

Lewis and Clark College
Graduate School of Education and Counseling
Spring 2010

CPSY 590 - 07:
Somatic Psychology
&
the Art of Body-Mind Psychotherapy

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1 Semester Credit
Class meetings: Fridays, 1:00 to 4:00 pm, SCON 107

Required Class Readings: (Readings with hyperlinks can be downloaded directly from the appropriate internet site. All other readings will be included as attachments to this syllabus).

- Boadella, D. (1997). Wilhelm Reich: From Psychoanalysis to Energy Medicine
Carrol, R. The Motoric Ego. <http://www.thinkbody.co.uk/papers/motoric-ego.htm>
Eiden, B. The Use of Touch in Psychotherapy.
<http://www.integrazioneposturale.it/varieftp/eiden.pdf>
Greenberg, L & Watson, J.C. (2006). Emotion-Focused Therapy for Depression. APA. Chapter 9.
Kaplan, A.H. (2006). Listening to the body: Pragmatic case studies of body-centered psychotherapy. <http://www.hakomiinstitute.com/Resources/research/Kaplan-Dissertation.pdf>
Korb, P. The Gestale Approach: Basic Gestalt Therapy Theory.
<http://www.afn.org/~gestalt/about.htm>
Leijssen, M. (2006). Validation of the Body in Psychotherapy. Journal of Humanistic Psychology. 46, 2, 126-146.
Levine, P. Panic, Biology and Reason: Giving the Body Its Due.
http://www.traumahealing.com/somatic-experiencing/art_panic.html
Lude, J. (2003) "An Application of Body Psychotherapy" in 'Humanistic Approach to Psychotherapy' by Eric Whitton, London, Whurr Publishers
Ogden, P. & Minton, K. (2000) Sensorimotor Psychotherapy: One method for Processing Traumatic Memory. Traumatology, 7/3, article 3.
Soth, M. The Body in Counseling. <http://www.yobeely.f2s.com/articles/bodyincounselling.html>
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.com/>
- Young, C. (b) The History and Development of Body-Psychotherapy: The American Legacy of Wilhelm Reich. <http://www.courtenay-young.com/>
- Young, C. (2005a). Doing effective body psychotherapy without touch. *Energy & Character: The International journal of Biosynthesis*, Vol 34, Sept.
- 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.

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, 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:

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

Course Requirements:

- a. Regular class attendance. As we have only five meetings, more than one absence from class over the term may result in a failing or incomplete grade. 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 two page paper in which you compare and contrast two additional readings (journal articles or book chapters) on the activity of the week with the class readings for that week.

- b. 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. As part of teaching some of the skills used by somatic therapists I will usually do a brief demonstration with an individual. Your participation as part of the demonstration with me in front of the group is voluntary and will not be counted as part of your grade.
- c. Read the readings and do the weekly out of class experiential assignment (to be discussed at our first class meeting).
- d. Submit your weekly journal. You will be required to jot down some process notes describing your reactions (thoughts/feelings/sensations) to each of the learning activities (readings, experiential activities and in class presentations and discussions, experiential exercises), and submit a typed copy your journal to me on a weekly basis at the beginning of class. These 'process notes' 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. (This assignment will be explained further at our first class meeting).
- e. Somatic Psychology final paper. One week after the final class, you will be expected to turn in a 4-5 page paper that summarizes and integrates your experiences and learning in the class. **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.

The specific content of this paper will be discussed at our first class meeting.

Grading Guidelines:

Attendance	50 points possible
Class Participation	50 points possible
Weekly Journal	100 points possible
Final Paper	100 points possible

Course weekly overview:

Meetings	Readings/Assignments	Topics/Activities
1 (4/2)	<u>Readings:</u> (completed prior to the class meeting). Boadella, D. (1997) Young, C. (a & b)	Introductions: to each other and to the course <u>Lecture/Discussion:</u> The Development of Somatic Psychology and Body-Mind Psychotherapy – An overview <u>Experiential Activity:</u> Somatic Awareness <u>Therapist skill building:</u> Coming into the present.
2 (4/9)	<u>Readings:</u> (completed prior to the class meeting). Leijssen, M. (2006) Lude, J. (2003) Totton, N. (2003) <u>Experiential Activity #1</u> (completed prior to the class meeting). <u>Weekly Journal #1</u>	<u>Lecture/Discussion:</u> What occurs in body-mind psychotherapy? Breathing, Movement – Feeling and Expression <u>Experiential Activity:</u> Breathing and Emotions <u>Therapist skill building:</u> Making contact.
3 (4/16)	<u>Readings:</u> (completed prior to the class meeting). Carrol, R.	<u>Lecture/Discussion:</u> Energetic Pulsation, the Cycle of Experience, and the muscular system

	Greenberg, L. & Watson, J.C. (2006) Korb, P. <u>Experiential Activity #2</u> (completed prior to the class meeting). <u>Weekly Journal #2</u>	<u>Experiential Activity:</u> Retroflexion and the muscular system. <u>Therapist skill building:</u> Listening to words and tracking the body.
4 (4/23)	<u>Readings:</u> (completed prior to the class meeting). Levine, P. Ogden, P. & Minton, K. (2000) <u>Experiential Activity #3</u> (completed prior to the class meeting). <u>Weekly Journal #3</u>	<u>Lecture/Discussion:</u> The Somatic Anchoring of Trauma – Implications for Treatment <u>Experiential Activity:</u> The Body Braces – the Stress Response Cycle <u>Therapist skill building:</u> Orienting your client to their somatic experience
5 (4/30)	<u>Readings:</u> (completed prior to the class meeting). Eiden, B. Kaplan, A.H. (2006) Soth, M. Young, C. (2005a) Zur, O. (2007) <u>Experiential Activity #4</u> (completed prior to the class meeting). <u>Weekly Journal #4</u>	<u>Lecture/Discussion:</u> Feeling, Touch and Sexual Energy – The issue of touch in psychotherapy <u>Experiential Activity:</u> The Body and Emotions, The Body and Touch <u>Discussion:</u> What does somatic psychology have to offer? Closing

Bibliography:

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- 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.
- Boadella, D. & Smith, D. (1986) *Maps of Character* Weymouth, Abbotsbury Press.
- Brown, M. (1990) *The Healing Touch: An introduction to Organismic Psychotherapy* Mendocino, CA, LifeRhythm.
- Glenn, L. & Müller-Schwefe, R. (eds) (1999) *The Radix Reader USA*, Heron Press.
- Johnson, D. H., & Grand, I. J. (Eds.). (1998). *The body in psychotherapy*. Berkeley, CA: North Atlantic Books.
- Keleman, S. (1976) 'Bio-energetic concepts of grounding' In D. Boadella (ed) *In the Wake of Reich*. London, Conventure.
- Keleman, S. (1986) *Emotional Anatomy* Berkeley, CA, Center Press.
- Kurtz, R. (1990). *Body-centered psychotherapy*. Mendocino, CA: LifeRhythm.
- Kurtz, R., & Presteria, H. (1976). *The body reveals: An illustrated guide to the psychology of the body*. New York: Harper and Row.
- Levine, P. (1997). *Waking the tiger*. Berkeley, CA: North Atlantic Books.
- Lowen, A. (1958) *Language of the Body*. Alachua, FL, Bioenergetics Press.
- Lowen, A. (1965) *Love and Orgasm*. Alachua, FL, Bioenergetics Press.
- Lowen, A. (1967) *Betrayal of the Body*. Alachua, FL, Bioenergetics Press.
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- Lowen, A. (1976) *Bioenergetics*. Alachua, FL, Bioenergetics Press.
- Lowen, A. & Lowen, L. (1977) *The Way to Vibrant Health*. Alachua, FL, Bioenergetics Press.
- Lowen, A. (2004) *Honoring the Body: The Autobiography of Alexander Lowen*. Alachua, FL, Bioenergetics Press.
- Lowen, A. (2005) *Voice of the Body*. Alachua, FL, Bioenergetics Press.
- Mann, W.E. & Hoffmann, E. (1980) *The man who dreamed of tomorrow: A conceptual biography of Wilhelm Reich*. Los Angeles, Tarcher.
- Perls, F. (1951, 1994) *Gestalt Therapy: Excitement and Growth in the Human Personality*. London: Souvenir Press.
- 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.
- Reich, W (1972 [1945]) *Character Analysis*. New York, Touchstone.
- Reich, W. (1942, 1971) *The Function of the Orgasm*. London, Meridian.
- Reich, W. (1994) *Beyond Psychology: Letters and Journals 1934-1939*. New York, Farrar, Strauss & Giroux
- Reich, I.O. (1969) *Wilhelm Reich: A personal biography by Ilse Ollendorf Reich*. London, Elek.
- Reich, P. (1974) *A Book of Dreams*. London, Barrie & Jenkins.
- Rothschild, B. (2000). *The body remembers*. New York: W. W. Norton & Company, Inc.
- Rubenfeld, I. (1998) *The Listening Touch*. London, Piatkus.
- Sharaf, M. (1983) *Fury on Earth: A biography of Wilhelm Reich* London, Deutsch.
- Smith, E. W. L. (1985). *The body in psychotherapy*. Jefferson, NC: McFarland & Co., Inc.
- Smith, E. W. L. (1998). *Traditions of touch in psychotherapy*. In E. W. L. Smith, P. R. Clance & S. Imes (Eds.), *Touch in Psychotherapy*. New York: Guilford Press.
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