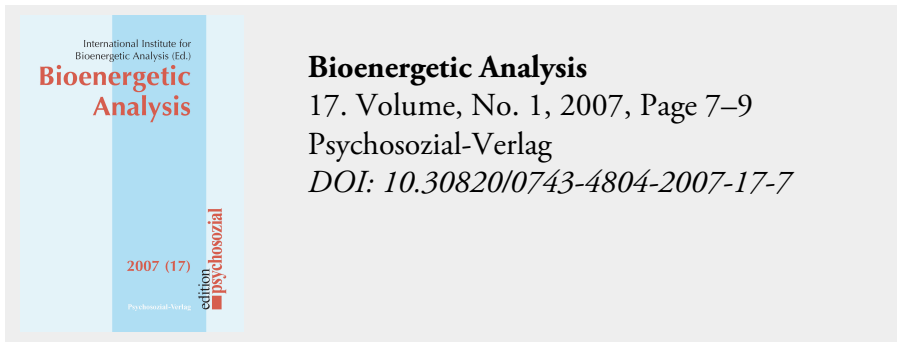


Margit Koemeda

Editorial Note



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Editorial Note

In 2004 »Bioenergetic Analysis« started to be produced by the well renowned German publishing house »Psychosozial-Verlag«. And since then the IIBA has been offering two editions, an English and a Portuguese one. As I said in the recent IIBA newsletter, »it's a long way from the author's to the reader's brain«. The formation of an intensely communicating editorial board has been very helpful. Nevertheless, after having directed the editorial work from 2004 till spring 2007, I need some relief. Therefore I am very happy to announce that Vincentia Schroeter has agreed to take over the chief editor's position. Mãe Nascimento who not only served as a board member for the last three English editions but also provided translations into Portuguese, editorial work and publication in Brazil, will retire, because she was invited to serve in the IIBA Board of Trustees (BOT). We thank her for her dedicated work.

This issue covers a wide range of topics: It starts with David Finlay, who calls our attention to the ubiquity of trauma, to social amnesia and numbing and to the infancy of our knowledge as to methodologies of its treatment. His explication of a relational psychosomatic approach can be seen as (although the author does not state it as such) a contemporary bioenergetic approach to trauma treatment. He gives credit to several bioenergetic predecessors in this endeavour and defines the bioenergetic position within the professional field.

Helen Resneck-Sannes in her article focuses on salient aspects of neurobiological research, which are relevant for psychotherapy and particularly for Bioenergetic Analysis. She gives a brief overview of

the anatomy and functions of the brain, portrays some dialogues between the brain and other parts of the body and focuses on the constructive potency of empathic interaction between infants and their caregivers.

Philip Helfaer claims therapeutic work with shame to be an intrinsic aspect of Bioenergetic Analysis. He views shame within the context of the development of sexuality and self-hood. He discusses its nature from psychodynamic, energetic and characterological points of view and elaborates on specific treatment issues and approaches.

Christa Ventling points out the historically and culturally varying significance that has been appointed to mother-infant bonding for the survival of the child. She proposes the integration of educational elements into bioenergetic work with pregnant women in order to enhance healthy bonding starting – already – during pregnancy. Ventling demonstrates this with specific awareness exercises and two case vignettes.

Jörg Clauer asks if a psychosomatic approach like Bioenergetic Analysis is especially effective for psychosomatic disorders. Do we have specifically elaborated concepts and treatment techniques for them? Clauer asks these inconvenient questions, and his answers are alarming. He then furnishes us with some concepts and techniques which he has derived from relationally oriented concepts in Bioenergetic Analysis and developed in his work as a psychosomatically oriented medical doctor over the years. Clauer illustrates this with a case with ulcerative colitis.

Bob Lewis gives a very personal, stirring, and what some may find even upsetting account of the evolution of Bioenergetic Analysis, its treasures and pitfalls. He contends that the relational significance has been distorted in a manner that weakens the otherwise deep healing power of our approach – and that Lowen inherited this distortion from Reich. He warns us that this distortion must be understood and faced if we want to integrate our »powerful psychosomatic legacy with a more mutual and realistic model of the clinical encounter.« Lewis recommends the attachment paradigm to assist this endeavour.

Scott Baum concludes this issue with verbally sparkling and sophisticated insights into the doomed experiential worlds of borderline personalities. The author accomplishes an almost impossible task which

is to describe the pertaining »soulless truth of being« from within and at the same time to analyze the generating and maintaining forces for such states, as well as the dynamics emerging from them. Finally the reader is supplied with tools and information about the difficulties in therapeutically working with patients so afflicted.

In times of an increasingly technical orientation of psychotherapy, and the development of manuals specifically designed for the treatment of concisely defined disorders, I consider bioenergetic contributions focusing on specific disorders to be extremely valuable. If in the near or far future psychotherapy should become an integrated theory and empirically based canon of techniques, I would be happy if specific elements from our relational psychosomatic approach should not be missing. Therefore all articles in this volume deserve your attention. I wish you delightful and inspiring hours of reading. And please keep in mind: We need your continuous dedication. Try to write papers in order to inform your colleagues about your new insights, submit articles to our journal, be open to discussion with reviewers and the editorial board. Let us stay connected in our knowledge and wisdom!

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.

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.

Lake Constance, Switzerland, 28.11.2006

Margit Koemeda