

keeping in touch

Summer 2005 Issue No. 22

THE UNITED STATES ASSOCIATION FOR
BODY PSYCHOTHERAPY

The USABP 2005 Conference in Tuscon

Research Awards: 'Effectiveness of Body Psychotherapy' & 'Listening to the Body' by Alice Ladas, Ed.D, Research Committee Chair

I too have a dream...that every physician, nurse, psychologist, social worker, and other healthcare practitioners, receive training in how to deal with muscle tension, breathing, touch (when appropriate and agreed upon), and learn to be focused or centered with their patients or clients.

What do we need for this to happen? **We need research!** Research in our field is not only supremely difficult; it is time consuming, expensive, tedious, demanding, and when you get all through, you may not have anything worthwhile to show for the effort.

In deciding which studies merited awards this year, the research committee faced some very real problems. Do case studies qualify as valid research? Did the therapists participating in the study actually use the methods they claimed to be using? Should we award a study that is still in process?

The winner of the \$500 Research Award, was: "Preliminary Results Concerning The Effectiveness Of Body-Psychotherapies In Outpatient Settings - A Multi-Center Study In Germany And Switzerland," by Margit Koemeda-

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Lifetime Achievement Award For Stanley Keleman A Personal Appreciation by Scott Baum, Ph.D.

My association with Stanley goes back thirty years. I have attended many of his workshops, been influenced by his work, and touched by the influence he has had on colleagues and friends. Stanley has been a seminal thinker and creator in the field of body psychotherapy, so much so that his ideas are part of the conceptual framework with which most of us work, even if we don't know that the ideas or practices originated with him.

I have been most affected by Stanley's unitary view of psychic and somatic processes; he has repeatedly eschewed dichotomizing body and mind. Because of the integrity of his thinking he has worked hard and consistently to create language and concepts and images which would allow us to unify the different things happening in these separate domains. He has thereby stretched us all to think and feel and actually comprehend at deeper levels, more and more complex conceptualizations. Plowing this enhanced understanding back into practice enabled him to generate new approaches and at the same time stimulate similar creativity in the rest of us.

While accepting his award in a brief yet profound talk, Stanley again, for me, sounded this theme. Speaking about the impor-

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Letter from the Executive Committee

Elliot Greene



Every USABP conference seems to have had its own personality. The recently concluded 2005 conference in Tucson has been described by many who were there as a "gathering of the tribes." At this meeting, with a lot of positive professional and social interaction, there seemed to be less emphasis on the particular modality practiced by each practitioner. Based on several conversations I had, I realized that this, in turn, created a stronger sense of group identity as body psychotherapists.

Some folks even described the meeting, with its bounty of good feeling, as a "love-fest." I must admit that I enjoyed this aspect of it. This could be attributed to the ambiance provided by the beauty and comfort of the La Paloma, or to how well the flow around the meeting area worked (the workshop spaces, registration desk, bookstore, gathering places for breaks), or to the relative smoothness of the logistical aspect of the meeting, or to the way the layout of the meeting facilitated and encouraged "hanging out," or to the flavor of the program, or, perhaps, to the way the previous conferences had already led to a softening of lines between modalities.

Speaking of love-fests, while we did thank those who organized the 2005 Conference at the meeting, I would also like to acknowledge them in print. Many thanks to the 2005 Conference Committee for their incredible work: Chairperson, Scott Baum, and members – Bill Cornell, Patrizia Pallaro, Marjorie Rand, and Joel Ziff. Thanks also to Ann Ladd for putting together the conference proceedings. I'd also like to thank the Board of Directors for their support in the planning of the conference. As I mentioned at the meeting, we stand on the shoulders of those who came before, the previous conference committee chairs: 2002, Mark Ludwig and Barbara Goodrich-Dunn; 2000, Mark Ludwig and Ann Isaacs; 1998, Mark Ludwig. Thanks also go to Robyn Burns who handled registration along with all the other myriad logistical details (including that very popular candy bowl at the registration desk) and dedicated herself to making everyone's experience go as smoothly as possible -- and -- as far as I can tell ... succeeded!

But let me return to the gathering of the tribes. One of the great happenings of the conference for me was the Academic Council meeting, attended by representatives of both the university-based academic programs and the training programs offered by institutes, many of which are focused on a particular modality. One of the topics discussed was the need to find ways to bring about greater participation in USABP by students and recently graduated therapists. As was frequently repeated, they are the future of body psychotherapy.

This stimulated one of several intriguing thought-fests I've been having since the conference. My perception is that most of the body psychotherapists who entered the field in the latter part of the 20th Century started out identifying themselves as a practitioner of a particular modality, e.g., Bioenergetics, Core Energetics, Radix, Hakomi, Organismic, etc. I wonder how those who are entering the field now in the 21st Century think of themselves. Do they see themselves as Body Psychotherapists or as practitioners of specific modalities? I suspect there's a shift signaling that the body psychotherapy field of the 21st Century is starting to look a bit different. Maybe we'll be talking about this shift at the next gathering of the tribes. ~

THE UNITED STATES ASSOCIATION FOR BODY PSYCHOTHERAPY

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The USABP Newsletter is accepting paid display advertising for our 2005 Conference Issue

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Letters to the Editor are invited. All letters and other written submissions received, whether published or not, become the property of The United States Association For Body Psychotherapy.

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Letter from New USABP Newsletter Editor



Dr. Erica Goodstone

Thank you to previous newsletter editors, Karen Jacobson and Suzann Robins, for inviting me, encouraging me and believing in my ability to take on this important task. I also want to thank the previous editors, Jan Dragin and Barbara Goodrich Dunn, who graciously handled the newsletter when the organization was in its formative years, struggling with the "groan zone" all too often, and Bill Schact, the very first editor.

This is a time of expansion, growth, educating the public, and getting the word out. The world needs our work but many do not yet know what we do and how it can transform their lives.

My goals as editor are to:

- Reach into the heart of the USABP, the grass roots membership, inviting and encouraging you, our members, to let your voices be heard, to share your insights, information, experiences and visions.
- Bring this information to other professionals and to the public at large so that in the future when any one of us meets a total stranger at some cocktail party or networking event and we are asked, "What do you do?" this total stranger's face will light up in recognition and understanding and perhaps this person will say, "What modality do you practice? I had a wonderful, life changing experience with...!"

So here I am, hoping to serve you, the USABP members, by Keeping in Touch, providing a newsletter that truly represents you as an organization and as professional individuals. I would like you to feel free to contact me with any ideas, suggestions, wishes, or needs, even criticisms (but please don't be too harsh). Best way to reach me is through email, but please write USABP in the subject heading so I do not inadvertently delete the email: DrEricaG@aol.com.

.....Erica Goodstone, Ph.D., CRS

Academic Council Meets

by Mary J. Giuffra, PhD and Blair Justice, PhD, Co-Chairs, Academic Council



In preparation for the Academic Luncheon held at the USABP Conference on Friday, June 10th, USABP sponsored two previous meetings, one with Directors of the Academic Programs in Somatic Psychology/Psychotherapy and one with Directors of Training Programs in Body Psychotherapy. Lively discussions with board members

and educators led to suggestions that were discussed at Friday's Academic Luncheon, attended by 30 educators representing both groups.

An important outcome from the Luncheon will be future regional meetings of educators from academia and educators from training institutes. Ian Grand will coordinate the West Coast group and Barbara Goodrich-Dunn will host the East Coast group. An email list of all attendees will be shared for further networking and discussion. Mary J. Giuffra will be the liaison between USABP and the two groups of educators. Summaries of activities will be shared with USABP.

Strategies for more student involvement in USABP will be implemented by Greg Johansson and the Membership Committee. The goal is to connect with students and encourage their involvement in USABP as soon as they enter educational programs in somatic psychology and body psychotherapy. ~

From Across the Pond

by Courtenay Young

I am writing this piece during the USABP Conference in Tuscon, June 2005, partially in the middle of a sleepless night with my mind racing from a mixture of the company of good friends, jet lag, and excitement. It is a very personal view from a colleague who is both passionate and concerned about the direction of Body Psychotherapy and our professional "bodies", over the next few years.

First, I think we are doing great as a professional association. The USABP has had four highly professional conferences; if you have not been to one, you are really missing out on one of the main benefits of being a member. The USABP also has an excellent journal, which we have not yet achieved in Europe given the diversity of languages. The Board of Directors, Academic Council and all the different committees are working dilligently to consolidate the framework of the

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Conference

The Roving Reporter

As the previous editor of the newsletter and current USABP board member, I gave myself a new assignment. I decided to interview attendees. So, I roved around the conference with my camera and my pen, approaching willing yet unsuspecting conference participants to get their honest opinions about our fourth annual conference. Every response was enthusiastic, affirming that we are fast becoming a special community. Thank you, to the following attendees, for your contributions and your involvement.



AMY WEINTRAUB

A Tucson resident, Amy, a woman with lovely blond curls and an engaging smile, came for one day to attend the attachment plenary. Author of *Yoga for Depression*, she continues to write about the "manifest results of poor attachment."

Using Yoga, she works with the emotional and physical body. Amy heard about the USABP conference through a friend. Her conference experience led her to become a new member, because as she said, "I feel at home here."



ANNE SCHWARTZ DELIBERT

Anne, who was soft spoken and beautifully adorned with turquoise jewelry (a western tradition), arrived at the conference from Bethesda, Md. She has earned her stripes at the USABP, being one of the original steering committee members.

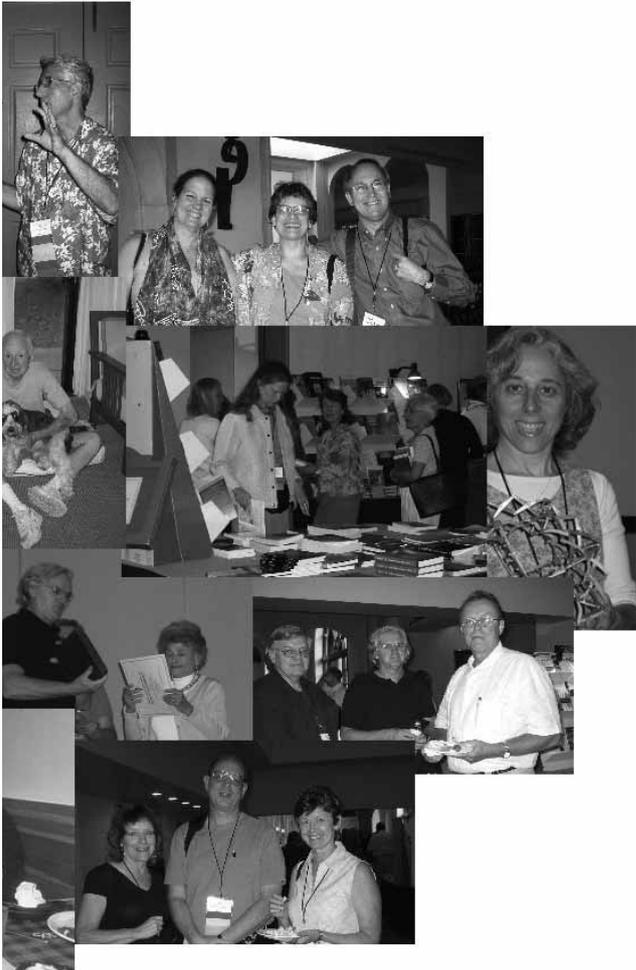
Anne described the Attachment Panel, saying, "It was fabulous". For Anne, camaraderie is the key reason for attending the conference. "I come because I want to see people I would not see otherwise; to sit and talk about our work is a great experience."

JAN MUNDO

Clicking instantly with her quick mind and available emotions, Jan, from Berkeley, CA (soon to be NYC) spoke animatedly about the conference. "Being a newcomer, I don't know the players. I want to meet them. It occurred to me that there is a veritable who's who of the field here. Top practitioners are here and I find that very powerful. It is a very fertile ground to make contacts and expand vision." Jan, who was introduced to the conference by Dr. Marjorie Rand, is a Certified Masters Somatic Coach specializing in chronic pain of migraines. By the way, thanks for the mini massage. My headache fled.



Highlights



ALAN LEAK AND PAM SEATOR

Alan, a social worker who is involved in somatic experiencing for his own self-enhancement and Pam, a psychiatrist, are both neophytes in the field. Pam's curiosity to include more of Peter Levine's training in her work led her to the USABP. Pam was touched by Thomas Pope's Keynote address. "The Keynote was very engaging, moving examples that were palpable. I felt in contact with him. I found the mindfulness exercise put me in touch with physiological sensations that made me feel very present in my body. I surprised me!" Alan found Judyth Weaver's workshop to be "intriguing and provocative in how you are aware of yourself in the world. It was very good."



ROSANNE RATKIEWICH

As I was wandering outside with my camera, Rosanne engaged me in conversation. She is a body worker/somatic educator with gobs of enthusiasm for this work. Currently, she is a student at Santa Barbara Graduate Institute. Her blue eyes sparkled as she spoke about the beauty of the location and how the ambience is relaxing. With her focus in bodywork and not psychotherapy she observed that the workshops were geared toward the latter. Still a student, Rosanne is searching for the right fit in the body psychotherapy field. After further conversation, with others, Rosanne is ready, willing and able to contribute to development of the next USABP conference.



Welcome, Rosanne. ~Karen Jacobson

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organization. We are offering awards to honor those body psychotherapists whose works have contributed significantly to the field and those (few) who are doing good research as well. I find these achievements genuinely wonderful, so please do not take the following comments as any form of criticism. The spirit of these remarks is meant more as a voice, a single voice, for some wider future directions.

Before we can feel "secure" as a "body", we need to reach a significant mass of about 2500 members, including Clinical, Student

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JOHN DAVIS

John from Birch Bay, Washington, who explains his ever-growing career as fundamentally Reichian, was effusive in his praise of the 4th USABP Conference. As a founding member he emoted, "The best conference so far! I found that even the things I could not stand, I loved the depth to which I reacted to them. The sense of family has finally solidified and it is beginning to have a character all of its own, and I am liking that character. This is the first conference which is completely directed by the next generation down."



Conference

Conference Opening

On Wednesday evening, June 8th, the 4th Annual USABP conference was opened with a warm welcome by conference committee member, Marjorie Rand. Marjorie then introduced Susan Aposhyan, founder of Body-Mind Psychotherapy. Susan examined the nature of embodiment and then led us in a powerful mind-body experience.



This exercise in embodiment consisted of attending to sensations,, allowing the sensations to move, breathe and sound in an organic way and sequencing the sensations throughout our bodies to our endpoints. For many of us who had traveled great distances, this brought us right into the present moment with more energy and aliveness, allowing us to become more fully open and receptive to the informative and experiential plenaries and workshops that lay ahead in the days to come. Thank you Susan, for a wonderful opening to the conference!

...Marjorie Rand, Ph.D.

Plenary Panels

1. What do you feel was significant, informative, heart-opening, profound, surprising, disappointing, disturbing, unsettling, revealing, comforting, transformative, provocative, etc. about what was presented and discussed in the Friday and Saturday plenaries?

2. What did you find to be similar and different about the plenary on Friday vs. the same plenary topic on Saturday with the same or different presenter and the same or different panel members?

Attachment Plenary Panels

Barbara Goodrich Dunn, Moderator

1. The Attachment plenaries were entirely different, both in the fact of two completely separate sets of presenters and also in philosophy, focus, and method. Friday's Attachment panel anchored by Robert Lewis, MD, with Mark Ludwig, MSW, and Anne Isaacs, LCSW, MSW, centered on taking attachment research into practice in somatic psychotherapy. The primary concern was how attachment styles show up and interact in both therapist and client. Saturday morning's Attachment panel was created around a case study about malignant attachment presented by Sue Grand, Ph.D. Elaine Tuccello, Ph.D., and Marcel Duclos, M.Th, M.Ed, responded to the case. What linked both plenaries was role-playing experiments with "therapists" and "clients" playing out different attachment issues.

2. Thought-provoking - In the Friday panel, Bob Lewis articulated how some body psychotherapy modalities may have been indeed formed around the attachment styles of their originators.

Moving - The client discussed in Saturday's Panel entitled "Working with the Unthinkable" had died the week before our presentation. His life carried both victory and defeat ... and ... we were collectively moved by him. ~

Health Plenary Panels

Joel Ziff, Ph.D., Moderator

1. We began the health plenary with a presentation by Reginald Humphreys, who provided us with an overview of autonomic nervous system functioning in relation to the therapeutic process in work with patients with physical discomfort. This introduction was followed by a series of demonstration sessions by Christine Caldwell, Ginny Dennehy, Jim Kepner, and Rebecca Ridge, who worked with volunteers experiencing physical discomfort using a variety of verbal and hands-on approaches. During the demonstration sessions, clients were monitored by biofeedback devices that allowed plenary participants to observe, in real time, changes in autonomic nervous system activity. Following each demonstration, the panel and audience had the opportunity to discuss the unique therapeutic process of each approach, exploring the impact of various interventions upon sympathetic and para-sympathetic nervous system activity. The second day of the plenary began with a presentation by Joel Ziff that provided a framework for understanding the different types of approaches to work with physical discomfort, followed by demonstration sessions with the biofeedback monitoring, and concluding with a discussion by the plenary presenters in which we explored some of the commonalities as well as differences in how we work with clients.

Health Plenary Panels Continued on page 10

Highlights

The Story of the Weeping Camel

On Friday night, weary from two full days of intensive workshops and intensive networking, a small group of conference attendees gathered to view a very special film brought to us by USABP board member, Anita Ribeiro. *The Story of the Weeping Camel* is "an enchanting tale about a family of herders in Mongolia's Gobi desert who face a crisis when a mother camel [after a difficult birth] rejects her newborn calf....The nomads sent for a musician and the group assembled near the mother and baby to perform the ritual. One of the most significant moments... is when the mother camel signals her acceptance of her baby by weeping real tears. The camel's naked emotionalism, so human in its depth and manner of expression, echoes the feelings of the nomads...and the universal terrain of the heart." Attachment, so poignantly portrayed in this sensitive film, is vital for the healthy survival of most sentient beings, not only humans. Thank you Anita for sharing with us this beautiful film, truly one of the highlights of the conference. ~

Charles R. (Chuck) Kelley Remembered

On Saturday, the last morning of the Conference in Tucson, a group of about a dozen people gathered to memorialize the April 30, 2005 passing of Chuck Kelley, Founder of the Radix Institute. Over coffee and croissants, we shared reminiscences of our contacts with Chuck. He helped launch many of us into what has become a life-long exploration of body psychotherapy. It was good to reconnect with the pleasant side of those memories without having to deny the difficulties that also attended many of our relationships with him. We talked about the way that he and the community of people he gathered around himself affected many of us so deeply. We talked about his ideas, and that he could articulate them with a clarity of thought much to be admired.

We finished in much the same way that Chuck might have had us finish if we had been in one of his workshops: standing in a circle, holding hands with the people on either side, right hand palm to the rear, left hand palm to the front, making eye contact around the circle, and breathing. What a fitting way to bid farewell to one of our major mentors, and to acknowledge that his work will be carried forward by the community of practitioners he left behind.

~John May, Ph.D.

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organization. We are offering awards to honor those body psychotherapists whose works have contributed significantly to the field and those (few) who are doing good research as well. I find these achievements genuinely wonderful, so please do not take the following comments as any form of criticism. The spirit of these remarks is meant more as a voice, a single voice, for some wider future directions.

Before we can feel "secure" as a "body", we need to reach a significant mass of about 2500 members, including Clinical, Student

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and Affiliated Members. Some of this increase can come from students. We also need to attract people from other disciplines: academics, psychotherapists, and mind-body therapists as affiliate members? A less popular need, in my opinion, is to double and then triple the membership fees (as a rule of thumb, the minimum/concessionary annual fee for a professional association should be about 3 times a full-rate therapy session, and the standard fee about 5 times such a session cost). Before you go into terminal shock, please read on to better understand why I am saying this.

In my view, we need additional funds for:

1. A Research Fund: We absolutely must find ways to promote good research as evidence that our work is effective. Since we have many students coming through Masters and Doctoral programs now, we can begin by 'sponsoring' their research. For example, a \$2,000 grant from USABP could enable them to get additional funding and it might allow us to help 'shape' their research to meet our standards and address our most pressing issues.

2. A Bursary or Scholarship Fund: Let us create a fund now so that with a few sizeable donations, we can begin to sponsor worthy students through college programs & training schools. This sort of sponsoring really helps and stimulates such students to obtain matching funding and other grants. We also want to encourage diversity, adding richness and different perspectives to our field. The 'bursaries' (financial help without needing special merit) and 'scholarships' (for those with particular merit) could be especially targeted towards people from different countries, ethnic and social backgrounds and for people with different areas of expertise.

3. A Legal Fund: Now is the time to get some legal advice, pro bono if possible, and possibly join forces with other modalities to build-up a set of 'case law' that can be used,

A Way of Life: Core Energetics

by **Stuart Black**

2004 iUniverse, Inc.

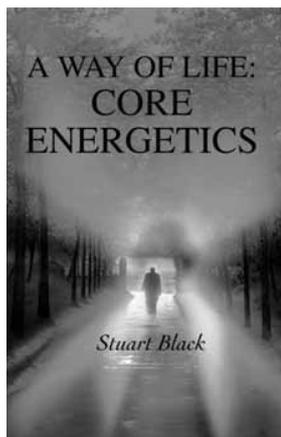
Perhaps the essence of this work can be summed up in the book's dedication by the author, Stuart Black, who writes: "To the best, most inspired teachers in the world..." Black sees this book as having two purposes: a teaching manual for students and an inspirational tool for anyone "to increase self-confidence and develop more passion and fulfillment in life."

Created by John Pierrakos in 1972, Core Energetics is seen as "an evolutionary process rather than a therapy" because it deals with "the journey of life," not just handling crises. This evolutionary process occurs in individual, couple and group sessions. The creation of community is vital to effectiveness of this work. They have 4-day residential retreat modules with a team of three practitioners for each of five clients, each practitioner providing individual sessions to this client. Working in teams of three creates a microcosm of struggles we experience in life, such as feeling stuck, judging, rescuing, competing and aligning with love. As each team overcomes their internal struggles and aligns with the other teams, the entire community (5 clients and 15 practitioners) can bond as one. Core Energetics also has teaching teams of 8 teachers for a class of 20-25 students. The teachers rotate so that only 3 teachers are present in class at the same time.

Influenced by his wife, Eva (a medium who channeled wisdom from an entity called "Guide"), Pierrakos taught that humans are spiritual beings and that we are fulfilled in life by being in touch with what we really feel, moment to moment. According to Black, Pierrakos defines spirituality as "all the aspects of love...[and]...finding your real self...your Higher Power...being with God...and doing what God would want even if it doesn't look like what is best for you or your ego at that moment." This inner guidance can be accessed through such practices as meditation, writing and receiving answers, or just intending to seek help from the Spirit World.

Based upon the theories of Wilhelm Reich who taught that "in response to emotional insults, injuries, wounds, and fears we experienced early in life," we develop energetic blocks which actually shape our bodies as well as our psychological character structure and defenses. Core Energetic practitioners observe their clients' bodies to locate these energy blocks and to identify the specific character defenses.

Black explains that although there is only one energy supply in the body, energy can be further broken down into "energy flow" and "energy located in the block, which holds back and prevents the flow." Core Energetics works with the energy which holds back and blocks the flow. A practitioner needs to hold his or her own body in a relaxed, unblocked state in order to be able to diagnose the client's energy through vision, touch and sensing. The main



techniques for releasing blocked energy are charge/discharge. Charge is created by a strong physical movement (e.g., hitting a foam cube with a foam bat); holding a stationary position (e.g., standing with knees slightly bent or bent over with a stretch behind the knees) helps the client to contact feelings as the energy is discharged into the body.

According to Black, Core Energetic students often have a deep emotional experience, but that is not enough to produce any real and lasting change. Clients need consciousness which arises from talking about and attempting to understand the emotions that arise. Thus, the process involves not only movement and touch, but also talking. He also emphasizes the importance of making contact, creating intimacy through "willingness to reveal yourself to another...[and]...the intention to see someone for who he or she truly is."

In an oversimplified, easy to comprehend description, Black describes the effects of energetic blockages on each of five different character types (schizoid, oral, masochist, psychopath, and rigid) in terms of body appearance, dilemma, core quality and grounding. For example, for the psychopathic character, the dilemma is not giving up control, the body appearance is a triangular-shaped body and upward displaced energy, the core quality is courage to take risks, and grounding involves risking being and feeling out of control.

The higher self is the "Core" of Core Energetics, a place of wisdom and bliss that can only be accessed by first experiencing the lower self. Black explains that most of us live, most of the time, in our masks, i.e., the part of us that blames, judges, and does not take responsibility for our actions. One task of this work is to bring the client into the lower self, a truthful place in which we admit to our "unpleasant feelings and selfish desires" thereby freeing our creativity, sexuality and passion that may have been trapped and distorted.

Black describes five basic steps for a successful session; gathering information by looking at the client's body, setting an intention and aligning with God, looking at the client's body and paying attention to your own feelings, assisting the client to move his or her energy, and finally talking with the client about the meaning of the experience.

In this small and simple book, Stuart Black has captured the essence of the Core Energetics theories, teachings and evolutionary healing process. In my opinion, he has certainly accomplished his first goal by creating an easy to understand, simplified explanation of this complex work. I found this book extremely interesting and for the first time I can honestly say that I think I understand what Core Energetics is all about. However, I do not believe this book has actually accomplished Black's second goal of helping the reader "to increase self-confidence and develop more passion and fulfillment in life." To truly achieve this goal, it may be necessary to enroll in at least one 4-day residential retreat and have a first-hand experience of this powerful, life transforming method.

Stuart Black has been a teacher of Core Energetics for 25 years and director of Core Energetics East for 16 years.

Reviewed by Erica Goodstone, Ph.D., CRS

RESOURCES

Recent Publications About Body Psychotherapy

As editor of the USA Body Psychotherapy Journal, interesting information and articles float across my computer screen and consciousness all the time. But, I don't always capture them. Likewise, I am certain that many of our members are publishing articles and books that have not been seen by most of us. We need to know about and support the works of our colleagues.

- As teachers and trainers, we should be adding recent publications to our students' reading lists, and at the same time, making sure to review these works ourselves.
- Those of us who are students can utilize recent publications for research papers and projects.
- And, as practicing body psychotherapists, it is important for us to keep abreast of what is going on in our field, thereby enlivening our work.

So please join with me in sharing with each other anything new in the field of body psychotherapy. Let's give first preference to works BY members, but anything ABOUT any aspect of body psychotherapy will be welcome. Just send me a complete reference (including authors, title, name of journal or book publication information, etc.) If possible, an abstract accompanying it could also be printed. If you want me to write the abstract, email the article to me at jacarleton@aol.com or send me the book: (Jacqueline Carleton, Ph.D., 115 East 92nd Street #2A, New York, NY 10128). Your name could be included as contributor.

For example, the following two articles were recently published in the Online Journal for the American Association of Integrative Medicine.

Goodstone, Erica, "What Is Body Psychotherapy?"

www.aaimedicine.com/jaaim/april05/goodstone-BodyPsychotherapy.php

The European Association of Psychotherapy (EAP) has a requirement that in order for any modality to become legitimate, that is, accepted as a European Wide Accrediting Or-

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5. The EABP Bibliography on CD-ROM now has up to 3,500 entries. The updated version will be out in 2006. It is developing into a great research tool for authors, colleges and practitioners. People who bought the earlier version will be able get a discount on the next version, probably by answering a simple question correctly. I have done this totally by myself, sponsored by EABP at the amazing cost of 1 Euro per entry. There is a huge amount of work involved in finding and entering material, writing abstracts, and checking for duplicates. I am now ready to offer and arrange for the various schools and colleges to have an 'administrative version' of this database for their own use. Each school can

add in their own materials, on the condition that once a year they send me their new entries and will then receive a copy including all the new entries. Maybe USABP would like to help sponsor this. A publishing committee could help by reviewing and editing the material that I have chosen to put in (but maybe should not be in there) and by recommending other material.

ganization (EWAO), it must establish itself as "scientific." To accomplish this task, a Scientific Validation Sub-Committee developed 15 questions about Scientific Validity based upon the book, "Psychotherapies: eine neue Wissenschaft vom Menschen," comprised of contributions by psychotherapists throughout Europe. The 15 questions were passed at the EAP General Assembly in Paris in June 1998. In 1998 or 1999, the European Association for Body Psychotherapy began the monumental task of answering the 15 questions in order to establish Body Psychotherapy as a legitimate and scientific branch of psychotherapy. In July 1999, The Body Psychotherapy Profession was accepted as "scientifically valid" and in October 1999, it became an EWAO. As a steering committee member and board member of the newly formed USABP, I was invited along with other members to assist in the process of answering any of the 15 questions. It is my hope that the American Association for Integrative Medicine can utilize some of this information to assist in the process of establishing the validity of complementary and alternative methods that have not yet been accepted as mainstream and legitimate modalities.

Roberts, Thomas, "The Body Speaks: Are We Listening?", JAAIM-Online, June 2005. www.aaimedicine.com/jaaim/june05/roberts-bodyspeaks.php

There is a significant amount of literature regarding the way the body stores stressful experiences and ultimately expresses the impact of those experiences as symptoms (Conger, 1994; Dewey, 1989; Dychtwald, 1986; Hay, 1984; Kelleman, 1981; Knaster, 1996; Lowen, 1972, 1983; Shapiro 1990, 1997; Stevens, 1974). Much of this writing has been largely viewed as folklore by traditional Western medicine practitioners because it lacks scientific credibility. This is true largely because the authors of these writings based their theories on clinical experience rather than hard scientific investigation.

...Jacqueline A. Carleton, PhD, Editor,

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6. Translations: There are a great number of excellent published books, articles, and papers about Body Psychothera-

Pond Continued on page 10

PULSE Community Calendar Professional Training Programs and Special Events

SEPTEMBER 2005

2005 EMDRIA Conference
September 15-18, 2005
Washington Sheraton Seattle Hotel & Towers
Seattle, WA
www.EMDRIA.org

American Academy of Pain Management

16th Annual Clinical Meeting
September 22-25, 2005
Manchester Grand Hyatt
San Diego, CA
www.aapainmanagement.org

American Association for Integrative Medicine Forum

September 30, 2005
Manchester Grand Hyatt
San Diego, CA
www.aaimedicine.com

OCTOBER 2005

The 2005 National Conference of the American Polarity Therapy Association

Exploring the Essence of Inner Stillness & Health
October 7-11, 2005
The Bolger Center
Potomac, MD
hq@polaritytherapy.org

7th International Congress of Body-Psychotherapy: Body Psychotherapy and Its Social Connections.

Oct 12-16, 2005
Presenters include Albert Pessó
Sao Paulo, Brazil
<http://www.cipc2005.org/>

40th Annual Conference for the American Dance Therapy Association
Rhythms: Dance/Movement Therapy Practice & Research
October 27-30, 2005
Loews Vanderbilt Hotel
Nashville, Tennessee.

NOVEMBER 2005

Somatic Psychology Fall Institute

November 6-9, 2005
Prescott College Crossroads Center
Prescott, AZ
cappi@northink.com

Association for Pre- & Perinatal Psychology and Health 12th International Congress

Birth and the 21st Century Family: Opportunities and Challenges from Conception through Infancy
November 16- 21, 2005
Town and Country Hotel and Conference Center
San Diego, CA.
www.birthpsychology.com

DECEMBER 2005

14th Annual Psychology of Health, Immunity & Disease Conference
December 5-11, 2005
Hilton Head Island, South Carolina
nicabm@nicabm.com

2006

The American Society of Group

Psychotherapy and Psychodrama 64th Annual Conference

April 27 - May 1, 2006,
Sir Francis Drake Hotel
San Francisco, CA.
asgpp@asgpp.org

4th International Biosynthesis Congress Biosynthesis: The Therapy of the Future Building the Bridge between Body, Mind and Spirit

June 1-3, 2006
Speakers: Silvia & David Boadella, Antonio Damasio, Allan Schore
Lisbon, Portugal
aruivo.lisboa@abreu.pt

European Association for Body Psychotherapy Congress

September 21-26, 2006
Askov Folk High School
Denmark eabpcongress2006@eabp.org

Health Plenary Panels Continued from page 8

2. The plenary was stimulating at many different levels. Participants gained a deeper intellectual understanding of some of the biological processes that occur when clients experience symptoms and of biological changes in those processes while receiving body psychotherapy. But what was unique about this panel presentation is that the audience was able to directly observe the biological changes in the moment-to-moment therapeutic process and to see the impact of particular verbal and hands-on interventions, as a result of the biofeedback measures. Even more significant, the tone and quality of discussion was one in which participants and presenters were interested not only in sharing their own unique perspectives but also in learning from one another, finding the commonalities, exploring differences, and challenging one another constructively with a foundation of mutual respect. In achieving this quality of dialogue, the plenary was a milestone in our organizational mission to move beyond the narrow focus of promoting particular modalities or approaches, focusing instead on developing a common language and understanding for the field of body psychotherapy. ~

if and when it is ever needed. Maybe we can fund this legal effort through 'tithes' to the therapy and training centers as the NAACP did with the local churches in the 1960's and 1970's. Let us start to think about this now!

4. A Publishing Company: We may want to start self-publishing Body Psychotherapy work. We may also want to publish out of print works or work that has never been printed. Modern print methods mean that you can almost "print to order" and do not have to carry large stocks and have huge print runs. Material can also be put on PDF files and on CD-ROMs. We can begin with a Publications Committee....

5. The EABP Bibliography on CD-ROM now has up to 3,500 entries. The updated version will be out in 2006. It is developing into a great research tool for authors, colleges and practitioners. People who bought the earlier version will be able get a discount on the next version, probably by answering a simple question correctly. I have done this totally by myself, sponsored by EABP at the amazing cost of 1 Euro per entry. There is a huge amount of work involved in finding and entering material, writing abstracts, and checking for duplicates. I am now ready to offer and arrange for the various schools and colleges to have an 'administrative version' of this database for their own use. Each school can add in their own materials, on the condition that once a year they send me their new entries and will then receive a copy including all the new entries. Maybe USABP would like to help sponsor this. A publishing committee could help by reviewing and editing the material that I have chosen to put in (but maybe should not be in there) and by recommending other material.

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Pond Continued on page 10

Research Continued from page 1

Lutz, Dipl. Psych, one of the editors of *Bioenergetic Analysis: The Clinical Journal of The International Association for Bioenergetic Analysis*. Fellow authors are Martin Kaschke, Dipl. Psych, Dirk Revenstorf, Dipl. Psych, Thomas Scherrmann, Dipl. Psych, Halko Weiss, Dipl. Psych, and Ulrich Soeder, Dipl. Psych. As one committee member said: "This is an ambitious study with a worthy aim. It examines the practice of body psychotherapy in the real world, involving multiple therapists and multiple treatment modalities." It is a prospective rather than a retrospective study. This is the seventh year the researchers have been collaborating on the study. Hopefully, their work will stimulate some group or groups in the United States to organize a comparable project. One of the study collaborators, Gustl Marlock from Unitive Psychology in Germany, received the award on behalf of he and his colleagues and had the opportunity

Lifetime Continued from page 1

tance of developing a grounded understanding of the complex neurological processes inherent in personal change, he spoke about the way we offer our clients the chance to have new experiences. The newness of the experience results from the way the new configuration of feeling, reacting and being moves through the neocortex and becomes a recognized part of the sentient self. This pulsatory movement has always been a part of Stanley's description of human functioning. Here the pulsation between raw sensation and feeling, and higher cortical comprehension of the experience is, to me, essential in the process of change.

Pond Continued from page 10

are organized by national associations, on specific themes, with input from many different sources. Similar events could be offered in the U.S. at the state or regional level, supported or even sponsored by the USABP and offering CEUs. Training schools and therapy centers could host these events, paying USABP a percentage of any profits (hundreds not thousands of dollars). These smaller events can be organized by only a few people, without the exhaustive work required for a national conference. The "body" of knowledge, experience, contacts and respectful reputation that emerges from such events is worth the effort – a hundredfold!

9. Mentoring, Internships and Jobs: There are students now graduating from Naropa, CIIS, JFK and Santa Barbara who need a period of solid clinical experience, possibly mentored or supervised. Many of us have built up a reasonably successful clinical practice over the years. Can we consider or devise a format for an elder USABP member to give the new graduate a job or position for a year or two? You, the member, would take a percentage of their earnings, supervise them, and have more time to write, research or teach; and they will benefit enormously by this mentoring. Perhaps they will even buy your practice in the future, or go on to new pastures with incredible gratitude for this opportunity to work with you. It could be a win-win situation, if organized within USABP defined parameters, providing a sense of safety and preventing the possibility of some sort of exploitation by either party.

to say a few words to our very receptive audience at the conference.

Our Student Award of \$100 was presented to Amelia Kaplan, PsyM, and her mentor, Laurie Schwartz, LMT, MS, for "Listening To The Body: Pragmatic Case Studies Of Body-Centered Psychotherapy." Committee member Cynthia Price, winner of an NIH Grant for her study and an honorable mention from us three years ago, said: "This study incorporates theory and process. There is a nice blend of quantitative and qualitative data which makes a good model for future case study format. This is the kind of clinically-based literature that informs theory and practice and helps to stimulate further research questions, important for building science in the field." My thanks to all my active committee members: Dr. Erica Goodstone, Dr. John May, Anita Ribiero, and Dr. Michael Bridges. ~

I cannot say for sure that this is what Stanley meant in his talk, without further conversation with him. But it is a mark of his contribution as thinker and practitioner that he stimulates this process in me, and in so many others. He is always probing and pushing the edge of the boundary of what we know and can imagine. His work is an integral constituent of the knowledge base of body-psychotherapy. While this lifetime achievement award was certainly well deserved at this point in time, I expect we'll see many more years of productive innovative work from Stanley yet to come. ~

10. Diversity: I am disappointed that I do not see the ethnic diversity at USABP conferences that I do see on the streets outside. We certainly need to work on this more in Europe as well. The United States white population demographics are diminishing steadily. We need to ensure that we are working relevantly for and with the people that live in our countries. We can begin by contacting churches, community groups, and local programs to get referrals that may later extend awareness and understanding of the benefits of Body Psychotherapy into these ethnic groups. Some of us could benefit from learning to speak additional languages, such as Spanish, if we work in certain areas. We could benefit by inviting ethnic colleagues to work alongside us in our practices. We also might need to do a percentage of pro-bono work.

These are just of my ideas for advancing the body psychotherapy profession to benefit members and to get our work out there. I hope the USABP membership will support some of my ideas and add additional suggestions about how their money should be spent. However, one needs to pay the money in first, before spending it. I am offering to pay double my membership fee as a first step – putting my money where my mouth is. How about you? Ah well, a new day is starting and people are stirring. This is a great Conference and I really love coming 'across the pond' every couple of years, seeing all my Body Psychotherapy friends here and meeting lots of new colleagues. This is the real richness of these Conferences. I wish you, us, well. Thank you for your attention. ~



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Somatic Psychology Fall Institute

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Prescott, Arizona



*Prescott, Arizona is located northwest of Phoenix
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Institute Presenters

Cappi Lang Comba
Releasing The Stories Held Within Our Bodies:
Healing Ourselves and the World

William Heywood
Mind-Body Integration: Awakening the Heart

Rob Bauer
The Dance of Body and Mind
in the Therapy Session

Michael Tomulty
Flow Yoga, Mindful Movement

For more information, contact Cappi Lang Comba
at cappi@northlink.com or visit www.prescott.edu

For the Liberal Arts and the Environment

Students' Corner

I am currently working on my Ph.D. in Somatic Psychology at the Santa Barbara Graduate Institute, although I have been a body-centered psychotherapist for 13 years. So I probably don't have the eyes of wonder and discovery that a new student might have. But I can certainly say a few words about how I experienced the USABP conference in Tucson. This conference felt particularly intimate. Unlike the one three years ago at Johns Hopkins in Baltimore, there were no presentations from outside our field, making it feel like a family reunion. At a deeper level, we were witnessing each other - peers, mentors, elders, each sharing insights, successes, and challenges with dignity and honesty. I was also pleased to see how some of the research presented in Baltimore, such as Porges' model of the nervous system and Tronick's research on mother-infant attunement, was being applied therapeutically. I appreciate how creative our field can be in integrating new scientific knowledge. I also witnessed open humility about body psychotherapy not always being the best approach. From a systemic perspective, I noticed a shift in the USABP 'group mind'. At the Boulder conference in 1998, we focused on healing and finding common ground among the different body modalities, mainly bridging the historical and philosophical divide between the expressive and the introspective, the cathartic and the meditative. We were careful not to offend each other, and when differences were discussed there was often some tension, as if there was a 'right' approach to body psychotherapy. At the Tucson conference in 2005, I witnessed people being more relaxed about their differences. Some even chided each other playfully during plenary panels. As the organization matures, its foundation strengthens and we can handle a little rattling.

Vidan Gonthier

THE UNITED STATES ASSOCIATION FOR BODY PSYCHOTHERAPY

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