

Vincentia Schroeter, Margit Koemeda-Lutz (Eds.)  
Bioenergetic Analysis 2013 (23)

edition psychosozial

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# **Bioenergetic Analysis**

**The Clinical Journal of the International Institute  
for Bioenergetic Analysis (2013) Volume 23**

Psychozial-Verlag

Submissions for consideration for the next volume of *Bioenergetic Analysis* must be send to the editor (vincentiaschroeter@gmail.com) between June 1st and September 30, 2013.

Bibliographic information of the Deutsche Nationalbibliothek (The German Library)  
The Deutsche Nationalbibliothek lists this publication in the  
Deutsche Nationalbibliografie; detailed bibliographic data are available  
in the Internet at <http://dnb.d-nb.de>.

Original edition

© 2013 Psychosozial-Verlag

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Cover: Theo van Doesburg: "Heroische Bewegung" ("Heroic Movement"), 1916

Draft design cover: Hanspeter Ludwig, Wetzlar

[www.imaginary-world.de](http://www.imaginary-world.de)

Printed in Germany

ISBN 978-3-8379-2265-3

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Reviewers for this issue were:

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*Tarra Stariell*

*Phil Helfaer*

*Maria Rosaria Filoni*

*Bob Lewis*

*Virginia Hilton*

*Helen Resneck-Sannes*

# Letter from the Editor

Dear Reader,

Welcome to the 23<sup>rd</sup> volume of Bioenergetic Analysis, the Clinical journal of the IIBA.

We find ourselves at this time in our history facing a resurgence of interest in what the body and the emotions tell the psychotherapist about the client and about what is healing in therapy. Many schools of psychotherapy have turned toward us to find out what we do. This has come about partly out of the popularity of research in both neuroscience and affect regulation, much of which validates the primacy of the whole body and the world of emotional affect as healing sources. As a result, interest in training in Bioenergetics has spread to new geographical areas. There are new training groups in Poland and Russia, with interest in starting training groups in Peru, Costa Rica, Beijing and Hong Kong.

This volume contains a book review by Virginia Hilton of Jim Sicherman's book *Self Cure*, which advocates patient's attention to taking responsibility for their own physical and emotional health. We have five original papers for your reading enjoyment. Each author is from a different country, reflecting our international membership. Each abstract is provided in six languages, while the papers are in English. Members are invited to take the abstracts of interest and translate for their members who do not read English. Christa Ventling is from Switzerland and re-examines the concept of energy, while Margherita Giustiniani is from Italy and provides a variation on use of the bioenergetic stool. Arild Hafstad is from Norway and introduces us to the fascinating concept of tensegrity and it's relationship to gravity. Garry Cockburn is from New Zealand and presents a practical paper on teaching Bioenergetics. Finally, Elaine Tuccillo from the USA offers a systematic treatise on the subject of intergenerational abuse.

It is with sadness that I reveal that this was Elaine's final paper as she died earlier this month. Even though she was dying, it was important for Elaine to complete this

article as she felt on a mission to help others understand the insidiousness of inter-generational abuse. In the article she writes of projecting her issues with her anxious mother onto her physically fragile daughter. I thought it would be fitting to hear from this daughter as part of a tribute not only to Elaine's life, but also as a confirmation of her idea that intergenerational abuse can be halted. Read what Mica (Elaine's daughter) has to say about her mother.

Frank Hladky, who was an intimate of Dr. Lowen's, died this year. Parts of a tribute written by Heiner Steckel are offered in this volume. David Campbell, the gentle Scot who was the first to weave Bowlby's attachment theory into Bioenergetics also died this year. Parts of a eulogy are borrowed by permission from his wife June to pay tribute to David. May all those who loved and were loved by them find peace.

Although Bioenergetics is gaining popularity in some new circles, it remains misunderstood, misrepresented, even dismissed in some places. It is the hope of the editors that this journal become one arena where Bioenergetics can be illuminated for others and remain a platform, where our theory, concepts, and techniques can be further developed and discussed.

It is only with the devoted volunteer help of many people that this journal comes to fruition each year. Peer review and editing help came from Margit Koemeda, Mae Nascimento, John Conger, Tarra Stariell, Phil Helfaer, Maria Rosaria Filoni, Bob Lewis, Virginia Hilton and Helen Resneck-Sannes. Bioenergetic colleagues who took the abstracts and translated them are France Kauffman, Maria Rosaria Filoni, Mae Nascimento, Margit Koemeda and Fina Pla.

The process for submitting a paper to the journal is to send an article to the chief editor between June and September only. Papers will be peer reviewed anonymously. Authors will be informed of their status within two months. Papers are rejected, accepted outright, or returned for revisions based on reviewer feedback and editorial decision. We encourage you to submit a professional paper of interest to Bioenergetic therapists.

The scientific committee is preparing an IIBA conference for May 29 through June 2, 2013, by the sea in Palermo, Sicily. The title is, "The Grounded Body as a Safe Place in Difficult Times". We hope to see you there in person or in spirit as we come together as a community to further the energetic advancements and celebrate the traditions of Bioenergetic Analysis.

Sincerely,

*Vincentia Schroeter*

Chief Editor

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November 30, 2012