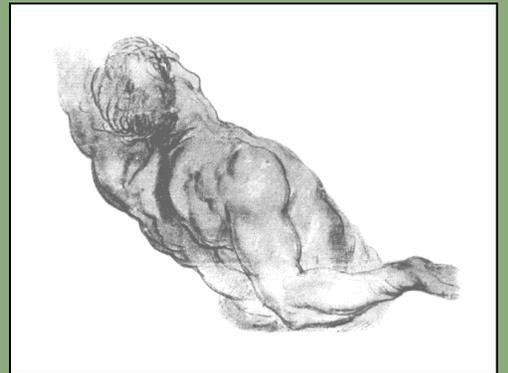


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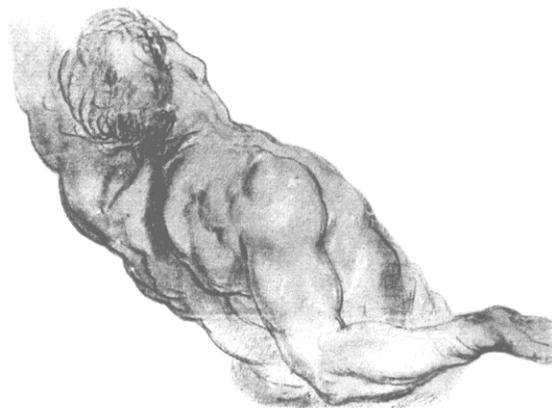


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USABP Mission Statement

The USABP believes that integration of the body and the mind is essential to effective psychotherapy, and to that end its mission is to develop and advance the art, science, and practice of body psychotherapy in a professional, ethical, and caring manner in order to promote the health and welfare of humanity.



Alice Kahn Ladas receiving notification that the USABP Research Award has been renamed the Alice Kahn Ladas Research Award. Award presented by Jacqueline Carleton. August 2008.



Alice Kahn Ladas – USABP

Carol Gaskin Ladas

Abstract

Carol Gaskin Ladas recounts her memories of her sister-in-law Alice Kahn Ladas.

Keywords

Alice Kahn Ladas – Memoirs – Body Psychotherapy History

I have known Alice Kahn Ladas since the early 1960s, when she and my brother, Harold Ladas, met and married. At the time, I was a new mom in my early twenties, and I was rather unworldly. Alice expanded my horizons enormously and continues to inspire me in many ways, from her dedication to breastfeeding and natural childbirth, to her knowledge of modern art and her passion for the disciplines of body centered psychotherapy.

When I moved to New York and lived with my brother, Alice, and my nieces for a year or so in the sixties, I had an opportunity to experience the excitement of Manhattan and the day-to-day artistic, musical and intellectual stimulation of the family. Through Alice, I discovered Wilhelm Reich's work on bioenergetics, along with the work of John Pierrakos and later the entire field of body centered therapy. I remember reading Reich's work on breathing and thinking how profound it was for me in regard to my own breath-work and body-experience. As a therapist, I was inspired by these experiences to explore, practice and teach mindfulness centered therapies such as Hakomi, Internal Family Systems and Focusing.

Alice's approach to the body, healthy food, vitamins, and exercise influenced me to make core decisions that have served me well in my life. Her dedication to health, strength and endurance continues through her regular yoga practice, insistence to commute everywhere by bicycle (even in New York City), and ski trips to Santa Fe. She shares her commitment by doing things such as several years ago when she took our whole family to Greece for a vacation to visit our Greek family there, she even went water skiing, to my amazement and delight.

From an early age, Alice was determined to live a full, well-rounded life in a way that stayed true to her vision. It is no wonder she and her family spent summers away from the busy city life of Manhattan; in the country, life was simpler. It was there that I met Alice's friends, Alexander and Eleanor Hamilton, who, through their care for children, created an alternative school in the Berkshires similar to Summerhill. Together, we discussed the fundamental aspects of a meaningful education, conversations that influenced my career as a teacher as well as encouraged me to explore educational alternatives for my daughter and to support the choices she has made for my granddaughter.

In reviewing the forty years I've known Alice, certain of her qualities surface again and again, qualities, such as courage, dedication and perseverance; she is full of energy, generosity and the determination to make a difference in the world. She has always been a synthesizer of information and a catalyst for change. During the late forties and early fifties, Alice worked in the private practice office of Dr. Nathan Ackerman, who went on to open the Family Mental Health Clinic of Jewish Family Services in New York in 1957 and publish the groundbreaking book, The Psychodynamics of Family Life: Diagnosis and Treatment of Family Relationships. She also directed the Department of Child Guidance in the Caldwell, New Jersey, Public School District and was assistant to the Director of the Maternal Care Adoption Service in Lakeville, Connecticut, where she later provided sex education classes to unmarried mothers.

In 1956, Alice was instrumental in founding the Institute for Bioenergetic Analysis, a pioneer organization in the field of body psychotherapy. She also helped to organize Dr. Alexander Lowen's lectures and put him in touch with his first publisher. In the 1960s, Alice taught the first Lamaze class in the United States. Her early articles on breastfeeding were published in Go Ahead and Live, a book that contributed to the Green Revolution, bringing environmental awareness to the question of providing babies with the best nutrition. For Alice, natural birth and breastfeeding were an integral part of the subject of sexuality and sex education. They continue to be an example of her lifelong commitment to bringing sex education out of the closet and into the classroom.

Alice's dissertation, Breastfeeding: The Less Available Option, was completed in 1970 with the help of 1100 members of La Leche League. It was published by The Journal of Tropical Pediatrics and was supported by Margaret Mead, who was the first person to join her dissertation committee. Thirty-four years later, Alice became the first person to lecture on sexuality at the Sunday Service of the New York Society for Ethical Culture on "The Sexual Revolution: Phase Two."

Alice sat on numerous boards throughout the years. During the 1970s, she served on the boards of both the Society for the Scientific Study of Sexuality (SSSS) and the International Institute of Bioenergetic Analysis. A study she conducted with my brother, Harold, on women and Bioenergetic Analysis, demonstrated the beneficial effects of body psychotherapy on women's sexuality. This study, presented at SSSS in 1979 as "From Freud Through Hite All Partly Right and Partly Wrong," led to the meeting with Beverly Whipple and John Perry that resulted in their collaboration on The G Spot, a synthesis of the work of Freud and sex researchers. Because of recent findings in neuroscience, which support the mind/body

connection, working with the body is finally being acknowledged as a significant aspect of effective therapy. As a member of the Board of Directors of USABP since the year 2000, Alice is finally able to promote research in body psychotherapy as she has always envisioned it.

Soon after the publication of The G Spot, Harold suffered a lengthy battle with cancer that required much of the family's time and energy. While Alice continued with her professional practice, she remained devoted to her husband and focused primarily on finding a cure. There was no cure, however, and Harold's death in 1989 was a huge loss for us all. Within the next few years, Alice moved into a co-housing community in the Southwest. It was a major change; leaving New York after all those years was not easy, but this new lifestyle in cooperative involvement is more in keeping with her real self.

Presently, Alice works on the staff of the Pastoral Counseling Center in Santa Fe, adding to the group the viewpoint of both a sex educator and a humanist; she is able to work with many Hispanic and Native American clients who are in need of these perspectives.

Alice has always been filled with boundless energy. She continues to maintain her clinical practice and remain devoted to her research in body centered therapies while traveling back and forth to New York to spend time with her children and grandchildren. In addition, she competes (and wins!) tennis competitions and competes in the senior Olympics. A few years ago, she fulfilled one of her greatest dreams when she played a Haydn piano concerto with an orchestra in Santa Fe.

Alice has made a significant impact on the world, especially in the lives of women, through her involvement with La Leche League, her influence on the Bioenergetic community, and in her clinical practice. Her publication of The G Spot, a bold move for that era, required great courage and perseverance, and it had a profound effect on the sexual awareness of women and men of our time. Alice has championed the cause of "coming back to our senses" for the life of the infant, for women's sensuality and sexuality, and for the emotional, physical and spiritual health of all humans. I applaud her unswerving devotion to family, somatic health and a better world, and I feel proud to be her sister-in-law.

Biography

Carol Ladas-Gaskin, M.A., is a certified Hakomi therapist, teacher and trainer and co-author with David Cole of Mindfulness Centered Therapies: An Integrated Approach. She is also a licensed massage therapist, award winning poet, author of Instant Stress Relief, and seminar leader for PESI (Professional Educational Seminars Incorporated) teaching Mindfulness and the Practice of Compassionate Presence for Health care professionals nationwide. Her email address is clgaskin@verizon.net ; www.seattlehakomi.net.

Alice Kahn Ladas

Erica J. Kelley

Abstract

Erica J. Kelley recounts her memories of Alice Kahn Ladas.

Keywords

Alice Kahn Ladas – Memoirs – Body Psychotherapy History

Alice would descend on us with the intensity of a comet. With every visit, my habitual complacency would be challenged by her penetrating eyes, her streams of questions, and her dazzling accomplishments.

Alice and my late husband Charles had been buddies since they studied Wilhelm Reich's work together in New York in the 1950s. I caught up with her in the '70s, when she came to California, first to present a workshop on Bioenergetic Analysis to our Radix trainees, and later to team up with Chuck for sex research, which included training with Hartman and Fithian in Long Beach.

Underlying every specialty is her passion, and compassion, for this planet and its people; I have always been impressed with her consistent determination and ability to put thought into action. Her investment in cooperative, sustainable living in Santa Fe, long before "green" became fashionable, is just one example.

Perhaps a ditty I wrote for her 80th birthday in 2001 best sums her up, and also reminds me of the mischievous twinkle in her penetrating eyes.

*An intelligent woman called Alice
Spent much of her life thinking "phallus."
Breastfeeding and G-spots she widely acclaimed,
And helped found Bioenergetics, which soon became famed.
From Wilhelm to Deepok, her interests wander;
From elephant-riding to UFO's yonder.
She writes theses and books, and musicals, too;
There's simply no end to what Alice can do.
Now it's magnets and tennis – what else have I missed?
-- The mention of lucky men Alice has kissed!*

With love and respect,
Erica Kelley

Biography

Erica J. Kelley co-founded Radix Education with her late husband Charles (Chuck) at the turn of the 1970s. She trained Radix teachers until she retired from the Radix Institute and direction of Radix Europe in the late '80s. She currently focuses on the legacy and development of Chuck's work through www.kelley-radix.org, among small efforts to make the world a better place, while enjoying family and the beauties of the Pacific Northwest. ericakelley@comcast.net

Tribute to Dr. Alice Kahn Ladas

Erica Goodstone, Ph.D., LMHC, LMFT, LMT, CRS

Abstract

Dr. Alice Ladas is one of the unsung heroes of women's liberation. She was a pioneer in sexology as well as body psychotherapy and an advocate for scientific research throughout her career; she currently serves as Research Committee Chair on the USABP Board of Directors, one of the few USABP members who worked directly with Wilhelm Reich and owned her own Orgone Accumulator. Dr. Ladas was one of a small privileged group to view the first presentation by Alfred C. Kinsey, renowned author of *Sexual Behavior in the Human Male* and *Sexual Behavior in the Human Female*, and she helped to found the original Institute for Bioenergetic Analysis.

Keywords

Alice Kahn Ladas – Memoirs – Body Psychotherapy History

I met Dr. Alice Kahn Ladas sometime in the early 1990s, years before the USABP came into existence. Sexuality played an important role in Alice's work from the very beginning. When we first met, I was chairperson of the New York Metropolitan Area Section for AASECT (The American Association of Sex Educators, Counselors and Therapists). In that capacity, I contacted local AASECT members in an attempt to build a supportive, collegial network with local New York City sexologists.

Most of the AASECT members I contacted agreed that creating an ongoing networking group was a great idea and said they would be happy to attend such a meeting when they knew "enough people" would be there. Dr. Ladas was one of the few people who was not only interested in such a meeting, but also helped and encouraged me to get it organized and running.

She invited me to her lovely Upper West Side Manhattan apartment where she treated me to a delightfully healthy lunch. As a result of this initial meeting, we exchanged a few body psychotherapy sessions: I offered her my Rubinfeld Synergy sessions and she gave me some Bioenergetic Analysis sessions. In doing so, we helped each other gain more insight and relief from our current life dilemmas.

Our first meeting led to the creation of a group of local sexologists that continued to meet for several years. As a group, we accomplished what none of us could have done alone. At one meeting, we discovered that four of us had submitted papers to be presented at the next AASECT meeting – and **all four papers had been rejected**. Our small group of four people created our own mini-conference presentation at the next AASECT conference. We had forty people in attendance, and all four of us were put on the official program at the AASECT conference the following year. That small group also created an AASECT sponsored conference (offering CEU's) at F.I.T./State University of New York, where I was working at the time.

Years later, when I became a USABP Board Member, Science and Research Committee Chairperson, I again reached out to Dr. Ladas for assistance. When we met for lunch, our discussions led to a framework of questions and goals that started the ball rolling. She became a committee member, and when I left the board, Alice eagerly became a board member and took over as Science and Research Committee Chairperson.

Dr. Alice Ladas is one of the unsung heroes of women's liberation. She has always been dedicated to spreading the word about what she believes to be true, a pioneer in both sexology and body psychotherapy. She met, studied, and trained with some of the leading professionals in both fields. She struggled to fight biases against her work in Sexology, prejudice against people's ideas that women should not be independent or successful, and resistance to her involvement with Body Psychotherapy and Bioenergetic Analysis.

Her initial training was Neo-Freudian at the Washington Square School of Psychiatry.. She got her MSW from The Smith School of Social Work, which she claims was quite orthodox Freudian.

After receiving her MSW, she worked at The Jewish Board of Guardians and The Payne Whitney Clinic, as well as in the private office of Nathan Ackerman, M.D., at the time that he was developing Family Therapy. She also was one of a select few to be invited to the first presentation by Alfred C. Kinsey (the renowned researcher and co-author of *Sexual Behavior in the Human Male* and *Sexual Behavior in the Human Female*) at the New York Academy of Medicine in New York City.

Dissatisfied with the results of traditional talk therapy, both for herself and for her clients, Dr. Ladas was attracted to the work of Wilhelm Reich because of its attention to the body and positive regard for human sexuality. At an early SSSS conference, she was among the first group of people to watch, behind locked doors, the earliest movies about the work of William Masters and Virginia Johnson.

In the 1980s, Charles Kelley, founder of the Radix Institute, and Alice studied together with Hartman and Fithian, co-sex therapists, who probably had trained with Masters and Johnson. Somewhere along the way, she also took Betty Dodson's workshop designed to assist women to better understand their own bodies through self-pleasuring.

Dr. Alice Ladas is currently a Diplomate for the American Board of Sexology, a Diplomate in Clinical Social Work, and a clinical member of the USABP. In the past few years, she has presented her work, information about body psychotherapy, sexuality, and the importance of scientific research at conferences such as The International Bioenergetic Analysis Society, The American Association of Sex Educators, Counselors and Therapists, The New York Society for Ethical Culture, and The USABP. Since her ground-breaking, best selling book, *The G Spot*, in the 1980s, she has continued to write numerous articles, including some recent ones for Cliniscope, The American Academy of Clinical Sexologists, and The Archives of Medical Research. She is currently a USABP Board Member, Science and Research Committee Chairperson, and she maintains a private practice in Santa Fe, New Mexico, and New York City.

Biography

Dr. Erica Goodstone has served the USABP as an original steering committee member, as Science and Research Chair on the Board of Directors, and as Newsletter Editor. She continues to assist as a member of the Research Committee. She is a Certified Rubenfeld Synergist®, Licensed Mental Health Counselor, Licensed Professional Counselor, Licensed Marriage and Family Therapist, Licensed Massage and Bodywork Therapist, Diplomate & Fellow, American Association of Integrative Medicine, Diplomate, American Academy of Pain Management, Diplomate, American Board of Sexology, and a Certified Sex Therapist, American Association of Sex Educators, Counselors and Therapists. She maintains a private counseling practice specializing in relationships, sexuality and body psychotherapy. She can be reached through her web site at www.DrEricaWellness.com.

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Jacqueline A. Carleton, Ph.D., Editor (jacarletonphd@gmail.com)

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The USABP believes that integration of the body and mind is essential to effective psychotherapy, and to that end, its mission is to develop and advance the art, science, and practice of body psychotherapy in a professional, ethical, and caring manner in order to promote the health and welfare of humanity.

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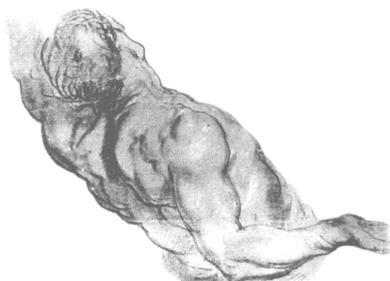
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Jacqueline A. Carleton, Ph.D.
Editor
USA Body Psychotherapy Journal
115 East 92nd. Street #2A
New York, NY 10128
212.987.4969
jacarletonphd@gmail.com