

# **The History and Development of Body Psychotherapy: European Collaboration**

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## **Abstract**

This article, part of a series on the history of Body Psychotherapy (Young, 2006, 2008, 2010 ) covers the extraordinary collaboration, co-operation and integration that happened between the diverse schools and countries to further the development of Body Psychotherapy in Europe, which started in the mid-1990s. This collaboration was primarily political, but has since extended much further. In this process, various other offshoots are becoming apparent, as the mainstream or field of Body Psychotherapy is being generated.

In this complex process of development, the topic of difficulties that arise when a few schools teach courses, which are not really Body Psychotherapy, is also addressed.

**Key Words:** Body Psychotherapy, History, Europe, Professional Politics, Training Standards, Accreditation, Ethics

## **Introduction**

For a variety of reasons, not totally unconnected with the formation of the European Union initially as a free labour market, the last fifteen years from the mid-1990s have also been dominated by the professionalisation of psychotherapy in Europe and the formation of pan-European training standards, ethics and guidelines, mostly under the auspices of the European Association of Psychotherapy (EAP: [www.europsyche.org](http://www.europsyche.org)). The main significant political and clinical aspects that have dominated this trend were that, in some countries, psychotherapy was seen, not as an independent profession, but more as an activity that should only be done by other professionals (mainly psychologists and psychiatrists – sometimes with very little specialist clinical training in psychotherapy). Accordingly, in some countries, there was legislation passed to this effect. These laws not only restrict the practice of psychotherapy, but sometimes also the type, so that only certain psychotherapies (usually Psychodynamic, Cognitive Behavioural, some Systemic, and sometimes Gestalt) were officially being recognised. These laws are therefore effectively legalised ‘restrictive practices’ and, as such, they have yet to be properly challenged and tested out in the courts against the superior legislation of the European Union, which supports a freely mobile labour market. As a necessary alternative to this trend, the EAP was founded to promote an independent profession of psychotherapy, separate from and parallel to the professions

of psychology and psychiatry, based upon the “1990 Strasbourg Declaration on Psychotherapy” and inclusive of all ‘proper’ or ‘scientific’ psychotherapies.

This major development of the politicization of European psychotherapy affected all psychotherapies (as well as Body Psychotherapy) and, whilst becoming more regulated, was conducted in order to maintain the independence and freedom of psychotherapy. This has set up numerous tensions within the profession. However, it was first necessary to agree minimum training standards for this new profession. These were set at the European level for all liberal professions, according to European Council of the Liberal Professions (CEPLIS): i.e. at the standard of seven years training, where the first three years comprise the pre-requisite of a relevant Bachelors’ (1<sup>st</sup>) degree, with the next four years (part-time) being specialist post-graduate training (equivalent to two years full time) with about 1,800 hours of training. This was a huge upward step for many of the psychotherapy modalities (especially Body Psychotherapy). However, there are now well over 5,000 people who hold the EAP’s European Certificate of Psychotherapy (ECP) grand-parented to this standard and currently about 45 institutes, whose trainings are now accredited at this level. This is beginning to set a ‘gold standard’ for psychotherapy that is going to be difficult to ignore.

The main driving force, implication, and major benefit of the EU ‘free labour’ market and this process of professionalisation will be that, as soon as any psychotherapist (including a Body Psychotherapist) becomes state-registered in one European Union country, that person would have the legal right to work in any other EU country. This principle could drive an immense hole through many of these other countries’ restrictive practices and legislation. With the possibility of several people being so registered in some different countries in the foreseeable future, this is slowly becoming a reality.

The first successful legal challenge to some of these restrictive laws has happened: this was a recent (2007) case of resident of the Italian Tyrol, wanting to work in Italy as a psychotherapist as he had become an Austrian state-registered psychotherapist. His first degree was in social work, rather than psychology, and the Italian authorities therefore denied his registration, because the Italian law on psychotherapy required him to have a psychology degree. But he not only won the case on general (superior) European principle, but he also won a second court case against the local association of psychologists, who tried to keep him off their register in the Tyrol (Lanthaler, 2010). This case is now being used as a precedent, and, of course, it also gives the EAP’s basic pluralistic strategy a lot of hope.

## **The Politics of Body Psychotherapy in Europe**

In the early days of this process, there was a very legitimate fear that Body Psychotherapy, as a somewhat fringe grouping, could easily have been excluded from the list of accepted (and acceptable) psychotherapies, possibly because it was not so scientific, or generally known about, and also because it was carrying a psychodynamic history, as Reich (as well as touch and bodywork in psychotherapy) had been publically excluded from psychoanalysis (The International Association of Psychoanalysis) in 1934, and so there was a legitimate fear that Body Psychotherapy might also be excluded from mainstream psychotherapy at some later point in time.

It was therefore in the general political interest for Body Psychotherapy to become firmly engaged with this political process. The European Association of Body Psychotherapy (EABP: [www.eabp.org](http://www.eabp.org)). which was founded in 1988, represented individuals from a wide spread of Body Psychotherapy modalities.

The only other existing 'bodies' in the field of Body Psychotherapy at that time were (i) a loose amalgamation of the various groupings (national societies and institutes) of people trained in Bioenergetic Analysis, which eventually grouped together to become the European Federation of Bioenergetic Analysis-Psychotherapy (EFBA-P: [www.bioenergeticanalysis.net](http://www.bioenergeticanalysis.net)); and (ii) David Boadella's school of Biosynthesis (now the International Foundation for Biosynthesis: [www.biosynthesis.org](http://www.biosynthesis.org)), which numbered about 600 people spread across 6 or more countries. Anyway, in about 1995-6, EABP joined the EAP and started in on the process of involvement and recognition of Body Psychotherapy, in parallel with all the other psychotherapies. This brought a whole set of different challenges.

As Body Psychotherapists, we were almost all individual practitioners and clinicians, often working independently, irrespective of which school or type of Body Psychotherapy in which we had trained, though a few were also trainers in a number of small 'private' training institutes as well. The breadth of this list of the various European trainings, established by a number of charismatic individuals, was documented in Young, (2010). Essentially, these relatively small schools were all in competition with each other, and valued their own unique perspective on Body Psychotherapy; but now the various groupings had to learn how to start to work together as a unified collective.

All these individuals have thus had to become involved, or immersed, in the morass of the professional politics of psychotherapy. This has involved numerous meetings, committees, professional associations, establishing structures, discussing issues on training standards, membership criteria, scientific validation, accreditation and registration, as well as the more normal supervision, professional developmental conferences and symposia. The work is all

voluntary, most people are self-employed, and thus any involvement takes away from one's professional practice, and thus involves a high degree of dedication.

For those clinicians who wished to stay uninvolved with the actual politics, there have still been the ramifications of this process: votes on issues in General Assemblies; having to consider the concept of accreditation, re-accreditation and Continuous Professional Development (CPD) requirements; and the whole process of evaluation of what a Body Psychotherapy training really was (or should be) and how this now fits with in current expectations. This process has been largely successful, but it has also brought with it a number of side-effects.

In Britain, Body Psychotherapy has developed slightly differently up to the late 1980s and the early 1990s from its counterparts in Europe. It became more relational and sought greater integration with other types of psychotherapies (Jungian, humanistic, object relations, etc.) as described in Corrigan, Payne and Wilkinson (2006), whereas, in Europe, Body Psychotherapy can still be seen as quite separate, being more technique-driven or modality-based, though this is now gradually changing as well. In Europe, of course, there has also been the separation of languages, though some people seem to manage to cross national boundaries relatively easily. There have also been, as mentioned, north-south divides between different temperaments; as well as the post-war east-west divide that nominally ended in the 1990s, yet still is very present in differing levels of economies, and with eastern (and some southern) Europeans feeling something like second-class citizens. Still membership and parity within a professional association has helped, and we have seen significant contributions beginning to come forward from the former socialist countries.

This meant that another sort of political or associational development, or structure, was necessary to ensure effective working together. Up to this particular point, there had been very little direct contact between the different schools of Body Psychotherapy in Europe.—With the political developments and the more interactive co-operation, it became essential to create a meeting space in which the schools could interact, to set training standards, to accredit each other, and to develop a mutual professional respect and dialogue. I have to 'own' my role here in this process, as the General Secretary of EABP (between 1995 & 2002), I persuaded (in all its different meanings) the various Body Psychotherapy schools and professional associations to form themselves into 'The FORUM of Body Psychotherapy Organisations', under the auspices of (though not the control of) EABP. This took 'Body Psychotherapy' in Europe into a very different level of cooperation and integration.

## **Wider Recognition**

For Body Psychotherapy to become widely recognised as a legitimate mainstream branch of psychotherapy, it was clear that it had to become part of the EAP and join in with these political processes. This was a very big step for EABP to take politically, ideologically, practically and financially, and it was not done without significant resistance from some of the more independently-minded EABP members. Neither was it helped by the early, fairly chaotic, meetings of the EAP: nor by the increasing number of hurdles that Body Psychotherapy organisations discovered that they had to jump through. There are still some people with genuine residual doubts as to whether it was worth it, as evidenced in various discussions at General Assemblies and in EABP newsletters, but Body Psychotherapy is steadily becoming recognised as a legitimate branch of psychotherapy.

However, there was an additional hurdle: that of becoming properly accepted as a mainstream branch of psychotherapy (within the EAP), and it became absolutely necessary for the scientific validity of Body Psychotherapy to become clearly established – as one of the accusations against it was that it wasn't 'scientific'. There were the EAP's "15 Questions on Scientific Validity" (available on the EAP website: [www.europsyche.org](http://www.europsyche.org)) that had to be answered, but there were – as yet – no clear answers. Body Psychotherapists do (or did) not really seem very interested in research or science. The EABP Board made an executive decision that it would establish the scientific validity for the whole field: both the mainstream of Body Psychotherapy, and the individual, widely different modalities within EABP. It was a massive task and – luckily (and with use of the internet) – a number of colleagues helped considerably.

As a part of this wider recognition process, the scientific validity of Body Psychotherapy (as a whole) was eventually established in 1999/2000 with the EAP, and subsequently a significant number of the different Body Psychotherapy modalities, such as Hakomi, Biodynamic Psychology, Bodydynamics, Character-Analytic Vegetotherapy, Unitive Psychotherapy, Emotional Re-Integration, and Psychotherapeutic Postural Integration, have now all gone through the process of answering the '15 Questions on Scientific Validity', under the aegis of EABP.

The European Association for Bioenergetic Analysis had never been a part of EABP, so it was likely that they would go for their own recognizance, and Paul Boyesen's 'Psycho-Organic Analysis' also decided to go through the scientific validation process independently.

All the different trainings in Body Psychotherapy have now also had to conform to the basic pattern of a European professional training mentioned previously (set at Masters degree level, consisting of four years part-time (equivalent to two years full-time), and with entry to the training set at post-graduate level (or the equivalent). This was a massive step-up for many of the training programmes, and it has not been an easy process. Since 1998, a significant number of

Body Psychotherapy training schools have met together regularly (about twice per annum) within “The FORUM of Body Psychotherapy Organisations”, and, having established some detailed training standards for the whole of Body Psychotherapy, it developed a self and peer assessment process for a training school to become accredited by EABP. Over 20 schools are now accredited, and are being re-accredited every 5 years, and one Body Psychotherapy school has also become accredited as a European Accredited Psychotherapy Training Institute (EAPTI) by the EAP, which means that its graduates qualify for the European Certificate of Psychotherapy (ECP) automatically on completion of their training. This is a very significant achievement and it will hopefully soon be emulated by other Body Psychotherapy training schools.

The somewhat elaborate, though successful, self-assessment and peer recognition process, resulted in Body Psychotherapy trainings, despite their differences in approach, different philosophies and techniques, having to understand and recognise each other. This involved developing mutual respect and an acknowledgement of the value of other people’s work, providing a totally different level of communication between (previously rival or competitive) organisations. Some schools now teach an integrative Body Psychotherapy, rather than any particular method. Furthermore, training schools are now considering a two-year part-time or modular ‘conversion course’ in generic Body Psychotherapy, for already trained, qualified and practicing psychotherapists from different disciplines. This is another massive change as it cuts into the exclusive ‘craft’ element of Body Psychotherapy training, whereby you have to immerse yourself in the process in order to understand it properly and be able practice it (similar in some way to a training analysis).

There is probably one more significant exercise or project to complete in this politically professional arena and that is to establish the professional competencies of a Body Psychotherapist. These refer to the skills a Body Psychotherapist ought reasonably to be able to undertake as a professional. Some people have already started working on this concept, and a similar project was started by the EAP in 2010 for all the different psychotherapies in Europe (see: [www.psychotherapy-competency.eu](http://www.psychotherapy-competency.eu)). In time, this will inform, or even define, the profession, the different modalities, and even influence all the Body Psychotherapy training programmes, hopefully without diminishing their variety and richness.

### **Professional Associations**

Over the last 15 years, EABP has acted as an accrediting organisation, a professional association and as a central binding force for many of these different Body Psychotherapy methods and modalities, mentioned above. It now has well over 600 individual members, and about 30 schools,

trainings and smaller or local professional associations. With the move away from the hegemony of the individualistic schools, EABP and the various other professional associations have provided a different identity (more as a “Body Psychotherapist”), as different from (say) a “Biodynamic” or “Bioenergetic” therapist, especially with the external wider threat coming from the plethora of other psychotherapies.

With the successful collaborative work in The FORUM, these developments all form part of the increasing professionalisation of psychotherapy, and, on one level, The FORUM fills the need to find a way to accredit the standard of training in different Body Psychotherapy schools, but it does more than that; it is also benefiting the coherence of the field of Body Psychotherapy by bringing many of these approaches together on a regular basis and introducing them and their work to each other. This is breaking down many previous competitive barriers and encouraging a deeper understanding of what is common to all Body Psychotherapies.

There has been a parallel attempt to achieve a degree of coherence within Body Psychotherapy amongst the very diverse European countries through the EABP’s Council of National Associations. This now forms the third ‘leg’ of the organisation.

There are now 10 European countries with a National Association representing EABP in Austria, Germany, Greece, Italy, Netherlands, Serbia, Spain, Switzerland, Russia and the UK. These support the EABP members in those countries, collecting the membership fees, hearing ethical cases, translating material and promoting Body Psychotherapy publications in that language, and also holding their own national conferences and symposia. In the Netherlands, various different B-P modalities have also come together regularly to create professional symposia.

The EABP bi-annual conferences, open to all, have been held since about 1987 covering a wide number of themes<sup>1</sup> (and this constitutes another ‘body’ of knowledge) and these are now being hosted by the different National Associations (which is another type of collaboration).

It is worth mentioning that there has also been a different stream of Body Psychotherapy conferences over the years, other than the EABP bi-annual ones. The International Scientific Committee (ISC), a self-elected body, has hosted a large Body Psychotherapy conference every three years, mainly alternating from one side of the Atlantic to the other.<sup>2</sup> It is not often that these conferences and the EABP conferences coincide, and sometimes they have even been competitive, but in 2002, EABP piggy-backed onto the ISC conference in Ischia and in 2008 they came together to host a conference in Paris. We have hopes for something similar for 2014, possibly in Lisbon.

The ISC illustrates another division that has existed within Body Psychotherapy in Europe. There was quite a prominent north-south cultural divide, with those from the Germanic, English and Scandinavian countries being felt to be somewhat rigid, controlling and pedantic by the more emotionally discursive and laissez-faire practitioners from Latin countries (like Spain, Italy, France, Greece etc.). These two fundamentally different perspectives have had to learn to co-exist and co-operate, holding that each has its own especial value: another form of integration.

If we look at the spread of Body Psychotherapy in the various European countries up to the mid-1990s, Germany has always had the majority of Body Psychotherapists and, whilst there is now a restrictive law on all forms of psychotherapy in Germany, it does not specifically discriminate against Body Psychotherapy. Most German Body Psychotherapists therefore have had to have a “heilpraktiker” (health practitioner) qualification, if they do not have the mandatory psychology degree. Body Psychotherapy also seems to be quite strongly established in Switzerland, with several Body Psychotherapy schools being recognised by the official Swiss Charta for Psychotherapy. However, by contrast, Body Psychotherapy is not yet recognised in Austria, even though this is one of the few countries with state-registered psychotherapists, as there have been obstacles in Body Psychotherapy being accepted by the Austrian Ministry of Health. Consequently, whilst recognising a very pluralistic list of psychotherapies, the Ministry has not yet officially recognised Body Psychotherapy as a legitimate psychotherapy, which has effectively suppressed Body Psychotherapy in Austria, though hopefully, this obstacle will soon be overcome.

In the Netherlands, the legal situation is also complicated: “The Dutch Health Law and the governmental system involved are extremely complicated, in the meantime giving the insurance companies tremendous power with – you can guess – economic efficiency and bureaucratic control as [their] main interests. Although we hear opposing voices, no shared positioning has taken place so far” (NVLP, 2009)

In Italy, there are two professional associations for psychotherapy, one official, and one for everyone else. Body Psychotherapy resides in the latter, but (as always in Italy) people learn to find ways round the regulations. Therefore, there are various Body Psychotherapy schools in Italy that are semi-officially accepted, but one has to be a psychologist to practice any form of psychotherapy within the Italian health service, and thus the academic bias is again polarised against the experiential and somatic trainings.

In all of these countries mentioned, there is an EABP National Association for Body Psychotherapy that works hard to get its members recognised on a par with other psychotherapies and psychotherapists in that country. This often involves collaboration and cooperation with non-



Body Psychotherapy colleagues. There are also National Associations of Body Psychotherapy in Greece, and Serbia/Montenegro, and these both have representation in their country's National Association of Psychotherapy. In the UK, the professional psychotherapy association, UKCP, has several Body Psychotherapy schools able to register members on the UK Register of Psychotherapists, although a specific UK National Association of Body Psychotherapy has only just come into existence, the role now being taken on by the Chiron Association of Body Psychotherapists (CABP: [www.bodypsychotherapy.org](http://www.bodypsychotherapy.org)), which involved a different type of collaboration. When the Health Professions Council (HPC) eventually accepts the UKCP Register of Psychotherapists, all these Body Psychotherapists will become state-registered.

In countries where there are not National Associations, there are strong but small groupings that exist in Scandinavia (Denmark, Finland, Sweden and Norway); one school in Denmark has just been accepted by the Ministry of Health; but, in France, there does not appear to be much communication between the French Body Psychotherapists and the main French psychotherapy body (Federation Française de Psychothérapie et Psychoanalyse: [www.ff2p.fr](http://www.ff2p.fr)), which is desperately fighting the French government as, in France, they are considering passing a law restricting the practice of psychotherapy to only those with psychology or psychiatric qualifications.

In 2000, an already existent, strong Russian National Association for Body Psychotherapy allied itself with EABP, involving different levels of communication and collaboration. There are two Body Psychotherapy trainings in Portugal that are increasing their national profile, and the new National Association for Body Psychotherapy in Spain is forming a good allegiance with the new National Association for Psychotherapy in Spain.

There are also several other European and international Body Psychotherapy associations mostly linked to a particular method, like the European Federation for Bioenergetic-Analysis Psychotherapies (EFBAP), the European Association for Biosynthesis (Boadella), and Biodynamic Psychology (Boyesen), all of whom promote themselves independently; and schools (or methods) such as Core Energetics (Pierrakos), Somatic Psychodrama (Al Pessa), Process-Oriented Psychology (Arnold and Amy Mindell), mostly collaborate well with other Body Psychotherapy organisations and associations.

There are now many more books about Body Psychotherapy being published regularly by mainstream publishers (McNeely, 1987; Hunter & Struve, 1998; Johnson & Grand, 1998; Smith, Clance & Imes, 1998; Staunton, 2002; Aposhyan, 2003; Shaw, 2003; Macnaughton, 2004; Totton, 2003; Hartley, 2004). One of the most significant and recent of these, *Handbuch der Körperpsychotherapie* (Marlock & Weiss, 2006), has been published first in German in 2006 and

will soon be published in English, anticipated in 2012. It has nearly 100 articles (1,000 pages) on many different aspects of Body Psychotherapy by many of the main practitioners and will become a major touchstone of the profession.

There have been at least four regular Body Psychotherapy journals in English, *Energy & Character* (which has been going for over 30 years, and which has a German edition as well), the *European Journal of Bioenergetics*, *The USA Body Psychotherapy Journal* (now amalgamating with EABP), and this journal, *Body, Movement & Dance in Psychotherapy*, as well as a number of newsletters being published from the different professional associations in Body Psychotherapy.

Recently published articles in professional journals show the diversity of Body Psychotherapy and cover topics such as sexuality and intimacy (Carleton, 2004); healing traumatic re-enactment (Wheatly-Crosbie, 2004); the effectiveness of Body Psychotherapy in outpatient settings (Koemeda-Lutz et al., 2005); a somatic approach to recovering from sexual abuse (Blackstone, 2007); the use of mindfulness (Weiss, 2009); and the state of the art in empirical research (Röhrich, 2009).

The EABP Bibliography of Body Psychotherapy ([www.eabp.org/publications-bibliography.php](http://www.eabp.org/publications-bibliography.php)), now available on the internet, has over 4,500 entries and is increasingly being used as an effective research tool and yet it is nowhere near complete (as there are all the foreign language entries, as well as material internal to the different training courses).

Besides the four universities in the USA with Masters and/or PhD programmes in Somatic Psychology<sup>3</sup>, Body Psychotherapy is now starting to be taught in some European universities (e.g. a two-year Masters degree in Naples) involving direct collaboration between a Body Psychotherapy school and the university and there are plans to set up a university-based training in the UK. There is also the beginning of a European College of Somatic Psychology ([www.somaticpsychology.org](http://www.somaticpsychology.org)).

Overall, there are estimated to be at least 7,500 practitioners in Europe who have completed a Body Psychotherapy training course within the last 20 years. These professional associations, publications, journals, and courses have all helped to bind them and keep them together after their different trainings. So, Body Psychotherapy appears to be holding both a coherent identity, and finding its rightful place, within mainstream psychotherapy.

There also are the increasing links between developments in neuroscience and clinical practice, but this is such a large topic that it would necessarily form the basis for a separate article.

In the wider field of study, many other psychotherapies are now incorporating body-oriented techniques (for example, Eye Movement Desensitization and Reprocessing (EMDR) and Mindfulness practice) into their clinical practice, lessening the differences between Body

Psychotherapy and other modalities. As a result of this plethora of associations, and even despite it, Body Psychotherapy itself is now becoming reasonably well accepted as a legitimate (mainstream) within psychotherapy.

Before concluding this section, it is important to mention that Body Psychotherapy is not just confined to America and Europe. There are very strong groups practicing excellent Body Psychotherapy in Canada, Mexico, Brazil, and in a few other South American countries. In Australia, it is also called Somatic Psychotherapy ([www.spia.com.au](http://www.spia.com.au)); Body Psychotherapy is developing in Israel (Reidman International College for Body-Centered Psychotherapy: [www.eabp.org/FORUM.php](http://www.eabp.org/FORUM.php)), and also in Japan ([toshi-kasai.info/body\\_psychotherapy.htm](http://toshi-kasai.info/body_psychotherapy.htm)). Links to many of these groups, training schools, conferences, and contact persons can be found on the EABP website: ([www.eabp.org](http://www.eabp.org)) in the “Further Contacts” section.

## **Conclusion**

Whilst this development is commendable, there is much more work that needs to be done. However, it will probably be done now as a collaborative effort, rather than as individual developments, as has been seen previously. Some of the possibilities for development will be looked at in a future article, though they include more options becoming available, such as: (a) to develop Body Psychotherapy in its various different forms, and also to encourage its spread into different countries, as the schools started to expand, some setting up branches in Russia and Eastern Europe; (b) to overcome the prejudices about touch in psychotherapy that still remain (mainly from psychoanalysis, which is still a work-in-progress), by forming a collective stance, stating that we are about the only people in psychotherapy trained and qualified to touch clients; (c) to start to unify and develop an integrated field of Body Psychotherapy, from the previous very disparate grouping of charismatic individuals, by discovering through dialogue and interaction what we actually have in common; and (d) most importantly, to ensure that Body Psychotherapy undertakes some specific research to help establish Body Psychotherapy as properly scientific. Some of this work has started to become articulated in conferences and symposia, whereas various books and journal articles have evidenced other trends.

Therefore the main developmental work in this later period has been, not necessarily to invent new methods, nor found new schools tied to a charismatic leader, but to coalesce work within the greater field of Body Psychotherapy that has been gradually developing over the years.

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## Endnotes:

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- <sup>1</sup> **EABP Congresses:** ‘Body Psychotherapy in Europe’, Davos, Switzerland, 1987; ‘Body, Health and Society’, Seefeld, Austria, 1989; ‘Words, Touch and Transference’, Lindau, Germany, 1991; ‘Science and Love’, Strasbourg, France, 1993; ‘Six Perspectives on Body Psychotherapy’, Carry-le-Rouet, France, 1995; ‘100 Years of Wilhelm Reich: Energy, Sexuality, Character and Society’, Pamhagen, Austria, 1997; ‘The Flesh of the Soul’, Travemunde, Germany, 1999; ‘The Art of Relating’, Egmond-am Zee, The Netherlands, 2001; ‘The Future of Body Psychotherapy’, Ischia, Italy, 2002 (with ISC); ‘The Body at the Centre of Psychotherapy’, Athens/Marathon, Greece, 2004; ‘Bodies of Knowledge’ Askov, Denmark, 2006; ‘Body and Consciousness’, Paris, France, 2008 (with ISC); ‘Body Mind Relationship’, Vienna, Austria, 2010.
- <sup>2</sup> **ISC Conferences:** Mexico, 1987; Montreal, 1990; Barcelona, 1993; Beverley, MA, 1996; Ischia, Italy 2002; Sao Paulo, 2005, Paris, 2008 and Caracas, 2011
- <sup>3</sup> **USA Universities:** (1) John F. Kennedy University, Berkeley: Masters in Counseling Psychology: Somatic specialization. (2) California Institute of Integral Studies: San Francisco: Masters in Counseling Psychology. (3) Santa Barbara Graduate Institute: Masters & PhD programs in Somatic Psychology. (4) Naropa Institute, Boulder, Co: MA Somatic Psychology Program