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In the last issue of *Bioenergetic Analysis* a general introduction to the topic of the Anal and the Analytic was presented. It included a brief historical review of anality, and a description of the positive analytic strengths that emerge during the Anal/Analytic period of development. A discussion of the bioenergetics of this phase, its formative traumas and relevant case material were included.

In order to provide a base for a focused *therapeutic* approach to the problems of the Anal/Analytic Character, this second section of the paper:

1. Discusses differential diagnoses,
2. Outlines the basis for Bioenergetic treatment interventions.
3. Includes with a case example where an individual with a Rigid/Achiever character gains facility in the positive use of analyzing through body work.
4. Presents, in the Appendix, a series of relevant treatment techniques derived from the Rhythmic Cycle of Change.

Differentiating Diagnoses

Psychoanalysis draws two descriptions related to the pathology of the anal period: Anal-Retentive and Anal-Expulsive. What psychological and Bioenergetic differences underlie this distinction? And what differences distinguish the picture of these anal types from the somewhat similar appearing character aspects of the Schizoid/Creator, the Oral/Communicator, and the Masochistic/Solidifier?

Differentiating between categories allows sharper understanding of the Anal/Analytic Character. In being asked to adopt a heretofore-neglected character pattern the Bioenergetic practitioner is confronted with an opportunity, perhaps even a professional necessity, to review- their clients' dynamics. It is likely that there will be instances where the bioenergetics of the Anal/Analytic best describe a client's armor, suggesting the need for some change in therapeutic procedure. In other cases, these dynamics will not be central but will still play a significant role in the overall defensive structure.

In supervision and training situations, I have watched practitioners struggle to identify and understand clients for whom a knowledge of Anal/

Analytic dynamics would be applicable. They had given these clients a wide variety of labels — schizoid, oral, masochistic, even borderline labels had been used. In many cases, a variety of diagnostic approaches had been tried, and still a satisfactory understanding was felt to be missing. Typically, in these instances, there is a ready admission that the diagnostic process had not been very useful.

Using the category of Anal/Analytic described here was immediately helpful in gaining a clearer understanding in these situations. Further, descriptions of the central role of sphincter processes, outlined in part one of this paper, opened a direct and powerful new way for the body psychotherapist to work with the underlying physical issues of the character.

Looking deeper into the distinctions between the Anal/Analytic's own sub-categories, retentive and expulsive, as well as between the general category and other character types, can serve the reader to sharpen its understanding and its usefulness in application.

Differentiating the Anal-Retentive/Analytic from the Anal-Expulsive/Analytic

We spoke previously of Freud's first descriptions of the traits of the Anal Character: orderliness, parsimoniousness, and obstinacy. Further, we have seen the character's positive psychological characteristics: high standards, ethical values, scrupulousness in moral requirement: The aim is to be "good." We've also described the character's body dynamics and the role of the encircling muscles of control: sphincters, the circular muscles of the intestines, valves and the squeezing that occurs through tightening antagonistic longitudinal muscles.

But Psychoanalysis went on to draw a second, behaviorally very different character pattern related to anal functioning. Here the child forsakes the holding traits of orderliness, parsimoniousness and obstinacy, and attaches to the expulsive side of things. Pleasure and power are gained from actively extruding feces, impulses and emotions C "making a mess" is enjoyed.

English & English's, *A Comprehensive Dictionary of Psychological and Psychoanalytical Terms*¹ clearly defines the complex situation related to the "anal stage":

"... expulsion and retention are both said to bring pleasure. Either **anal-expulsive** or **anal-retentive** may be complicated by anxiety caused by toilet training, resulting in the development of **anal character**."²

The authors describe the Anal-Expulsive category with its own set of psychological characteristics.

"... associated with the pleasure of ANAL EXPULSION are the tendencies to conceit, suspicion, ambition and loveless generosity."³

As both Anal Character patterns develop in relationship to the toileting scene⁴, both can occur in the same person: at times retention is active, at times expulsion. However, more typically, Anal Characters favor one or the other styles.

The differences between two well-known personalities, Fred Astaire and Dennis Rodman, show the sharp contrasts between the retentive and expulsive styles. Because we have already looked extensively at the Anal-Retentive style, Astaire's work will be covered only briefly. The example provided by Rodman will be more extensively presented to allow a fuller introduction to Anal-Expulsive/Analytic dynamics.

The dances of Fred Astaire provide a clear example of a productive expression shaped by Anal-Retentive/Analytic traits. Astaire's performances are marked by attention to detail:

"... Astaire achieved elegance through a fanatical attention to the fine points of dance..."⁵

Astaire's youthful, "good boy" appearance lasted his whole career. Highly stylized, typically dressed in formal attire, his dancing shows a carefully put together, clean and *studied* grace. The movements of his tight, controlled body sequenced *elements* of action. These elements do not express a strong continuous flow of energy. A picture of a perfectly arranged, perfectly timed, pattern of parts substitutes for an appearance of free-flowing natural spontaneity. With Astaire, it's the form that is beautiful: order, parsimony, control. He follows the *rules* of movement. Expressing its ethic, a standard of perfection is unavoidable.

The grace of dancing doesn't have to appear this way. How different Astaire's studied form is, for example, from the steady dancing style of Gene Kelly, or from the exciting sexual flow seen from John Travolta. These two clearly come from different character positions.

How different, too, are these styles from the movements of All-Star basketball player Dennis Rodman. He shows the dynamics of the Anal-Expulsive/Analytic, and has a grace very much his own. In basketball parlance, Rodman is a "role player." His job is rebounding. He sets the standard in the league. Five times he finished first in the statistics of that category.

There is much to the relationship between how Rodman moves physically, his character, and his athletic skill. Unlike most other players, he tends to run the court with his feet and legs turned out, a common movement form when anal tensions are involved. His jumping style, quite unique, takes advantage of this. He bends his turned-out legs into a ballet-like crouch, then, as a frog does, he snaps them together. The result is more lift than would be expected..

Rodman is physically short for a rebounder, and plays against people six inches to a foot taller than himself. He outperforms them using his jumping advantage, and his ability to read where the ball will bounce to guide him as he worms himself through congested areas into the best position.

Bioenergetics points out that the digestive system is a "worm-like" tube in structure, movement and appearance. It seems no chance coincidence; "The Worm" is Rodman's nickname. It aptly describes his worm-like movements.

Rodman's larger skeletal movements share in the flexible rhythmic capacity of the oral to anal physiological tube that moves within.. He leans on opponents, elastically shaping his body to theirs. He slides and slithers around them. When pushed away, bumped or knocked to the floor, an elastic, rubbery quality seems to protect him from injury. Almost literally, he appears to "bounce" back.

Rodman's character provides another asset: a seemingly inexhaustible energy. He seems not to tire. When not active in the game, he often rides an exercise bike rather than resting. His energy seems more miraculous because he is an older player, in his mid-thirties, and he frequently skips team workouts. Between games, against all rules, he is busy flying off to exotic places, often to gamble. At times and in character, to everyone's consternation he fails to return for the next game.

The seemingly high energy of the Anal-Expulsive/Analytic style is a result of a frequent catharsis of impulses. Energy is not absorbed in control. Under stress, there is an almost constant stream of release. The negative is not contained in the holding still, or holding back, necessary for social appropriateness. "Bad" behavior, in fact, is enjoyed for the release it brings. Rules and forms are compulsively overrun C energy flows.

Physical performance is only part of the Rodman story. He is infamous as a "character," in our terms an Anal-Expulsive character. It starts with his appearance. His hair may be dyed red, green, pink, or multicolored. His " . . . tattooed torso, pierced nose, collection of women's clothing and foul mouth usually overshadow his rebounding prowess."⁶

Rodman's character moves into his game behavior. He teases, taunts

and upsets. He drives opponents crazy, destroying order, making fun of the serious, pulling apart the stance of the righteous. With Rodman, the fans await the unexpected. Outlandish behaviors are matched, and exceeded, by expulsive emotional expressions. He vents his fury when referees confront him, particularly when inner pressures overwhelm his ability to control himself. Then his personal struggle with rules, and his negative expulsive style, comes into the open with a fury.

Rodman's problematic behavior is often triggered by the disciplines of the game. The extent of his expulsiveness has jeopardized his team's chances for success, his relationships with his peers, and his career. He has been repeatedly pulled, or even thrown out, of games when his talents were greatly needed. There are even times when he has thrown himself out of participation by not showing up or walking away. Teams have cast him off because of his errant behavior for the sake of order.

For Rodman, "expulsive" has led to expulsion. At one point the League suspended him for six games. The situation began with his judgement that referees singled him out for strict observance of the rules. So primed, when a referee called a foul on him, Rodman grabbed him, and banged his head with his own. (Ironically, for the anal context were talking about, this is called a "head-*butt*.") With a string of obscenities, he kicked over a large water cooler, removed his shirt and flung it to the crowd. He was thrown out of the game.

In a TV interview that followed a similar incident, Rodman flowed out with what seemed an unstoppable stream of expletives; what the vernacular might label, "diarrhea of the mouth." The gist of his message was, nobody controlled his behavior. In the end, "nobody" seemed to extend to himself. It was an exhibition rarely seen on public television.

This expulsive, rule-defying quality is matched by other incidents:

"Bernhardt was the referee Rodman head-butted in his first season with the Bulls (six-game suspension). Wolf was the Milwaukee player Rodman smacked in the groin last March (one game). Amos was the television cameraman Rodman kicked last January (11 games)"⁷

The jeopardy that this socially negative expulsive behavior brought to both Rodman and his teammates takes his behavior far beyond sport, beyond show business, and into the range of the emotionally disturbed. In quieter moments this disturbance becomes palpable. Sorrow and regret are expressed in copious tears, self-abasing comments, expressions of being disliked. Too often, he is seen in his character's grasp C and in the end his difficulties are best taken seriously.

The many positive advantages of Rodman's Anal-Expulsive/Analytic character strengths have been described. He skillfully employed them as a basketball player, when able and willing to control their expression on the court.

But beyond basketball, there are positive social aspects to Anal-Expulsive/Analytic behavior, behavior that at face value seems to be simply anti-social expression. Some settings allow for a clear role for such actions. The role binds them and therefore allows for an acceptable expression of anti-social, anti-status quo, tendencies. The jester, for example, bounces around the rules, poking fun at power and pomposity C and gets away with it. The social satirist similarly uses humor to momentarily release us from constraints that chafe. But anti-social behavior can stimulate something more positive and enduring than just laughter and release.

When the Anal-Expulsive/Analytic moment breaks the rules, ethic and analysis are taken apart, their holding power rendered ineffective. When the conventional is overwhelmed checking forms are surrendered. Suppressed hostility and energy are released.

In the face of these moments, those who observe rethink, reconsider and reanalyze. Expulsiveness brings the "bad" out where it can be confronted, tolerated, even made useful in the development of new forms and expressions that move us along the path toward maturity.

From expulsive behavior, we are led to think more fully about our values and judgements: What's fundamental? What's less significant? Stimulating this interest in thought and control the Anal-Expulsive character is centrally located within the Anal-Analytic phase of development. Out-of-control behavior provides a heightened drive toward establishing control from without. It activates the analytic process in others.

In this regard, there is much to learn from Rodman's case. When he was playing, cries of "Suspend Rodman, drive him from the sport!" exposed an over-righteousness for what it is. The bottom-line value of the sport of professional basketball, as it emerges at this time, is monetary: winning brings in the money. Rodman's outstanding statistics have kept teams tolerating him as long as they can, regardless of the breakdown of rules. Management wants results. As long as Rodman offers the promise of victory, and/or the theatricality that ups box office sales, his deviancy is tolerated. The value choice is clear.

Rodman's twitting of social values, a given of his character, necessarily takes place beyond the game of basketball. His heavily tattooed body gradually became revealed to be an expression of the living of a jumbled sexual

role. He "came out" as a transvestite: a blend between male and female role-playing. Against the performance of the macho role often associated with the athlete, this too challenged us, the public, to consider who we were C by what categories do we understand things, and what is important. To accept Rodman is to become less frightened by, and hostile to, what is frequently seen, and then hatefully reacted against, as a socially perverted behavior: cross-dressing.

Psychoanalysis points to anality as associated with sexual confusion and uncertainty: the anal area is apt to serve as a female organ in the psyche's inner life. It is pointed out that in the anal character there may be obsessions about gender role, and that sexual activity can be compulsive and/or gender reversed. Bad behavior, in traditional society's definition, results.

Rodman's expulsiveness confronts us, causes us to consider these issues. He puts his deviancy in our face. His ability to use his character successfully in other arenas make it difficult to dismiss him outright, and so our own righteousness and rigidity loosens, the deviant in his complexity is accepted as part of the social fabric.

What we are pointing to here, that rule-breaking expulsive social behavior can have a useful social role, was earlier presented and elaborated on by Emile Durkheim in *The Rules of Sociological Method* written in 1895.⁸

Durkheim suggested that even criminal behavior had a useful social function — one that relates to the ethical themes that begin in the Anal/Analytic phase of psychological development.

As described by Erikson, Durkheim suggested that:

... crime (and by extension other forms of deviation) may actually perform a needed service to society by drawing people together in a common posture of anger and indignation. The deviant individual violates rules of conduct which the rest of the community holds in high respect; and when these people come together to express their outrage over the offense, and to bear witness against the offender, they develop a tighter bond of solidarity than existed earlier. The excitement generated by the crime, in other words, quickens the tempo of interaction in the group and creates a climate in which the private sentiments of many separate persons are fused together into a common sense of morality."⁹

Erikson again quotes Durkheim:

Crime brings together upright consciences and concentrates them. We have only to notice what happens, particularly in a small town, when some moral scandal has just been committed. They stop each other on the street, they visit each other, they seek to come together to talk of the event and to

wax indignant in common. From all the similar impressions which are exchanged, for all the temper that gets itself expressed, there emerges a unique temper . . . which is every-body's (sic) without being anybody's in particular. That is the public temper.¹¹

Erikson goes on with his own comment which weaves the psychological understanding of rule breaking expulsive behavior into the fabric of social functioning and its own construct of conscience:

The deviant act, then, creates a sense of mutuality among the people of a community by supplying a focus for group feeling. Like a war, a flood, or some other emergency, deviance makes people more alert to the interests they share in common and draws attention to those values that constitute the "collective conscience" of the community. Unless the rhythm of group life is punctuated by occasional moments of deviant behavior, presumably, social organization would be impossible.¹¹

Before leaving this section on differentiating the Anal-Retentive/Analytic Character from the Anal-Expulsive/Analytic Character, we can benefit by a fuller look into the differences of their bioenergetic functioning. Both characters grow out of the same developmental period, and both involve the use of the sphincters. Psychologically, they both touch on ethical questions. One heightens awareness of "the good," the other of "the bad." But what parental situations, and what energetic body responses, cause them to be so markedly different in their expression?

Much is to be learned about these questions by recounting a session with Gretchen. Gretchen's anal-expulsive behavior was a frequent occurrence. Often during her conversation, her eyes would widen to the point of bulging. This was accompanied by a change in the volume of her voice as she blasted out words that were shocking in both tone and content. When I walked into the therapy room to start this particular session, for example, I found her already there. As I entered, out burst: "You told me I could come in instead of remaining in the waiting room — Right! The room was empty so I came in — That's okay, right. — Right?" I was somewhat stunned by the shouting staccato tone of her remarks, but I reassured her that it was all right (though I wasn't sure what I might have told her about entering my office.) In response to my comments, and her catharsis spent, she quieted, and quickly relaxed.

During the session Gretchen mentioned that at times her mother would bring out a big wooden spoon. While telling this her eyes bulged, and her voice blasted open the sphincter-holding in her throat. She uttered, — "Like this!" She made a sharp jerk upward with her fist.

Each time she mentioned the spoon, the voice and gesture repeated.

To be sure I was understanding the gesture and expression accurately, I asked what she was imagining her mother was going to do with the spoon. She hesitated, gestured again, and said, "She'd stick it up." I repeated, "She'd stick it up," and she responded expulsively, "Yeah, my ass."

The thought of the spoon triggered behaviors that looked like a response to being "goosed." Energy moved rapidly upward: the arms shot up, the voice exploded and the eyes bulged. Sphincter holdings were blown open in such an attack. Here was a vivid portrayal of the basis of the energetic formation of anal-expulsive behavior, or what the vernacular would call a "goosey" character.

Gretchen's many expulsive moments in fact were always accompanied by a body jerk upward. The spine would arch forward, throwing the shoulders back. The arms would raise abruptly as the hands tilted backwards. As the widened eyes bulged, the voice expressed the surprise of an attack on the anus.

All this was the body's reaction to "getting it stuck up the ass." For Gretchen it marked her anal-expulsive character structure. Out of control, with "badness" erupting out of her, she was often overwhelmed by a state of cathartic, or perhaps more appropriately, "diarrheac" expression. The aftermath was a pleasurable *feeling of release*, . . . along with a negative *judgement of being bad*.

As Gretchen quieted down she explained clearly that her mother's attacks had less to do with Gretchen's own behavior than it did with her mother's tensions. Gretchen's release, her "badness" exposed, seemed to relax her mother who kept herself under pressure to look good, and be socially appropriate for others, while at the same time, to Gretchen's complete confusion, she talked privately about how she hated these very others.

This anal-expulsive energetic and interpersonal pattern is different from the pattern of the anal-retentive character who strives, through sphincter tightening, to hold and contain — tightening in an effort to be in control in order to be good, while having incredible difficulty in "letting-go" or in the release of anything. The result here is a constant *feeling of the tensions of a held body* along with a positive *judgement of being good*.

Thus we have retentive, and expulsive; "tight-assed" and "goosey-loosey;" two anal characters formed around the developing anal period. Both involve an ethical concern — be good, or be bad. Each shows a clearly distinct energetic pattern that involves the sphincters — they are too tight, or too loose. In one there is an attempt to please mother, and a "tyranny of

neurotic goodness." For the other, the attempt is to displease mother (in order to relieve the mother's holdings), and results in the neurotic pleasure gained by the compulsive release that occurs with the expression of badness.

Differentiating the Anal/Analytic from the Schizoid/Creative

As sphincter control develops, the child actively incorporates the Culture's demands. Developmental defects formed earlier in life, as well as the traumas that caused them, may be covered by the response to expectations for appropriate behavior. Both the disturbed and the healthy dynamics of the earlier Schizoid/Creator stage are often hidden from conscious expression. As this occurs, the Anal-Retentive style can lead to specific difficulties in differential diagnosis: What is Anal-Retentive, and what belongs to the Schizoid/Creator stage?

In the previous case of Stan (presented in Part 1), an unresolved Creative/Schizoid issue of "Life or death. To be or not to be?" was presented.

For Stan, schizoid issues had been covered for years by a ritualized pattern of anal control. These were two different layers of defense operating in the same person. Each involved small areas of muscle, each lead to emotional removal from others, and each markedly limited the range of expression. These similarities could easily prevent a therapist from seeing that they came from two different character positions and needed to be responded to in different ways.

Aside from the general similarities, there were noticeable discrepancies in these two aspects of Stan's character functioning. The small muscles participating in the Schizoid/Creative and the Anal-Retentive/Analytic character aspects were not the same, neither was the emotional expression that was defended against, the dysfunctional consequences or the potential assets. Once these differences are specified and seen in the client, confusion dissipates and a surer therapeutic course becomes possible.

Schizoid/Creative character functioning involves holding in the spine, and around the joints. A death-like mask often marks the appearance. Small skeletal muscles twist the body. Mannequin-like movement of the limbs arise from string-like contractions that seem to use only some of the fibers of skeletal muscle. The joints appear frozen.

The overall movement flow appears fragmented and broken. Sometimes sections of the body look like they might belong to completely different people. That is, the upper body might be thin and small, while the lower body, from the pelvis down, may be heavy, slow-moving and thick. There is no unity.

The different physical fragments give rise to very different psychological themes (eg. neediness evident in the upper body, immobility manifest in the lower torso), depending on which one is active as the ego's central concern. The issue of uniting the split body, however, is always similar; life and death, to be or not to be. Will and effort are used to get one through situations that are misread as challenges to survival. The key feeling that needs to be released for the Schizoid/Creator to become unified and begin to flow again is terror.

When terror's grip is released, the pieces, and the differing perceptions they stimulate, lose their arbitrary cohesion. They are then free to come together in original and creative rearrangements. Psychologically, in this character position, analytic clarity and judgement are irrelevant for consciousness to reorganize itself.

The body and the dynamics of Anal/Analytic differ. Though again there are divisions, they don't break body and psyche into unrelated pieces telling stories with different themes. In fact, from a distance the divisions almost appear to form a visible whole headed in a single direction. The grace of flow, however is marred by the evident presence of the borders that separate the elements from easy smooth flow. The arbitrary lines between movement units are visible. There is no energetic unity, the divisions break things into compartments.

Role behavior provides a pattern of defense, a ritualized pattern of compartment, with which to meet life's challenges. These roles are strongly controlling forms. Held to tightly, they don't allow for integrated spontaneous expression. The sphincters are the small muscles that keep role performance in check. The key emotion they block is fury, the fury of being held too tightly. The pathological result in the anal-retentive form is monotonous stylized behavior that fails to mature into healthy spontaneous expression. The pathological result in the anal-expulsive form is grossly inappropriate, role-destroying behaviors.

Differentiating the Anal/Analytic from the Oral/Communicator

The psychological dynamics of the Anal/Analytic character are quite different from those of the Oral/Communicator. The character of the former is stimulated through the presence and controlling behavior of the caretaker when inculcating rule-organized responses. The latter, quite differently, is shaped by an absence of caretaking that allows the expression of needs to go unmet. The result is two clearly different, easily seen, psychological patterns. When one looks physically at the two characters, however, confusion in discriminating between them can emerge.

The tight body of the Anal-Retentive/Analytic character needs to be differentiated from the thin body of the Oral/Communicator. In the former, thinness results from constriction, and gives a wiry, tense appearance. In the latter, the body is weak-looking: tired, collapsed and energetically undercharged. The weakness is to such a degree that the knee joints hyper-extend backwards to hold the body up, sparing the undercharged muscles the load.

The two characters are also similar in that they rely heavily on voice and words. And yet the way these are employed is clearly different. The throat of the Anal/Analytic voice can become quite closed leaving it sounding monotonous and dead. With just a bit less tightening the voice becomes irritating and raspy. Its stridency can be somewhat punishing. Throat tensions and frustration is evident.

The voice and language of the Oral/Communicator are often expressed like a lullaby, soothing and pleasant. The aim is to ease the body and relax those in the environment. Lowering the stress level provides an easier atmosphere to deal with. Defensively, the voice has a mesmerizing quality that exaggerates a sense of safety and well-being while at the same time it denies the inner distress caused by unmet needs.

Differentiating the Anal-Expulsive/Analytic from the Masochistic/Solidifier

The Anal-Expulsive/Analytic character has similarities with the Masochistic/Solidifier character. Both are involved in socially negative expression. The Anal-Expulsive/Analytic however is much freer in expression, and more open in rebellion. They happily identify with their desire to be the "bad boy." They delight in being known as a "character", "That's who I am!" The muscular process that forms their dynamics grows from the sphincter muscles capacity for "untimely" release.

In the Masochistic/Solidifier structure, skeletal muscles are key. A heavy muscle-bound encasement makes for much slower movement in both body and mind. Normal thought process tends to be matter-of-fact, rather than analytic. There is little delight in "badness" per se. Rather, muscle-boundedness and negative feelings provide occasion for moans of misery, and an experience of being bogged down. The label, "bad," is accepted as a shameful reality, bitterly accepted.

The key difficulty for the Masochistic/Solidifier is the muscular block to the freedom to express. The bound outer skeletal musculature constricts. Antagonistic muscles contract at the same time. Held, there is no play in the body for movement, or free expression and release.

Shame causes pressure to hide feelings. Instead of coming out directly, feelings come out forced and in exaggerated and caricatured form, eg. whining instead of crying. Such expression is difficult for others to hear. In highly charged, tense situations the Masochistic/Solidifier feels ready to and may finally burst out in release. The relief is strong but hard to come by very different from the anal/expulsive who comes to "freedom" easily, but at the expense of others. The aftermath for the Masochistic/Solidifier, in character, is often more shame, and the negative judgement that once again they have been "bad."

Therapeutic Methods — Some Fundamentals

The body psychotherapist uses therapeutic techniques to alleviate muscular holdings by allowing energy to build, flow, and release in natural ways. They strive to help an individual move through interfering habitual patterns in order to have more lively experiences, integrate them into mature healthy ego development, and live a fuller life.

A classic formula guides the application of therapeutic methods. It was first described by Wilhelm Reich, and is used in psychoanalytic work and by many interpretive therapists. Reich explained: it is necessary to reveal the action of a person's unconscious character defense in order to remove its defensive functioning before working through a person's traumatic history.

Character armor uses tightening or loosening of the musculature to stop the body's movements that underlie feeling and emotion. When an individual becomes aware of his/her character defense, the way is opened for the body holdings that support it to be consciously eased. Once out of the way, the person can feel and reexperience the traumatic events of their life in a way that brings emotional and physical release. With repetition, memories can be worked through so they are no longer aroused by cues similar to ones associated with the earlier events, and so that they are no longer habitually associated with dysfunctional sequelae.

Though memories *can* be recalled when character defenses are functioning, in these instances they are not accompanied by the emotions that accompanied them. Stories are then reported rather than lived through. Their movement potential is not activated, and the emotions they caused and organized remain untouched. Therefore, no underlying change in the structure of the energetic process occurs. Though an understanding that can be helpful for a kind of general self-knowledge develops, no real release happens. For change to occur, more is needed.

In working to change the pathological dynamics of the anal character it's most important to understand that in the anal-retentive case, energy flow is *constricted* (vs. absent, broken, weak, hyped, bound or rigidified). Sphincter muscles of control tighten, narrow or even close. The result is that consciousness is similarly constricted. A constant narrowness of focus limits the breadth of what can be perceived.

The opposite occurs in the case of the anal-expulsive. Sphincters rapidly loosen and grow flaccid, allowing energy to burst out. A wide dilated view is taken, behavior is broad, consciousness gross and agitated. The interplay of emotion and expression churns wildly and bursts out in release.

To illustrate the play of the sphincters, I want to present a session that simply involves bodily feeling of sphincter action. Here energy and the musculature are worked with directly. Ego is sacrificed to the therapist's decisions. The client follows direction until the body spontaneously takes over and leads the experience.

Tom was a thinker: always involved in figuring things out, developing rationales, analyzing situations. His energy was absorbed in the bodily concentration necessary to support his mental activity. In some ways this paid off. He had a well-developed understanding, but he hardly benefitted from it in the living out of his life. He was too much in his thoughts, too narrowly focused on them. His life was tightly defined. When his focus moved away from the content of his own mind, it was only a matter of moments before he was back inside his head.

Tom's tight body showed Anal/Analytic dynamics. The area around his eyes was almost always constricted. His brows were drawn close together, narrowing both his physical and mental view. The muscles of his buttocks were drawn in tightly. They lacked fullness and roundness.

An exercise required Tom to focus on several areas of circular muscles. The anal sphincter was first. He was asked to repeatedly hold it tight and then release it fully. Then he was directed to tighten and release to different degrees.

These actions increased his sensory awareness of the tensions, and gave Tom a range of control over them. Once this was accomplished, his attention was directed to the constricting tensions of his windpipe, the back of his throat, and then his eyes. Each time, he followed the procedure of the tightening-loosening procedure.

Tom could feel his body opening as energy was set free by the process. He spontaneously noticed other muscles were involved in his constricting pattern. As his neck tightened, his head and shoulders squeezed together

tightly. Immediately after noting this aloud, his consciousness returned back to his usual pattern of thinking. He was instructed to begin working again to increase his awareness of his tensions, constricting and easing muscles until he was out of the holding pattern. The result then was a period of spontaneous crying.

Tom reported later that he had cried with relief as he moved away from the tensions of unconscious control. He said there had been some degree of pleasure in his holdings. He took pride in his ability to hold and control, but this ego pleasure was nothing like the bodily pleasure that came when he let go and flowed freely. He wanted this kind of physical pleasure more often.

Letting-go made a real difference in Tom's presence. He was there, alive and moving. His breath was full and free. His usual tight voice was now resonant. It was a joy to witness. In later sessions, he learned to discriminate between muscular opening and tense closing. He actively sought feelings of freer flow in his body, and worked to live life more fully from this newer, stronger place.

For Tom to release the defense of anal control what needed to occur was a physical opening and widening. In this case, steady direct work with body movements was used. A number of other techniques to work with Anal/Analytic issues have been stimulated by the concepts of the Rhythmic Integration¹²: A potpourri of these methods is presented in the Appendix.

Strengthening the Analytic

In therapeutic parlance, character is formed as a defense in childhood. It is a tension pattern that is used like a fixed armor to meet stresses. As it was initially a childhood defense, its automatic quality is apt to come from an unconscious childish reading of what the nature, severity and available options are to meet the stress of an inner or outer threat. Locked in armor, the experiencing of life is greatly limited. Mature responses to stress are blocked from developing. The armor on, it is hard to take off.

The thrust of a Rhythmic Integration approach to Bioenergetic therapy aims to free the armor, not simply so that flow improves, but so that the strengths of the developmental stage during which the armor formed are no longer centered in the service of defense. Instead strengths can be utilized for the healthy life-strivings of the person. Those who use analysis as their major defense are apt to develop a high level of competence at it, having employed it on a regular basis. Rather being an anal trait it can become a highlight of their mature personality.

But the strengths of the Analytic Phase of development are not limited to those who have been heavily blocked in its dynamics. What is one person's character armor, can be consciously chosen by another person from an adult place. It can be put on and used to meet a life challenge, and then taken off when the stress is past. Under conscious control, it becomes a part of mature functioning. Character dynamics thus can develop positive use for life-generation.

With this viewpoint, the therapist's understanding of defensive character patterns becomes a resource to help clients grow and mature in ways that they are lacking. Positive growth can be worked toward directly. The therapeutic hour becomes more than the search for, and amelioration of trauma.

Work with Debra provided a valuable opportunity to use knowledge of the Analytic Character in a positive way. Debra's life difficulties did not involve anal concerns. She was an energetic, dynamic person. For the most part, her spontaneity and assertive expressiveness served her well. She was liked, fun to be around, successful in her work. She entered therapy with issues around love and sexuality. Her body's energetic patterns and her character style correlated with her concerns. She was a Rigid/Achiever and the issues of her character were a major focus of her therapy until, while attending graduate school, she ran into difficulties with the analytic.

Debra, as might be expected, did very well in graduate school, that is until she ran into a professor who demanded her work fall into a closely reasoned, carefully detailed, logical presentation. Her capacities to instinctively and dynamically express herself were no longer enough. In fact, they were in the way. She now had to work in a slow, carefully considered analytic form she was foreign to her. She resisted giving up her usually successfully style.

But Debra, more true to her character, was overwhelmed with anxiety. She, a high-level performer, was in danger of failing. She scrambled for a way to handle the problem. Her first approach, having someone else sit with her providing correction every step of the way, failed. It didn't help her get the knack of what was wanted, and was too time consuming for the other to stick with.

Debra had to learn to strip away her emotional intuitiveness and spontaneity in order to focus, think and present her material in a closely organized detailed way. She could not come from the style her body was used to. She had to rapidly learn a new energetic pattern and psychological skill if she were not to fail. She brought the problem to therapy.

The importance of sphincters in the analytic process has been emphasized above. Watching Debra try to think made the physical dynamics underlying her problem evident. Sphincters weren't involved. She couldn't focus. The assignment of a small thinking task quickly led to an arousal of anxiety. Fearfully, her eyes scanned the environment for a quick way to move out of the situation.

It didn't take long for Debra to learn a different way. We started with the easy first: she was asked to widen her eyes even more, notice what she experienced internally, and report it. Debra found that she felt more open and could take in more of the environment into her view. She was then asked to narrow her eyes, squeezing the sphincter that surrounded them to do so. She became aware that this limited her field of vision, but brought what her vision centered on into clearer focus. She was also aware that she felt more drawn in, within her body, and less anxious and emotional. As she reported this her speech slowed down, and her words became carefully chosen, measured. Her thinking was now used to consider what she wanted to express.

The analytic process had now been contacted and was able to be used. Debra could feel it in action. She saw that the tension pattern that thought required quieted her distress. She was now able to both think and analyze.

It only took a few more sessions for Debra to establish the Analytic mode as a way of functioning when it was called for. She found she could now work with the demand that her professor presented her, and quickly learned to do it well.

For Debra thinking had been seen as a less effective way of living than she had already established. Developmentally, she had reached a later point of functioning, a more mature but less focused place than the Analytic. In most instances, moving from her instincts, and a reading of the whole, was more successful and more pleasurable for her. If there was something to Analyze, she might have asked, "Why return to a less body-involved, more head-related, way of functioning?"

This is a question that all body-oriented people, including body-oriented therapists, might ask. Isn't "out of the head, and into the body," almost a mantra for a body oriented view? But as we have seen, "being into the head," and in the analytic process, is in fact a body experience, an experience controlled by the sphincters.

The Analytic State orders the place and time that provides our energy expression with focus and control. It serves to move us on by giving us a clear blueprint that aims our energy toward expressions and actions that

can bring us fulfillment. If we are to live our potentials fully, the strengths of each character position need to be available to us. A therapy that strives for rich full living attends to this.

APPENDIX

The Rhythmic Cycle of Change is based on an understanding of bioenergetic flow patterns. Each character type described by Lowen^{13 14} is formed at a critical point in early development. He has named and delineated them in terms of personality disorders: The Schizophrenic, Schizoid, Oral, Psychopathic, Masochistic and Rigid characters. The bioenergetic arrests that form these disturbances have been delineated in his writings.

But the word "character" implies more than pathology. Character is in fact often honored for its strength, goodness, creativity etc. Rhythmic Integration¹⁵ looks at character in terms of its major psychological capacities, and names the following: Dreaming, Creating, Communicating, Inspiring, Analyzing, Solidifying and Achieving.

Each of these characteristics, a way-station on the path of normal development, develops as an inherent part of the body changes that occur naturally in human maturation. Each emphasizes a particular body area where maturation and energetic excitement is strongest, providing a clear accent to the total pattern of flow that is occurring at the time. Each, when it becomes central to a personality, represents a positive description of an individual's character.

By focusing on bioenergetic flow¹⁵ rather than its arrest, the language of Rhythmic Integration moves the concept of character away from psychopathological language, and into words that describe normal functioning. In doing so, bioenergetic knowledge concerning character becomes less involved with the disturbed. With a different language, one non-threatening and even positive, Bioenergetic understandings become more easily communicable to therapeutic professionals who aren't involved in the work and to the lay public. It thus provides a way to apply the knowledge of body therapy in normal settings like schools, industry, social criticism etc.

The following techniques, useful in working with anal/analytic issues, have been developed and/or ordered by reference to the flow patterns of the Rhythmic Cycle of Change. Individual therapists can draw on them as they choose for use in different situations and settings according to their own temperament, training, and inclination.

A Technique using Dreaming

The energetic dynamics of the **State of Dreaming** provide us with the use of visualization as a therapeutic technique. The therapist works to provide a physically quiet, meditative-like mood. After entering a state of body relaxation, and soft easy flow, the client is instructed to picture sphincter areas, and the to imagine them relaxing, and watch them letting go. The body's musculature tends to move with the fantasy. This aids in bringing about a corresponding change within the body itself. Sphincter tightening and the anal pattern are thus helped to dissolve.

A Technique using Creating

The dynamics of the **Creative State** are based on the shifting and rearranging of energetic physical positions, and the corresponding changes that occur in mental perspectives. Changing the focus of the perceptual field breaks up fixidity. The therapist rapidly verbally shifts directions in an up-ending way e.g. "Imagine, tightening the throat," "Tighten the eyelids," "Relax the anus," "Tighten the throat," etc. In this manner, the mind-body set, so important to Anal/Analytic dynamics, is overwhelmed. Energy and expression typically break through when the mental check is gone.

A Technique using Communicating

In the verbal **Communicator State**, specific language becomes important. Using words like, "squeeze," "release," "open," and "widen," can aid the change of the energetic flow pattern and the therapeutic process.

Words that refer to the body can have immediate suggestive effects on the body. Mention that someone looks "ill" and often they soon feel sick. Talk about "opening" for a while, and the body often opens. Use words like "tightening," "constraining," or "hard," and the body is apt to respond by becoming so.

A Technique using Inspiring

What is aimed for through using pictures in the Dream State, reorienting directions in the Creative State, and body referring words in the Communicator State is to get the body flowing again, to allow energy to move more organically. But pictures, directions and words may not be sufficient in themselves to allow *emotional release*. More is often needed. This is because images, directions and words often are presented in the presence of a low level of energetic excitement in the client's body.

By using an understanding of the dynamics of the **State of Inspiration** the strength of energetic flow can be increased, even as the chronic tensions that check them grow tighter. The result is an increase in emotional force pressing for release.

As both block to movement and the flow to move increase, places of stasis become uncomfortable. Necks twist, shoulders raise, or lower backs hurt. When the charge grows high enough, the block gives way. Powerful emotional release results.

Through bodywork an individual can be inspired to reach levels of heightened energetic charge. In using this approach for the Anal-Analytic character, the therapist might ask the client to inspire strongly by breathing powerfully. Then, when energetically charged, the client is directed to actively squeeze the sphincters tighter and tighter, close them off even more than is normal.

The client is instructed to hold the position for a number of seconds while breath builds the charge to an even high level. At a peak of charge, a direction to let-go of the sphincter holdings often provides exaggerated rebound, emotional release and even more opening than occurred before.

A Technique using Analyzing

To use analysis, the dynamics of the **Analytic State**, to eliminate an analytic stance seems a contradiction. In this means of opening the Anal/Analytic character, the client's most powerful character defense is activated, and maintained. Still, an intervening logical interpretation, by the therapist, can redefine the problem in order to assist the body in finding the way out of it.

In doing this, the client is helped to contact the holdings, and then to realize the illogicality of constricting tensions when the premise is: "free flow is wanted."

Through the therapist's analytic direction, the client comes to see it is logically absurd to *think* when the tightening needed to do so will block free flow. The conclusion emerges, "For flow moments, it's best not to think," exactly the point the therapist wants to make.

This analytic groundwork is more valuable than might appear with a simple reading. It becomes highly useful for the aftermath of times when a client achieves a letting-go of defense, and an opening to free flow.

Letting go is frequently enough of a surprise, stress or shock to immediately move the client to defensively go back to the head, to think about what they've just experienced. Once the "don't think" argument has been

established and accepted, a brief reminder can be quickly used to reestablish the flow, and extend the time it can comfortably be allowed.

Some Techniques using Solidifying

In the **Solidifying State**, the time comes for working through elements that form and continue the defense. Key to these techniques is the repetition that Rhythmic Integration sees as the heart of the "working-through" process in therapy. Working-through requires repetition be continued until emotional catharsis, new insight and finally, and most importantly, new energetic organization occurs.

A classic Bioenergetic technique that allows working-through at the anal level involves attitudes. The person bangs his rear-end on a chair, while shouting anal related utterances, e.g. "I don't give a shit!" and "Shit on you!" These express the Anal-Retentive and Anal-Expulsive sides of the character respectively.

The psychodramatic quality of these expressions reinforces the pleasure of releasing the physical holding attitude, and usually leads to a feeling of freedom. Often laughter ensues as anal boundaries are passed, and liberation from its tensions attained.

A second solidifying technique works repeatedly at the psychological level to get the emotional release. The aim is to take the power out of the defense by remembering early history situations that activate the underlying tensions. Then repeated retelling is encouraged, to allow multiple discharges of the associated emotions. This is an ongoing steady process that succeeds fully only when the excitement involved with the memories is no longer there.

The repetitive process is encouraged to go on until it reaches the point of boredom. When there is no longer any juice to the memory, it becomes irrelevant as a core complex that distorts the body's natural rhythmic flow. It is only then that the issue is truly "worked through." Typically this takes many repetitions to accomplish. There are time-collapsing techniques to greatly shorten the work. However, a discussion of this would take us from our subject and so won't be presented at this time.

Some Techniques using Achieving

Methods from the **Achieving State** of the Rhythmic Cycle are built around direct ego challenge and confrontation. Once the client is engaged in this way, and the ego is driven to defeat, the ego's defensive system is not available to resist. At least momentarily, surrender of the distorting muscu-

lature is assured, and a spontaneous energetic flow is reestablished. Some methods follow.

In direct body work the therapist often applies hands on the musculature to help a person get in contact with tensions, and override ego resistance. In working with the Anal/Analytic character, deep abdominal massage can be useful. Also helpful can be working with the cartilages of the throat. They can be pushed gently from side to side. Care must be taken here not to squeeze the carotid artery, which would cut off the blood supply.

A more profound way of working with the cartilages leads to an ego-overwhelming moment that can make the awareness of throat tensions even more vivid. In this, the therapist lifts the Adam's Apple upward while directing the client to swallow. This results in strong sensation, a momentary loss of control, and an opening of breathing: a move into freer flow.

In a second technique, the sphincters around the eyelids can be held open by the therapists hands so that the lids can't squeeze together in defense. This aids a person with an analytic-retentive style to be able to cry when sad by removing the tight contraction around the eyes.

A classic Bioenergetic technique for working with inner tube tensions is to have the individual regurgitate. This opens the inner tube, and often brings up many memories and associations. Use of it as a technique to work with strictures has its complications. Although vomiting is a natural function, many people have aversion to it; with associations of sickness, mess, smell, and disgust. Because of these, it is not something easily done, and many clients choose not to do it at all.

Working through the associations one has with vomiting is a project that may need to be accomplished before the method can be used to address the related sphincter problems, but a brief description of the method follows.

The body work is begun by having an individual drink warm water, with baking soda to neutralize stomach acid added if wished. Then with the client using their fingers to touch the back area of the throat, the individual brings himself to gagging. What is sought is a full, reflexive flushing from the stomach that moves through the upper tube and out the mouth. This could take a number of experiences, but its result is quite powerful in its feeling of well-being. The strong natural reflex overwhelms the ego feelings. In surrender, the ego lets go.

A Brief Aside on Working with Bulimia

I want to take a brief aside to discuss the relationship of vomiting to individuals with the specific symptom pattern of bulimia. It has not been the intent of this work to deal directly with symptom categories. Relevant patterns like obsessive-compulsive disorder and anorexic disturbances, for example, have not been addressed. But germane to the treatment technique of regurgitation a short discussion of its relationship to bulimia can be useful at this point.

For many Bulimics the feelings released through vomiting, and the ensuing pleasure, provides motivation for their regurgitation. Knowing this powerful but little talked about physical motivation for bulimia provides the basis of a very different way to understand the problem, a problem that has been highly resistive and poorly understood in pure talk therapy. For the Bulimic, what begins in a desire to lose weight is powerfully reinforced by engaging in a physical process that reduces anxiety, and has an immediate effect of well-being.

But the Bulimic is left with an aftermath, a socially unacceptable behavior and a reduction of self-esteem that comes from being "sick." The process itself is ego-dystonic, but loaded with the possibility of pleasurable gain. Starting with an understanding of body dynamics, these facts need to be presented to the client and worked with.

For the non-bulimic client, work with vomiting is part of a larger positively appreciated aim, better overall flow and more natural functioning. I have seen no instances of the therapeutic use of the gag reflex leading to the development of a compulsive dysfunctional use of the method. The intention for the intervention provides a key difference between it becoming a tool for health rather than a pathological behavior.

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15. I want to express my appreciation of the work of Leslie Lowen for stimulating this difference in emphasis. As I remember it she would work to increase bioenergetic flow wherever she was it stopped. Simply by rearranging the body slightly at points where movement arrested, the body would integrate and begin to flow harmoniously. The qualitative results in the client was an immediate increase in freedom, spontaneity and a stronger energetic presence.