

### **Dr. Biljana Jokić** (Belgrade, Serbia)



**Biljana Jokić** completed her undergraduate and doctoral studies in psychology at the Faculty of Philosophy, University of Belgrade. She has since cultivated a multifaceted career, excelling both as a body psychotherapist and a researcher specializing in social psychology and individual differences. This unique dual focus enables her to seamlessly integrate her body psychotherapy practice with empirical research and broader societal contexts.

Through rigorous empirical studies, Dr. Jokić examines the intricate interplay between body awareness, sensory perceptions, and emotional states, shedding light on their impacts on mental health, cognitive styles, and interpersonal dynamics.

She is a member of esteemed international and local research teams, including EABP, USABP & TSRC-KI Indiana University, the Laboratory for Research of Individual Differences (LIRA) at the Faculty of Philosophy, University of Belgrade, and the Institute for Cultural Development Research. In addition to her research endeavours, Dr. Jokić actively engages in lecturing and experiential work in various local and international contexts. Since 2019, she has served as a visiting lecturer and pivotal team member in the development of the international master's program in Clinical Psychology with Body Psychotherapy Certificate at Maltepe University, Istanbul, in collaboration with the East London NHS Foundation Trust, UK. Moreover, she holds positions as an assistant professor at the Department of Psychology, Singidunum University, and FEFA, Metropolitan University, Belgrade. She is also involved in Body Psychotherapy training programs for psychotherapists from diverse modalities in Montenegro and Serbia.

Dr. Jokić is a full member of the European Association for Body Psychotherapy, European Association of Personality Psychology, and European Association of Social Psychology, further underscoring her commitment to advancing the field and fostering interdisciplinary collaboration.

### **Professor Dr. med. Frank Röhrich, MD, FRCPsych** (London, UK)



**Frank Röhrich** is a Consultant Psychiatrist; Body Psychotherapist; Honorary Professor of Clinical Psychiatry at the Wolfson Institute for Population Health, Queen Mary University London; and Honorary Professor of Psychiatry, St. George's Medical School, Nicosia University / Cyprus. Medical Director for Research, Innovation and Medical Education East London NHS Foundation Trust.

1984-1987 training as Body Psychotherapist in Netherlands; 1984 – 1989 studying Medicine (University Bochum, Essen and Free University Berlin in Germany; State Exam Med / MBBS equivalent 1989); Specialist medical training in psychiatry, neurology and psychosomatic medicine in Germany / Berlin from 1990 to

1997; MD on the subject of body image psychopathology in schizophrenia. Since 1997, he has been working as consultant psychiatrist in the NHS, UK / London.

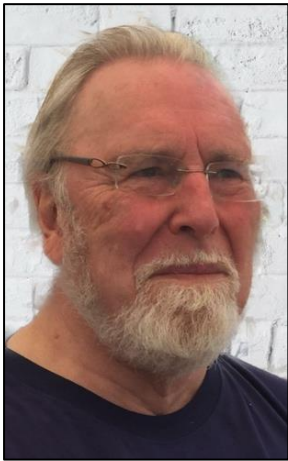
**Research focus:** body image phenomenology / embodiment and evaluation of new psychotherapy interventions (especially body psychotherapy) for severe mental illnesses; other research: Service user led research and co-production; creativity and art therapies; Transcultural psychopathology; Community psychiatry care models.

Published 54 peer-reviewed papers in scientific journals (H-citation index 28, total 2751 citations) 22 book chapters and 3 text books.

As applicant/co-applicant, I have generated £6.6 million research grant funding and I am a reviewer for 27 scientific journals.

I developed the first academic curriculum for body psychotherapy at master's level and brought a faculty of senior lecturers together to deliver a MA Program "Clinical Psychology with Body Psychotherapy Certificate" in Istanbul, Maltepe University (from autumn 2019-2022).

### **Courtenay Young** (Scotland, UK)



**Courtenay Young** is a Body Psychotherapist, accredited by the European Association of Body-Psychotherapy (EABP), registered as a British psychotherapist (UKCP), and as a European Psychotherapist (ECP) by the European Association for Psychotherapy (EAP).

He trained originally as a Body Psychotherapist in Biodynamic Psychotherapy and has trained and worked in several different modalities and in a number of different settings, including 17 years as a Psychological Therapist & Counsellor in the NHS in Scotland.

He helped to re-start the EABP's Science and Research Committee in 2012 and has been an active member since then. He has also been a member of the EAP's Governing Board and its Science & Research Committee (SARC) for many years.

He was the English-language editor for 'The Handbook of Body Psychotherapy & Somatic Psychology' (North Atlantic Books: 2015), and has produced a series of edited books under the imprimatur of Body Psychotherapy Publications: 'The Historical Basis of Body Psychotherapy'; 'About the Science of Body Psychotherapy'; 'About Relational Body Psychotherapy'; 'About Touch in Body Psychotherapy: Vol. 1'; 'Body Psychotherapy Case Studies'; 'The Body in Relationship: Self – Other – Society'; 'The 'New' Collected Papers of Biodynamic Psychology, Massage & Psychotherapy: 2022'.

He was the lead writer for the EAP's Project to Establish the Professional Competences of a European Psychotherapist ([www.psychotherapy-competency.eu](http://www.psychotherapy-competency.eu)). His website ([www.courtenay-young.com](http://www.courtenay-young.com)) contains many of his downloadable published articles.

**Kalina Raycheva** (Sofia, Bulgaria)



**Kalina Raycheva** is a clinical psychologist and a body psychotherapist under supervision. She completed her Master's degree in clinical psychology at Utrecht University, the Netherlands, and is rounding up her education in the post-graduate program for body psychotherapists at the Bulgarian Institute for Neo-Reichian Analytical Psychotherapy.

One of Kalina's primary professional interests is the effort to bridge the gap between practice and science in the field of psychotherapy, with a specific focus on body psychotherapy. Throughout her academic journey, she has collaborated on several research projects on topics related to mental and physical health, expanding her knowledge and skills across every stage of the research process.

Kalina has been part of the editorial team of the International Journal of Body Psychotherapy Journal (IBPJ) since the beginning of 2022 as a first reader and translator, and since October 2023 as an assistant editor.

Kalina is a member of the Bulgarian Neo-Reichian Psychotherapeutic Association and the European Association of Body Psychotherapy.

**Joana Alegrete** (Leiria / Lisboa / Évora - Portugal)



**Joana Alegrete** is a massage therapist, a trainee of the Integrative Body Psychotherapy specialisation course, a PhD student in Human Kinetics and a student member of the EABP.

Joana embarked on her bodywork journey as a massage therapist over a decade ago. As she honed her therapeutic skills in therapy, she recognised the potential to uncover aspects of a client's story through muscle tension and other bodily cues. Driven by curiosity, she looked for training courses to deepen her understanding of the mind-body connection.

Initially, this quest led her to pursue a Master's degree in the Science of Emotions, which she successfully completed in 2018. She then began a PhD in Human Kinetics at the University of Évora and a specialisation course in Integrative Body

Psychotherapy at the Instituto Português de Psicoterapia Corporal, both currently ongoing.

As a PhD student, Joana has deepened her knowledge of biomechanics, variability and motor control. She has been involved in various projects on health and physical activity and has co-authored numerous scientific articles. Joana is also familiar with various scientific methods, tools, software and hardware for data analysis.

Joana's main goals are to complete her doctorate, obtain the EABP certificate as a Body Psychotherapist and make ethical and scientific contributions to the field of body and somatic psychotherapy.