The Endo Self: 
A Self Model for Body-Oriented Psychotherapy
Will Davis

I present two major self-models: self as subject and self as object. My position is that in development and psychotherapy there is an overemphasis on the role of the other resulting in the self as object model. I argue for an endo self (ES), a term that I have created to indicate a unified body/mind state with a coherent subjectivity existing a priori to contact with others; this relationship is necessary to elaborate this pre-existent self. I discuss three themes basic to this re-evaluation of the self, followed by a discussion of the characteristics of the ES.

Keywords: agency, self-to-self relations, self-referential, embodiment, Reich

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The Impact of Body Awareness on Subjective Wellbeing:
The Role of Mindfulness
Olga Brani, Kate Hefferon, Tim Lomas, Itai Ivtzan, Joan Painter,
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Positive psychology has been criticized for the lack of research on the role of the body in wellbeing. As the research into the many variables that influence subjective wellbeing (SWB) continues, the important role of body awareness (BA) on SWB has been neglected. It was hypothesised that there would be a significant predictive relationship between BA and SWB, and moreover that this relationship would be moderated by mindfulness. One hundred and nineteen participants from the general population completed relevant self-report scales through an online survey. BA had a positive relationship with SWB, but this relationship was not moderated by mindfulness. These findings have implications for positive psychology that reinforce the argument for more body-based interventions and overall embodiment within the discipline.

Keywords: body awareness, subjective wellbeing, mindfulness, positive psychology
It is extremely valuable from a clinical perspective to make use of the processes of consciousness in a differentiated manner in body psychotherapy. The integration of a basic spiritual training into the therapeutic process can lead to sustained and meaningful change in established patterns of experience and behaviour. It also offers various impulses for the development of consciousness depending on the structure of the patient and the particular phase of therapy. To demonstrate this, a transcript is included of the first session of therapy with a psychosomatic patient who, with the help of body psychotherapy interventions, decisively achieves an awareness for the here and now. The holistic approach described here is a method in which therapy and the process of individuation are linked together. Plausible explanations from cultural history and from neuroscience, psychotherapy and infant research are integrated. This way of working is based on an attitude of mindfulness and its related process, awareness, which are to accompany the patient’s therapy. This attitude was borrowed pragmatically from the Eastern (especially Buddhist) schooling in consciousness and introduced into the non-religious context of change processes. In the later stages of individuation therapy, “awareness” can develop with altered perceptive and experiential qualities through which one’s own existence can be directly perceived and experienced. This condition transcends the customary patterns of experience in perception and existence.

Keywords: mindfulness, awareness, development of consciousness, unity of body, soul and spirit, consciousness-centred body psychotherapy.
The Enteric Nervous System and Body Psychotherapy: 
Cultivating a Relationship with the Gut Brain
Stephanie Pollock, MA

The Eating, Needing, Sensing (E.N.S.) system is a somatic insight-based therapy for working with clients in a session as well as across time. This system proposes the inclusion of the enteric nervous system (ENS), the brain in the gut, into body psychotherapy (BP). A system is proposed for how to cultivate awareness of the ENS, utilizing scientific research, psychoperistalsis, and theories of the body. This E.N.S. system includes paying attention to how a person’s eating, needing, and sensing is digested in the gut brain. Examples and questions are presented to foster consciousness of the ENS. ENS awareness is intended to inform a person of the gut’s messages in order to increase emotional self-regulation through appropriately listening and responding to the gut in the moment.

Keywords: body psychotherapy, enteric nervous system, second brain, gut brain, nutritional counseling

מילות מפתח: פסיכותרפיה גופנית, מערכות העצביםון, הを与え ואל, ה pigeons, בהיותם באמצעות, תורם, השировка, זה.
Helping the Body Grieve: A Body Psychotherapy Approach to Supporting the Creation of Continuing Bonds After a Death Loss
Dyana Reisen, MA, CT

This article attempts to bridge the gap between thanatology and body psychotherapy. More specifically, the focus is on why and how bereaved individuals can use their body memories of deceased loved ones to form continuing bonds. Historically, there has been a prevailing view among clinicians in Western society that breaking attachments with the deceased is essential to the mourning process and that remaining connected is pathological (Freud, 1917/1957; Rando, 1984; Worden, 2009). Over the years, evidence has shown that many survivors actually continue their relationship with the person who died (Klass, 1993a, 1993b; Rosenblatt, 1983). Because grief is a somatic process, a theoretical framework is proposed for using body memories by those experiencing uncomplicated grief to aid in the creation of continuing bonds with the deceased.

Keywords: grief, death, continuing bonds, body psychotherapy, body memory
In this paper, an integrative model for developmental trauma is presented which attempts to integrate (bring together) ego psychology, drive-conflict theory, somatic psychology, object relations, and self psychology. Latest findings of neuroscience are presented to support the proposed integrative model. Formal definitions of emotions, feelings, and affects based on the theory of complex dynamical systems and energy exchange, as well as neuroscience are presented. The importance of shame in the formation of developmental trauma is also discussed and supporting material from neuroscience is provided. The complementary nature of conflict psychology and psychology of the self, within the proposed integrative model, is discussed with implications for body psychotherapy.

Keywords: character structure, complex dynamical systems, developmental trauma, drive theory, emotions, neuroscience, object relations, polyvagal theory, self psychology, somatic psychology
This article is intended to open up a discussion and to begin to name, reflect on, and gradually start healing some of the wounds that arose throughout the development of body psychotherapy, particularly during the 1960-2000 period. It highlights several problems inherent in individuals single-handedly pioneering new methods, and several systemic difficulties in the organization of the original training courses. These ‘shadows’ are not unique to body psychotherapy and similar examples of such issues can be found in many other modalities of psychotherapy and in many other communities. They have implications for the wider professional field and also the future development of our field of body psychotherapy that, once named and owned, can be utilized more positively. Because of its length, the article has been split into 2 parts: the references and endnotes come at the end of the second part.

Keywords: Body psychotherapy, shadow, history, abuse, healing, ethics