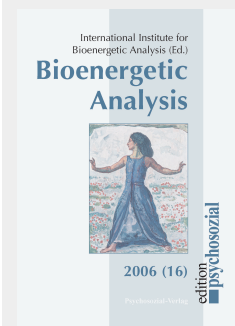


Margit Koemeda

Editorial Note



The image shows the cover of the journal 'Bioenergetic Analysis'. At the top, it reads 'International Institute for Bioenergetic Analysis (Ed.)'. The title 'Bioenergetic Analysis' is prominently displayed in a bold, blue font. Below the title is a small illustration of a woman in a blue dress standing with her arms outstretched. The year and issue number '2006 (16)' are printed at the bottom left of the cover. On the right side, the publisher's name 'edition psychosozial' is written vertically. The background of the cover is light blue with a subtle pattern.

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Cover image: Ferdinand Hodler *Ausschreitende Frau*, 1910, oil on canvas, 48,5 x 39 cm

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Editorial Note

The increase in psychological knowledge is as irrevocable as the development and proliferation of psychotherapeutic methods. But is the world getting more sane? Are people suffering less? Insurances at least keep moaning the constantly rising costs for health care. What is going wrong?

The art of healing and the scientific basis of it take different forms, have rises and falls in popularity. Psychotherapy, and body-psychotherapy in particular, are not so popular these days – at least in Europe they aren't.

The prescribed »ideal« we are to live up to, is: See a patient 6–10 times, find the right medication, pick some very precise verbal interventions, make him or her brain switch to a different working mode (a little less amygdaloid activity, some increase in striatal and frontal lobe perfusion). And this should be it.

Human suffering and the art of healing are older than most of these fashion swings. To preserve and unfold the essence of our personal healing power and wisdom and its evolution in our bioenergetic community is one of our predominant tasks. Committing oneself to writing is one way of doing this, I believe. In this sense we would like to thank all colleagues who have committed themselves to the effort of working out and submitting their articles.

This year's conference¹ theme »Human Nature and Conflict Resolution – Affirming Life and Lives in a Time of Violence« naturally inspired several articles (V. Wink Hilton, M. Maley, R. Robbins). In addition to this, sexuality as one of the most vital forces in human life gets more elucidation by E. Tucillo's and D. Guest's articles. A. Lethin undertakes further investigations into the wide and still expanding realm of the neurobiological foundations of our sense of self. Koemeda reviews evidence from neurobiological research for the necessity to involve the body in therapeutic processes. Shapiro finally presents a didactically excellent lesson in Bioenergetic Boundary building.

Bioenergetic Analysis is presently published once a year. We hope that it continues to serve its purpose of being a medium of communication for the International Bioenergetic community and of presenting our theoretical concepts and positions, our clinical expertise and psychotherapeutic skills to the wider scientific community.

¹ Biennial conference of the International Institute for Bioenergetic Analysis (IIBA), May 10th–14th 2005, at Cape Cod, Massachusetts, USA.

The opinions and theoretical positions of the articles published in Bioenergetic Analysis are those of the authors. They do not necessarily represent the opinion of the editors or an official position of the IIBA. Thanks to our review system we hope that they are skillfully written, scientifically well informed and sufficiently sophisticated so they will instigate serious discussion among our colleagues in the IIBA and from other schools of thought.

Again, Maê, Vincentia and I have been a surprisingly well-functioning team during this past year, considering the fact that we live on three different continents, speak three different languages, had no meetings and no conference calls. E-mailing was our only means of communication. Once again we thank Helen Resneck-Sannes for her valuable work, who resigned from the Editorial Board by the end of last year for personal reasons and welcome Vincentia Schroeter as our new partner.

We would like to invite everyone in the membership of the IIBA to contribute to a continuously prosperous development of this journal, whatever you have to offer.

I hope you all enjoy reading this issue!

Zürich, 01.12.2005

Margit Koemeda