

# Body-Psychotherapy In Europe: EABP & the EAP

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## **Abstract**

An overview of Body-Psychotherapy in Europe. Describing the methods, training, organisation of EABP, questions of scientific validity, different modalities, etc.

## **Zusammenfassung**

Einen Überblick zur Körper-Psychotherapie in Europa: Beschreibt die Methoden, Ausdehnung, Organisation von EABP, wissenschaftlicher Nachweis, verschiedene Modalitäten, etc.

## **Résumé**

### **La psychothérapie corporelle en Europe**

Un aperçu de la psychothérapie corporelle en Europe : description des méthodes, de l'étendue, de l'organisation de l'EABP, questions de validité scientifique, différentes modalités, etc.

## **Резюме**

### **Телесная психотерапия в Европе**

Обзор развития телесной психотерапии в Европе. Описание методов, тренингов, Европейской Ассоциации Телесной Психотерапии (ЕАТП) как организации, вопросов научной валидизации, различных модальностей и т.п.

**Body-Psychotherapy** is a distinct “mainstream” branch within the field of Psychotherapy, which has a long history and a large body of literature and knowledge based upon a sound theoretical position. It involves a different and explicit theory of mind-body functioning that takes into account the complexity of the intersections and interactions between the body and the mind. The common underlying assumption is that the body is the whole person and there is a functional unity between the mind and the body. The body does not merely mean the “soma” and that this is, in some way, separate from the mind, the “psyche”. Many other approaches in Psychotherapy touch on this area (e.g psycho-somatics). Body-Psychotherapy is different in that it considers this unity as paramount and fundamental. Any approach to the mind therefore involves the body as well, de facto; and every aspect of the body, affects and is affected by the mind, and not just the brain.

Body-Psychotherapy involves a developmental model; a theory of personality; hypotheses as to the origins of disturbances and alterations; as well as a rich variety of diagnostic and therapeutic techniques used within the framework of the therapeutic relationship. There are many different and sometimes quite separate approaches within Body-Psychotherapy, as indeed there are within the other mainstreams of Psychotherapy.

Body-Psychotherapy is also a natural science, having developed over the last seventy years from the results of research in biology, anthropology, proxemics, ethology, neuro-physiology,

developmental psychology, neonatology, perinatal studies and many more disciplines. There are many research projects within Body-Psychotherapy, and many more which also inform it.

It also exists as a specific therapeutic approach with a rich scientific basis on an explicit theory. Body-Psychotherapy is also an approach which demands a high level of knowledge, skill and awareness of non-verbal communication, subtle body signals, diagnostics & processes, emotional ergonomics, psychosomatics, and so forth.

There are also a wide variety of techniques used within Body-Psychotherapy and some of these are techniques used on the body involving touch, movement and breathing. There is therefore a link with some body therapies, somatic techniques, and some complementary medical disciplines, but whilst these may also involve touch and movement, and may well be very psychotherapeutic, they are also very distinct from Body-Psychotherapy, as they do not fit within the scope, depth and training requirements of the field of Psychotherapy.

Body-Psychotherapy recognises the continuity and the deep connections in which all psychocorporal processes contribute, in equal fashion, to the organisation of the person. There is not a hierarchical relationship between mind and body, between psyche and soma. They are both functioning and interactive aspects of the whole.

Historically Body-Psychotherapy has been somewhat marginalised by some of the more traditionally accepted branches of psychotherapy; possibly because of historical and societal anathemas about touch. However this position is now itself becoming more marginalised and Body-Psychotherapy, its long and rich history, its body of knowledge and its particular perspectives are increasingly being accepted, validated, and sought after by other branches of Psychotherapy. Many psychotherapists are including aspects of Body-Psychotherapy in their practice and theory.

Body-Psychotherapy has been scientifically validated by the E.A.P. as have a number of the various modalities within this mainstream branch of Psychotherapy. Some of the approaches or “modalities” within Body-Psychotherapy include : Hakomi \*, Bodydynamic Analysis \*, Biodynamic Psychology & Psychotherapy \*, Biosynthesis \*, Unitive Psychology \*, Bioenergetic Analysis \*, Body-Mind Psychotherapy; Radix, Reichian & neo-Reichian Character-Analytical Vegetotherapies \*, Core Energetics, Rubenfeld Synergy, Organismic Psychotherapy, Psychotherapeutic Postural Integration \*; Pesso Boyen System Psychomotor, Somatic Psychotherapy, etc. - each with their own theories and philosophies, as well as there being many different methodologies and techniques within these modalities. Many of these modalities are largely confined either to the USA or to Europe. (The modalities with \* have been currently recognised as scientifically valid by the EAP).

A distinction must also be made between Body Therapy and Body-Psychotherapy. Body Therapies are many and numerous: some have been demonstrated as being effective; some have been scientifically validated; many of them are psychotherapeutic. However these are not ‘psychotherapies’ and are not included within Body-Psychotherapy. Body-Psychotherapists may use some of these techniques where appropriate and differentially according to the client’s needs. By themselves these therapies do not constitute a Body-Psychotherapy, though some of the

schools are now training people more extensively in the wider aspects of psychotherapy. Where and when these trainings fully fit the criteria of EABP and EAP, they are welcomed.

### **The European Association of Body Psychotherapy**

As such, EABP therefore does not and cannot represent any one single approach within Body-Psychotherapy, but speaks for the whole wide range of approaches. The EABP directly represents a number (currently about 500+) of individual trained and experienced Body-Psychotherapists working in about 23 different countries, who have been trained in a number of very different schools or modalities of Body Psychotherapy and they all have in common a level expertise on how bodily behaviour and phenomena can be integrated into the clinical and professional discipline of Psychotherapy. Through its membership, EABP gives an accreditation to these 500+ people in Europe.

EABP has also strong links with other Body-Psychotherapy associations, training schools, institutions and individuals in the United States of America, South & Central America, Japan and Australia.

EABP also has direct contact with about 40 Training & Professional Organisations specialising in Body-Psychotherapy, which gather together into **The FORUM of Body-Psychotherapy Organisations**. This body accredits training schools in Body-Psychotherapy according to the EABP Training Standards and through a Self-Assessment and Mutual Recognition Process. (By 2007, about 20 schools have been so accredited.) Members of the FORUM also band together to ensure the various “modalities” within Body-Psychotherapy are scientifically validated by the E.A.P. and to consider other professional, training and accreditation issues within Body-Psychotherapy. One school has recently attained European Accredited Psychotherapy Training Institute (EAPTI) status within the EAP.

Currently modalities such as Hakomi, Unitive Psychotherapy, Bodydynamics, Biodynamic Psychology, Emotional ReIntegration, Character-Analytic Vegetotherapy, and Psychotherapeutic Postural Integration have become scientifically validated modalities within the EABP mainstream of Body-Psychotherapy. Bioenergetic Analysis, Biosynthesis, Psycho-Organic Analysis, Concentrative Movement Therapy and some other modalities in Body-Psychotherapy have become recognised or scientifically validated by the EAP, independently of EABP.

There are perhaps about 30 different approaches or techniques within the field of Body-Psychotherapy and currently possibly about 150 different organisations, schools and institutes in Body-Psychotherapy exist throughout Europe (of very varying sizes) with a total population of maybe 6,000-7,500 trained Body-Psychotherapists.

EABP, in its 15 years of existence, thus directly represents only a very small percentage of all qualified and experienced Body-Psychotherapists, many of whom are members of other professional and accrediting organisations, or who have no reason, need or wish at present to join such membership or accrediting organisations. This does not diminish in any way the strength, solidity or history of Body-Psychotherapy.

**The Aims and Objectives of EABP are:**

- a) to act as an accrediting organisation for Body-Psychotherapists and to maintain and promote standards, ethics, and levels of professional worth amongst its Members.
- b)
  - i) to establish Body-Psychotherapy as a recognised branch of Psychotherapy, and
  - ii) to obtain official recognition for the speciality of Body-Psychotherapy in the various European countries, and
  - iii) to establish that Body-Psychotherapy can be practiced legally and professionally in all countries in Europe,
- c) to promote the dialogue and the exchange of information among the EABP Members to further their intellectual, scientific, creative and special knowledge and practice in Body-Psychotherapy in a manner similar to other fields of psychotherapy.
- d) to offer EABP Members the opportunity to make use of the Association as a supporting structure through the exchange and interchange of information and experience.
- e) to develop and support all kinds of activities, as for instance, the organisation of congresses, workshops or other meetings.
- f)
  - i) to compile a bibliography of all published articles and books relating to the specific theoretical area of Body-Psychotherapy, and
  - ii) to issue a professional journal about Body-Psychotherapy, and
  - iii) to collect and compile publications relating to the subject.
- g) to further research and development in Body-Psychotherapy.

EABP is a **European Wide Accrediting Organisation (EWAO)** of the European Association of Psychotherapy and, as such, has a seat on the Board and representation on the Training Standards Committee of EAP. Many members of EABP do prominent work within EAP and many EABP accredited Body-Psychotherapists already hold the EAP's European Certificate for Psychotherapy.

**EABP is organised as follows:**

There is a **Board** of seven to eight people that is elected every two years at the **General Assembly** of EABP. This is usually held directly after the bi-annual **Congress**, the theme of which is relevant to Body-Psychotherapy. Attendance at the Congress is open to anyone. Attendance at the General Assembly is only open to accredited Members of EABP.

The President, General Secretary and Treasurer of EABP are elected at the General Assembly. The rest of the Board are then elected, with a reserve member. The Board then appoints a Vice-President, Membership Secretary and any other needed positions. The Ethics Committee Chairperson is a non-voting member of the Board. The FORUM of Body-Psychotherapy Organisations appoints a Chairperson who needs to be accepted by the General Assembly and is also a member of the Board.

There is an elected **Ethics Committee** of five people, each person elected at the General Assembly and serving for four years. This deals with all complaints, matters touching on the ethical code, procedure for complaints, ethical advice and similar professional issues.

In various countries, the Membership of EABP is large enough to justify that they organise themselves into an independent **National Association** that will check the EABP Membership

Criteria for applications from that country and will organise the affairs for that country. Currently **Switzerland, Germany, Austria, Greece, Italy, The Netherlands, Serbia, and Russia** all have such a National Association for their EABP Members. The U.K., Scandinavia (Norway, Sweden, Denmark, Finland) and France are in the process of forming one.

These National Associations will negotiate with the National Umbrella Organisations for Psychotherapy in those countries to achieve official recognition of Body-Psychotherapy there. Other countries have a **National Committee** which helps keep EABP Members in touch with each other and the Board. There is also an **International Membership Committee** that co-ordinates the various national activities and oversees all individual Membership Applications in co-operation with the National Associations and Committees. The Chairpersons of the National Associations all meet once a year, and this meeting is being formed into a “Council” to advise the Board.

There are other Committees such as: the **Congress Planning Committee** that organises the next Congress and a **Congress Selection Committee** that invites presenters and workshop leaders to the next Congress. A **Training Standards Committee** meets with representatives of the various Training Schools and has established a set of criteria for Body-Psychotherapy trainings. There is also a **Scientific & Research Committee**. These Committees are open to EABP Members and are chaired by a member of the Executive Board.

The **Publications Committee** oversees the literature that EABP puts out. Currently there is a twice yearly Newsletter and a booklet of Membership Information that goes to all Members. There is also an Introductory Booklet. There is a published **Register of European Body-Psychotherapists** with the names, addresses and telephone numbers of all our accredited Body-Psychotherapist Members. This Register is published on the EABP website: **www.eabp.org**.

Training Schools, Professional Associations and European Institutes in Body-Psychotherapy can all become Organisational Members of EABP and these meet twice a year as a fairly autonomous **FORUM of Body-Psychotherapy Organisations**. There is a process of accreditation of trainings which is done through a Self-Assessment and Mutual Recognition process overseen by the Training Standards Committee & EABP Board and subject to ratification by the General Assembly.

### **EABP Membership Criteria**

In order to be accredited as a Member of EABP, an individual trained as a Body-Psychotherapist must have completed:

1. At least 600 hours of professional training as a psychotherapist over at least a three year period, 400 hours of which must have taken place with a recognised school of Body-Psychotherapy; or can demonstrate that they have done “the equivalent”.
2. At least 150 hours of ongoing individual (or group) body-psychotherapy, one three-hour session of group work being equal to one hour of individual psychotherapy. These hours of personal psychotherapy should be outside\* the setting of training with a professionally paid body-psychotherapist. At least 100 hours should be individual one-to-one sessions; or can demonstrate that they have done “the equivalent”.
3. A minimum of at least 100 hours of professional supervision by a body-psychotherapist in

either group or individual context outside of the setting of the training; “or the equivalent”. The number of hours of group supervision should be multiplied by two and divided by the number of people in the group.

4. At least 600 hours, preferably more, of paid professional practice as a body-psychotherapist over a 3-year period, either in group or individual context, “or the equivalent”.

\* Although there may be therapy and supervision within the training contract, the hours which meet the four criteria must be contracted and paid for separately. The ideal would be to have a separate therapist, supervisor, time and place, as well as separate payment for these sessions. We realise that, at this time in the professional development of some schools and training programmes, this ideal is still unrealistic.

These EABP Membership Criteria are in the process of being revised as the newer EABP Training Standards and EAP Training Standards for the European Certificate of Psychotherapy have been set at a slightly different level with different criteria, whereby entry into any training is at post-graduate level (after an initial 3 years 1st degree or equivalent) with then a minimum of four years of Body-Psychotherapy training, and a total number of 3200 hours spread over the full 7 years. The new Membership Criteria would not exclude any present members, but would reflect a closer alliance with the EAP criteria.

### **Membership Conditions:**

When an individual has met the acceptance criteria, he/she should receive a copy of the statutes (Articles of Association) along with the Ethical Guidelines and Procedures. When the individual signs the acknowledgement of this acceptance and the Membership Declaration, he/she is thereby also accepting these standards as a condition of his/her membership.

The resignation of a member will not be accepted if there is an ethics case outstanding which involves them and an application to rejoin will also not be accepted until any outstanding ethics case is completed.

EABP membership, at the moment, does not mean that the member has any legal permission to practice.

EABP is working towards having its membership criteria accepted as professional qualifications for Body-Psychotherapy in various European countries.

Currently we also accept members from non-European countries, and Associate Members are people in training or with an interest in Body-Psychotherapy. Candidate Members are people who have completed their training, but not the supervised professional practice component of the membership Criteria. There can also be Organisational Members (in The FORUM of Body-Psychotherapy Organisations) and reciprocal membership agreements may be concluded with corporate bodies having identical aims.

The annual Membership Fee for Full Members is currently (the equivalent of) 190 Euros. Associate Members pay 50 Euros per annum. Organisational Members pay an additional graduated fee to The FORUM according to the size of the organisation.

### **Publications**

**Journals:** The English-language journal *Energy & Character* (editor David Boadella) has been published for over 30 years with about 2 issues per annum. Many of the various modalities have their own journals (e.g. Bioenergetics.) The USABP has a peer-reviewed Journal with 2 issues p.a.

that started in 2002. There is a new peer-reviewed journal, *Body, Dance & Movement in Psychotherapy*, published by Taylor & Francis, that started in 2006.

**Books:** There are many books in several different languages about Body-Psychotherapy, and many of these are listed on the EABP website. There is an EABP Bibliography of Body-Psychotherapy on CD-ROM listing books, chapters, journal articles, conference papers, and websites that currently has over 3,500 entries.

### **Congresses**

The EABP has organised the following European Body-Psychotherapy Congresses.

These have been 3-4 day residential Congresses and usually attended by between 200 and 400 people.

1. Body-Psychotherapy in Europe, Davos, Switzerland 1987
  2. Body, Health & Society, Seefeld, Austria 1989
  3. Words, Touch & Transference, Lindau, Germany 1991
  4. Science and Love, Strasbourg, France 1993
  5. Six Perspectives on Body-Psychotherapy  
Carry-le-Rouet, France 1995
  6. 100 Years of Wilhelm Reich: Energy, Sexuality, Character & Society  
Pamhagen, Austria 1997
  7. The Flesh of the Soul: Travemünde, Germany 1999
  8. The Art of Relationship: Egmond, The Netherlands 2001
  9. The Body at the Centre of Psychotherapy  
Athens, Greece 2004
  10. Bodies of Knowledge: love, work, knowledge, and play. Askov, Denmark 2006
- The next EABP Congress – in conjunction with the ISC – will be in Paris, in Nov. 2008.

### **America**

In North America the EABP's sister organisation, the USABP, with about 600 Members has held congresses in Beverly, MA, in 1996; Boulder, CO in 1998, Berkeley, CA in 2000, Baltimore, PA in 2002; Tuscon, AZ in 2005; and Philadelphia, PA in 2008.

### **International Congresses:**

- Congresses organised by the International Scientific Committee for Body-Psychotherapy (Mexico 1987; Montreal 1990; Barcelona 1993; Boston 1996; Mexico 1999; Naples & Ischia, 2002; Sao Paulo, Brazil, 2005)
- International Congress of Somatotherapy and Somatanalysis (Paris 1987; Montevideo 1989; Strasbourg 1991; Buenos Aires 1992)
- International Congresses on Body-centred Psychotherapy (Zürich 1986, 1989)
- 1st U.S. National Conference on Body Oriented Psychotherapy (Boston 1996)
- Wilhelm Reich Festival (Belgrade 1997)
- Wilhelm Reich Conference, (Sao Paulo, Brazil 1997)
- International Congress of Biosynthesis, (Mallorca 1997; Brazil 2000, Portugal, 2006)

### **National Congresses:**

- The Italian National Association for Body-Psychotherapy has organised the following congresses: Napoli 1990; Catania 1992; Milano 1996; Naples 2002

- The Swiss National Association has organising a National Congress in 1996, 1998 and 2000 in Basel.
- German National Association Foundation Meeting, Munich 1994 and Congress, Berlin 1998, Frankfurt 2000, Berlin 2003.
- Dutch National Association: Amsterdam 1998, Egmond 2001, Amsterdam 2003, Amsterdam 2006.
- Russian National Association; Symposium Moscow 2001.
- \* The Italian National Association have a conference planned in Rome in Oct 2007.

Many modalities, disciplines and individual Training Schools of Body-Psychotherapy also hold their own particular congresses in various countries in Europe for members of their professional associations. \_\_\_\_\_

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