

ABSTRACTS – FALL/WINTER 2020

INTERVIEW

20th Anniversary Special

The Wisdom of Our Founders

A Conversation with

Jacqueline A. Carleton and Jill van der Aa

Madlen Algafari • Aline LaPierre; Antigone Oreopoulou • Christina Bogdanova

To celebrate our 20th anniversary, the editorial team wanted readers to meet the Journal's two founding figures: USABP founding editor Dr. Jacqueline A. Carleton, and EABP founding managing editor Jill van der Aa, who both nurtured and guided the Journal's evolution to its adulthood. We asked them about the source of their inspiration, and discovered two women bonded in mutual respect who, for years, worked together in joyful dedication. They were sustained by their profound belief in the importance of body psychotherapy and somatic psychology and encouraged by the creative discussions of a diverse field in quest of common ground.

OUR ROOTS

Body Psychotherapy Past and Future

Luisa Barbato

Abstract

Body psychotherapy is almost 100 years old, and extensive research and a wide-ranging variety of clinical practices have supported its development. What are the common points between its different orientations? What are the recent scientific discoveries that validate its clinical experience? What are the new clinical practices? The author gives an initial overview of these important questions.

Keywords: body psychotherapy, functionalism, holism, integration, neuroscience, mindfulness

Energy in Contemporary Reichian Analysis

Genovino Ferri and Giuseppe Cimini

Abstract

Reflections on concepts of energy and their scientific application, followed by examinations of the literature regarding energy, first from a historical perspective and then from a Reichian viewpoint, are discussed by the authors. Next, the *negentropic-systemic* code will be presented, which can be used to appropriately interpret the concept of energy in contemporary Reichian analysis and in the context of its dialogues with both complexity and neuroscience.

Keywords: energy; complex living systems; negentropy; the arrow of time, and psychotherapy, orgone, Reichian analysis.

CASE STUDY

**The Body of Shame
Listening for the Longing¹**

Danielle Tanner

Abstract

This paper seeks to explore the issue of embodied shame through a clinical vignette from the perspective of a relational body psychotherapist. Through this therapeutic journey, key themes became evident. First, the body of shame develops in response to familial patterns of behavior, relational rifts, and social shaming. Second, the body of shame can also have a transgenerational impact and, in this case, extensive and damaging consequences.

In the relational turn, there is a departure from the classical psychoanalytical paradigm, which views shame as a sign of immaturity. This paper will contribute to a growing body of

¹ "Listening for the Longing" was conceived by Robert Lee in 1995 regarding shame.

relational psychotherapy theory and praxis that suggests that, in order to heal, the body of shame requires external support, a neurobiological approach in psychological treatment, and an internal validation of desires.

Keywords: Shame, pain, body, relational, neurobiological

RESEARCH

Process-Oriented Psychology

Working with Body Symptoms

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Abstract

Objective. This study examines the effects of process-oriented psychology working with body symptoms on clients' symptom severity, well-being, and satisfaction.

Method. We used an additive design. Quantitative repeated measures were obtained from 67 participants randomized into experimental and control groups. Thirty-five participants from the experimental group underwent an experimental session by using process-oriented psychology, and were administered questionnaires immediately before, immediately after, and one week after the session. Thirty-two participants in the control group were administered questionnaires twice—one week apart, while no session was provided in the meantime. We used the following methods for data collection: Brief Symptom Inventory (BSI), Clinical Outcomes in Routine Evaluation - Outcome Measure (CORE-OM),

Individual Symptoms Scale (ŠIP), and Outcome Rating Scale (ORS). The effect of process-oriented psychology was assessed using a two-way ANOVA for repeated measures, supplemented by Tukey's post-hoc test and descriptive statistics on subjective session rating scales.

Results. Compared to the control group, the experimental group clients displayed a subjective alleviation of reported symptoms, a significantly larger improvement in subjective well-being, and higher satisfaction (personal, in relationships, in society, and overall) after the session.

Conclusions. Process-oriented psychology working with body symptoms seems to be effective in reducing the severity of subjectively reported symptoms and increasing well-being and satisfaction.

Keywords: Process-oriented psychology, Processwork, body symptoms, psychosomatics, psychotherapy.

BP AND SP IN PRACTICE

The Wounding Womb

Healing Prenatal Trauma

Karyne B. Wilner

Abstract

This paper provides information about external stressors that affect fetuses in the womb, such as war or parental abuse, and internal stressors, such as a rise in the mother's blood pressure, or fear of childbirth. Research shows that stress during the prenatal period can change the protein inside the fetuses' genes, leading to more mental illness and serious health issues when adulthood is reached than in those who did not experience prenatal stress. Body

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The Art and Science of Somatic Praxis

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therapy methodologies have been helpful in regulating fetal stress, decreasing PTSD symptoms, creating a healthy energy flow in the body, reversing epigenetic mistakes, and creating new circuitry in the body. Corrective exercises include the repetition of fetal movements in the womb, unblocking tight muscles in the body, energizing collapsed body segments, and engaging in experiences that trigger right brain, out-of-awareness memories, such as guided imagery, meditation, hypnosis, and dance.

Keynotes: fetal trauma, maternal depression, fetal origins, holistic counseling, somatics

Pause, Breathe, and Feel

A Body Psychotherapy Approach to Working with Perseveration

Meridith L. Antonucci

Abstract

Perseveration—a rigid, habitual pattern of repetitive thoughts—is a common symptom of depression, anxiety, and other mood-related emotional disorders. Perseveration, including rumination and worry, has historically been challenging to treat clinically. Most therapeutic treatments for perseveration are currently comprised of top-down, cognitive therapeutic techniques and the use of pharmacological methods to reduce symptomatology.

Perseveration can have cognitive, affective, and somatic impacts on individuals. Sustained perseverative thinking can lead to adverse health conditions connected to cardiovascular, autonomic, and endocrine systems. A theoretical body psychotherapy model, *Pause, Breathe, and Feel*, which addresses somatic regulation and interoceptive experience, is proposed to work with perseveration. Using body psychotherapy interventions like breathwork in counseling can help clients interrupt perseveration's cyclical pattern by learning to be

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present, utilizing their interoceptive capacities, and identifying specific areas of their bodies to promote emotion regulation and self-regulation.

Keywords: body psychotherapy, somatic psychology, perseveration, rumination, worry, conscious breath, emotion regulation, somatic regulation, and self-regulation

**Sex Offender Rehabilitation
A Five-Phase Body-Mind Model**

Angelo Avila

Abstract

Sex offender treatment has changed and evolved drastically since its inception. Relapse prevention, behaviorism, and cognitive behavioral therapy currently dominate what is considered best practice in the field. While effective, these treatments can be enhanced with the integration of body psychotherapy, a holistic organismic-focused form of clinical treatment. Together, body psychotherapy and cognitive behavioral therapy create a mutually beneficial theoretical orientation that emphasizes the client's self-awareness, skill-building, and greater ability to regulate affect and impulses. A five-phase model of the treatment progression of clients who have committed a sex offense is presented alongside the primary therapeutic goals of each phase, and how the skills of cognitive behavioral therapy and body psychotherapy apply. It is hypothesized that the implementation of this model with the confluence of theoretical orientations therein might lead to greater therapeutic success in sex offense treatment.

Key words: sex offender, adverse childhood experience, rehabilitation, body-mind model

Somatic Psychotherapeutic Fascial-Work

**A Rationale for the Integration of Body Psychotherapy
and Indirect Myofascial Release**

Elizabeth C. Long

Abstract

Observed through the lens of the fascial system, a new understanding of body armor and its relevance in body psychotherapy emerges. Body armor is recontextualized as layers of fascial tensions and atrophy patterns elicited from socio-emotional contexts and physical traumas such as surgeries and falls. Fascial work and psychotherapy have remained separate due to ethical considerations, cultural taboos, and the resulting moratorium on research in this area. Whether or not a body psychotherapist wishes to include myofascial release in treatments, it behooves clinicians to familiarize themselves with the fascial system due to its intimate connection to the nervous system. The author applies fascia research familiar to bodyworkers to body psychotherapy. The author shows that indirect myofascial release and body psychotherapies, like Sensorimotor Psychotherapy, are viable frameworks for the integration of fascial work and body psychotherapy by utilizing a composite case example from the author's practice. Body psychotherapists with touch licenses can integrate fascial work to address body armor. The result is that clients simultaneously address fascial tensions and atrophy patterns created by both emotional and physical events while examining conscious and unconscious meaning-making.

Keywords: body armor, body psychotherapy, fascia, myofascial release, adaptive behaviors

THE CULTURE IN THE BODY AND THE BODY IN THE CULTURE

Multicultural and Social Justice

Counseling Competency/A Body Psychotherapy Perspective

Ila Anemone Zeeb

Abstract

A growing body of literature and educational trainings advocate multicultural awareness in counseling. Traditionally, discussions and measures of cultural competence on race focus on racism's impact on people of color, and rarely ask white counselors to examine cultural countertransference in relation to racial identity. According to the U.S. Department of Health and Human Services, much needs to be done to address disparities in mental health services, which at least in part can be shown to be a result of counselor bias and stereotyping (2001). This paper aims to highlight the importance of cultural awareness in counseling, and poses the following questions: How can the concept of “embodiment” support multicultural and social justice competency? How can somatic modalities aid counselors' insight into their cultural countertransference? To establish a current and meaningful framework for a discussion on cultural countertransference and equity in counseling, definitions of race and barriers to equity in clinical practice are reviewed.

Keywords: counseling, social justice, cultural awareness, whiteness, body psychotherapy

INTERDISCIPLINARY APPROACH

Jungian Psychotherapy and the Body

Andrew J. Howe

Abstract

The Body is subject to a paradox within Jungian psychotherapy. At times, it is described as an isolated system, with its drives, desires, and workings. At others, it is linked to the mind and viewed as part of the psyche. This alleged ambivalence percolated to the post-Jungians, resulting in the body receiving comparatively little interest in analytical psychology until recently. In a psychology that seeks to understand communications from the unconscious,

dismissing the body is a missed opportunity. Jung did use the body and bodily expression in his academic and psychotherapeutic work. He did not write on the subject in depth, however. While his attitudes have a reputation for ambiguity, a consistent theory relating to the mind, body, and their heterogeneity can be discerned from his writings. In this review, this theory will be discussed, along with the Jungian and post-Jungian attitude towards the body. A Jungian contribution to the field of body psychotherapy has the potential to offer new insights, given the expansive subject matter in Jung's collected works.

Keywords: Jung, Analytical Psychology, Mind-Body Problem, Body Psychotherapy

**Internal Family Systems-Informed
Eye Movement Desensitization and Reprocessing
An Integrative Technique
for Treatment of Complex Posttraumatic Stress Disorder**

Gillian O'Shea Brown

Abstract

Complex Posttraumatic Stress Disorder (C-PTSD) is a diagnostic entity included in the International Classifications of Diseases, 11th revision (ICD-11). It denotes a severe form of posttraumatic stress disorder (PTSD) and is the result of prolonged and repeated trauma. C-PTSD is associated with a broad spectrum of psychopathological symptoms and transcends the typical diagnostic criteria for PTSD. C-PTSD is conceptualized as including the core elements of PTSD, such as re-experiencing, avoidance, and hypervigilance, with the additional symptoms of poor affect regulation, negative self-concept, and difficulties in establishing and maintaining healthy interpersonal relationships. Eye Movement

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Desensitization and Reprocessing (EMDR) and the Internal Family Systems (IFS) model share a common treatment approach, and their integration has been found to enhance the efficacy of both modalities in the treatment of complex trauma. This article explores IFS-informed EMDR (IFS-EMDR) for the treatment of C-PTSD. IFS-EMDR creates an integration of the contemporary practice of EMDR with the interweave of the IFS model for positive resourcing. This article will firstly provide an exploration of insecure attachment and relational trauma as diathetic factors to the development of C-PTSD. Subsequently, this article will review how trauma and the emergence of structural dissociation impact the development of the self through the lens of IFS. Finally, through the use of a composite case study, this paper will discuss the benefits of integrating IFS strategies and language into EMDR therapy, with particular attention to challenges and limitations.

Keywords: C-PTSD, Internal Family Systems, EMDR, Trauma, Complex Trauma

The Epigenetic Roots of Emotional Intelligence

Milena Georgieva & George Miloshev

Abstract

Emotional intelligence was defined by the American Dialectic Society in 1995 as one of the new terms often used in popular science. Few other scientific theses have engaged the attention of theorists and researchers for as long as has the dynamically expanding conceptual framework of emotional intelligence. Perceived in many ways—as a cognitive ability, as social competence, and a personality trait that is genetically inherited—emotional intelligence continues to intrigue people. It finds broad social application in numerous

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fields—science, education, medicine, organizational development, economics, politics, business, and interpersonal relationships. The interpretation of the term "emotional intelligence" makes it possible to formulate different definitions and models for research, but academics usually build their theses on the processes of emotional regulation. As emotions are a consequence of the perception of the environment and the interpretation of perceived information, it is clear that these processes are linked with epigenetics. Epigenetics paves the way toward a precise understanding of intelligence, and particularly of emotional intelligence. The roots and fine mechanisms of its manifestation lie in the intimate connection between our genes and the environment.

Keywords: emotional intelligence, genetics, epigenetics, psychosomatics, brain, stress

BP AROUND THE WORLD

Body Psychotherapy in Brazil

Rubens Kignel

Abstract

This article aims to briefly introduce the development of body psychotherapy in Brazil. Initially focused on distinctive Brazilian approaches, methods from abroad were later incorporated. Some issues about touch are addressed and information about the history of body psychotherapy in Uruguay, Argentina, and Venezuela is introduced.

Keywords: psychotherapy, body psychotherapy, biodynamics, biosynthesis, bioenergetics, body and mind