INTERNATIONAL **BODY PSYCHOTHERAPY** JOURNAL

The Art and Science of Somatic Practice

Published by the European & United States Associations
for Body Psychotherapy & Somatic Psychology

Volume 24 ■ Number 1 ■ 2026

EDITORIAL

4 **Evolving Dialogues Between Psychoanalysis and Body Psychotherapy**
Kalina Raycheva, Liliya Foteva

11 **Corrections to Previously Published Article**

SPECIAL SECTION ■ PSYCHOANALYSIS

12 Guest Editorial
Psychoanalysis and Somatics in Conversation
Helena Vissing

16 Interview
Psychoanalysis, Somatics, and the Future of Intersubjectivity
A Conversation with Jessica Benjamin and Christopher Walling
Helena Vissing

26 **The Influence of Libidometry on Wilhelm Reich's Bioelectrical Experiments**
An Exploration of Two Psychoanalytic Attempts to Quantify Psychic Energy
Jennifer Evans

38 **Just Talking**
On the Separation of Speech from Soma
Gabriella Hiatt

47 **Psychoanalysis *Is* Body Psychotherapy**
An Active Inference Account
Leah Benson

61 **Psychoanalysis and Soma**
Two bodies navigating through interbodily rhythms and spaces of spiky and silent trauma
Julianne Appel-Opper

72 **The Role of the Body in Trauma Processing: The Sudan War**
Suzan Shedid Elsayed

84 **Women Bear the Psychopathological Burden of Cultural Trauma**
A Somatic Treatment Approach
Maryanne Comaroto, Rebecca Pottenger, Kim Diorio, Lauren Shufran, Marlene Cohen

100 **An Alternative Perspective on Trauma Treatment**
The Combination of Mythological, Depth Psychology, and Somatic Paradigms
Sharon G. Mijares

PRENATAL AND PERINATAL SOMATICS

107 **Formative Embodiment**
James Feil

114 **Trauma is an Important Risk Factor for Chronic Illness**
Onset Triggers, Pre and Perinatal Risk Factors and Opportunities for Prevention
Veronique Mead

133 **MindBody Integration Orientation and Mindfulness-Based Approaches to Prenatal and Perinatal Healthcare**
Antonella Sansone

RESEARCH

149 **Subjective efficacy of the compassionate EBH meditation (C-EBH) during a stressful period of life – *An introspective study on emotional body healing (EBH)***
Lea Gredig, Anna-Lena Lumma, Friedrich Edelhäuser, Susanna Lübcke, Melanie Neumann

169 **Quantitative Evidence for the Effectiveness of Bioenergetic Analysis in Outpatient Settings**
Margit Koemeda-Lutz, Agnes von Wyl, Aureliano Crameri, Peter Schulthess, Volker Tschuschke

CLINICAL PRACTICE

178 **Awareness, Management and Resolution of Secondary Trauma in Therapeutic Practice**
A Review of Existing Strategies and Somatic Experiencing as a Preventative and Healing Modality
Gregory James

191 **Ocular Activations in Body Psychotherapy**
Clinical and Methodological Assessments
Luisa Barbato

INTERDISCIPLINARY APPROACH

198 **Somatic Approaches in Psychedelic-Assisted Therapy**
A Systematic Literature Review
Tobias Penno

216 **Exploring the Intersection of Somatic Psychology and Occupational Therapy**
The Potential of Sensory Modulating Strategies
Kristina Dobyns

222 **Sound Healing as Music Medicine**
Review of Techniques and Scholarly Evidence
LeaAnne DeRigne, Hobbes Isaac Liebschutz