

# INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

THE ART AND SCIENCE OF SOMATIC PRAXIS

INCORPORATING US ASSOCIATION FOR BODY PSYCHOTHERAPY JOURNAL

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for Body Psychotherapy

**International Body Psychotherapy Journal**  
*The Art and Science of Somatic Praxis*  
 (formerly US Association for Body Psychotherapy Journal)

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have knowledge. As they conclude in this second part, the authors as well as the Editor invite discussion of all aspects of these two articles, perhaps most easily accomplished on the Somatic Perspectives forum ([www.somaticperspectives.com](http://www.somaticperspectives.com)).

After attending their fascinating presentation at the last EABP conference in Cambridge, I asked Eric Wolterstorff and Herbert Grassman to write it up for the IBPJ. Entitled "The Scene of the Crime: Traumatic Transference and Repetition as Seen in Alfred Hitchcock's *Marnie*", the authors analyze the film as a case history. As they explicate their interesting theoretical stance, they pose the main character, Marnie, in the role of patient and suggest a course of treatment for her. Their contention is that a participant in a traumatic event involving what they characterize as "in-group trauma," must integrate the four roles literally or implicitly present: savior, victim, bystander and perpetrator, in that order. In order to heal, the participant must be able to inhabit each of these roles, no matter which one he/she in fact played. In order to facilitate that process, the therapist must be able to work with the traumatic transferences that ensue without allowing it to destroy him/herself, the client or their relationship. Not an easy task, they concede, but imagining Marnie as patient, they detail each step in the process.

I really enjoyed reading Manfred Thielen's carefully crafted article on "Body Psychotherapy for Anxiety Disorders". Bringing together a cogent discussion of the Reichian tradition initiated by Freud with later Bioenergetic additions, he critically traces treatments of anxiety on through psychodynamic conceptualizations to pre- and peri-natal research along with the contributions of infant research and finally to Humanistic Psychology's perspective. Having set the tone in his brief historical overview and theoretical discussion, he concludes that anxiety is a whole body experience and illustrates all that he has introduced in two case vignettes.

Greg Johanson provides us with a thoughtful introduction to and overview of the possible interfaces between somatic psychotherapy and science and research. With an extensive bibliography, the article details issues such as how research is used clinically, how training institutes can function as both generators and consumers of research and how findings in what he refers to as "cognate" fields such as neuroscience, developmental studies, multicultural and spiritual arenas can contribute to the practice of body-inclusive psychotherapy. The author is guided by considerations in the philosophy of the science of "what it means to be human" as well as principles from the sciences of complex, non-linear adaptive systems. The significance of neuroscience as "explanation" or "re-description" of clinical observation is also taken up by Nick Totton and some of his commentators in our final offering.

With this issue, we introduce a feature which will appear frequently in subsequent issues: Somatic Colloquium, orchestrated, edited and introduced by Asaf Rolef Ben-Shahar. Dr. Rolef Ben-Shahar asked Nick Totton to contribute our first offering, which is commented upon by David Boadella, Stanley Keleman, Will Davis and Akira Ikemi, after which Totton offers a final comment. In his carefully constructed, well expressed and richly referenced offering Totton makes a cogent case for embodiment as the "matrix of relating" and goes on to say that, "It is only when the privileging – though not the contribution – of the rational and the verbal is wholly surrendered that embodied relationship can be integrated". Stanley Keleman and David Boadella comment briefly, reminding the reader of their own work and points of view. Will Davis and Akira Ikemi seem to enjoy entering more into challenging dialogue with Totton, who responds in kind in his closing remarks.

This colloquium came to mind when I was privileged to view a brilliant physical theater piece last weekend, entitled "What You Counted and Carefully Saved", created and directed by the profoundly gifted Sita Mani with her students from The Studio in New York. A "work in progress," it merged profoundly personal elements from the creator as well as the actors with a deep commitment to the physical expression of emotion, utilizing music, dance, poetry and humor. It was in fact the privileging of the embodied in this powerful dramaturgical piece that has made it reverberate in my own body as I have sought to be an embodied presence for and to my patients and students this week. How wonderful to see a parallel process in theater art and psychotherapy: two sides of a golden coin.<sup>11</sup>

Our cover, which is also the 2014 Congress logo, was designed by Dora Theodoropoulou, a Greek student of Biosynthesis and PhD candidate at the National Technical University of Athens.

Jacqueline A. Carleton, PhD  
New York City  
August, 2014

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**Editorial**  
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I have been thinking of this issue, Volume 13#2, as the “congress issue” for quite some time, as it is being published simultaneously with the 10th European Association for Body Psychotherapy and 14th International Scientific Committee of Body Psychotherapy Congress, September 11-14, in Lisbon, Portugal. I have attended many of these congresses over the years and have found them incredibly nourishing and inspiring each time. The theme this year is “The Body in Relationship: Self, Other, Society”, marking body psychotherapy’s evolution, paralleling that of relational schools of psychotherapy and psychoanalysis, from a “one-person” psychology focused on the internal dynamics and bodily expression of the patient to a “two-person” psychology focusing also on the relational aspects between therapist and patient. These developments I find hopeful and encouraging for the future of our profession and for that of allied helping professions such as medicine, wherein doctors are being encouraged, as a part of their own self-care as well as their technical expertise, to pay more attention to their own presence in clinical encounters (Figley, Huggard, & Rees, 2013). I am reminded of a paper by Angela Klopstech. Drawing on Martha Stark’s (1999) book entitled *Modes of Therapeutic Action*, Dr. Klopstech demonstrated, in her typically lucid manner, how Bioenergetic technique had been evolving from a focus on emotional, cognitive and energetic blocks in the patient, through the therapist’s active inclusion of him/herself in providing a corrective experience for the patient, to a third alternative in which the therapist participates countertransferentially in the patient’s transference enactment in the session.

This issue and the next will introduce three new editors. In this issue, Asaf Rolef Ben-Shahar introduces what I hope will become a frequent feature of the IBPJ: The Somatic Colloquium. (His recently published book, *Touching the Relational Edge*, will be the focus of a review article on relational body psychotherapy by Aline LaPierre, scheduled for publication in this Journal in 2015.) Our next issue, devoted to research in body psychotherapy, will be guest edited by Jennifer Tantia, research chair of the USABP. And, Debbie Cotton, body psychotherapist and naturopath, has joined the Editorial Committee. In addition to taking care of her newborn son, Debbie has given the Editor valuable assistance copy editing on a tight deadline. She will be taking on more responsibilities in the coming months as the demands of motherhood allow.

We begin the issue with an illustration of the art of our craft. Lydia Denton combines clinical acuity with a whimsical sense of play in “A Fairy Tale or the Strange Case of Rose”. An otherwise high functioning patient comes to her missing a body part. In their quest to reclaim it, the therapist utilizes ego state theory along with EMDR and psychodynamic theory. The therapist’s wry sense of humor is even occasionally matched by the patient.

In Part II of “Shadows in the History of Body Psychotherapy”, Courtenay Young and Gill Westland suggest some of the challenges faced by the body psychotherapy training organizations and communities as essentially outlying fiefdoms attempt to form a cohesive and rigorous topography in relation to the wider field of psychotherapy and somatic psychology while remaining true to a strong tradition of embodied and experiential practice and training methodologies. Sometimes they speak generally, and at other places in their article detail problems, pitfalls and traumatic events of which they