Holding the position of Editor-in-Chief for the past three years has been an important and productive challenge. I would like to begin these last words with a huge thank you to Jill van der Aa who offered me the position. She happened to reach me with her offer while I was walking the Camino de Santiago on the very day I was reflecting on my personal path and on the life challenges I had overcome. That is exactly when Jill called. I took it as a sign and accepted. I had done television, I had published articles, I had written 12 books, but I had never been a part of a journal team, let alone heading the editorial team of an international journal alongside colleagues, authors, and reviewers from all over the world. I thank myself for the courage to jump into the deep.

In these three years, I have learned so much about the production of a journal and about the new developments and research in body psychotherapy – what a wonderful opportunity it has been to learn from all the articles we received. I improved my use of English, I interacted with colleagues from various cultures, and I felt even more deeply what it means to be part of our large professional family. I have learned a lot about myself – how, with enthusiasm and willpower, one could start something totally new even after the age of 50.

I am happy that many of my ideas came to life – in these three years, we changed the look and content of the Journal, we introduced new columns, we expanded the sphere of knowledge offered, and we increased our readership. I wish the same passion and creativity to my remarkable colleagues who continue to work on the team.

The friendships born out of our work together are among the most valuable assets I have gained. I will continue feeling connected and, of course, remain a faithful reader of the IBPJ.

In every issue, I have shared pieces of my personal beliefs. I deeply believe that human beings need to grow up – to become increasingly aware of the urgent need to evolve from homo neuroticus normalis to homo humanicus normalis, to understand that we know more about the outer world than we do about the inner world, and that this is not only sad but dangerous. We need to understand that we are the very cause of our most painful suffering, that we are masters of becoming ill, and that we disregard the fact that we could become masters of curing ourselves from almost any illness. The gravest of all illnesses, the one that is at the root of all others, is our unawareness. I am so grateful that the IBPJ gave me the priceless opportunity to share this personal and professional appeal with my colleagues and readers. Let us never stop being a voice of awareness in the world.

This coming year, IBPJ is 21 years old – an adult according to all the laws. I will continue feeling like the proud parent of a child who is growing smart, with beautiful values, and endowed with a deep sense of meaning.
I have gladly accepted the offer to continue Malden’s outstanding work as Editor-in-Chief. I look forward to continuing to grow the Journal as a key communication tool that brings together our diverse somatic and body psychotherapy communities. I see the IBPJ as an ambassador, expanding the awareness of body psychotherapy and somatic psychology in the world and, perhaps more importantly, as an archive holding the historical record of the evolution of our profession – a legacy for our field.

When, in 2018, Jill van der Aa invited me to join the editorial team as Deputy Editor and as representative of the American community, I was honored. The new configuration of the editorial team marked a welcome rapprochement between our two sister organizations, the EABP and USABP.

It has been a satisfying endeavor to support Malden and Antigone in growing the reach of the Journal. As past vice-president of USABP, I assisted in the process of evaluating how we could energize the Journal on our American side of the pond. We at USABP realized that our members are screen weary – they report spending altogether too much time staring at computer screens. Even though an online presence is an economical and convenient way to disseminate information, this led us to re-assess how we could ignite our members’ interest in the important source of professional growth that is a peer-reviewed journal for a given profession.

In support of the Journal, the USABP Board made the bold commitment to include printed copies of the Journal with each membership, thereby giving members concrete, in-hand added value. In the past three years, the attention our editorial team has given to redesign and develop the content of the Journal has been one of the factors driving our growth.

On a personal note, I join Antigone and Christina to thank Malden for our fulfilling cooperation which has restored my faith in the power of aligning wisdom, knowledge, and generosity in team collaboration.

I will miss you dearly Malden. It has been such a source of joy to witness how your open heart is in service of bringing love to all those who come in contact with you.

Aline LaPierre
Deputy Editor
would call my reflection *Cycle, flow, homeostasis, and a valuable gift.*

The cycle with Madlen Algafari at the helm of the IBPJ is coming to an end. At the same time, the life of the Journal continues to flow with Aline LaPierre as the new Editor-in-Chief and Christina Bogdanova as the new Deputy Editor. I sense homeostasis because, while change is occurring, the team spirit and the values of the IBPJ remain the same – connection, friendship, creativity, passion, diligence, perseverance, support, professionalism, and evolution.

The valuable gift for me is meeting, connecting, and becoming friends with these three ladies.

Jill van der Aa was already training me to be her successor as Managing Editor when the previous Editorial Team stepped down. Madlen was the first to join the new team. We had never met although I had heard of her through the EABP and during my travels to Sofia.

It was summer when the news came, and Madlen was in Greece. We agreed to meet in a restaurant to get to know each other and explore how to cope with our lack of knowledge about how to manage a journal.

Madlen arrived with her trademark radiant smile. She sat down, we ordered, and she immediately started firing ideas. I still remember how her contagious enthusiasm made me smile. As I listened, in the back in my mind, I instantly started thinking about how to bring her ideas to life. How to prioritize them. When we left, I felt like we had known each other for years. The rest is history.

In these past three years, we have met mostly via Zoom. We have shared more ideas, emotions, irritations, difficulties, solutions, enthusiasm, overcome hurdles, and through it all, had some good laughs. I have appreciated her precious ability to bond us into a strong team and lead us towards a common goal.

I am sure that in her role in organizing the next EABP congress in Sofia, Madlen will be as successful as in her leadership of the IBPJ. I am sad to see her leave our team, and happy to have gained a precious friend.

All the best in your next position Madlen!
I am the newcomer on the editorial team. 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. Moving into the role of deputy editor, I have had enough time to orient myself to the process, become familiar with the style and principles of the Journal, gotten to know the other team members, and settled in the way of doing things. In this way, I can bring continuity to the flourishing practices already in place. All of this strongly reflects my understanding that each of us is a vital link in a chain – we carry on from where our predecessors left off, furthering their work, expanding their achievements for an even greater reach and expansion.

I joined the editorial team in the early spring of 2020, and from the first meeting, I felt at ease with the marvelous people who openly welcomed me and made me believe that I was in the right place. This was the period when we all agreed that a change in the Journal’s design and layout was urgently needed. At that point, the editorial team had already done substantial work expanding the Journal’s theoretical and clinical content. However, we knew that improving the quality, diversity, and scope of the content was not enough. We were aware that design and clear presentation are as relevant as the content. So, we developed a new layout for the Journal – a larger format, more readable fonts, more breathing space between letters, words, and lines, and new graphic elements. These changes contributed to increasing the interest in IBPJ and to better position it in our professional community. To this end, I am thrilled and proud to have contributed my knowledge, resources, and previous expertise in the field of design and printing.

Were it not for Madlen’s belief in my personal and professional capacities, I would not be part of this team. When she invited me, I remember my hesitation and her saying, “Oh, don’t worry, you can do it! And I will be there for you.” Her reassurance supported me in spreading my wings in this new arena of creating a professional journal. This means so much to me. And she was, and continues to be there for me. For this, I am touched and grateful. From my perspective, Madlen is an outstanding professional and human being. Her broad scope of knowledge, gentle but nonetheless remarkable presence, creativity, wealth of ideas and energy bring me to deeply respect and admire her. Thank you, Madlen, for being my teacher and inspiration.