries has challenged the received knowledge of current medical science.

As she illustrates in a case history, Emily begins with breath to activate the fluid system of the body, the resonance of which is often referred to by others as various forms of energy. She then leads the patient to “complex intrinsic movement,” opening him to new sensations, perceptions and connections with himself, others, and the beyond. As she says, “Our relationship with our planet is maintained by the resonance of our fluid systems with all fluid systems....” (In the contemporary spirit of “full disclosure” it should be known that I have taken workshops with Emily about once a year since 1997, and I have consistently admired not only the fluidity of her body but the incredibly innovative fluidity of her intellect along with an ability to articulate clearly what she thinks and how she moves. But, even her articulate clarity, it seems to me, only begins to express in writing the seemingly infinite subtleties and permutations of her work.)

In our final article, Ron Panvini, psychologist and Bioenergetic analyst as well as musician, illustrates the use of singing as both diagnostic tool and treatment in body psychotherapy. After reviewing the literature on the psychological aspects of singing and establishing a working definition (“the ability to carry a tune, to execute a tune in rhythm and to do this with appropriate feeling”), he presents several case vignettes illustrating how physical/emotional blocks can be affected through vocal resonance and song, using carefully chosen lyrics. He concludes that, contrary to popular belief,

“difficulties in singing often appear to be the result of psychological factors rather than genetic deficiencies or lack of talent.”

Panvini’s conclusion reminds me that my own introduction to the body in relation to emotions came through the performing art that I had always studied: dance. As a graduate student living in Cambridge, I belonged to the Charles Street Meeting House, at that time a veritable den of creativity. Its leader was a poet publishing his books on an old press in the basement, a student was virtually rebuilding a 100-year old pipe organ, but the two members of great interest to me were Diane and Al Pesso. They were at that time dance instructors at a well-known performing arts college in Boston (at which, interestingly, one of the founders of USABP has taught for many years). Word came through the congregational grape vine that, puzzled by the differing abilities of their most advanced students to perform various kinds of movements, they were working with them to explore the emotional dimensions of those differences. And, they offered members of the Meeting House the opportunity to form a group for similar explorations. I remember finding it a totally fascinating “other world” and a wonderful antidote to overworking as a full time member of the MIT research staff as well as carrying a full graduate load of courses in political science and international studies. In that group, as I remember, the Pessos began to work with some of the “structures” that eventually became the basis for their work. I had always danced, but the psychological aspect was utterly new, and it took many more twists and turns of personal and vocational choices to eventually discover my

life's work several years later.

Jacqueline Carleton, Ph.D.  
Spring 2005  
New York City

## ***The USA Body Psychotherapy Journal Editorial, Volume 4, Number 2, 2005***

This issue of the USABP Journal is dedicated to research. For whom do we design and publish research? For ourselves? Our colleagues? The larger medical or healing or helping community? The answer to that question affects the design, execution and certainly the outcome of any project. In a newly burgeoning field such as body psychotherapy, we must not only seek knowledge of the intricacies of human beings, fascinating and useful as that is in and of itself. We also want to be able to communicate with our peers in psychology and the other social sciences. Sociopolitical realities and financial considerations oblige even clinicians with no research interests per se to be familiar with body psychotherapy research. Not only can it inform the way we practice, but it can also help us to explicate our work to psychological, medical, and other helping professionals.

As Dr. Margit Koemeda-Lutz points out in her excellent introduction to our lead article, "Health professionals have an ethically imposed duty to have their services guided by most recent scientific findings, to take part in educational training programs and to continuously evaluate the effectiveness of their therapeutic work..." Dr. Koemeda-Lutz and her colleagues were honored with the USABP Research Award at the 2005 USABP Conference for their presentation of the preliminary results from a multi-center study of patients in outpatient clinics in Germany and Switzerland. In our lead article, they compare outpatients in body psychotherapeutic treatment with a matched sample of other psychotherapeutic patients...." Three questions guided design of the study:

1. What kind of patients ask for outpatient body psychotherapy?
2. how much do patients improve during treatment?
3. Can these results be preserved after the termination of treatment?

Looking at data from standardized tests administered before treatment, at 6 months of treatment, and after 2 years of treatment, they found interesting differences between the two groups which are detailed in their article.

The student research award went to Amelia H. Kaplan and Laurie F. Schwartz for their pragmatic case studies of two of Ms. Schwartz's patients. Utilizing videotapes, transcriptions of selected sessions as well as standardized tests and pre- and post-therapy interviews, they present us with what Clifford Geertz in *The Interpretation of Cultures* (New York: Basic Books, 1973), would have called "thick description." Although he is speaking of cultural analysis, he could well be depicting sophisticated clinical psychological research when he suggests that its import lies in "...guessing at meanings, assessing the guesses, and drawing explanatory conclusions from the better guesses, not discovering the Continent of Meaning and mapping out its bodiless landscape." (p. 20). HE goes on to point out that therefore, "the essential task of theory building here is not to codify abstract regularities but to make thick description possible, not to generalize across cases, but to generalize within them...called...[in] depth psychology, clinical inference." (p. 26). By presenting the therapist's theoretical approach and her thoughts about how it applied to each patient as she tracked their different patterns of progress, the cases in this study take on a richness which fleshes out the quantitative measures employed by these two investigators.

A similar approach to data reporting is taken in one of the earliest studies in body psychotherapy, undertaken in the late '70's by Drs. Alice and Harold Ladas, but never published. They include both quantitative results and quotations from survey questionnaires.

Dr. Ladas provided the following narrative of how this study came about:

In 1977 at a Bioenergetic Conference in Waterville Valley, women Bioenergetic Analysts met separately from the men. The following season, a number of women therapists met for 10 sessions in New York City. Alice Ladas served as secretary. Attendees appeared reluctant to express their beliefs openly in the presence of trainers...even though female. So the Ladases decided to give women a chance to express their beliefs and feelings anonymously. "Women and Bioenergetic Analysis" is the result. Rather than welcoming the study, which supported the efficacy of the therapy, while challenging some of the theories of Al Lowen about women's sexuality,( Reich and Lowen descended from Freud who believed a woman immature unless she transferred her focus on her clitoris to her vagina.)

Women and Bioenergetic Analysis, one of the earliest valid research projects in body psychotherapy, was not published in the Bioenergetic Journal nor was it listed in the Bioenergetic bibliographies. Although it was printed privately as a pamphlet by The Connecticut Society for Bioenergetic Analysis (under Dr. John Bellis), the study has never been readily available to interested clinicians and lay persons until now.

Following the above three quantitative studies, we have an annotated compendium of published empirical studies of the outcome of body psychotherapy treatment. In "the Outcome of Body Psychotherapy," John May provides a valuable resource for researchers contemplating projects in this field as well as for clinicians seeking information on the effectiveness and/or efficacy of various theories and methods. This article updates material presented in the last two conference Proceedings.

Our final article represents a quite different sort of research. Colleen Campbell's annotated list of body psychotherapy modalities began life as a project for one of her academic courses, but soon outgrew those limits. She spent more than a year relentlessly tracking down body psychotherapy modalities and their founders as she defines them in her article, culminating in a summary of the history, theory and process of each modality. In addition, she provides a summary of an article which in her judgment and/or that of the founder, describes it, along with directions referring the reader to additional journal and online sources. This is meant as an introduction to the field of body psychotherapy and will be a valuable resource for body psychotherapists to easily access essential materials outside of their own modalities.

I would like to think that the variety of research articles in this issue is indicative of the multiple directions in which our efforts and interests can expand. We must become aware of the number of "modalities" in our field and the often-subtle differences between them. As I read through Colleen Campbell's manuscript, I was struck most by the similarities and the minuteness of the differences. I do not know what, if anything, this means. Are we coming close to being able to cite a common body of theories and practices...a unified field? Would we even want to?

Jacqueline Carleton, Ph.D.

Fall 2005

New York City

## ***The USA Body Psychotherapy Journal Editorial, Volume 5, Number 1, 2006***

Our fifth year of publication begins with an issue honoring the 75th birthday of one of the pioneers of body psychotherapy, David Boadella. He founded *Energy & Character*, which was the first truly integrative body psychotherapy journal. As he points out in his interview with Esther Frankel in this issue, the Journal of Orgonomy preceded *Energy & Character*, but it was a single-modality publication and has remained so to this day.

I had known about the *Journal of Orgonomy* earlier, but I did not hear of the existence of *Energy & Character* until its second year of publication, in 1971, when I began some initial research for my doctoral dissertation. I subscribed immediately, and discovered a whole world of body psychotherapists in Europe. Although I stayed within the limits of Reich and Orgonomy for my dissertation itself, I always relished reading about all the interesting explorations flowering beyond our limited shores.

When at a meeting of the USABP Board of Directors I volunteered to start a Journal, I immediately thought of *Energy & Character* as a model and inspiration. Just as *Energy & Character* had begun with more emphasis on the quality of its content than its visual appeal, I envisioned this Journal as above all a means of communication among our members and the body psychotherapy community at large. I knew that as we grew as a field and as an organization, this Journal would grow in its professionalism and professional appearance.

Along with Silvia Specht Boadella, David Boadella also founded Biosynthesis a few years later, and a number of the articles in this issue explicate various aspects of Biosynthesis. The range of his intellect and interests are also reflected in the few articles in this volume. Not only is he a beautifully clear and original theorist, but he is also an incredibly erudite and widely read scholar. And, from all reports and my own viewing of videotapes, he is an exquisitely sensitive and resourceful clinician. Much of this is sensitively revealed in Esther Frankel's lengthy interview with David Boadella which inaugurates this volume. The interview is not only a window into the life of this man but also another contribution to the history of body psychotherapy as he recounts his engagements with his contemporaries.

Although virtually every article in this issue makes historical references and comparisons of conceptualization, "The Historical Development of the Concept of Motoric Fields" with its attached Glossary, is the most condensed example. It is a companion to the more fully developed "Shape Postures and Postures of the Soul" based on a lecture given at the 12th World Congress for Psychosomatic Medicine" in September of 1993. Here he

explicates each of the fields worked with in Biosynthesis and gives clinical examples of how they can be implemented.

Two more recent articles, written with Silvia Specht Boadella, outline major concepts in Biosynthesis, which they have developed together for the past 20 years. "Basic Concepts in Biosynthesis" was written at the request of the World Council for Psychotherapy. "Depth Psychological Roots of Biosynthesis" traces its relationships with ten different branches of psychodynamics and depth psychology. Again, I find myself in awe of the breadth of their knowledge.

"Tree of Man", published in the late 1990's, is an exquisite essay using the metaphor of the Tree of Life to emphasize the deeply spiritual dimensions of his thought. The poeticism of its prose style is deeply moving.

At the opposite end of our time spectrum is "Organ Systems and Life Styles", his earliest work elaborating the embryological model which would have such influence in body psychotherapy and is being increasingly confirmed by current neurobiological research. Here we see his relationships to his progenitors such as Reich and also to others working and writing in the early 1970's such as Stanley Keleman, Ron Kurtz, Gerda Boyesen and Stan Grof.

"Embodied Intentionality" by Milton Correa and Esther Frankel traces relevant historical roots of the concept of intention in relationship to motoric fields and then gives two clinical examples of its application.

Because of its importance as the first real body psychotherapy journal, I have asked David Boadella to outline its genesis and development for us. His profile of this unique publication follows.

Jacqueline Carleton, Ph.D.

Spring 2006

New York

***Energy & Character***  
**Guest Editor, Volume 5, Number 1, 2006**  
**David Boadella**

The idea for *Energy & Character* grew out of a lecture I gave in London in 1968. People who came to this lecture wanted to stay in touch, and expressed the interest for a newsletter. In 1968 the first Bioenergetic workshop in Europe took place, and in the same year I gave a course to a group in Rome. In 1969 Gerda Boyesen arrived in England, and I set up the first lectures and groups for her there. Later from a lecture in Edinburgh on "Non verbal communication in psychotherapy", in 1969 came additional interest. Out of this mixed group of interested persons, came the idea instead of a newsletter to create a Journal: so *Energy & Character* was born, with a title that suggested on the one hand physics and biology, the energetic roots of existence, and on the other hand character, in the psychic and social meanings. Character has roots in ancient Greek which on the one hand refer to the formation of the personality in the culture, and on the other hand relate to the core, or essence of the person, his or her unique individuality.

*Energy & Character* was founded in 1970 as a Biosynthesis journal. It is now the best known body psychotherapy journal in the world, and the second longest established in its field. It has been edited by me as founding editor, with co-editor assistance during the early 1980s from Steve King in England, and between 1994 and 1998 from Andreas Wehowsky in Germany and from 1999 till 2001 by Gisela Wallbruch. Since 2003 the Manager editors are Milton Correa and Esther Frankel. Dr. Silvia Specht Boadella has been co-publisher and co-editor of *Energy & Character* since the beginning of 1999.

*Energy & Character* was formerly produced by Abbotsbury Publications, a publishing house I founded in England. The journal was the publication of the former Centre for Biosynthesis, based in London. Today the journal is the publication of the "International Institute for Biosynthesis IIBS" (Switzerland), where it has been published since the beginning of 1999..

Thanks to its easily understandable style, the journal has been successful where many other more ambitious, high-profile journals ceased publishing after only a few years. In total, we have published more than 100 issues, with well over 10 000 pages of detailed and relevant information. This has included over 800 articles, 310 book reviews and bibliographic features, over 90 congress reports, psychopolitical reports, and other specialised articles on significant body psychotherapy events.

*Energy & Character* has a small, exclusive but highly professional readership consisting of around 650 dedicated subscribers. Around 100 universities, institutional and professional libraries in many parts of the world receive the journal, which is sent to subscribers in about 40 countries worldwide. Over 300 authors have now written for *Energy & Character*, around one third of whom have been women. This is a very good percentage compared with the gender ratio of most publications. A bibliography of the first twenty years of *Energy & Character*, in English, has been published in two volumes totaling 130 pages, itemizing the contents. The editor is David Major.

The authors writing for *Energy & Character* have included the founders of most body psychotherapy schools, including Alexander Lowen, John Pierrakos, Gerda Boyesen, Malcolm Brown, Charles Kelley, Eva Reich and Lillemor Johnson, as well as the first generation of vegeto-therapists such as Ola Raknes and Tage Philipson.

During the past thirty five years, *Energy & Character* has been dedicated to the following themes and more:

a) Prenatal and perinatal psychology with an emphasis on dynamic embryology: In this subject, we concentrate on the roots of our somatic formation and the origins of our psychobiological development.

b) Psychotherapy based on somatic origins and depth psychology: *Energy & Character* has always welcomed many articles from a variety of psychotherapy schools. There is a tradition dating back over many years within body psychotherapy that is founded on depth psychology. Body psychotherapists including Pierre Janet, Paul Schilder, Wilhelm Reich, Otto Rank etc. formed this tradition, upon which Biosynthesis is also based. The psychosomatic branch of psychology etc. is also important in this context.

c) Somatic therapy and complementary medicine also play a role in *Energy & Character* in conjunction with body psychotherapy: In this context we are concerned with a broad spectrum of body-orientated methods, including types of breathing therapy, motion therapy, treatment techniques etc.

d) Social psychology and political aspects: *Energy & Character* also deals with sociological and psychopolitical aspects of health, education, sexuality and ecology.

e) Bio-spirituality and transpersonal psychology: We use the term "bio-spirituality" to mean spirituality that has its roots in the body as well as in the reality of day-to-day life. Transpersonal psychology picks up on a legacy of Eastern and Western traditions that is thousands of years old. The broad field of "energy & consciousness" has developed into one of the most productive and interesting areas of research, particularly within the past decade. In this field, healers, medical doctors and other researchers have united to establish new evidence and new paradigms relating to the expanding area of consciousness that incorporate the physiological effects of meditation and the perception fields of contemplative psychology.

Well-known national and international entities from a variety of schools of (body) psychotherapy deserve our thanks for agreeing to become members of the "International Editorial Advisory Board" of *Energy & Character*, which provides the quality of *Energy & Character* with added depth. This Advisory Board will provide the publishers as well as the editors of the journal with constant advice and support. Currently the members of the International Editorial Advisory Board are as follows: Barbara Jakel, Clover Southwell, Esther Frankel, George Downing, Heiko Lassek, Helder Coelho, Jacqueline Carleton, Jerome Liss, Liliana Acero, Marianne Bentzen, Michael Heller, Ole Vedfelt, Peter Levine, Susana B. Volosin Sexton, Ulfried Geuter, Ulrich Sollman, Victor Seidler, Will Davis.

## ***The USA Body Psychotherapy Journal*** **Editorial, Vol. 5, No. 2, 2006**

This is an incredibly exciting time to be editing a body psychotherapy journal. Our field is exploding with new research, theory and techniques. And "mainstream" psychotherapy and psychoanalysis are finally realizing that if the deepest healing, especially of early trauma, depends on accessing implicit, procedural, right brain imprints and connections, the **bodymind** holds the keys. As this literature has appeared over the last few years, I have found myself chuckling and breathing a sigh of relief as it simultaneously validates (and invalidates!) and refines much of what I have been practicing and teaching for the past 30 years.

This issue leads off with two clinical pieces, both of which illustrate how these exciting ideas can be applied to our work with patients.

Calling on her comprehensive knowledge of object relations, somatic and trauma theory and practice as well as affective neuroscience and Jungian psychology, Jane R. Wheatley-Crosbie weaves a seamless model of an integrated treatment for patients with chronically impaired self-regulation. The entire article is ingeniously organized around her treatment of a young woman experiencing traumatic reenactment of early trauma. As she takes us through the treatment, she highlights what each of these approaches contributes to a seamless, integrated whole.

Robert Lewis's article is organized around his conceptualization of "cephalic shock," a state in which the patient is "trapped and tormented by the mind within his head while remaining functionally disconnected from it." Drawing on neuropsychobiology, attachment theory and object relations in addition to his Bioenergetic orientation, Lewis presents three clinical vignettes along with his countertransference in each situation. Sometimes amusing, always touching, patient and therapist confront each other in themselves.

In this third and final review of recent publications in neuroscience, Aline LaPierre asserts that "understanding the biological nature of perception, learning, memory, thought, feeling and consciousness has emerged as the central challenge of the biological sciences," and asks herself: to what extent we can use this literature to modify, enlighten, and/or refine our existing frameworks and clinical interventions.

While the first two articles in the series focused on what we body psychotherapists need to know from the current neuroscience literature, this final segment reviews "neuroscientifically informed" works on clinical practice by psychologists themselves, especially somatic psychologists. As she points out in her conclusion, neuroscientific research has made it impossible for psychology and psychoanalysis to remain on the explicit level of awareness and communication. While dreams may be the royal road to the unconscious, the body is the royal road to the non-conscious, implicit level at which deep healing can occur.

In "A Topography of the Mind", Michael Heller proposes a model of the mind with practical, clinical applications compatible with contemporary neuroscience. He attempts to distinguish resonance from intersubjectivity and shared awareness, concentrating on implicit (nonconscious) rather than explicit (conscious or unconscious) events. He explores implicit knowledge, intersubjectivity and the flow of consciousness, building on Daniel Stern's conceptualizations in THE PRESENT MOMENT.

Cedar Barstow, in "Right Use of Power, The Heart of Ethics" challenges us to enlarge our ethical focus beyond the strictures and boundaries normally taught in ethics courses. She describes an ethic of compassion in which the therapist utilizes personal and professional power to nurture a relational, present, heart-centered approach to conflict.

Admirably carrying forth the mandate of the USABP to support and encourage body psychotherapy research, John May presents the results of his search for empirical studies of body-oriented character typologies. In this article he summarizes the results of his query, discusses their meaning and implications for body psychotherapy, and makes recommendations for future study. A companion piece is available on the USABP website describing in detail the method and results of each study. Both articles are valuable resources for anyone contemplating research in this field.

With this issue, we conclude our first five years of publication. An index to these 10 issues will shortly be posted on the USABP website.

Jacqueline A. Carleton, PhD

Fall 2006  
New York City

## **The USA Body Psychotherapy Journal**

### **Editorial, Volume 6, Number 1, 2007**

What a wonderful way to inaugurate our second 5 years of publication: with a double issue devoted to the work of Stanley Keleman and his students, on the occasion of his 75<sup>th</sup> birthday.

For me, it began after the last USABP conference at which Stanley was honored with a lifetime achievement award. I had to leave early to attend my daughter's college graduation and missed the award ceremony. A few weeks later, I emailed Stanley and asked if he would like to submit something to the Journal. He didn't sound very interested but said he was working on a couple of things and might send them to me when they were finished. I waited. Finally two lovely pieces arrived and we started communicating about possibly publishing them. I suggested that if he had more unpublished works, we might publish more....maybe a complete issue devoted to his work. That is when he allowed as how he had heard that some of his European students were putting together a *festschrift* for his 75<sup>th</sup> birthday. I contacted Gerhard Zimmerman, one of the editors, who said they had in fact been wondering how to publish it. We decided to collaborate in choosing which articles might be appropriate for the Journal, and he agreed to co-edit this issue. He has been a fantastic collaborator, facilitating my extensive communications with the authors, etc., and often just being there at the other end of the internet or telephone.

So, volume 6, #1 has been a delightfully collaborative effort, not only with my co-editor, but with many of the authors whose works were selected. I have learned a lot about, for example, German poetry and the meanings of "synesthesia". Virtually all of the contributors to this volume have submitted to at least one if not two or more editings of their work and numerous questions from me. A brief but very interesting e-mail exchange frequency ensued.

An integral part of Formative Psychology has been the development of a language to describe some quite complex conceptualizations. Stanley has had to be linguistically innovative, finding and creating a language to express his insights. At times I have definitely felt I was drowning in it,( somewhat like the first time I took a graduate course entirely in a foreign language) but I intentionally did not grab on to the shelf of his other published works for illumination. I tried, for the most part, to confine myself to what will be available in this volume to make sure it would be accessible to those with no Formative Psychology background. To that end, we have included a Glossary which I would strongly suggest you look over initially and refer to frequently.

Stanley's wide-ranging intellectual interests are somewhat but certainly not entirely represented in the wide range of both professional and non-professional practitioners of Formative Psychology. Doctors, lawyers, literary scholars practice Formative Psychology to one extent or another as do the clinical psychotherapists who have contributed to this issue. It is intriguing to note that several of the clinicians have chosen to write about the use of this method in a personal crisis. Their professional approach and analyses make these personal narratives particularly incisive as they in most cases seamlessly meld subjectivity and objectivity ....reminding us of another false dichotomy, the Cartesian mind-body split.

The original two articles eventually spawned three others, so we are fortunate to be able to lead off with five recent articles by Stanley Keleman as well as one reprinted from 1978. This gives us the flavor of his mature thought as well as some of his basic conceptualizations.

The following two articles are "memoirs". Sylvia Adler has constructed a memoir based on notes and journals of 35 years of association with Stanley Keleman. She chronicles the evolution of his thought, especially what is meant by Formative Process. She elucidates Formative Journal work and the Five-Step Process or How Exercise.

It is followed by Clifford Goldenberg's brief account of making videos with Stanley since 1999.

The next six pieces integrate Formative Psychology with related fields of inquiry. Utilizing mainly German neuroscientific literature, Gerhard Zimmerman describes how the basic structures of the brain are utilized and affected in Formative Psychology, especially in voluntary muscular effort (VME). Characterizing Formative Psychology as an adaptive rather than a pathological model leading to individual differentiation and growth, Leila Cohn embarks upon a fascinating discussion of the neurological underpinnings of cortical-muscular selection. She sees Keleman's view of the body as "an emotional-anatomical continuum of many layers of organization whose architecture and way of functioning compound the human subjective experience."

Focusing on the role of the hands in the Formative process, Peter Loliger explores the implications of hand gestures from four vantage points: their phylogenetic and ontogenetic history, their neurophysiology, their psychological and philosophical implications, closing with several clinical vignettes. In Formative Therapy with Clients Who Seek to Merge, Sylvia Adler delineates and explains the four somatic structures used in Formative Psychology and their changes in terminology since they were first introduced in EMOTIONAL ANATOMY. In the course of preventing vasovagal collapse of patients undergoing minor surgery, Hubert Mossmann demonstrates that the effectiveness of the How Exercise is primarily due to its engagement of a cerebral feedback system. In another clinical application Gine Djikers-Lotgering offers a case history of the treatment of a person experiencing disruptive

flashbacks of sexual abuse. And Tim Davis and Isabel Cosgrove have written a wonderfully clear integration of Chinese Medicine, Western medical concepts and Formative Psychology through the lens of a case history that is an example of truly integrative medicine.

Danielle Chauvelot's piece bridges the theoretical and clinical articles enumerated above, with the personal narratives in the next section. It is a lyrical, thoughtful account of work with her self, in a group, with clients, and in the writing of this article. It is a step-by-step description of the four phases of her acquisition of Formative work, which she then applies to a personal issue at a transitional stage of life and then her work with clients.

Five experienced psychotherapists offer personal narratives of their use of Formative methodology in their own lives...a testament to the depth of their experience with the work. Maggie McKenzie, a mature psychotherapist, recounts her confrontation with panic symptoms at the onset of the changes of menopause.

Christina Loeffel Hickey, a Jungian analyst, confronts the implications of Stanley's statement that "the body is the unconscious." Martha W. Knobler presents a nuanced, detailed description of a therapist's personal use of Formative theory and practices in her continuing work with her autistic child in his developmental therapeutic program. Josephine Dahle describes how the discovery of an ectopic heartbeat challenges an experienced psychotherapist to befriend her bodymind in a new way leading to personal life changes and resounding in treatment for patients. Carola Butscheid offers a description of her use of the voluntary muscular effort central to Formative psychology to deepen and enrich her personal, differentiated stance in her post-menopausal years.

In *Soma and Its Production are Twins*, Irene Kummer elaborates a Formative approach to creating or encountering a work of art, illustrating the process with special attention to her specialty, German Romantic poetry. She thus aligns her analysis with two aspects of Stanley's oeuvre only alluded to in other articles: his work as a visual artist (sculptor) and as a poet.

And finally, Terry Cooper and Jenner Roth, two of the co-founders of a 30-year old psychotherapy center in London, explain their use of Formative Psychology to redefine an organizational crisis as a transition rather than a disaster.

A selected bibliography of published works by and about Stanley Keleman follows.

It has become a small tradition to do a volume once a year or so honoring a major figure in the development of body psychotherapy. The purpose of these volumes is to bring to the attention of the body psychotherapy community a body of literature they may not have previously investigated. I have tried to ensure that each volume contains both unpublished works of the honoree and works by students and colleagues based on the work of the originator. I really feel that this issue fulfills those goals with both theoretical and clinical material. Stanley Keleman's obvious delight in what his students have written and the respect and affection in which he holds them (and they him, of course) has made this issue a deeply satisfying, deeply formative experience for the editor.

Jacqueline A. Carleton, PhD  
February 2007  
New York

## **In Honour of Stanley Keleman's 75<sup>th</sup> Birthday**

### ***The USA Body Psychotherapy Journal***

### **Guest Editorial, Vol. 6, No. 1, 2007**

This double issue intends to honour Stanley Keleman for his lifework. The articles of this volume are written by authors from three different continents and provide an overview of the comprehensive concept of Formative Psychology and its practical application in many different spheres of human existence. The topics are diverse and include personal narratives and case studies, as well as theoretical and lyrical approaches to the field of Formative Psychology. There are also several exceptional articles written by Stanley himself. All contributions in this issue reflect the humanistic and evolutionary perspective that Formative Psychology offers to human existence.

In his books "The Human Ground/Sexuality, Self and Survival" (1971) and "Your Body Speaks its Mind" (1975), Stanley Keleman introduced the basic principles of Formative Psychology. He has steadily cultivated the formative concept into an encompassing philosophy of the body and continues to broaden and deepen applications of the methodology. Stanley creates a unique learning environment for his students and colleagues and supports unfailingly those who are committed to applying formative principles. Formative Psychology is the result of over 45 years of research, teaching, and – above all – clinical work.

Formative Psychology emphasizes the influence of the body and the brain on each other and the organizing principle of expansion and contraction as the basis for self regulation of human organisms. It offers a somatic methodology, which allows an individual to engage cognitive functions in a cooperative dialogue with the body in

order to influence and differentiate thinking, feeling and personal experience. Feeling and personal experience are closely related to the shape and intensity of a behaviour pattern that can be altered over time through the repetitive use of discrete cortical muscular effort.

As an experienced medical doctor working in the field of behavioural medicine I can strongly confirm that Formative Psychology is not only highly effective in the treatment of anxiety and depression, it also offers excellent results in the treatment of psychosomatic and stress related diseases such as eczema, asthma, chronic pain, eating disorders or tinnitus.

I wish all readers of this special issue many interesting and rewarding insights and to you Stanley I wish you good health, happiness and many more fruitful years. Thank you very much for your outstanding teachings and your personal support as a colleague and friend.

Gerhard Zimmermann, MD

January 2007

Mainz, Germany

## ***The USA Body Psychotherapy Journal Editorial, Vol. 6, No. 2, 2007***

I feel so fortunate to be part of body psychotherapy at this point in time. Courtesy of neuroscience and the attachment literature, we are suddenly relevant to the more “mainstream” areas of psychology and psychoanalysis. Freud’s 1923 assertion that “the ego is first and foremost a bodily ego” is finally being taken seriously and explored. When Freud and Reich split in 1930, Reich seems to have taken the body with him leading many modalities to consider the mind the antithesis of the body, characterizing intellect a mere defense. In the ensuing decades psychoanalysis and body psychotherapy developed in parallel lines, which by definition never cross. With some exceptions (Authentic Movement, for example, grew out of and has stayed closely allied with Jungian analysis.), each seemed to ignore the other, stuck in the conflict of an earlier era.

In the last few years, perhaps particularly in the years since the founding of the USABP just outside of Boston, body psychotherapists have begun to study and incorporate developments in object relations, self psychology, etc. into their thinking and practice. People originally trained in dance, movement, body work of all sorts pursue graduate degrees in psychology and social work and attending analytic institutes. Practitioners trained in both areas sometimes amalgamate them seamlessly and sometimes run two totally separate clinical practices.

Trauma treatment has also built bridges between the two land masses. People such as Bessel van der Kolk , Peter Levine and Pat Ogden have pointed to the ways in which both developmental and shock trauma are held in the body in their considerable writings and trainings. Psychoanalytic institutes have begun to offer training specifically in the field of trauma treatment, which inevitably includes consideration and to greater and lesser extents, treatment, of the body.

What, then, of the relationships between different schools and modalities within body psychotherapy? In his thoughtful article, “Common Factors in Body Oriented Psychotherapy”, Fernando Ortiz grapples with questions such as why, historically, there is such polarized diversity in body psychotherapy and then with what are the common factors, most of which are shared by every form of psychotherapy. How significant are these factors to the outcome of the process? His report of a pilot project surveying seasoned body psychotherapists of 8 different countries provides some interesting suggestions.

In a similar vein, A. Pribaz and Mauro Pini, in “Recovering the ‘Reasons of the Body’ in Psychotherapy,” discuss the historical, philosophical and theoretical bases of the distrustful attitude of many verbally oriented therapists to the inclusion of techniques focusing on or including the body in their work. They suggest several ways in which integration might be fruitfully and easily accomplished.

In a companion piece, “Toward Mind-Body Integration: the Organismic Psychotherapy of Malcolm Brown,” the same authors, Mauro Pini and A. Pribaz suggest the model developed by Malcolm Brown and derived from theories originally proposed by Kurt Goldstein as exemplifying the marriage of humanistic psychotherapy with psycho-corporeal techniques inspired by Reichian and Gestalt traditions.

Again in an inclusive spirit, Judith Blackstone describes and illustrates a method of somatic attunement that she has developed for 35 years, first for her personal use and then with her clients. The series of exercises, which she has called Realization Process, has recently been included in two research protocols at New York University Medical School investigating reduction of PTSD symptoms in adult women survivors of sexual abuse. In “A Somatic Approach to Recovering from Sexual Abuse,” she proposes that these exercises can seamlessly supplement either verbal psychotherapy or other body psychotherapy methodologies.

In “Subtle Touch, Calatonia and Other Somatic Interventions with Children and Adolescents,” Anita J. Ribeiro and her colleagues, Maria Irene Crespo Goncalves, Maria Amelia Pereira, and Ana Maria G. Rios, introduce us to the psychophysical reorganization and integration theory and methodology originated by Petho Sandor. Utilizing Jung’s concept of the psyche and its relationship to the body, he devised a gentle body

psychotherapy designed to foster self-regulation (which he understood to be “the ability of an individual’s organism, in its physical, emotional and cognitive aspects, to spontaneously adjust to find its optimum state of activation in response to a given moment or challenge”).

They then describe utilization of Calatonia and Subtle touch in diverse settings in Sao Paulo - residential, outpatient and educational - with children from preschool age through adolescence.

Lisbeth Marcher and her colleagues Erik Jarlnaes, Kirstine Munster and Ria van Dijke, analyze and illustrate the neurophysiology and bio-psychological effects of touch, and describe various examples of touch in psychotherapy, in their article, “The Somatics of Touch”. They give illustrations of both therapeutic and educational settings in which they have found a “measurable psychological effect caused by bodily interventions.” We await the report of that research.

And, anchoring this issue of the USABP, we have Ofer Zur’s important and lucid discussion of “Touch in Therapy and The Standard of Care in Psychotherapy and Counseling: Bringing Clarity to Elusive Relationships”. He defines the standard of care in psychotherapy, reviews clinical research on touch in psychotherapy, identifies different types and articulates how non-sexual, clinically appropriate touch falls within the standard of care of psychotherapy and counseling.

I am pleased that this issue represents work by authors in and from a multitude of cultures: Mexico, Brazil, the US (both coasts), Denmark, Netherlands, and Italy. More multiculturalism, internationalism, whatever we want to call it, can only be of benefit to us all.

Jacqueline A. Carleton Ph.D.

September, 2007

New York City

## *The USA Body Psychotherapy Journal*

### Editorial, Volume 7, Number 1, 2008

In this issue of the USABP Journal, we honor one of the founders of contemporary body psychotherapy and also one of the most prolific writers in the field, Alexander Lowen. Al Lowen, having studied and worked with Reich, and then in partnership with John Pierrakos, began to challenge the medical model of treatment, with the partially undressed patient prone on the couch. Based on a more upright mode of treatment, he developed a characterology which both elaborated and refined Reich’s in some ways and differed enormously from it in others.

But, just as Lowen eventually differed from his mentor, Reich, I cannot fail to notice how most of the articles in this issue widen and broaden the conceptualization and techniques of Bioenergetics. They include psychodynamic and relational material seemingly of little interest to its originator in addition to the results of neuroscience and attachment research which was unavailable until the very end of the last century. Bioenergetic analysts, as they are called, who have worked within and around the Bioenergetic model for many years grapple with its concepts, applications and limitations. Several of them, having worked as student, patient and/or colleague with Al himself, also take on the professional and occasionally personal aspects of their mentor/therapist/colleague.

Co-editor of this issue, Jim Elniski, leads off with an article calling on his experience as both bioenergetic analyst and artist, elaborating Lowen’s concept of pulsation, applying it to clinical work with a client and to a community project in his complementary roles as practicing artist and educator. It has been a pleasure to work with Jim on this issue. His discernment, intelligence, and good humored professionalism have made him a wonderful collaborator.

Bob Hilton traces 40 years of experience, in bioenergetics as client, therapist, and trainer. He interweaves his personal and professional development with emerging changes, practices, and theoretical orientations in the world of bioenergetics. He points out the gradual evolution of the addition of a relational orientation, at first implicitly but now explicitly forming a part of his model of therapeutic action. He ultimately proposes that the energetic work happens within a relational environment of holding, grounding, transference and countertransference. Each point is cogently illustrated with personal and/or case material.

In a courageously self-disclosing and challenging article, Bob Lewis grapples with the “complex tapestry” of Alexander Lowen which Bob himself and indeed all of us create at the interfaces of our personal wounds, those of our mentors, therapists and patients, and the theories and techniques we embrace. Citing his almost 50 years of acquaintance with Lowen in various roles, he presents multiple aspects of the man, the therapist and the theoretician. He also revisits his earlier conceptualization of “cephalic shock”.

Phil Helfaer’s deeply reflective essay muses on a lifetime of growth and emergence as an embodied being. Tracing his development from boyhood to what Stanley Keleman, in last year’s issue, refers to as “late adult”, he offers profound observations of himself, Bioenergetics, and the several worlds he has explored.

In excerpts from her master’s thesis, Odila Weigand traces the genesis of the conceptualization and clinical

applications of grounding. After surveying the evolution of related concepts similar to “grounding,” she explores how particularly in Brazilian Bioenergetics, it has evolved in a widely applicable form. In doing so, she both deepens and updates our ability to think about and apply clinically this important concept.

Peter Fernald describes in detail and critically evaluates teaching Bioenergetics in a counseling course to college seniors. As body psychotherapy is being increasingly taught in undergraduate and graduate programs, this article models concerns and strategies that come with conceptual and experiential instruction. Examples of his adroit handling of the (sometimes anxiety-producing) material in 20-plus years of presenting it to undergraduates illustrate many of the ethical and pedagogical dilemmas involved as well as the often enormous benefits to students who participate.

Alice Kahn Ladas, Research Chair of the USABP provides us with the original Bioenergetic brochure, reproduced here with her memoir of Al Lowen and the beginnings of Bioenergetic Analysis.

A brief memoir and tribute by Laurie Ure focuses on the last few years and some of his last sessions and workshops. She touchingly relates how in her penultimate session, although he asked her several times what her name was, his intuitive sense of and passion to work with the body were undiminished.

And, finally, we have excerpts from a 1998 interview of Alexander Lowen by Frank Hladky, a longtime associate of Alexander Lowen, sent to us from Robert Glazer of the Bioenergetic Press along with the photos of Dr. Lowen.

Jacqueline A. Carleton, Ph.D.

April 2008

New York

*The USA Body Psychotherapy Journal*  
Guest Editorial, Volume 7, Number 1, 2008

Jim Elniski, LCSW, CBT

In Spring 2007, the USABP Journal put out a call for papers for an upcoming issue honoring the work of Alexander Lowen. We asked for pieces by experienced bioenergetic therapists and trainers who have taken Lowen's work as theorist, teacher, and therapist and used it in their own creative way. We were also interested in accounts describing the impact Alexander Lowen's development of Bioenergetic Analysis has had on their personal and professional development.

One measure of Al Lowen's greatness is the controversy that his bioenergetic theory, teaching and therapy has generated. Many of these papers represent the distinctive theoretical bioenergetic perspectives that have emerged. Many of these authors speak frankly of how their own ‘woundedness’, admiration, and at times, idealization of Al have activated and shaped their own development as theorists, trainers, and therapists.

All of the contributors in this issue share with Al his appreciation and respect for the mystery of life's movement. They write of the range of therapeutic and training possibilities resulting from his articulation of the energetic basis of biologic reality and the ways it animates life's striving for connectedness. Philip Helfaer writes of how instrumental Al's presence, respect, and sense of the living body was to his development as a therapist and theorist of the *bioenergetics of the self*. Peter Fernald's essay describes how he has effectively incorporated bioenergetics and its exercises in a higher education psychology class. In it, he cites the educational and developmental value to his students in having an embodied experience of the energetic dynamics of the human condition. In a complementary manner, Olida Weigand describes how the Brazilian bioenergetic community has extended *grounding* and the bioenergetic exercise class to social clinics that service less advantaged populations.

Al Lowen's investigation of the primacy of the pulsatory energetic core that animates life has provided a basis for many of his progeny to develop the relational dynamics of pulsation; a movement that extends out and into the environment as well as its counter movement back toward its moving center. Robert Hilton writes of this as the ever expanding-contracting process of human relationships and how it has informed the bioenergetic therapy training in Southern California. Bob Lewis challenges us to incorporate the contemporary understanding of attachment theory and the importance of the therapist/patient relationship in bioenergetic therapy while acknowledging Al Lowen's passionate and penetrating insights about the life of the body.

As a “fourth generation” bioenergetic therapist and client, the journey of self-discovery has led me back to experiencing the vitality of that pulsatory movement of being alive and of being connected to the world around me. Over the years I have become increasingly aware that my development as a therapist, an artist, and as a man, has been formed along the growing edge of the energetic movement with which Al Lowen and his colleagues have identified and worked. To approach life energetically gives me, and those I work with, the possibility to experience an embodied life.

I would like to share with you an example of how Al's work has found its way outside the therapist's office in my professional practice. Last summer I was invited to facilitate a collaborative art project with a number of Chicago organizations that supply social services for developmentally disabled adults. Each of these organizations provides space in which these individuals can work as artists. Typically, they come in and are hard at work on their individual projects with little interaction between them. What I designed is an example of one of the ways Al Lowen's focus on the living body has been applied to an alternative venue. In this community-based project, participants were led through a series of bioenergetic breathing, grounding, and stretching exercises that sensitized them to internal body rhythms through movement and sound. Each of them then individually painted on flexible wood slats the graphic pattern they had created in response to one of the internal rhythms with which they had become aware, e.g. breath, heartbeat, and in a couple of instances, a chronic tic. They then collaboratively wove together their individual slats into an eight foot tornado-shaped frame. This work was as much a growing edge of their connection to each other as it was the creation of a space to metaphorically hold and support their vitalness.

The challenges of living and growing with the legacy of Al Lowen's work reflects his greatness as the founder of an important cornerstone of somatic psychotherapy. The bioenergetic community is a living organism; its movement is temporal and subject to change over time in response to different social and cultural contexts; it does not have a fixed core, but rather a moving center; and, like pulsation itself, its growing edge is a work-in-process.

I was first came across the writings of Al Lowen in my early 20's, and subsequently bioenergetic therapy and clinical training, in my 30's. I thought I had found some of the answers to those 'mystery of life' questions. Now, into my 50's, the search for answers is beginning to fall away. What I do know is that my deepest experiences of being alive and connected with those I care for are those times, those moments, when I feel, in Al Lowen's words, "the life of the body."

Thank you Al. And thanks to those who have rigorously explored the terrain of the energetic foundations of the living body, its characterological formations, and has helped to facilitate our own exploration.

**Jim Elniski**, LCSW, CBT lives and works in Chicago where he has a private bioenergetic therapy practice. He has been on the Board of Trustees of the International Institute for Bioenergetic Analysis, is a local trainer and former director of the Chicago Society for Bioenergetic Analysis. Jim is also a practicing artist and Associate Professor and Director of the First Year Program at the School of the Art Institute of Chicago. His special interest, as therapist, clinical consultant, educator, and artist is the pulsatory nature of being alive and how we contact, shape, and are shaped by the world around us.

## *The USA Body Psychotherapy Journal* Editorial, Volume 7, Number 2, 2008

It is with enormous pleasure that I dedicate this research-focused issue of the *USABP Journal* to Alice Kahn Ladas, EdD, a leading light in the field of body psychotherapy.

Over the years we have served together on the Board of Directors of the USABP, I have frequently attempted to persuade Alice to write extensive memoirs, but she has been reluctant to do so at length. Below is a brief outline of her life in body psychotherapy in response to a recent query.

While I have never developed my own version of Body Psychotherapy, my contribution has been as a synthesizer and promoter of the field and especially of research.

My initial training was with such luminaries as Eric Fromm, Frieda Fromm Reichman, Harry Stack Sullivan and Nathan Ackerman when he was starting family therapy. I worked in his private office at that time. Dissatisfied with the results of therapy on me and on my clients, I became interested in the work of Wilhelm Reich, attended one Conference in Oregon and had some personal orgone therapy. I worked for a time on the staff of Reich's Infant Research Center in 1950 which led me to write my doctoral thesis on "Breastfeeding The Less Available Option" published by the *Journal of Tropical Pediatrics* in 1970. Done with the help of 1100 members of La Leche League, this study together with a lot of other people's efforts helped to turn the tide back to breast feeding in the USA. As a result of my contact with Reich, I also taught the first Lamaze class in educated childbirth in the USA.

When Lowen began his Tuesday evening seminars and lectures in 1955, it was my idea to form a not-for-profit organization. In 1956 I hired the lawyer to create the organization, found Al his first publisher, became a member of the first Board and introduced Al at his lectures. I designed and wrote the first brochure (pictured in the last issue of this Journal) which included a commitment (never honored because thought was being downgraded in favor of feelings) to doing research. It took from 1956 until 2000 to finally realize that dream. USABP was the first organization to accept my suggestion to give a prize for the best research in the field.

There was a time when I was simultaneously on the National Boards of SSSS (The Society for

the Scientific Study of Sexuality) and IBA (the Institute for Bioenergetic Analysis-later IIBA). One believed that only the vagina was important...the other that only the clitoris matters. I believed both were correct. This led to the study done with my late husband, Harold, "Women and Bioenergetic Analysis". Through a mail questionnaire, we gave all the women members of IIBA who had both received and given Bioenergetic therapy, a chance to say what they believed anonymously. Among the things they said were that the clitoris is important and so is the vagina and that this type of body psychotherapy had helped them sexually as well as in many other ways. However they did not agree with all the theories of its founder.

Under the title, "From Freud through Hite All Partly Right and Partly Wrong", I presented the results of the study in 1979 at a meeting of SSSS. It was there that I learned about the work of Whipple and Perry which led to another synthesis: the NY Times best seller, "The G Spot and Other Discoveries about Human Sexuality." A synopsis of that study has been translated into 19 languages and published in 29 countries. It is still selling world wide after more than 20 years. So that is rather widespread publicity for body psychotherapy.

But no matter how many times I urged the IIBA to develop research through offering a research award, it wasn't until I connected with the USABP through Erica Goodstone, that the first reward for research became a reality in 1999. When I joined the USABP Board in 2001, we expanded that effort and included a student research prize. Finally in 2005 research was given a place in the conference program where all attendees were able to acknowledge its importance. So support for the recognition of Body Psychotherapy goes way back to 1950 and my efforts on behalf of USABP are a continuation of what has been a very long term commitment to Body Psychotherapy

Three people have contributed memoirs of Alice: her sister-in-law, Carol Gaskin, her dear friend, Erica J. Kelley, and her colleague, Erica Goodstone, her predecessor as research chairperson of the USABP. Each sheds an additional light on this unique being.

My most vivid and amusing memory of Alice occurred one of the first times I met her. We were at a Board of Directors meeting in Egypt, Texas. In the heat of the day, on our lunch break, she was out on the tennis court taking on anyone who would play with her until they tired, and then she would summon the next one. None of them came within even 20 years of her age at that time. That is Alice!

Our lead article won the Student Research Award for 2008. Jeanne M. Denney conducted a study of the effects of states of compassionate presence on people in comatose states near death. She simultaneously measured heart rate variability (HRV) in both patient and in the person sitting beside the patient in self-identified states of compassion. Utilizing collateral data from caregivers and family members as well as reports and interviews of the "sitter", she explores important explanations and implications of the effects on both participants. Her protocol and presentation of data should serve as not only a pilot but a model for future studies.

Christa Ventling, Herbert Bertschi and Urs Gerhard studied the efficacy of bioenergetic psychotherapy on patients in three ICD-10 diagnostic groups: affective disorders, somatoform disorders and personality and behavior disturbances (F3, F4, and F6). Their retrospective analysis of questionnaires sent to 103 former patients of eight psychotherapists in private practice in Switzerland. Their inconclusive outcomes provide inviting avenues for further research. As has been found in most other types of psychotherapy, the authors conclude that the empathic qualities of the therapist as well as the way in which body interventions are integrated into the therapy may be the most important variables. And, as we know they are not only difficult to measure but challenging to articulate as well. The study also reminds us that we should be familiar with not only DSM diagnostic categories, but the more widely used ICD-10 as well.

Morgan Lazzaro-Smith is the recipient of the 2008 USABP Research Award for her study of body psychotherapy for the treatment of eating disorders. Interviewing nine therapists who use bodily interventions and seven eating disordered clients, she has identified important themes in the narratives of the clients' descriptions of their attempts to manage the relationships between their bodies and emotions. And, she has mapped the significance of specific interventions and their outcomes for the interviewees.

Anastasia D. McRae's thoughtful and sophisticated analysis of both qualitative and quantitative data collected from a sample of 164 licensed, practicing mental health professionals explores the attitudes toward touch of both those trained to touch and those who have had no such training. In this suggestive pilot study, she compares their attitudes and beliefs as well as their reports of what they actually do in various relevant circumstances.

In "What's Under the Hood? Using What We Know From Brain Research to Design Creative, Clinical Mind-Body Interventions" Laurie Leitch, Co-Founder and Director of the Trauma Research Institute and Director of Research at the Foundation for Human Enrichment steps back from her concerns with large-scale evidence-based research to ponder how to use some findings of neuroscience research in our clinical practice. She gives us several ingenious examples of the use of what we know about the brain to design clinical interventions.

Several people have been inordinately helpful in the creation of this volume. My summer interns, especially Laura Shapiro and Aviva Bannerman worked tirelessly to make it as finished as we could. Laura worked with one

of our authors to sharpen and focus her paper while Aviva did massive editing on many of the articles in this issue and some you will see in the next. Laurel Thompson, a fellow Board member proofread all the articles with particular attention to APA style.

Jacqueline A. Carleton, Ph.D.  
November, 2008  
New York City

*The USA Body Psychotherapy Journal*  
Editorial, Volume 8, Number 1, 2009

As we begin our eighth year of publication, I note with pleasure that the USABP Journal has begun to acquire a momentum of its own. As it becomes increasingly difficult to select from among the excellent submissions that come in, it seems clear that we are ready to expand, either by increasing the number of pages or by adding another issue each year.

How interesting to have such abundance of word in a time when much of the world is feeling that there may not be “enough” of many of the things we thought were absolute necessities, or in the case of USABP, not enough financial resources to facilitate the increase in publishing. It can remind us that this can be a time of generativity resulting from creative solutions to challenges that face us. Those creative solutions can be seen as investments. We will remain more resilient and in possession of the resources we have found and invented even after this time has passed. Publishing the Journal online is hopefully one example of this. What started as a temporary necessity may become a permanent fixture. And, by publishing online as well as in print, we hope to reach a wider readership and make the Journal more accessible to students and researchers.

In our lead pieces, Stanley Keleman, one of the most prodigiously generative people I have ever known, provides a creative insight into what has been called the second half of life. He has contributed two thought-provoking challenges to the topic of aging. In a poem provocatively entitled “Mirror, Mirror” and in a poetic essay, he delineates a view of mature, late adulthood. “Making Later Life a Formative Somatic Adventure” articulates how the cortex and voluntary effort are a unique duo in forming a personal somatic identity. He sees them as the agency of self development, thankfully far more powerful than the gene story.

The following article commemorates the passing of Eva Reich, who died in August of 2008 at the age of 84. Judyth Weaver, her longtime friend and colleague, has written a memoir of the many things she learned about Eva over the years of their friendship. A related article includes more memories of their father by Eva’s sister, Lore Reich Rubin.

William Cornell and Lore Reich Rubin take the film, *WR: Mysteries of the Organism* as case material for a discussion of Reich’s clinical and political work in a formal version of papers the authors gave to the Pittsburgh Psychoanalytic Society and University of Pittsburgh’s Film Studies and Eastern European History Departments in conjunction with the showing of Makavejev’s film.

As a psychotherapist originally trained as a classical Reichian, I always found the film confusing and embarrassing. So the analysis by Cornell and Rubin has been quite illuminating to me. Distortions and confusions are clarified by a number of specific critiques by both authors. Cornell appraises it from the point of view of a longtime serious reader of Reich’s works as well as practitioner of Reichian and subsequent body psychotherapies. Unlike Eva Reich, who identified with and followed her father, Lore Reich Rubin identified with her mother, Annie Reich, and became a classically trained, quite orthodox psychoanalyst in Pittsburgh. In recent years, since her retirement, she has been engaged in a reevaluation of her father’s work. (This was her first public presentation as “Reich’s daughter.” [personal communication 3-11-08]). Rubin’s insightful comments on Reich’s life, published here for the first time, illustrate a part of him insufficiently known and understood.

Rae Johnson, Somatics Chair at Santa Barbara Graduate Institute, presents a very sophisticated, far-reaching analysis of the embodiment of oppression. In this deliciously dense and condensed article, Dr. Johnson follows her introductory narrative of her own embodiment of her topic with an outline of her interdisciplinary conceptual framework and a review of the relevant literatures. She then analyzes five narratives gleaned from her tape-recorded interviews with participants in the study (mainly students at the University of Toronto), both in relation to how societal oppression became embodied by each as well as how each was ultimately able to use her body as a source of knowledge and empowerment. The relationship between embodied responses to oppression and the somatic effects of trauma is strikingly evidenced. She discusses the contributions of this research to embodiment theory, traumatology and somatic psychology as well as its important implications for clinical practice.

“Let There Be Light” was written jointly by British-Israeli psychotherapist Asaf Rolef Ben-Shahar and his client, Kate Wood. It recounts their courageous work together over the course of several years utilizing relational body psychotherapy to create differentiation and safety for the many “parts” of the highly dissociated Kate. Wood’s narrative is interspersed with Ben-Shahar’s explanations and observations, illustrating how the body organizes through both musculature and language.

We conclude with a review article by Aline La Pierre, whose primer and literature review of the neuroscience literature in earlier volumes of this journal helped to orient and ground us to the challenges of that emerging field. She has now taken on the subject of aging. Reviewing eight books published between 1993 (Betty Friedan’s *The Fountain of Age*) and 2008 (Louis Cozolino’s *The Healthy Aging Brain* and D.R. Hill’s *Seven Strategies for Positive Aging*), Dr. LaPierre grapples with redefining later life as a ‘powerful stage of life during which we [hopefully] complete the task of birthing ourselves.

It is fitting, as the Journal continues to grow and evolve that we “bookend” this edition with thoughts on

aging and maturing. It is through the process of time and the journey on earth, that all organisms, including this publication, continue to grow and mature, refined by seasons and fire, and come out better on the other end.

Jacqueline A. Carleton, PhD  
NYC, May, 2009

## *The USA Body Psychotherapy Journal* Editorial, Volume 8, Number 2, 2009

Body psychotherapy is no longer on the fringes of psychology and psychotherapy. Neuroscience has built a bridge between body psychotherapy and “mainstream” psychotherapies. Other psychotherapeutic modalities are curious about us, and it is time to claim our place as a mainstream, evidence-based branch of psychotherapy which has a great deal to offer. Four major US universities offer graduate degrees in somatic psychology, and undergraduate courses are mushrooming. Conferences of “major” organizations are asking us to present our work.

With this issue, we conclude our eighth year of publication. The USABP Journal has grown in every way since Robyn Burns and I sat in a Board of Directors meeting outside Houston and volunteered to put it together “somehow”. Robyn has been my constant colleague, lending her wise, critical and practical eye to advise me on virtually every aspect of the Journal and then to actually produce it! It has been a wonderful collaboration.

Now the Journal is bursting at the seams and we are investigating ways of letting it grow, perhaps exponentially. We need to publish at least one more issue per year. And, we need to make it more widely available online. Towards that end, USABPJ is exploring how best to meet these needs in the face of an uncertain economy and limited resources. Rest assured USABPJ will continue to “somehow” manage to provide the MOST possible content within our very tight financial constraints and will continue to strive to provide the BEST possible content.

Issue 8 #2 presents an array of historical, theoretical and empirical articles.

In the first in a series of 4 articles, Courtenay Young describes body psychotherapy: its scope, its various modalities, and how it fits – and where it doesn’t fit – into mainstream psychotherapy from the viewpoint of a “scientific” classification. From his vantage point as a founding member and past president of the European Association for Body Psychotherapy, he traces some of the origins and reasons for the ‘splits’ – in part to do with the type of science, but also to do with politics, and the predilections of the key characters concerned. He also examines the history of science in body psychotherapy, with special reference to Pierre Janet & Wilhelm Reich.

Ronald A. Alexander and Marjorie Rand present a paradigm for healing which the authors have named Mindfulness-Based Somatic Psychotherapy (MBSP) . They emphasize patient participation, self-responsibility and an understanding of stress and lifestyle management, affect regulation, and the process of mind-body healing. This mind-body paradigm focuses both on the patient’s core sense of self and wellness as well as the patient’s presenting problem. These concepts expand the medical/psychological model. Use of the paradigm is supported by clinical material.

Judith Hardin writes of clinical research on her own practice. Clinical research is a much-neglected aspect of psychotherapy in general and body psychotherapy in particular. She examines the process and effectiveness of healing physical symptoms by accessing buried inner selves and letting their pent-up energy flow through the body. Research on 212 client symptoms showed that 193 symptoms, or 91%, divulged a buried shadow part, a “self behind the symptom.” Each of these buried selves was found to carry a specific, discrete energy. When this particular energy was helped to flow through body-based techniques, the analysis of a sub-selected group of 144 client symptoms showed that 85% of symptoms disappeared or improved. These results indicate a potential for coping with the current “epidemic of mindbody disorders” (Sarno, 2000).

Deborah Harkin notes that a fundamental assumption of somatic psychology is that the mind and body are not separate but function as one (Reich, 1973). In an article based on her doctoral dissertation research, Dr. Harkin presents an overview of a decade of research on the adolescent brain and examines the evidence for adolescence as a critical period. Part 2 of this article will appear in the next issue of the USABPJ and will focus on clinical applications of the research. In this first part she notes how contemporary theory and research in various scientific disciplines have contributed to our understanding of how the mind and body develop and function together within the evolving self. Until recently, little was known about the adolescent brain. However, the discovery of complex patterns of growth and change leading up to and continuing throughout adolescence has begun to reshape views of adolescent development and provide new insights into behavior.

Anastasia McRae provides a brief overview of the current touch taboo in psychotherapy and the gradual use and acceptance of touch use in psychotherapy as evidenced through empirical research. This article may be usefully read in comparison with articles on touch in earlier issues of this Journal:

The Somatics of Touch Marcher, Lisbeth, Erik Jarlaes, Kirstine Munster, Ria van Dijke Volume 6, No. 2, 2007 48-6  
Clinicians' Use of Touch and Body Awareness in Psychotherapy: Trained vs. Untrained McRae, Anastasia D. Volume 7, No. 2, 2008 43-65

Somatic Tracking and the Ethical Use of Touch Phillips, Jaffy Volume 1, No. 2, 2002 63-77  
A Study of Ethical and Clinical Implications for the Use of Touch in Therapy  
AWhite, Kerstin Volume 1, No. 1, 2002 11-26  
The Standard of Care in Psychotherapy and Counseling: Bringing Clarity to  
Illusive Relationships Zur, Ofer Volume 6, No. 2, 2007 61-94  
A Study of Ethical and Clinical Implications for the AWhite, Kerstin Volume 1, No. 1, 2002 11-26

It is important to isolate exactly what aspects of techniques or concepts we use in body psychotherapy are effective. That can often be done by isolating them and testing them outside of actual psychotherapy sessions. In a final example of preliminary research on the use of selected concepts and techniques, Katy Swafford reports on a pilot project in which four volunteers explored the application of Akhter Ahsen's Eidetic Imagery theory to motivation in exercise activity. An initial assessment was used to identify problems in the image process and to associate these with physical symptoms. Then, a workshop using images was conducted to increase body awareness and activate original breathing and movements. A follow-up interview was conducted to identify changes in image structure and outcome. Interviews were coded and summarized to identify negative image elements and exercise experience. Evaluation of the case studies shows negative image elements associated with negative exercise symptoms and changes following the intervention that include positive changes in image response and exercise activity.

Jacqueline A. Carleton, PhD  
October, 2009  
New York City

## *The USA Body Psychotherapy Journal* Editorial, Volume 9, Number 1, 2010

Two themes seem to us to dominate this issue. One is the state of research and training in the field of body psychotherapy. Courtenay Young's survey of the "The Current Situation" brings this into sharp focus. Articles by Leslie Ann Costello and Fernando Ortiz give detailed accounts of both an undergraduate course and of the traditional training of body psychotherapists in Mexico exclusively in modalities. The second theme is integration: what other fields of interest and expertise can contribute to the practice of body psychotherapy. Deborah Harkin and Jerome Liss, exploring adolescent neuroanatomy and subcortical structures' relationship to the stream of consciousness respectively, demonstrate the importance of neuroscience to both client and practitioner. Julianne Appel-Opper and Asaf Rolef Ben Shahar explore ways to integrate various streams of relational psychoanalysis into their body-based practices.

In this second part of his four-part exploration of The Science of Body Psychotherapy, entitled "The Current Situation" (See USABPJ 8#2 for Part I) Courtenay Young continues his comprehensive survey and analysis of the field. Including both American and European experience, he examines the relationship between various forms of science and body psychotherapy at the present time.. Decrying both the paucity of research and describing as well as crediting what has been done, he makes several trenchant suggestions for what is needed as well as how that might be accomplished. He also considers the politics of body psychotherapy training and research, making reference to the few academic programs which include degrees in this area.

Body Psychotherapy is increasingly being taught at the undergraduate as well as the graduate level. In an effort to further communication among academics involved in this endeavor, we have included in this issue an article by Leslie Ann Costello in which she describes in detail the course she taught at the University of Maine, entitled "Teaching the Whole Student: Experiential Activities in an Online, Undergraduate Course in Somatic Psychology." Academics who teach in somatic programs have the benefit of colleagues with whom to share their work, but we think it is important to encourage also those who, like Peter Fernald, (see USABPJ 7#1) who taught Bioenergetics non-experientially and the present author who taught an experiential course online to share their work. It is our hope that this will encourage more of our readers to build on their experience and undertake similar courses.

A very different kind of education of body psychotherapists is described by Fernando Ortiz Lachica. In "A Tale of Four Body Psychotherapists: The Training and Practice of Mexican Practitioners" he describes the initially often chaotic and haphazard route taken by body psychotherapists who begin their training in various modalities without regard to any university training. Unlike the US, in which psychotherapists in most states need university training in order to practice, in Mexico psychotherapy is completely unlicensed. As Ortiz illustrates, this frequently resulted in people beginning to participate in trainings and workshops purely for personal growth and then ultimately going on to other workshops and trainings and then practicing as psychotherapists. Some of them eventually sought university training, but only after completing a variety of experiential work. The author, by contrast, holds a Master's degree and is presently completing a PsyD degree, of which the reported research has formed a part.

In this second and concluding section of The Adolescent Brain (Part I is found in USABPJ 8#2), Deborah Harkin takes up clinical applications of the neuroscientific findings she discussed in Part 1. She points out that adolescence is beginning to be recognized as a second critical period (in addition to prenatal and infancy) in brain development, making these years particularly receptive to new learning while at the same time susceptible to the impact of adverse stimuli: accelerated development combined with increased vulnerability. She describes how specific processes occurring at this time affect the development of integration and self reflection. Adolescents need to stay in connection to adults who can help them learn *how to think* rather than be told *what to think*. Both adolescents and those who relate to them can benefit from an understanding of what is happening in their nervous system. She counsels all who deal with adolescents to above all *listen first*. In a brief section at the end she discusses the susceptibility of adolescents to various addictive substances.

In “From Ballroom Dance to Five Rhythms: An introduction to Relational Psychoanalysis and Psychotherapy” Asaf Rolef Ben-Shahar introduces the reader to some basic concepts and philosophical underpinnings of relational psychoanalysis in order provide the groundwork for its application to body psychotherapy. In this first of a four-part work entitled “The Relational Turn and Body Psychotherapy” he weaves together the threads of attachment, object relations, and transference and countertransference to form the tapestry of an intersubjective approach to body psychotherapy. Subsequent articles will expand on intersubjectivity, attachment and dyadic selves; the connections between somatic organization, relationality and the place of the self in body psychotherapy; and finally the use of somatic countertransference in body psychotherapy within a relational framework.

Julianne Appel-Opper, worked for many years in Great Britain, and presently resides in Berlin. She applies selected relational psychoanalytic concepts to body psychotherapy, focusing on the therapist’s physical resonances and the ongoing nonverbal dialogue between therapist and client. After a brief introduction to relational and Gestalt conceptualizations she illustrates these concepts in several case vignettes.

Jerome Liss, in his intriguing article, “Streams of Consciousness: The Impact of the Positive Relationship in Contrast to Prolonged Isolation” explores the subcortical mechanisms involved in the reinforcement and prolongation of repetitive negative thought patterns when we are alone. He calls this state the “impasse”. A series of diagrams and tables help to illustrate how such patterns become embedded and how they can be ameliorated by contact. Utilizing systems theory as well as nervous system anatomy, he emphasizes how important contact, especially therapeutic contact, which involves these subcortical areas, is to the resolution of such impasses.

I hope you enjoy this issue as much as I have.

Jacqueline A. Carleton, PhD  
March 2010  
New York City

## *The USA Body Psychotherapy Journal* Editorial, Volume 9, Number 2, 2010

This Autumn 2010 issue of the USABPJ has a dual focus, related to and a result of the USABP Conference October 22-24, 2010 on *Unraveling Trauma: Body, Mind and Science*. It has become customary for the USABP to award prizes at each conference for the best research paper and best student research paper submitted, both of which are published in the USABPJ. Therefore, in this issue we will focus on the treatment of trauma in body psychotherapy followed by a thoughtful discussion of what is appropriate science for body psychotherapy, along with two examples of research in this field.

Each of our first two articles utilizes an interdisciplinary approach to the treatment of trauma. In “Facing the Trauma: How the Face Reveals and Processes Unexpressed Suffering,” Sharon Stanley integrates emerging neuropsychological theories of attachment, fixed action patterns, trauma, and polyvagal theory with traditional wisdom for an embodied intersubjective approach to the processing of trauma using somatic psychotherapeutic practices. Utilizing polyvagal theory as a scaffolding, she explores the treatment of fixed-action patterns of facial expression. A brief clinical vignette illustrates how somatic practices of awareness, empathy, inquiry, intervention and reflection can touch deeply into the biological substrate of intense survival emotions, gently restoring the innate flow of information and energy through the body-mind.

In “Developing Sensitive Attunement: Contributions of Traditional Practices to Therapeutic Joining,” Vivian Gay Gratton focuses on individuals who, due to temperament or trauma, experience heightened sensory processing sensitivity resulting in difficulty with attunement and attachment to others. Various diagnosed with PTSD, PTSD/DESNOS, ADD, ADHD, ASD, or mood disorders, all experience difficulty in affect regulation, attunement, and attachment. Drawing on three traditional somatic spiritual practices of aikido, music, and relationship with nature, Ms. Gratton describes her own experiences of how those practices affect both her ability as

a psychotherapist to attune to her patients and how she utilizes them with four different child and adult clients. A thorough exploration of the neurobiology of attachment, affect regulation, early trauma, vitality affects, and entrainment provides the groundwork for her explanation of her approach.

Drawing on his 30 years as a Bioenergetic trainer as well as his psychodynamic background, Philip M. Helfaer offers some thoughts on the application of somatic/energetic principles and “group as community” practice to “Positive Development for Persons with Trauma Spectrum Disorders.” Now a citizen of Israel, Dr. Helfaer envisions development of a program to alleviate the suffering of people experiencing a variety of traumatic stress syndromes and trauma spectrum disorders. In this article, he describes principles and practices of his long experience in somatics, interweaving them with ideas on how they might be utilized in a community-based program or course which would be neither “treatment” nor training, but an enriching, interactive experience for leaders and participants.

About 10 years ago, I wrote a brief article as part of my participation in an International Society for the History of Medicine Conference in Istanbul. I attempted to grapple with the issue of what constitutes evidence for complementary and alternative medical practices, among which I included body psychotherapy. In it, I quoted at some length from an article by Mike Denny, M.D. (*Ions Noetic Sciences Review*, June-August, 2002). I would like to do so again:

In REINVENTING MEDICINE, Larry Dossey, M.D. speaks of three eras in the history of healing. Era I is characterized by our conventional, causal, deterministic approach of statistical, empirical science as it has been applied to healing methods since the seventeenth century. Era II involves the inclusion of mind-body phenomena such as found in psychosomatic and various alternative techniques. This era postulates that the mind has causal powers of healing within individual human beings...They try to explain mind-body healing in terms of psychoneuroimmunology, skin galvanometer readings, or endorphins and other proteins circulating in the bloodstream, then they subject psychosomatic healing to techniques of standard, double-blind, statistical, clinical studies. In other words, although acknowledgment of mind-body phenomena is an advance in the care of the sick, it does not constitute a true shift of either consciousness or paradigm. Era III medicine attempts to include the strange discontinuities of quantum physics within healing methods. Proponents of Era III medicine focus upon the nonlocal, action-at-a-distance qualities of quantum particles as providing a rationale with which to support the theory that healing can occur between individuals at a distance.... (p.20)

I was again reminded of this historical perspective when reading an assessment provided by Courtenay Young. In this third of four articles on The Science of Body Psychotherapy, Young discusses what might be meant by an “appropriate science” for body psychotherapy. He begins by differentiating natural science from social science and elaborating the difficulties found in adherence to either. Illuminating that evidence points to the fact that the three factors most directly affecting the effectiveness of any psychotherapy are the quality of the therapist, the quality of the relationship between therapist and client, and the motivation of the client; with this, he seems to be approaching Era III. Phenomena such as the resonance between therapist and client, non-verbal communication, etc., are clearly inaccessible to measurement by “hard science” or even to an Era II approach. We must begin to recognize the self-organizing complexity of psychological systems as elaborated by proponents of a paradigm, taking into account chaos and catastrophe theory, self-organizing complexity, closure, and emergence characteristics as human beings and nonlinear dynamic systems. Young concludes that “the body is mostly a physical manifestation of something much larger, and less definable – a multi-layered collection of different systems and energetic exchanges ...inter-connected in ways that we do not fully know yet, or which even be to some degree ‘unknowable’ ....The synthesis of these connections is also much greater than the sum, and carries many more mysteries: there is finally the greater ‘something’ – currently way beyond measurement – than even allows us to carry a human potential, a spirit, or soul.” (from this issue)

The paper which won the research prize, entitled “The Effect of ‘Clearing a Space’ on Quality of Life in Women with Breast Cancer,” uses the accepted canons of evidence to measure the effectiveness of local and non-local utilization of the first step in Focusing, as developed by Eugene Gendlin. The three authors, Joan Klagsbrun, Susan L. Lennox, and Lauren Summers, conducted in-office and telephone consultations with 17 breast cancer patients, leading each through an agreed-upon protocol in an attempt to improve the quality of life of participants. Both qualitative and quantitative data demonstrated the effectiveness of this brief intervention. Research projects such as this and the one that follow are important, as Young points out, in helping body psychotherapy’s acceptance by mainstream psychology and medicine.

Jennifer Bruha captured the student research prize for her dissertation on “The Effects of Body Experience and Mindfulness on Body-Image Disturbance and Eating Disorders.” Her web-based study of 128 adult women, aged 18-50 allowed her to discriminate between anorexics and higher-symptomatology bulimics on one hand versus lower-symptomatology bulimics and those without anorexia on the other hand. She analyzed the two groups’ scores on measures of body-image disturbance, body experience, mindfulness, positive and negative affect, overall well-

being, and life satisfaction. These measures allow her to draw interesting portraits of the contrasting groups and to speculate about various possibilities in cause and effect, with questions for further study and implications for treatment. For example, she found that individuals with anorexia and higher-symptomatology bulimia scored significantly higher in body-image disturbance and significantly lower in body experience and mindfulness, with more negative thinking and lower overall life satisfaction, than those individuals without anorexia but with lower-symptom bulimia. She speculates that individuals with eating disorders do not practice mindfulness because they equate being mindful with “feeling fat.” She explores whether this may be attributed to lack of learning, cognitive impairments, or willful choice, all of which have different implications for psychotherapy with this population.

While this journal includes the choices for what the USABP conference determined as its ‘best’ papers submitted, there is really no adequate way to define what it means to be ‘best,’ especially in such a complex and nonlinear domain. Each author included here illuminates vital aspects of this intriguing field, allowing us, as discerning readers, the unqualified opportunity and delight of our own assessment.

Jacqueline A. Carleton PhD  
Fall 2010  
New York City

## *The USA Body Psychotherapy Journal* Editorial, Volume 10, Number 1, 2011

The two issues of this volume of the *USABPJ* mark our 10<sup>th</sup> anniversary of publication!

Beginning with Volume 11, in 2012, our Journal will be renamed The International Body Psychotherapy Journal, and will be sponsored jointly by USABP and EABP. I will remain as editor-in-chief for a few more years and will be joined in 2012 by Michael Heller, PhD, of Geneva as co-editor. I look forward to the increased energy that Michael Heller (who has been a long standing member of the USABP and attended many of our conferences) and the EABP will bring.

I have been a member of the Publications Committee of the EABP for several years and have attended the EABP Conferences regularly. I had been exploring the possibilities of joint sponsorship with the EABP for a year or so before meeting formally with the EABP Board of Directors at the EABP Conference in Vienna last November. We came to an agreement which was then ratified by the boards of directors of both organizations. Many details remain to be worked out over the course of 2011 for official publication under the new title in 2012. .

We will continue to publish electronically for the foreseeable future. I really see this as the next stage in the development of the Journal and of body psychotherapy as an increasingly recognized field. A small percentage of our articles over the last 10 years have been submitted by Europeans and Latin Americans, but with Michel Heller’s help, I hope to increase that number and also accept articles from other areas of the world as well. We may soon be able to publish more than two issues per year.

I have seen the contents of the *USABPJ* as well as the number of submissions evolve over the past ten years from a narrower focus on the modalities represented in the *USABPJ* to inclusion and integration of affective neuroscience, mindfulness, relational psychoanalysis and attachment and trauma theory, just to name a few. This evolution will, I am sure, be augmented by the official co-sponsorship of the EABP.

This issue, Volume 10 #1, is an example of the depth and diversity that we have achieved. Both psychoanalytic and neuroscientific literatures are frequently cited. Themes such as mirror neurons, mindfulness, the I-Thou relationship, love both unconditional and an essential part of the client-therapist relationship, the autonomic nervous system and the right brain vs. the left brain, the role of awareness, polyvagal theory, and chaos theory are utilized and integrated.

Courtenay Young, in The Science of Body Psychotherapy Today: Part IV, New Science and Research, leads off with the final article of his four-part series on the science of body psychotherapy. In this concluding article he surveys several key areas that are now impinging on body psychotherapy and from which we can usefully benefit. He also challenges body psychotherapists to utilize these fields, integrate them and in the case, for example, of neuroscience, begin informing them in return. A brief piece by C. Anya Hrisko follows which exemplifies this integration by applying principles of both neuroscience and Somatic Experiencing to the clinical situation.

Jennifer Frank Tantia, in Viva Las Vagus! Innervation of Embodied Clinical Intuition, utilizes four neural correlates of corporal metaphors used in common interpersonal communication to initiate the attempt to understand intuition from an embodied epistemological point of view. She speculates that the interface between embodiment and intuition happens through metaphors, particularly of the heart and the gut that correlate interestingly with the physiology of the vagus nerve.

In Emotions and the Organization of Experience, Greg Johanson outlines how a mindfulness-centered, somatically inclusive therapy process allows implicit core organizers of experience to become explicit and available for modification. When traumatic activation is present, the use of mindfulness in top down processing of emotions

and in bottom up processing of sensorimotor material is illustrated in clinical verbatims. As he sees it, the passive distancing aspects of mindful witnessing moves toward the sense of unity consciousness valued in the East; and active compassionate awareness can foster affect-based healing of fragmented internal parts sought in the West.

Asaf Rolef Ben-Shahar, in this second installment of a four-part series of articles on The Relational Turn and Body Psychotherapy entitled Something Old, Something New, Something Borrowed, Something Blue, deepens the marriage of relational psychoanalysis and body psychotherapy. He explores Orbach's rephrasing of Winnicott that there is no such thing as a body, only bodies in relationship. Thus, he sees the therapeutic relationship as a matrix of relationships, the dynamic of which is created by the tension among its elements. Case vignettes illustrate. A brief theoretical article by Yudit Mariah Moser entitled The Experience of Shame in Human Development and Psychotherapy explores follows a similar vein, exploring the relational and physiological aspects of this important topic.

Stephan Deutsch, a Gestalt therapist, utilizes both neuroscience and chaos theory in his essay entitled The Continuum Theory of Human Development: A Theory of Life Span Development and its Application to Therapeutic Intervention. He describes four fundamental tracks, (1) awareness, (2) envisioning, (3) communicating, and (4) loving, which he utilizes in an integrated, sequential manner in therapeutic interventions for emotional healing of his clients. Two cases illustrate the method.

Our final two articles represent and touch on, respectively, the bioenergetic tradition. In The Somatic-Energetic Point of view: towards a Bioenergetic Character Analysis, Philip M. Helfaer draws on his forty years of involvement in the development, practice and teaching of bioenergetic analysis. Comparing the bioenergetic paradigm with the psychoanalytic paradigm as elucidated by Fred Pine, Helfaer gently challenges and critiques both Reich and Lowen. He develops a somatic-energetic viewpoint as the foundation of bioenergetic character analysis as a functional process of identity and antithesis. And, as he stresses in all of his writings, he considers that the single most important necessity for the body psychotherapist is working energetically with one's own body, daily, year in and year out.

And finally, Daniel Hoffman, a PhD candidate at Santa Barbara Graduate Institute, explores how the roots of contemporary emotion regulation theory informed by the neurobiology of attachment can be traced back to and informed by earlier theories of patterns of emotion regulation such as those posed by Alexander Lowen. He concludes that "by integrating the understanding of both the brain-based and muscular-based methods of emotional regulation, it is possible that a more complete picture of the functioning of the human organism can be allowed to form."

Jacqueline A. Carleton PhD  
March 2011  
New York City

## *The USA Body Psychotherapy Journal* Editorial, Volume 10, Number 2, 2011

It is not often that the articles in an issue of the USABPJ can be grouped around a theme, but this time, several of them can be seen as different ways of looking at the voluntary muscular effort that is a centerpiece of Stanley Keleman's incredible body of work in our field. Our conference in 2012 is entitled "The Body in Psychotherapy: The Pioneers of the Past, The Wave of the Future. Stanley is representative of both. He is certainly a pioneer of body psychotherapy, probably best known for *Emotional Anatomy*, which is soon to be "re-issued" as a DVD. And, with projects such as this DVD, he continues to lead us into the future of body psychotherapy and creative ways of transmitting it to the next generation.

In his article entitled "Slow Attending: the Art of Forming Intimacy", Stanley stresses the importance of slow, voluntary muscular effort in creating links between and brainstem and the cortex and this between individuals in an intimate relationship. Such movement, he suggests, influence and reorganize aspects of what might be seen as inherited behavior to form a personal motoric, self-regulating, self-forming entity which becomes our identity and forms the foundation of a kind of somatic formative awareness leading in turn to "satisfaction and a kinder life."

In "Feeling Moving: Wandering through the Flesh of Personal and Human Development", Mary Abrams explores, in a scholarly, personal narrative, how the development of interoceptive awareness of sensation as movement supports effective flow of affect, feeling and emotion. She highlights Continuum Movement as one of many somatic movement practices utilizing silent movement, typically as Stanley suggests, voluntary and slow, as a way to discover one's inner and outer movement potentials. She interweaves her own personal experience of movement with relevant theory and research utilizing the work of Silvan S. Tomkins, Donald Nathanson, Antonia Damasio and others to illuminate her journey. She echoes Stanley Keleman in concluding that "we are moving body stories, and through feeling moving and moving feeling, we have the capacity to create new movement, new thoughts, new behaviors, and new meanings with every experience throughout our entire lives."

Asaf Rolef Ben-Shahar, in “Salsa Lessons and the Emergent Self: Somatic Organization, Relationality and the Place of Self in Body Psychotherapy”, interweaves poignant clinical vignettes with relational/psychological theory and philosophy. Exploring the connections between somatic, linguistic and relational organizations and the place of the self in relational body psychotherapy, he allows us to experience both his client and himself. The juxtaposition of form and flow are embodied in this piece ,as we experience the author utilizing the form of theory with the flow of clinical material. And, he cites Stanley Keleman’s assertion that symptoms are caused by not knowing how to organize and disorganize ourselves.

Neuropsychologist Robert LoPresti presents “A Ritual for Resolving Chronic , Habitual and Pathological Implicit Memory and Emotional Disorders, Including Grief and Trauma”. He details how his own experience of traumatic grief led him to explore and refine this protocol, and then only slowly use it with clients. He explains neuropsychologically each aspect of each stage of the protocol and then gives several clinical examples of how and why it was effective to various degrees with different patients.

Our final offering in this issue by Bernadette St. George, entitled “New Words: exploring Embodied Language as a Holding Environment in Body Psychotherapy” is an attempt to begin a dialogue within body psychotherapy about the significance of verbal attunement both in early development and in the therapeutic process. It is also a bridge to traditional verbal psychotherapies. She points out how important an aspect of attachment speech is as evocation of experience and as a method of supporting the meeting of meaning making and tangible lived experience. As she points out, for many individuals, unverbalized experience and emotions can be verbalized perhaps for the first time in psychotherapy.

With this final issue of the 10<sup>th</sup> anniversary volume, I am putting to bed the *USA Body Psychotherapy Journal* after 10 years as its founding editor. With the able assistance and the indispensable sense of humor of Robyn Burns, I have had the pleasure not only of birthing this journal, but of watching it grow until it is now ready to leave home. And, when it awakens, it will find itself in a new format.

In fact, I would like to announce a wedding: the US Association for Body Psychotherapy and the European Association for Body Psychotherapy will join in a reincarnation of the USABPJ, which we are going to call the *International Body Psychotherapy Journal* (IBPJ). I have agreed to serve as its editor for the next 2-5 years, with the probable addition of a European co-editor in the near future. The new offspring was formally approved by the boards of directors of both organizations early this year, and we are in the process of forming the new organizational structure. Jill van der Aa and I have taken the lead in forging the agreement and setting up the various committees and procedures that this joint venture requires.

The joint publication evolved from the USABPJ in response to tremendous growth in the field of body psychotherapy worldwide over the past ten years. As the field continues to expand, the new Journal’s aim will be to broaden its readers’ horizons by inviting submissions of original theory, qualitative and quantitative research, experiential data, and case studies, as well as comparative and secondary analysis and literature reviews from clinicians and researchers practicing in all health care fields across the globe

The Journal’s mission will be to support, promote and stimulate the exchange of ideas, scholarship and research within the field of body psychotherapy as well as encourage an interdisciplinary exchange with related fields of clinical theory and practice through ongoing discussion.

We have in place an editorial committee that will support me along with an honorary advisory board. We are also inviting suggestions for members of a peer review board. I am looking forward to submissions from virtually all across the globe. After consulting the Authors’ Guidelines (on both the USABP and EABP websites), please send submissions to me at [jacarletonphd@gmail.com](mailto:jacarletonphd@gmail.com).

The first issue of the new *International Body Psychotherapy Journal* will be published in the spring of 2012. It will remain biennial and will be distributed as part of membership entitlements to members of both the USABP and EABP. Subscriptions will also be available. For more information on the composition of the committees and boards thus far, please refer to the announcements on both the USABP’s ([www.usabp.org](http://www.usabp.org)) and EABP’s ([www.eabp.org](http://www.eabp.org)) websites.

Jacqueline A. Carleton, PhD  
September, 2011  
New York City