



E U R O P E A N  
A S S O C I A T I O N F O R  
B O D Y -  
P S Y C H O T H E R A P Y

## 14th Congress of the European Association for Body Psychotherapy

11-14 September 2014, Lisbon, Portugal

### EABP Science & Research Symposium

Organized by the EABP Science & Research Committee

**Date: Saturday, 13th September 2014. Time: 09.30 – 13.00 hrs**

#### Research Perspectives for Body Psychotherapy: Social & Emotional Isolation

In this symposium, organised and facilitated by the EABP Science & Research Committee (SRC), the theme of social and emotional isolation will be explored from different Body Psychotherapy perspectives in theory and practice. The first part introduces the work of the committee, provides a summary about current evidence base in the field of body oriented psychological therapy for people with isolation problems and presents a case study. In the second part, an example for a high profile efficacy study of group Body Psychotherapy for patients with severe emotional problems and corresponding isolation will be presented and discussed. The third section aims to introduce basic requirements for "good", high quality case studies and to encourage practitioners to get involved and publish results of their work. The fourth section explores other developments.

#### **A. 9.30 - 11.00** Moderator: Frank Röhricht, UK

- \* Introduction (10 mins): Update on the work of the SRC in 2012-2014: Herbert Grassmann, Chair SRC
- \* Overview (20 mins): Theory and evidence-base for body psychotherapy work in social and emotional isolation: Maurizio Stupiggia, Bologna, Italy
- \* EABP Collaborative Practice Research Network and New Research Perspectives (20 mins): Sheila Butler
- \* Efficacy study (20 mins): "An exploratory randomized controlled trial of body psychotherapy for patients with chronic depression": Frank Röhricht, London, UK (see details below)
- \* Discussion: (20 mins)

#### **11.10 - 11.30** Tea/coffee break: (20 mins)

#### **B. 11.30 - 12.15** Moderator: Sheila Butler, UK & Courtenay Young, Edinburgh, Scotland

- \* The Case Study Approach: an open invitation to curiosity, creativity and dialogue around therapy case study research (20 minutes) Sheila Butler, UK (see details below)
- \* Group discussion for exploration with practice-based examples: (25 mins):

#### **C. 12.15 - 13.00** Moderator: Maurizio Stupiggia: Italy

##### **Training and research opportunities:**

- \* The "Wilhelm Reich Foundation": (10 mins) Joop Valstar (see abstract below)
  - \* Science and research seminars for EABP members and Training Institutes: (20 mins): Herbert Grassmann & Stefan Bischof, EABP Forum Executive Committee
  - \* The Science and Research Situation in the USABP: (5 mins): Jennifer Tantia (see abstract below)
  - \* Discussion: (10 mins) - Next Steps: New Research Perspectives
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**EABP Scientific and Research Symposium**  
**Research Perspectives for Body Psychotherapy: Social & Emotional Isolation**  
**Abstracts & Presenters**

**Presentations in Part A**

**Theory and evidence-base for body psychotherapy work in social and emotional isolation**

Loneliness is defined as a distressing feeling that accompanies the perception that one's social needs are not being met by the quantity or especially the quality of one's social relationships. Perceptions of social isolation, or loneliness, increase vigilance for threat, heighten feelings of vulnerability and has serious consequences for cognition, emotion, behavior, and health. We describe here an overview on theory, effects and possible treatments.



**Maurizio Stupiglia** (Italy) is Vice President of the Italian Association for Body Psychotherapy (AIPC), Professor assistant at Westdeutsche Akademie of Dusseldorf, Guest Professor at the University of Bologna in Group theory and technique and Professor of General Psychology at the University of Genova. He is a Trainer in Biosystemic psychotherapy and co-founder, with Jerome Liss, of the Societe Internazionale Biosistemica. He works as a therapist and trainer in Italy, in some European countries, in Japan, and Latin America.

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

The emerging EABP Collaborative Practice Research Network (CPRN) - This is an exciting new initiative started up by the EABP Science and Research Committee to provide a forum for dialogue, debate and the development of innovative and creative research projects that assist our clinical practice. The CPRN aims to broaden knowledge of Body Psychotherapy through communities of practice and clinical research. Together we will explore how a collaborative practice research network can transform perceptions of psychotherapy research, strengthen connections between members, and encourage some continuous development and co-creation among participants. This important initiative is an opportunity to make a significant difference within our profession and to develop – together – the foundations of scientific and clinical practice research: for mor information: <http://www.eabp.org/research-cprn.php>

**An exploratory randomized controlled trial of Body Psychotherapy for patients with chronic depression**

Chronic major depressive disorder and dysthymia are associated with a high burden and substantial care costs. New and more effective treatments are required. This is the first randomized controlled trial designed to evaluate the effectiveness of Body Psychotherapy (BPT) in patients with chronic depression. The research method and methodological problems, the main findings and an outlook will be presented. The results suggest that BPT may be an effective treatment option for patients with chronic depression.



**Frank Röhrlich** (UK) Frank is a Consultant Psychiatrist (MD, FRCPsych); a Body Psychotherapist; an Honorary Professor Centre for Psychoanalytic Studies, University of Essex; and an Honorary Professor of Psychiatry at St. George's Medical School, University of Nicosia, Cyprus. He is also a member of the EABP – SRC and has performed (and published) several RCTs and research studies on the efficacy of Body Psychotherapy in chronic depression and for schizophrenia.

**Presentations in Part B**

**The Case Study Approach: an open invitation to curiosity, creativity and dialogue around therapy case study research**

The Case Study Approach: an open invitation to curiosity, creativity and dialogue around therapy case study research: Is the Case Study approach a means of further understanding the complexity of the therapeutic encounter? Can it create new bridges between science, research and practice? With examples based on the current debates in Psychotherapy and related fields of practice, this presentation will explore the myths in case study research, its strengths and limitations and will analyze and discuss a possible (practical and accessible) template for different types of Body Psychotherapy case studies.



**Sheila Butler** is a Clinical Researcher and co-ordinator of Projects in Mental Health Psychological Therapies (NHS) She is a practicing psychotherapist and also lectures at the Open University. Sheila's interests lie in developing an interdisciplinary debate to provide the base for the next generation of research, one that focuses on the interplay between biological, psychological, social and cultural factors. She is developing the new EABP Collaborative Practice Research Network (EABP - CPRN).

## Presentations in Part C



### **The Wilhelm Reich Foundation:**

Introducing the newly established fund-raising foundation, WRF. The main aim is to support projects that serve Body Psychotherapy as a science and a method.

**Joop Valstar, drs.** Private practice in Body Psychotherapy in Amsterdam, The Netherlands, since 1975: Former president and honorary member of EABP: Co-founder and former chair of the Dutch National Association, NVLP. Member of the EABP Science & Research Committee and co-founder and chair of the "Wilhelm Reich Foundation"

### **Science and Research Seminars for EABP members and Training Institutes:**

Traditionally, Body Psychotherapists have focused on building theory informed by clinical practice. Mostly we tend to "borrow" research from other disciplines in order to understand and identify our work. As the field of Body Psychotherapy matures, this is now the time to formulate our own research interests and to validate our unique perspectives. We would like to initiate a discussion about how we could bring science and research seminars to our members and training institutes.



**Herbert Grassmann**, Chair of the EABP Science & Research Committee; Director of the European Association of Somatic Traumatherapy (EAST); Executive Director of the Institut for Core Therapy (SKT); and founder of SKT® Strukturelle Körpertherapie and TraumaSomatics®. He trains several business companies and leads presentations, trainings and workshops throughout the world. His research focus is: development and evaluation of interpersonal neurobiology models; and bridging the gap between attachment and dissociation theories in the field of somatically-focused model of trauma therapy.



**Stefan Bischof** is Chair of the EABP – FORUM Executive-Committee, EABP Board Member, Trainer & Leader of the Breath and Body Psychotherapy Institute in Freiburg, Germany, he developed traditional European Breath-therapy into a valid Body Psychotherapy method based on the Analytical Psychotherapy of C.G. Jung. Besides the work with breath as the agent for individuation, his main interest is the structural "sensing work" with Borderline and Narcissistic Patients, resonance and countertransference in the relational field of perception.

### **The Science and Research Situation in the USABP**

After thirty years of celebrating Body Psychotherapy in the academic setting, research in the field has sorely waned, despite the increase in interest from adjacent fields such as neuroscience, psychosomatic medicine and contemplative psychotherapies. This talk will provide a brief overview of the unique place where Body Psychotherapy research currently resides and how the USABP Research Committee is renewing interest in research in the US Body Psychotherapy community.



**Jennifer Frank Tantia**, PhD, BC-DMT is a Dance/movement Therapist and body psychotherapist in New York City. She teaches developmental and somatic psychology at Adelphi University, and serves as a graduate research advisor at Pratt Institute: while also working in private practice in Manhattan. Jennifer is currently the Research Chair for the USABP. Her research has been published and presented in both the US and in Europe.

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## **CALL FOR PAPERS**

*The International Body Psychotherapy Journal (IBPJ)* wants to receive articles for a Special Issue in Spring, 2015 on the topic of **Body Psychotherapy Research**.

### **Submission Deadline: Oct. 15, 2014**

Submitted manuscripts should follow the academic conventions of the IBPJ, e.g., referencing styles, and publishing guidelines for submitting research articles. Visit the IBPJ website for details on

**Authors' Guidelines:** [www.ibpj.org/authors.php](http://www.ibpj.org/authors.php). To submit, please send an email with the words, "Journal Submission" in the subject line to Jennifer Tantia, PhD at: [jftantia@gmail.com](mailto:jftantia@gmail.com)

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ALSO – something else that may be of interest within the EABP Congress:

***Workshops Slot 3 - Friday 12 September – 16.00***

**‘Ways Forward’ - The EABP Collaborative Practice Research Network (CPRN) - a new forum for dialogue, debate and the development of innovative and creative projects – a ‘structured discussion’**

Within the EABP Congress, there is also a 60 minute structured discussion with members of the EABP Scientific Committee: Sheila Butler, Herbert Grassmann, Frank Röhricht, Maurizio Stupiggia, Joop Valstar, Courtenay Young and also members of the EABP Collaborative Practice Research Network. The 2014 Conference is a really important step forward for the growing field of scientific research in Body Psychotherapy.

This discussion group will focus on ‘Ways Forward’, launching the new EABP Collaborative Practice Research Network (CPRN) - a forum for dialogue, debate and the development of innovative and creative projects at the interface of clinical practice and practitioner research.

Discussants with varied international clinical and research experience will briefly present their ideas for, and approaches to a multi-disciplinary collaboration. Participants will then explore how an active engagement with, and involvement in, the research process can enrich and strengthen clinical practice. This type of debate has the potential to drive the advancement of applied science and clinical practice.

Examples of collaborative models, creative projects and current programmes that can help accelerate translation of research into practice and practice into research will be explored with suggestions from the EABP Collaborative Practice Research Network participants.

This is an opportunity to make a difference and together grow and develop the scientific and clinical foundations of Body Psychotherapy research in this important initiative. Everyone in the Science and Research Committee looks forward to welcoming you and sharing this opportunity to connect and renew our special interests.

**A note about Structured Discussions**

These are meant to provide an opportunity for a group of colleagues to discuss a specific topic. The session will be structured by having each designated discussant give a brief position statement on the theme to elicit active participation from all involved.

The session is based around the sharing of good practice and the opportunity to network with others. The discussion will be of interest to clinicians, researchers, trainers, trainees and everyone committed to developing psychotherapy as a more research-informed profession. You are invited to join us to share successes and learn from each other about how to increase the involvement of practitioners in research, encourage innovative studies and develop strategies to engage clinicians and researchers in understanding clinical practice in different cultures.

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We would like to encourage all EABP Members to join the EABP – Collaborative Practitioners Research Network (CPRN) so as to help “validate” the practice of Body Psychotherapy – and the various modalities within Body Psychotherapy – as well as our own clinical work in Body Psychotherapy, in a number of different ways.

This is a very important way forward for our profession and – since we have about 650 members in several different European countries – as well as our colleagues in the USABP and in South America, this can – collectively – build towards a very significant “evidence-base” for the practice of Body Psychotherapy – if we start to collaborate together and collectively design research programmes that are suitable for our clinical practices.

We can also - individually - benefit from such collaborations, and also from the dialogues that will go towards designing these research programmes suitable for Body Psychotherapists.

We do have access to students in Masters and PhD programmes in several universities internationally who can – in due course – help to finalise the design and process any data we produce, and we also have people who can help to write it all up and get it “properly” published in indexed scientific journals. It can be – and should be – a collaborative effort that will benefit us all.