

Definition of the work of a Body Psychotherapist

The work of a Body-Psychotherapist (as voted on and accepted at the 3rd Congress of EABP Lindau, Sept. 1991) is defined as follows:

Directly or indirectly the body-psychotherapist works with the person as an essential embodiment of mental, emotional, social and spiritual life. He/she encourages both internal self-regulative processes and the accurate perception of external reality.

Through his/her work, the body-psychotherapist makes it possible for alienated aspects of the person to become conscious, acknowledged and integrated parts of the self.

In order to facilitate this transition from alienation to wholeness, the body-psychotherapist should have the following qualities:

- Intuitive awareness and a reflective understanding of healthy human development.
- Knowledge of different patterns of unresolved conflicts from childhood with their specific chronic splits in mind and body.
- The ability to maintain a consistent frame of reference and a differentiated sensitivity to the inter relatedness of:
 - a. Signs in the organism indicating vegetative flow, muscular hypertension and hypotension, energetic blockage, energetic integration, pulsation and stages of increasing and natural self regulative functioning.
 - b. The phenomena of psychodynamic processes of transference, counter- transference, projection, defensive regression, creative regression and various kinds of resistance.

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