

EABP Scientific & Research Committee

works to support projects that further the scientific aims and objectives of EABP and research projects within Body Psychotherapy. The committee also works to encourage a scientific culture of awareness about research amongst practitioners in our profession.



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Berlin Congress SRC Symposium 2018



EABP SCIENTIFIC & RESEARCH COMMITTEE

Building Bridges

Part 1

Saturday 8th Sept. 15:00 -16:30

Presentation

Herbert Grassmann

Welcome & Introduction

Biljana Jokic

**A 2017 SURVEY: Resources
of BP Practitioners**

**Christina Bader
Johansson**

**On qualitative research, esp.
Grounded Theory**

Zoe Schillat

**Cultivating a Research Mind in
Body Psychotherapy'**

Courtenay Young

BP Case-Study Book Project

Part 2

Saturday 8th Sept. 17:00 -18:30

Roundtable

Herbert Grassmann

Dogma & Dialogue

**Karin Schreiber-
Willnow**

Roundtable -

Rae Johnson

Discussion & Questions

THE THERAPEUTIC PRACTICE AND RESEARCH RESOURCES OF BODY PSYCHOTHERAPY PRACTITIONERS – A 2017 SURVEY

Biljana Jokic

The project started in spring 2017, when the EABP Science and Research Committee (in collaboration with EABP Board and Council members) developed a questionnaire in order to find out more about who, where, what and how actually practices Body Psychotherapy (BP) and whether BP practitioners have research skills and interests in research projects related to Body Psychotherapy. After three rounds of data collection during autumn 2017, a total of 404 questionnaires were completed by Body Psychotherapists from 36 countries all over the world. Main findings have already been reported in EABP Newsletter, e.g. attitudes towards research in BP were very positive, and the majority of survey participants were interested in participating in BP research projects in the future, especially Case studies (82.4%), Measuring BP clients' outcomes (52.3%), and Analyzing BP approaches by employing audio/video for research purposes (32.6%). Results about research skills and interests were also encouraging, although there was a lot more to discuss: e.g. 65.4% had some kind of course/training about research method during university studies or psychotherapy training, but only 31.4% had been involved in any kind of research project about BP. These are just some of many interesting results.

The Art and Science in Body Psychotherapy

Christina Bader Johansson

By formulating what we are doing within a similar framework of research, we take the first step to make ourselves a 'reflective practitioner', able to do 'clinical reasoning', referring to theories which can underpin our practical work as empirical evidence. This starts a professionalization of Body Psychotherapy (Somatic Psychology), which could develop a research culture of our field. Presenting research in BP/SP is not only a way of demonstrating whether the methods in BP work, but also a way of communicating what we are doing – to other (psycho) therapeutic communities and to the medical profession, government departments and health insurances. Usually research is divided into Quantitative (reductionist) and Qualitative (holistic) research. From my point of view, there should not be a judging between these two ways of doing research.

This presentation concentrates on an introduction to qualitative research and a deeper presentation on Grounded Theory.

Cultivating a Research Mind in Body Psychotherapy'

Zoe Schillat

Reflecting on the common ground, the interaction and interchange between psychotherapeutic work and research activity, writing a case study can be seen as a practical way for developing and integrating a research attitude in our clinical practice. What steps could be involved in becoming familiar with this procedure? This presentation will shortly refer to a "work in progress" exploring those issues, in a group of interested colleagues at the Member Meetings of PESOPS (Pan-Hellenic Association of Body Psychotherapy).

Body Psychotherapy Case-Study Book' project

Courtenay Young

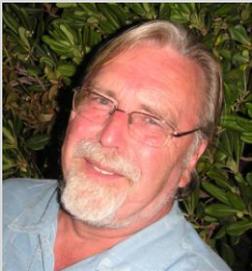
The concept for this book arose out of: **(1)** the EABP Science & Research Committee (SRC) publishing a set of 'Guidelines for Writing a Body Psychotherapy Case Study', which are available on the EABP website under the 'Research' tab, and were also printed in the Body Psychotherapy Publications (BPP) book of articles from presenters at the EABP 2014 Congress in Lisbon: 'The Body in Relationship: Self – Society – Other'. This was then followed by **(2)** the Science and Research Symposium at the EABP 2016 Congress in Athens when there were several presentations about Body Psychotherapy case studies.

After the success of two SRC initiatives, it was decided to develop a third project, which was to produce a new book, consisting of Body Psychotherapy Case Studies, with the EABP Science & Research Committee working in collaboration with Body Psychotherapy Publications.

Berlin Symposium Presenter



Biljana Jokic, Ph.D. (Serbia) graduated in psychology from the University of Belgrade. She was awarded a Ph.D. from the same University (field: psychology; subfield: social cognition). Parallel to the academic education and career, she received a certificate from the Serbian BodyPsychotherapy school Tepsynthesis and became a full member of both Serbian Union of Associations for psychotherapy and the European Association for body psychotherapy. Her specific research interests are about embodied cognition, decision-making processes, perceptions of self and others. As the General Secretary of the Serbian Association of BodyPsychotherapy (SABP), Biljana regularly participates in workshops organized by SABP in order to promote Body Psychotherapy in the region. **E-mail:**jokic.bi@gmail.com



Courtenay Young (Scotland, UK) trained in Body Psychotherapy from 1979-1983 in London at the Gerda Boyesen Centre for Biodynamic Psychology & Psychotherapy. He has also trained with David Boadella, John Pierrakos, Jack Lee Rosenberg, Helen Davies, Stanislav Grof, and Arnie Mindell. He has a Diploma in Psychology; and a Certificate in Counselling Supervision. EABP General Secretary (1992-1999), EABP President (2000-2004), awarded EABP Honorary Member 2012. He represented EABP at the EAP meetings (1992-2010) and at USABP Congresses (1996-2004). is the current editor of the International Journal of Psychotherapy; was the main English editor for 'The Handbook of Body Psychotherapy & Somatic Psychology' (2015), and has had many articles published; and has produced several edited books through Body Psychotherapy Publications. **Website:** www.courtenay-young.com; **E-mail:**courtenay@courtenay-young.com

Berlin Symposium Presenter



Christina Bader Johansson, (Sweden) MSc, MSc is an EABP Body Psychotherapist and a Swiss Chartered Psychotherapist (Eidg. Anerkannte Psychotherapeutin). She has been working in her private practice near Zürich for many years; and was the president of CH-EABP for 6 years. She has written 4 books on the theme of Body Psychotherapy and Integrated Physiotherapy. Now, she has returned to southern Sweden and is giving supervision sessions in Body Psychotherapy on skype. **E-mail:** cbaderjohansson@gmail.com



Zoe Schillat (Greece), Dipl.-Psych. Clinical Psychologist, Psychotherapist, studies and professional activity in Germany, certified in the approaches Systemic, Psychodynamic and Body Psychotherapy and in Integrative Trauma Therapy. She is working in private praxis in Athens, conducts training seminars in the field of trauma treatment and has done the scientific editing in Greek language for: *Laurence Heller, PhD & Aline La Pierre, PsyD, "Healing Developmental Trauma", Asimakis 2017, and Marianne Bentzen, The "Neuroaffective Picture Book", Asimakis 2018.* She is a member of the Association of Greek Psychologists (SEPS), former Vice-President in the Administrative Board of the National Organization for Psychotherapy in Greece (EAP/NOPG), Coordinator of the Scientific Committee of the Panhellenic Association for Body Psychotherapy (PESOPS) and holder of ECP & EuroPsy.

Berlin Symposium



Karin Schreiber-Willnow (Germany), Dipl.-Math., Ph.D. rer.medic. 2000 at the University of Cologne (Prof. Tschuschke, Med. Psychology) with an empirical study on body, self and group experiences in inpatient CBT. KBT therapist and scientific assistant at the Rhein-Klinik Bad Honnef since 1986, Psychotherapist (ECP). Member of the research group of DAKBT since 1999 (www.dakbt.de) Member of DAKBT, DKPM

(www.dkpm.de/de/index.php). Main research: inpatient group therapy, processes and results in the KBT. E-mail: schreibwil@netcologne.de



Rae Johnson, (USA), Ph.D., RSW, RSMT is a psychotherapist and scholar/researcher working at the intersection of somatics and social justice. Rae is the author of several book chapters and journal articles on embodied approaches to research and has taught research methods in a number of body psychotherapy graduate programs. Dr. Johnson's own research currently focuses on transforming research data into performance. <https://raejohnsonsomatic.com>

Round Table

Scientific Research: Dogma vs. Dialogue

There are various ways in which genuine dialogue between qualitative and quantitative researchers have been hampered by dogmatic adherence to certain theoretical and epistemological stances. We point to a corresponding phenomenon in the theoretical orientations of clinical psychologists and therapist in which body psychotherapy is often polarized with humanistic perspectives regarding the approach to psychotherapy. The nature of such polemics within the field of psychology will be discussed along with an example personal experience of dialoguing across methodological difference. Finally, we will discuss practical suggestions for how we can increase openness and genuine dialogue between qualitative and quantitative perspectives in psychology. Especially when we deal with the embodied experience. Shouldn't research also have an embodied approach?



MODERATOR

Herbert Grassmann, Chair SRC

Website: <http://www.skt-institut.de>

EABP Guidelines for Writing a Body Psychotherapy Case Study

We are inviting EABP members and other Body Psychotherapy and/or Somatic Psychology practitioners - of all modalities - to 'write-up' more Body Psychotherapy (BP) case studies. Case studies are an invaluable record of the actual clinical practice that happens in any profession - and we would like (and need) a much larger 'base' (or foundation) of well-written professional case studies demonstrating various aspects of the practice of Body Psychotherapy.

If you are interested in writing up a BP case study, we have prepared a "guideline" document to help you with this.. The case study can be concerning a particular client phenomenon - or an interesting process and outcome - or the use of a certain technique or approach - or even where the client's process has impacted significantly on yourself, or on others. The [guideline document](#) outlines some of the parameters to consider when writing a professional case study, gives a number of suggestions, and (if these are used) can also provide a good basis for later comparison and study. While this is another initiative being developed by the EABP Science and Research Committee (SRC); this development is also an opportunity to make your own personal, individual - and no doubt significant - contribution to our collective professional work and thus help to develop and broaden the foundations of scientific and clinical practice research in Body Psychotherapy.



EABP SRC Members

Herbert Grassmann - Frank Rohricht - Maurizio Stupiggia
Courtenay Young - Christina Bader Johansson - Biljana Jokic
Zoe Schillat - Carmen Joanne Ablack (Board Representative)