

Léia Cardenuto, Garry Cockburn, Mãe Nascimento (Eds.)  
Bioenergetic Analysis 2019 (29)

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The Clinical Journal of the  
International Institute for Bioenergetic Analysis

Léia Cardenuto, Garry Cockburn,  
Maê Nascimento (Eds.)

# **Bioenergetic Analysis**

**The Clinical Journal of the  
International Institute for Bioenergetic Analysis  
(2019) Volume 29**

With contributions by  
Cláudia Abude, Scott Baum, Rosaria Filoni,  
Thomas Heinrich, Helen Resneck-Sannes, Homayoun Shahri,  
Hugo Steinmann and Mara Luiza Vieira Ceroni

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Garry Cockburn, Helen Resneck-Sannes, Maê Nascimento and Scott Baum

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Claudia Ucros (French), Maria Rosaria Filoni (Italian), Maê Nascimento (Portuguese),  
Pablo Telezon (Spanish), Olga Nazarova and Alesya Kudinova (Russian)

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# Letter from the Editor

Dear Readers

Your Journal has a new team of editors. They are Léia Cardenuto (Editor) from São Paulo, Brazil, Maê Nascimento, also from Brazil, who was also a member of the previous editorial team, and Garry Cockburn from New Zealand.

We would like to thank Vincentia Schroeter from USA, and Margit Koemeda-Lutz from Switzerland, together with Maê, for their careful, attentive and very professional work for these past years 10 and 15 years respectively, of editing the Journal, and doing it with lots of heart and energy. Their enthusiasm led us to engage as a new team, and we hope we will continue to live up to the standards they have set.

This new edition has brought us something that we hardly consider a coincidence. The theme of “shame” appears as a main issue in three of five articles that comprise this volume. Perhaps it is now more than necessary to deal with shame as a theme, although it sounds contradictory, at times of so much exposure in the world. Maria Rosaria introduces a continuum from Modesty to Shame, which brings a dialectic vision of the self, between instinct and Ego. Scott Baum’s article places shame as a bioenergetics reaction, result from a power struggle, linked to the human destructiveness and the ways it undermines relationships and families. Helen Resneck-Sannes’ view on shame states the importance of the injury of the self, that comes out in the feeling of being wrong, instead of just doing something wrong. She also links the theme of shame with narcissism, gender and abuse. Thomas Heinrich, with his article, brings new light about the LGBTIQ\* community. He challenges us as bioenergetics therapists to broaden our concepts, both in theoretical and clinical views. Mara Ceroni and Cláudia Abude address the overwhelming theme of compulsions and schizoid personalities, how they are socially produced and reproduced, related to the violence and rampage shooting, that has become, unfortunately, so frequent. And lastly, Homayoun Shahri, provides an interesting and useful bioenergetic approach to relational trauma as a mind transitional object and a new technique to help deal with it.

The responsibility of being the new Editor was eased by the careful assistance of Vin Schroeter, who taught me the task with kindness, generously sharing her methods and procedures. Hers is the beautiful hummingbird on the cover, which brings about the ideas of vibration and vitality, so important to Bioenergetics.

With this first edition of the new team, we owe much to Maë's assistance. With her proximity, her patience and attentive presence, she always advised me of the routines involved. She helped doing all the tasks, from calling for articles when they were not appearing, to reviewing and editing them. This volume has also counted on the support and careful attention of Garry Cockburn, our mentor in diplomatic relationships and final copy editor of the entire Journal. We would like to thank the reviewers, who helped us with their analysis and suggestions over the papers. We would also like to express our gratitude to the translators of the Abstracts: Claudia Ucros (French translation), Maria Rosaria Filoni (Italian), Maê Nascimento (Portuguese), Pablo Telezon (Spanish), and Olga Nazarova and Alesya Kudinova (Russian).

This edition of the Journal will be published in German, and the Editorial Board would like to thank in advance Vita Heinrich-Clauer, the German copy editor, and the translators Irma Dickmann, Steve Hofmann, and Wera Fauser who are working to bring this important task to fruition.

We hope you enjoy reading this edition, and we invite you to send us new articles to enhance the debates in our field. Guidelines for writing articles can be found at the end of this edition of the Journal.

*Léia Cardenuto*  
*December 2018*