

a subsymbolic communication, and therefore behind the words there will also be another emotional experience which is likely to manifest in resonance or as countertransference.

**ECOLE BIODYNAMIQUE, FRANCE**  
**LACAN BIODYNAMIQUE un Autre regard sur les psychoses**  
**Towards a biodynamic psychosis treatment**  
**Grégoire Rodembourg, 2014**

Monitoring psychotic patients either in institutions or in private practices requires the adoption, and the support of, a particular transfer modality. Studying the works of both Freud and Lacan on this subject has brought to my attention a number of points in common between the psychoanalytic treatment of psychosis and Gerda Boyesen's biodynamic approach. After having isolated the specific transfer modalities of the psychotic structure, we look at the different possible treatments. The focus will mainly be on the dynamics of accompaniment and on the position of the caseworker. By opting for a presence which is drained of all personal will in regards to the individual, the therapist can facilitate the insurgence of new possibilities of being and self realisation; more creative, more respectful of the patient's vital force and personal dynamics. Clinical studies show how this attitude allows the psychotic individual to have a different type of social relationship with the other, significantly reducing the need to resort to a sacrificial act as a healing attempt. Finally we will compare the psychoanalytic and biodynamic approaches pointing out similarities pertaining to the position of the therapist in the relationship, the fitting out of the work schedule and the interest for the patient's own dynamics.

**EABP Science and Research Symposium**  
**at the 14th European and 10th International Congress**  
**of Body Psychotherapy:**  
**The Body in Relationship: Self—Other—Society**  
**Nancy Eichhorn, PhD**

The second EABP Science and Research Symposium provided a forum to discuss recent research, networking opportunities, and publishing options for body psychotherapists and researchers. The framework, formed during the Australian Congress four years ago, initiated the first symposium held at the 2012 Cambridge Congress. The Lisbon symposium stimulated the necessary conversation and collaboration to advance research in body psychotherapy and its clinical application. The 90-minute symposium comprised three segments: current research studies dealing with isolation, loneliness, and chronic depression; the EABP collaborative practice research network and writing clinical case studies; and updates in the field.

**A Closer Look at Extreme Loneliness: Theory, Effects, and Possible Treatments**

Extreme loneliness was defined as a distressing feeling in conjunction with the perception that the quality of one's social relationships is lacking—it is not the same as social isolation. It was noted that 15% to 30% of people living in the United States of America live with extreme loneliness and that related health issues run the gamut from physical concerns such as heart disease, sleep loss, and increased mortality to mental/emotional concerns such as depression, anxiety, and diminished self-esteem. Treatment approaches need to target enhanced social skills, social support, and social opportunity. According to body psychotherapist Maurizio Stupiggia, Vice President, Italian Association for Body Psychotherapy, people living with extreme loneliness have lost their connection to their body and therapists need to use the body in a special way to bring about recovery.

**EABP Collaborative Practice Research Network and New Research Perspectives**

Body psychotherapists/researchers/writers discussed means to gather data, connect with training institutions to create an effective research structure, and support research while maintaining a clinical practice. Michael Heller, PhD, author of *Body Psychotherapy: History, Concepts and Methods*, said that networking was necessary in order to ascertain who is working with body psychotherapy practices around certain pathologies (i.e., anxiety, depression) and to promote the use of body psychotherapy practices within the general clinical world. Discussions occurring on LinkedIn, i.e., Somatic Perspectives on Psychotherapy were mentioned as ways to network. Lidy Evertsen, EABP president, suggested inviting EABP members to share their written cases with a network of colleagues for response and reminding authors to reference their own theoretical background in case study presentations.

The reality that many clinicians are not trained in nor interested in conducting research was explored. Options to resolve this issue included creating a new agenda for research and supporting therapists to connect with researchers. Jennifer Tantia, USABP Research Committee chair, supported the idea of collaboration suggesting that if practitioners are going to contact researchers, they need to learn how to speak the language of research, and read their studies before contacting them to propose a potential liaison. Jill van der Aa, EABP General Secretary and Vice-President, reminded the audience that EABP policy has always been to connect professionals and enable collaboration.

### **Efficacy study: An exploratory randomized controlled trial of body psychotherapy for patients with chronic depression**

According to Frank Röhrlich, MD, FRCPsych, “We [body psychotherapists] are making ground when we are accepted in medical journals.” His current research study, “An exploratory randomized controlled trial of body psychotherapy for patients with chronic depression”, involving patients with chronic major depressive disorder and dysthymia, was published in the *Journal of Affective Disorders*, 155(1), 2013. In this study, Röhrlich, Papadopoulos, and Priebe conducted a meta-analysis of the literature on major depressive disorder and a randomized, mixed-method clinical trial utilizing a manualized body psychotherapy model in a group therapy setting. Eight participants received 20 intervention sessions (90 minutes each) for 10 weeks. Outcome data showed a significant reduction in the treatment group: improved breathing patterns, improved mood, less pain, shifts in physical posture and gait. The next step is to obtain grant funding for a larger study.

### **The case study approach: An open invitation to case study research**

Shelia Butler, EABP collaborative practice research network organizer, engaged the audience in an experiential exploration of case studies. She shared pictures of an unkempt man whose 20-year residence, noted as his ‘island’, was a cardboard box. He came to therapy of his own free will. She asked the audience to consider how they would approach a therapeutic relationship. Responses varied from “I would assume it would be difficult to reach him through interactions,” to “I wouldn’t assume our work would take place in my office. I would join him some place under a tree, meet on his ground.”

Butler used the experience to invite therapists to write case studies based on clients who stand out, whose story is uniquely their own. Therapists, she said, can explain and/or advance methodology by understanding and writing about the complexity of the therapeutic encounter. Butler then discussed different types of case studies and the need to develop a framework for writing about them. Courtenay Young added that a ‘how-to’ article for case study writing is available on the EABP website.

### **Training and Research opportunities**

The Wilhelm Reich Foundation was briefly described; the foundation funds research studies designed to inform the world about body psychotherapy work. Those interested can contact Joop Valstar from the EABP.

Herbert Grassmann, Chair EABP Science and Research Committee, and Stefan Bischof, EABP Forum Executive Committee, addressed critical thinking skills in training programs, generating a student thesis data base, ways to improve research quality, and academic writing in the body psychotherapy field.

Jennifer Tantia overviewed the science and research situation in the US. According to Tantia, five graduate programs exist offering body psychotherapy degrees: three at the master’s level and two at the doctorate. As a research advisor to several student doctoral students, Tantia shared that students investigate body psychotherapy topics, but their dissertations are based in fields adjunct to body psychotherapy, i.e. social work, physical education, sociology, etc. Her current goal is to implement alliances between psychotherapists and researchers resulting in collaborative research for body psychotherapists.

### **Closure**

The room pulsated as ideas floated from the stage out to the audience and returned with additions, modifications. Science and research, potentially fearful topics for the uninitiated,

the untrained, were honored during this session as presenters and audience members alike exuded a trust and a knowing. The organization worked well with a different moderator representing each segment and different presenters offering their piece yet all remained on stage and contributed throughout. The overarching theme of loneliness (and isolation) provided a focal point for presentations creating continuity as well. I appreciated the audience participation and the respectful tones as ideas were offered without challenge or criticism; it was an open forum with space for everyone’s voice. And when one panel member did challenge another regarding his stance on body psychotherapy versus dance and movement therapy, the moderator handled the tension with a compassionate and honest response: yes, this is important but not right now. The controversy was set aside to be discussed at another time.

I have never attended a science and research symposium so I came with no preconceptions. I left with information to join the collaborative, access to a template to write an academic case study, concepts addressing quality research, and new contacts for networking. Considering the ramifications of all the topics offered, more time and perhaps pull-out groups might have been considered. The first annual symposium (2012) was a daylong event held Post-Congress in Cambridge. Perhaps the third annual symposium can also be a daylong event within the parameters of the actual Congress so more participants can attend.

The third annual science and research symposium will be given at the next EABP Congress in Athens, Greece, 13-16th October 2016.

### **REFERENCES**

- Heller, M. C. (2012). *Body psychotherapy: History, concepts, methods*. New York: W. W. Norton & Company.
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