

# My Impressive and Memorable Journey with IBPJ Comes to a Close



**Christina Bogdanova**  
Deputy Editor

*With this issue, we bid farewell to our Deputy Editor, Christina Bogdanova, who has been a vital force in shaping the Journal over the past six years. As a highly esteemed member of our team, she has provided wisdom, stability, and unwavering professionalism. In its design, direction, and content, the Journal will continue to bear the indelible mark of her presence and creativity. We wish her every success as she continues to influence our somatic field through her teaching and healing work.*

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I have been part of IBPJ for six years, taking on various roles, tasks, and responsibilities. Throughout these years, I have witnessed both growth and transformation – not only within the Journal but also within myself. For the past two years, I have had the honor and responsibility of serving as the Journal’s Deputy Editor. Today, as I step down from this role, I find myself in a swirl of emotions. There’s an undeniable sadness as I say goodbye to something I have poured my heart, energy, time, knowledge, and creativity into. Yet, there is also an immense sense of pride and deep satisfaction, knowing that I have contributed to shaping something meaningful that, in my view, holds a vital place in our professional community.

Reflecting on these years, I realize how much this journey has meant to me—how much I have grown and learned, and how deeply I have invested in the Journal’s success. It has been a tremendous joy, a privilege, and, at times, an exhilarating challenge. Every responsibility, every task, and every decision has been a piece of the puzzle, pushing me to grow in ways I never imagined. I take great pride in knowing that I have helped elevate it to new heights of excellence, dedication, and expertise.

What stands out the most in my heart are the countless hours spent in passionate discussions with Aline, Madlen, and Antigone, working together to breathe life into the Journal’s new layout and content. Those conversations were not just about design, words, or structure; they were about vision and purpose, about making sure the Journal reflected the values and aspirations of our community. And I am incredibly proud of what we have

created together. It was a labor of love, a shared commitment to something greater than just the work itself.

Another moment that filled me with contentment was the special issue on war trauma, a project for which I served as the guest editor. This topic is close to my heart, as it touches on the very essence of human suffering and resilience. It stirred something deep within me, prompting me to dedicate my time and energy to amplifying the voices of those who have endured the unimaginable. My hope with this issue was to offer a powerful testament to the resilience of the human spirit, a call for peace, a plea for the restoration of common sense, and a firm commitment to standing against violence in all its forms. More than anything, the issue sought to explore how we, as body psychotherapists and somatic psychologists, can support and assist those living in war, those who are refugees, and those who have encountered overwhelming stress, fear, and loss; those who have lost loved ones, homes, and hope. This issue felt like a lifeline, and it was an honor to be part of it.

Throughout my time here, I have learned so much from the brilliant authors who have contributed to the Journal. We have received and processed a wealth of insightful articles, each one deepening our understanding of body psychotherapy and somatic psychology while expanding our horizons in ways that continually spark our creativity. These contributions have challenged us to think more deeply, question more meaningfully, and persistently strive to become better, more compassionate professionals.

But what I will miss the most is not just the work – it is the connections. Collaborating with my colleagues on the editorial team has been one of the most rewarding parts of this journey. I am grateful beyond words to each of you for your unwavering support, wisdom, and dedication to this shared mission. Working alongside such a talented and passionate group of individuals has been an honor, and I will carry the lessons from our collaboration with me for the rest of my life.

As I close this chapter, my heart is full of gratitude – for everything this role has taught me, for the incredible people I have had the privilege of working with, and for the lasting impact we have made together. Thank you all for this opportunity and for allowing me to be part of such a meaningful journey.

I wish the current IBPJ team – Aline, Helena, Kalina, our new Managing Editor Lillya, first readers, abstract translators, peer reviewers, and technical supporters – an abundance of inspiration, energy, and persistence as you continue your work. I truly believe that with your commitment and passion, you will expand the Journal's reach and amplify our professional voice even further. Keep pushing the boundaries of excellence, and know that your impact will resonate far and wide.



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## Continuing the Journey

*A Note from the New Deputy Editor*

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I first joined the Journal in 2021 as a first reader and abstract translator, at a time when I was completing my first year of specialization as a body psychotherapist. From the very beginning, the Journal became an indispensable part of my journey – not only professionally, but personally. In many ways, it has “raised me” by helping to shape my entire stance toward the profession. As a young therapist (and person), it has been reassuring to feel connected to the international professional community, while I was learning to see both myself and the world through the lens of body psychotherapy. It brings me joy that, alongside my development as a psychotherapist, my role within the Journal has also evolved. In 2023, I became an assistant to the deputy editor, and today, I am honored to officially step into this role.

When Christina Bogdanova became Deputy Editor in 2021, she acknowledged the invaluable support of her mentor, Madlen Algafari, the former Editor-in-Chief of the Journal. In her editorial in Volume 20, Number 2, Christina wrote:

“The idea for my early inclusion belongs to Madlen, who believes in succession. Hopefully, thus we establish one more solid tradition – to have new members on board before the expiration of the mandate of their predecessors.”

Today, we can confirm that this tradition has been upheld. Just as Madlen guided Christina, it was Christina who approached me, offering me the opportunity to become her assistant and to later succeed her. She echoed Madlen’s words to me: “You can do it! And I will be there for you.” I am honored to follow in the footsteps of these two women, who have not only shared their immense talent and expertise with the world but have also supported others, like myself, in discovering and expanding their own abilities.

This intergenerational connection is not just theoretical – it is deeply personal. Madlen’s belief in succession, passed down to Christina, has been passed down to me, and with it, an understanding of what it means to contribute to something greater than oneself. What is more, the dynamic of learning from those before us extends beyond the editorial team – it is, in my view, at the heart of the Journal itself. Just as I am growing by working alongside experienced colleagues, our readers and authors engage in a similar exchange. New voices bring novel perspectives, while experienced professionals share their knowledge and witness the evolution of the field they helped shape. This makes the Journal more than a collection of articles; it is, rather, a space where ideas are passed down, challenged, and refined, ensuring that body psychotherapy remains a living, evolving discipline.

I look forward to playing my part in this journey – gathering and sharing the finest knowledge our field has to offer, staying connected, and continuing the search for deeper understanding together.

*Kalina Raycheva*