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Handbook Bioenergetic Analysis

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This book is a selection of articles from Bioenergetic Analysis, that range from classical studies written in the Eighties (following Lowen) up to current theoretical contributions and case studies. The more recent articles connect the concepts of relational psychoanalysis with the findings from emotion and infant research, attachment theory as well as neurobiology. The integration of implicit knowing and the importance for including the body in the therapy process is evident in these articles.

The articles demonstrate the broad spectrum of the prevailing concepts and profound therapeutic modalities of Bioenergetic Analysis. Case studies illustrate the concepts and provide practical relevance.

Central themes of the book are: the Self in relation with others, sexuality and love, trauma, psychosomatics as well as the conceptual discussion of the therapeutic process. Studies on effectiveness of Bioenergetic Analysis and body psychotherapy in general complete the spectrum.

Contents

Introduction to the English Version

English Editor's Note

Acknowledgment (German version)

Foreword

Introduction

Foundations of Bioenergetic Analysis

Philip M. Helfaer

What Is Bioenergetic Analysis?

Alexander Lowen

Part I - The Self in Relation to Others

Introduction

Jörg Clauer

The Self: Its Functions, its Attachments and its Interactions

Guy Tonella

Cephalic Shock as a Somatic Link to the False Self Personality

Robert A. Lewis

Shame in the Light of Sex and Self-Respect

Philip M. Helfaer

Affective Relationships and Bodily Processes
Gabriella Buti Zaccagnini
Therapists as a Resonance Body. Which Strings come into Action?
Vita Heinrich-Clauer
Body, Relationship and Transference
The Three Dimensions of Bioenergetic Analysis
Violaine de Clerck
Part II · Working with Sexual Issues – Sexuality and Love
Introduction
Elaine Tuccillo
Working with Sexual Transference
Virginia Wink Hilton
Women's Abdomens: Route to Their Sexuality
Michèle Dupuy-Godin
Healing the Sexual Split between Tenderness and Aggression
Bennett Shapiro
Treatment History of a Man with Impotence
Elizabeth C. Murray
Part III · Working with Trauma Issues – Restoring the Soul-Body-Mind Unity
Introduction
Divna Peric-Todorovic
Living on Shifting Sands: Grounding and Borderline Personality Organization
Scott Baum
Human Trauma
Robert Lewis
Case Study of a Survivor of Political Torture
Maryanna Eckberg
“... allowing the body to continue to heal itself”
David Berceci in a talk with Vita Heinrich-Clauer and Arist von Schlippe
Perseus' Mirror or The Therapeutic Resources of Flow and Peak
Unfreezing The Body in Shock and Panic
Josette van Luytelaar
Part IV · Treatment of Psychosomatic Disorders in Bioenergetic Analysis
Introduction
Ulrich Sollmann
Embodied Comprehension: Treatment of Psychosomatic Disorders in Bioenergetic
Analysis
Jörg Clauer
A Valiant Woman
Carol Bandini
Symptoms and Diseases of the Respiratory and Gastrointestinal Tracts
John M. Bellis
Part V · Conceptual Integration of Research Results
Introduction
Vita Heinrich-Clauer
Psychobiology of Affects
Implications for a Somatic Psychotherapy
Helen Resneck-Sannes

Catharsis and Self-Regulation Revisited
Scientific and Clinical Considerations
Angela Klopstech
The Relative Contribution of Cognition, Affect and Motor Behavior in
Psychotherapeutic Processes
Empathy and Interaction as Healing Factors
Margit Koemeda-Lutz
Part VI · Scientific Evaluation of Bioenergetic Analysis
Introduction
Christa D. Ventling
Efficacy of Bioenergetic Psychotherapy with Patients of known ICD–10 Diagnosis
A Retrospective Evaluation
Christa D. Ventling, Herbert Bertschi and Urs Gerhard
Evaluation of the Effectiveness of Body Psychotherapy in Outpatient Settings
(EEBP) 513
A Multi-Centre Study in Germany and Switzerland
Margit Koemeda-Lutz, Martin Kaschke, Dirk Revenstorf, Thomas Scherrmann,
Halko Weiss und Ulrich Soeder
Authors

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