The *International Body Psychotherapy Journal* (IBPJ) is a peer-reviewed journal, published twice a year in spring/summer and fall/winter. It is a collaborative publication of the European Association for Body Psychotherapy (EABP) and the United States Association for Body Psychotherapy (USABP). It is a continuation of the USABP Journal, the first ten volumes of which can be found in the IBPJ archive. The journal’s mission is to support, promote and stimulate the exchange of ideas, scholarship, and research within the field of body psychotherapy and somatic psychology as well as to encourage an interdisciplinary exchange with related fields of clinical theory and practice through ongoing discussion.

**Founding Editor:** Jacqueline A. Carleton, PhD  
**Editor-in-Chief:** Madlen Algafari, MSc, MA  
**Deputy Editor:** Aline LaPierre, PsyD, MFT, SEP  
**Managing Editor:** Antigone Oreopoulou, MSc, MA  
**Assistant Deputy Editor:** Christina Bogdanova, MA  
**Associate Deputy Editors:** Chris Walling, PsyD, MBA, SEP; Karen Roller, PhD, MFT, FAAETS, DNCCM, CT, CFT, CSCR  
**Consulting Editors:** Barnaby B. Barratt, PhD, DHS; Mark Ludvig, PhD; Rae Johnson, PhD, RSW, RSMT  
**Production Team:** Alexandra Algaraf; Aline LaPierre; Anton Darakchiev; Christina Bogdanova; Meglena Beneva  
**Copy Editor:** Deborah Boyar  
**Cover Art:** Editorial Team, Victor Osaka  
**Design/Layout:** Michael Angelov  
**Website:** Lúís Osório

**International Advisory Board:** Alice Ladas, USA; Courtenay Young, UK; Fabio Carbonari, Italy; Frank Röhrich, UK; George Downing, France; Gusti Marlock, Germany; Halko Weiss, Germany; Joachim Bauer, Germany; Lidy Eversen, Netherlands; Lisbeth Marcher, Denmark; Malcolm Brown, Switzerland; Manfred Thielen, Germany; Margaret A. Crane, USA; Marianne Bentzen, Denmark; Maurizio Stupiggi, Italy; Peter Levine, USA; Regina Axt, Netherlands; Rubens Kignel, Brazil; Ulfried Geuter, Germany; Will Davis, France/USA  
**Peer Review Board:** Adam Bambury, USA; Allison Priestman, UK; Alycia Scott Zollinger, USA; Ann Blasetti, USA; Bernhard Schlage, USA; Betsy Zmuda-Swanson, USA; Brian Falk, USA; Celal Eldeniz, Turkey; Chris Walling, USA; Christine Caldwell, USA; Claire Haiman, USA; Dan Lewis, USA; Danielle Wise, USA; Fabio Carbonari, Italy; Fanny Chalfin, USA/France; Frank Röhrich, UK; Herbert Grassmann, Germany; Homayoun Shahri, USA; Ivan Munic Silva, Brazil; Janet Courtney, USA; Jennifer Tantia, USA; Kathrin Stauffer, UK; Laura Steckler, UK; Lawrence Hedges, USA; Linda Marks, USA; Livia Cohen-Shapiro, USA; Luisa Barbato, Italy; Marc Rackelmann, Germany; Marcel Duclos, USA; Marjorie Rand, USA; Mark Ludvig, USA; Marlon Szeremey, Hungary; Mary Giuffra, USA; Maurizio Stupiggi, Italy; Michael Changaris, USA; Narelle McKenzie, Australia; Rae Johnson, USA; Regina Axt, Turkey; Rene Kostka, Switzerland; Ronaldo Destri de Moura, Brasil; Rubens Kignel, Brasil; Sahar Sadat Nazm Bojnourdi, Iran; Sasa Bogdanovic, Serbia; Sharon Stopforth, Canada; Sheila Butler, UK; Shinar Pinkas, Israel; Susan McConnell, USA; Suzann Robins, USA; Will Davis, France/USA  
**EABP Board of Directors**  
**President:** Carmen Joanne Ablack  
**General Secretary:** Tihomira Illic Prskalo  
**Treasurer:** Vladimir Pojarashki  
**Ethics Committee Representative:** Mariella Sakellariou  
**Council Representative:** Kathrin Stauffer, PhD  
**Training Standards Committee Representative:** Sophia Petridou  
**Continual Professional Development Committee Representative:** Fabio Carbonari  
**Forum of Training Institutes Representative:** Alessandro Fanulli  
**USABP Board of Directors**  
**President:** Chris Walling, PsyD  
**Vice-President:** Kate Wolovskiy, MA, AMFT  
**Secretary:** Danielle Murphy, LCSW, SEP  
**Treasurer:** Mahshid Hager  
**Research Director:** Stephen Porges, PhD  
**Membership & Conference:** info@usabp.org  
**Correspondence Addresses**  
**Editor-in-Chief:** ibpj@usabp.org  
**Change of Address:** secretariat@eabp.org  
**Advertising:** managingseditor@ibpj.org  
**The IBPJ is available free online.**  
**Print subscriptions:** http://www.ibpj.org/subscribe.php  
**Printed single issue:** Members €17.50, Non-members €20  
**Yearly subscription:** Members €30, Non-members €35  
**Two-year subscription:** Members €55.00, Non-members €60  
**Payment through bank transfer:** American Express or PayPal  
**Translation:** The *Journal* is published in English. Article abstracts can be found on the IBPJ website in Albanian, Bulgarian, French, German, Greek, Hungarian, Italian, Japanese, Portuguese, Russian, Spanish, and Turkish at: www.ibpj.org/archive.php. If an article originally written in another language has been accepted for publication in English, the full article may also be found on our website in the original language.

**Abstract Translators:** Albanian, Elmedina Cesko, Arber Zeka; Bulgarian, Alexandra Algarafi; French, Marcel Duclos; German, Anton Darakchiev; Greek, Alia Panetsou; Hungarian, Marton Szeremey; Italian, Fabio Carbonari; Japanese, Yasuyo Kamikura; Russian, Evgeniya Soboleva; Spanish, Eva Palicio; Turkish, Celal Eldeniz.  
**Note:** The accuracy or premises of articles printed does not necessarily represent the official beliefs of the USABP, EABP, or their respective Boards of Directors.

**ISSN 2169–4745 Printing, ISSN 2168–1279 Online**  
**Copyright © 2012 USABP/EABP.** All rights reserved. No part of this journal may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission of the publishers – USABP and EABP.  
**USABP:** usabp@usabp.org www.usabp.org  
**EABP:** secretariat@eabp.org www.eabp.org  
**IBPJ:** www.ibpj.org
Letters to the Editor

The editors are eager to receive letters, particularly communications commenting on and debating articles already published in the Journal, but also suggestions and requests for additional features. A selection of letters received will be published in the next volume of the Journal.

Advertising Information

The IBPJ accepts advertisements for books and training institutions of possible interest to our readers. All dated events can be advertised in our social media. For more information please contact Antigone Oreopoulou at managingeditor@ibpj.org.

Criteria for Acceptance

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

First consideration will be given to articles of original theory, qualitative and quantitative research, experiential data, case studies, as well as comparative and secondary analyses and literature reviews.

Authors must certify that any material presented to the International Body Psychotherapy Journal is original unpublished work not under consideration for publication elsewhere.

Our editors and reviewers will read each article with the following questions in mind:

▶ Does material in this manuscript inform the field and add to the body of knowledge?
▶ If it is a description of what we already know, is there some unique nugget or gem the reader can store away or hold onto?
▶ If it is a case study, is there a balance among the elements, i.e., background information, description and rationale for chosen interventions, and outcomes that add to our body of knowledge?
▶ If it is a reflective piece, does it tie together elements in the field to create a new perspective?
▶ Given that the field does not easily lend itself to controlled studies and statistics, if the manuscript submitted presents such, is the analysis forced or is it something other than it purports to be?

Author Guidelines

Submission: For full submission details please consult the EABP website. Articles must be submitted by e-mail.

Format: Please consult the latest edition of the Publication Manual of the American Psychological Association. Manuscript should be single-spaced in 10 pt. type, with a one-inch (25 mm) margin on all four sides. Please include page numbers. Paragraph indent – 1.27 cm. The manuscript must be free of other formatting.

Order of Information: Title, full authorship, abstract (±100–350 words), keywords (3–5), text, references, biography (100 words). The biography should include the author’s degrees, institutional affiliations, training, e-mail address, acknowledgment of research support, etc.

References: References within the text should include the author’s surname, publication date, and page number. Full attribution should be included in the references at the end. Copyright permission must accompany any diagrams or charts copied, or altered from, published sources.

We follow American Psychological Association (APA) standards for citations.

▶ Citation Simplifier takes the fuss out of writing the bibliography! If you need to use a different citation style, it can be found on the left-hand side of the page. Click on the type of resource cited (book, blog, article, etc.) and fill in the required information (click the + button to add an author if your source has more than one). When complete click “Make Citation” and there you have it, a formatted bibliographic citation that can be copy-and-pasted directly to your work. Of course, you may wish to consult a more comprehensive resource about APA style guidelines.

▶ In-line citations. To find the information you need for citation, referring to the primary source you used is best. If you no longer have access to it, a Google search with the information you do have (book/article title/author’s name) will often provide the rest in the first few hits. Start by clicking on the first Google result, and by eye, search for the information that the citation machine website specifically requests. Browse the next few Google links if need be. If the information needed (i.e., page numbers) can’t be found in the first few hits, it is unlikely to be online at all.

Language: Authors are responsible for preparing clearly written English language manuscripts, free of spelling, grammar, or punctuation errors. We recommend Grammarly, an automated proofreader and grammar coach. Authors are also responsible for correct translations. If the article is originally written in a language other than English, please submit it as well and we will publish it on our websites.

Peer Review: All articles are peer reviewed by three reviewers. During this process, suggestions for changes or alterations will be sent to the author. Final decisions for changes are made at the joint discretion of the author and editors. Before the Journal goes to print, authors will receive a copy of their article to check for typographical errors, and must return corrections by email within the time limit specified.

Confidentiality: To ensure the confidentiality of any individuals who may be mentioned in case material, please make sure that names and identifying information have been disguised to make them anonymous, i.e., fictional and not identifiable.

Copyrights: It is a condition of publication that authors license the copyright of their articles, including abstracts, to the IBPJ. This enables us to ensure full copyright protection, and to disseminate the article and the Journal in print and electronic formats to the widest readership possible.

Authors may, of course, use their material elsewhere after publication, providing that prior permission is obtained from the IBPJ. Authors are themselves responsible for obtaining permission to reproduce copyrighted material from other sources.

By submitting a manuscript, authors agree that the exclusive right to reproduce and distribute the article has been given to the Publishers, including reprints, photographic reproductions of a similar nature, and translations.