

Lewis and Clark College
Graduate School of Education and Counseling
Spring 2015

CPSY 590 - 01:
CECP 866 - 02:

Somatic Psychology
&
the Art of Body-Mind Psychotherapy

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1 Semester Credit
Class meetings: Tuesdays, 1:00 to 4:00 pm
Rogers Hall, Room 218

Required Class Readings: There is no required text for this course. All of the readings are available either on the internet or as a class handout. Where there is a link associated with an article listed below click on the link and you should be directed to the web page from where you can download the article. If that doesn't work just paste the link into the browser and it should get you there.

Boadella, D. (1997). Wilhelm Reich: From Psychoanalysis to Energy Medicine.
<http://www.biosynthesis-institute.com/print/reich.pdf>

Carrol, R. (2001a) The Motoric Ego. <http://www.thinkbody.co.uk/papers/motoric-ego.htm>

Carrol, R. (2001b). The New Anatomy: Is the ego more than skin deep?
<http://www.thinkbody.co.uk/papers/is-the-ego-more.htm>

Eiden, B. The Use of Touch in Psychotherapy.
<http://www.integrazioneposturale.it/varieftp/eiden.pdf>

Keleman, S. The Continuum of Startle and Stress.
<http://www.formative-psychology-eu.com/stress.htm>

Keleman, S. (1981). Your Body Speaks its Mind. Berkeley, CA, Center Press. Chapter 4, "Vibration, Pulsation, and Streaming."

Somatic Psychology: Spring 2015

Leijssen, M. (2006). Validation of the Body in Psychotherapy. *Journal of Humanistic Psychology*, 46, 2, 126-146.

<https://perswww.kuleuven.be/~u0004551/Artikels%20web/HumanisticJournalBody.pdf>

Levine, P. Panic, Biology and Reason: Giving the Body Its Due.

<http://seforeningen.dk/files/articlefiles/Bibliotek/Offentligartikler/TERAPI%E2%80%93Anvendteori/2009%20PanicUKintxtFinal3%20Artikel%20Peter%20A%20%20Levine%202009.pdf>

Lude, J. (2003) "An Application of Body Psychotherapy" in 'Humanistic Approach to Psychotherapy' by Eric Whitton, London, Whurr Publishers

<http://www.counsellingpsychotherapycpd.co.uk/Chiron/articles/applbpjochen.html>

Ogden, P. & Minton, K. (2000) Sensorimotor Psychotherapy: One method for Processing Traumatic Memory. *Traumatology*, 7/3, article3.

<https://www.sensorimotorpsychotherapy.org/articles.html>

Schiff, D. (2014). A Brief Introduction to the Theory and Practice of Contemporary Reichian Therapy. (unpublished document)

Totton, N. (2003). Body Psychotherapy: an Introduction. Berkshire, England, Open University Press. Chapter 1

Young, C. (a) 150 Years On: The history, significance and scope of Body-Psychotherapy Today. <http://www.courtenay-young.co.uk/courtenay/articles/index.htm>

Young, C. (b) The History and Development of Body-Psychotherapy: The American Legacy of Wilhelm Reich. <http://www.courtenay-young.co.uk/courtenay/articles/index.htm>

Young, C. (2007). The Power of Touch in Psychotherapy

<http://www.courtenay-young.co.uk/courtenay/articles/index.htm>

Zur, O. (2007). "Touch in Therapy and The Standard of Care in Counseling: Bringing Clarity to Illusive Relationships." *United States Association of Body Psychotherapy*, 6/2, 61-93.

http://www.zurinstitute.com/touch_standardofcare.pdf

Course Description:

Today, as we hear daily about some new understanding regarding the relationship between brain function and behavior, the separation between the body (somatic) and the mind (psychology) is rapidly collapsing. As a result so rises the current development of, and interest in, somatic psychology and those psychotherapeutic approaches that truly treat the whole person – the body-mind. From the perspective of somatic psychology life experiences are embodied experiences. Thus investigation into a person's phenomenology, so central to the art and science of psychotherapy, must include a focus on one's experience of somatic processes (breathing,

Somatic Psychology: Spring 2015

movement, muscular tensions, emotional expressions, etc.) in addition to the more common focus on ones' thoughts, feelings, attitudes. In this course, through the use of readings, personal reflections, somatically based experiential exercises, and discussions of clinical cases, you will be introduced to field of somatic psychology, its history and development, and today's emerging body-mind psychotherapeutic approaches.

Course goals and objectives:

- be able to define the scope of somatic psychology as it is conceived of and practiced today and understand its developmental roots.
- gain an 'embodied' understanding of effects of experience upon one's bio-psychosocial functioning.
- develop a beginning understanding of some of the skills and approaches used in body-mind psychotherapy.
- develop skills to further your felt sense connection with your body-mind.

Course Requirements:

- Regular class attendance. CPSY Departmental Attendance Policy states: Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.
- Regarding missed classes or assignment submission delays the above applies to this class as follows: I will expect you to contact me prior to class sessions or due dates regarding any absences from class or problems with assignment deadlines. If you miss an entire class session (or more than two hours of a class session) I will expect a make-up writing assignment, due at the beginning of the next class period: A three page paper in which you discuss two additional readings

(journal articles or book chapters) that expands upon an aspect of somatic psychology introduced in this class that particularly interests you.

- Participation in class discussions and exercises. Learning is not a passive process. Rather it occurs through active engagement. Thus you will be expected to participate in class discussions and experiential exercises.
- Read the readings and do the weekly out of class experiential assignment (to be discussed at our first class meeting).
- Submit your weekly electronic journal. You will be required to jot down some process notes describing your reactions (thoughts/feelings/emotions/sensations) to each of the learning activities (a. readings; b. in class discussions and exercises; and c. out of class experiential activity), and e-mail your journal to me on a weekly basis in either .doc or .odt format. These weekly journals will provide the raw material for your final paper. Make sure you edit your entries so that they are free of spelling, punctuation, or grammatical errors, and are clearly written. Each weekly journal should be about three pages in length and be split into three sections.

Section 1: Readings

Section 2: In class discussions and exercises

Section 3: Out of class experiential exercise

- Somatic Psychology final paper. A 5 – 6 page paper that summarizes and integrates your experiences and learning in the class. Due by 5PM 5/5/15.

Guidelines for this paper are as follows:

- a. The paper contains a cover page that includes the title, course number, and author contact information (name, phone, and email).
- b. The paper is double-spaced, page-numbered, and turned in on time. Papers are to be e-mailed to me in either .doc or .odt format.
- c. The paper is free of spelling, punctuation, or grammatical errors, and is clearly written. It is suggested that you have someone proof read your paper to best achieve this result.
- d. Quotations of over 40 words are indented in block form.
- e. The paper contains the following sections:
 - i. Introductory paragraph: Describe what you intend to do in this paper and why. The opening should be an overview of what you will cover in the paper and is best written upon completion of the rest of your paper.
 - ii. Body of the paper: Drawing from your weekly journals: a. highlight the ideas and concepts that have special significance to you. b. compare your current understanding of somatic psychology to when you began the course, and c. discuss

how you might use the information presented, and what further study in somatic psychology you would like to pursue if any.

iii. Closing paragraph: A brief but direct critique of the class. As with most activities in life this class is work progress and only grows as a result of feedback.

Grading Guidelines:

Attendance	expected
Class Preparation and Presence	1/3 of your grade
Weekly Electronic Journals	1/3 of your grade
Final Paper	1/3 of your grade

Course weekly overview:

Meetings	Readings/Assignments	Topics/Activities
1 (3/31)	<p><u>Readings:</u> (completed prior to the class meeting). Boadella, D. (1997) Young, C. (a & b)</p> <p><u>Experiential Activity #1</u> (completed after the class meeting)</p> <p><u>Journal #1</u> – due by noon 4/5 (3/31 class readings and activities and experiential exercise #1)</p>	<p><u>Introductions:</u> to each other and to the course</p> <p><u>Lecture/Discussion:</u> The Development of Somatic Psychology and Body-Mind Psychotherapy – An overview</p> <p><u>Experiential Activity:</u> Somatic Awareness</p>
2 (4/7)	<p><u>Readings:</u> (completed prior to the class meeting). Leijssen, M. (2006) Lude, J (2003) Totton, N. (2003).</p> <p><u>Experiential Activity #2</u> (completed after the class meeting)</p> <p><u>Journal #2</u> – due by noon 4/12 (4/7 class readings and activities and experiential exercise #2)</p>	<p><u>Experiential exercise #1:</u> Sharing and processing</p> <p><u>Lecture/Discussion:</u> What happens in Body – Mind Psychotherapy?</p> <p><u>Experiential Activity:</u> Breathing and Emotions</p>

<p>3 (4/14)</p>	<p><u>Readings:</u> (completed prior to the class meeting). Carrol, R. (2001 a & b) Keleman, S. (1981).</p> <p><u>Experiential Activity #3</u> (completed after the class meeting)</p> <p><u>Journal #3</u> – due by noon 4/19 (4/14 class readings and activities and experiential exercise #3)</p>	<p><u>Experiential exercise #2:</u> Sharing and processing</p> <p><u>Lecture/Discussion:</u> a. Energetic Pulsation, and the Cycle of Experience.</p> <p>b. The Ego - Muscular System and the Skin.</p> <p><u>Experiential Activity:</u> Pulsation, Emotion, Retroreflection</p>
<p>4 (4/21)</p>	<p><u>Readings:</u> (completed prior to the class meeting). Keleman, S. Levine, P. Ogden, P.& Minton, K. (2000)</p> <p><u>Experiential Activity #4</u> (completed after the class meeting)</p> <p><u>Journal #4</u> – due by noon 4/26 (4/21 class readings and activities and experiential exercise #4)</p>	<p><u>Experiential exercise #3:</u> Sharing and processing</p> <p><u>Lecture/Discussion:</u> Somatic psychotherapy in the treatment of trauma – two approaches</p> <p><u>Experiential Activity:</u> The Body Braces – the Stress Response Cycle</p>
<p>5 (4/28)</p>	<p><u>Readings:</u> (completed prior to the class meeting). Eiden, B. Schiff, D. (2014) Young, C. (2007) Zur, O. (2007)</p> <p><u>Experiential Activity #5</u> (completed after the class meeting)</p> <p><u>Journal #5</u> – due by noon 5/3 (4/28 class readings and activities and experiential exercise #5)</p> <p><u>Final Paper</u> – due by 5PM 5/5</p>	<p><u>Experiential exercise #4:</u> Sharing and processing</p> <p><u>Lecture/Discussion:</u> a. The issue of touch in psychotherapy</p> <p>b. Working with trauma in Reichian Therapy - a case presentation</p> <p>Closing</p>

Bibliography:

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- Baker, E. (1967) *Man in the Trap*. New York, Collier Macmillan.
- Bean, O. (1971) *Me and the Orgone: One man's search for sexual fulfillment*. New York, St Martin's Press.
- Boadella, D. (1973) *Wilhelm Reich: The evolution of his work*. London, Vision.
- Boadella, D. (1987) *Lifestreams: An introduction to Biosynthesis*. London, Routledge.
- Boadella, D. (1999) *Somatic Psychology and Somatic Psychotherapy: A Chronology over four Centuries*. *Energy & Character*, Vol. 30, No. 2, pp. 95-106.
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- Brown, M. (1990) *The Healing Touch: An introduction to Organismic Psychotherapy* Mendocino, CA, LifeRhythm.
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- Keleman, S. (1976) 'Bio-energetic concepts of grounding' In D. Boadella (ed) *In the Wake of Reich*. London, Conventure.
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- Kurtz, R. (1990) *Body-Centered Psychotherapy: The Hakomi Method: The integrated use of mindfulness, non-violence and the body*. Boulder, CO, LifeRhythm Press.
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- Mann, W.E. & Hoffmann, E. (1980) *The man who dreamed of tomorrow: A conceptual biography of Wilhelm Reich*. Los Angeles, Tarcher.
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- Pierrakos, J. (1987) *Core Energetics: Developing the capacity to love and heal*. Mendocino, CA, LifeRhythm.
- Placzek, B.R. (ed) (1982) *Record of a friendship: The correspondence between Wilhelm Reich & A.S. Neill 1936-1957*. London, Gollancz.
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- Reich, P. (1974) *A Book of Dreams*. London, Barrie & Jenkins.
- Rubinfeld, I. (1998) *The Listening Touch*. London, Piatkus.
- Sharaf, M. (1983) *Fury on Earth: A biography of Wilhelm Reich* London, Deutsch.