

Foundations of Body Psychotherapy

Body Psychotherapy is a distinct branch of the main body of psychotherapy, one which involves an explicit theory of mind-body functioning. This theory takes into account the complexity of the intersections and interactions between the body and the mind, with the common underlying assumption being that a functional unity exists between mind and body. Although a wide variety of approaches and techniques are used within the field of body psychotherapy, all of them recognize the continuity and deep connections of mind-body processes. In this course, students learn the theoretical and practical roots of body psychotherapy, beginning with the Freudian era and sequencing through current times, though also acknowledging and appreciating the historic and contemporary presence of indigenous somatic healing practices. The field is viewed from the perspective of the significant contributions of its primary founders, the therapeutic paradigms they represent, and current applications of how these theories and paradigms have been transposed into contemporary modalities. In particular, students learn and explore the theoretical and therapeutic applications of Gestalt and Hakomi therapies with Body-Mind Psychotherapy (BMP) serving as a supportive and integrative theoretical framework.

Course Number: CNSB626

Unit: 2.0

Program: GRAD Somatic Counseling