

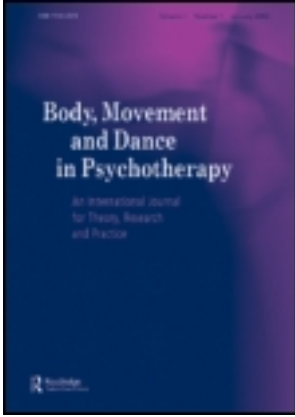
This article was downloaded by: [Professor Helen Payne]

On: 13 April 2013, At: 01:28

Publisher: Taylor & Francis

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## Body, Movement and Dance in Psychotherapy: An International Journal for Theory, Research and Practice

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/tbmd20>

### Editorial

Helen Payne & Tom Warnecke

Version of record first published: 16 Jan 2013.

To cite this article: Helen Payne & Tom Warnecke (2013): Editorial, Body, Movement and Dance in Psychotherapy: An International Journal for Theory, Research and Practice, 8:1, 1-4

To link to this article: <http://dx.doi.org/10.1080/17432979.2013.748975>

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## Editorial

Welcome to this the first in the four issues per year format. We would like to extend our appreciations to the valuable support offered by the publishers at Taylor & Francis and to the referees and authors who have made it possible to develop the journal still further with the four issues per year. There will be more pages overall and consequently more opportunities for readers and authors of (*Journal of Body, Movement and Dance in Psychotherapy (BMDP)*) to benefit.

We hope you will consider sending us a submission on your research or practice in dance movement psychotherapy (DMP) or body psychotherapy (BP). In addition, we are currently seeking papers that emphasise dialogue and links between different psychotherapies and the various body-oriented psychotherapies.

The recent European Association for Body Psychotherapy (EABP) held its congress in Cambridge in the summer of 2012. Look out for the report in a future issue. It was a huge success and put BP and DMP on the map internationally. DMP and BP dialogued with a range of other psychotherapy modalities about subjects which go beyond professional interests. Appreciations go to Taylor & Francis for the tremendous support they offered to the EABP congress, both in terms of the drinks reception to promote the journal and the author's workshop on how to write for this international, peer reviewed journal. Many congress presenters have taken the opportunity to submit their papers to this journal in order to share their contributions more widely across the discipline of body, movement and dance psychotherapies and to an increasing international audience.

As a discipline, psychotherapy has a history of rivalries and competing modalities, and the body-oriented psychotherapies are no exception. Not surprisingly, our prospective clients and indeed society at large will often find the wide range of competing modalities difficult to understand or even confusing. One obvious danger is that the plurality of psychotherapy modalities is seen as a manifestation of political and ideological infighting and may inadvertently lend greater credibility to psychiatry or psychology.

In recent times, historical rivalries have increasingly turned into inter-modality dialogue and discourse, both nationally and internationally. This journal established a forum to facilitate discourse amongst the body, movement and dance psychotherapies, and its success indicates the value placed on such dialogue. But should it be taken one step further by creating single unified approach to embodied psychotherapy, based on all BP approaches, including DMP? That is, one approach that amalgamates all the best aspects of our many BP and DMP psychotherapy traditions. While this idea may sound tempting in many respects, it also raises a host of concerns.

Comparative studies (Frank & Frank, 1991) and common factor research (Grencavage & Norcross, 1990) not only established that all psychotherapies generally work equally well but also confirmed that modalities are an important aspect of psychotherapy, for example by providing a choice of approaches to suit the personalities and preferences of clinicians and clients. The diversity found in BP and in DMP could be seen as a strength rather than a problem. However, in psychotherapy there are principles and theories/key aspects, such as those within the psychodynamic tradition, which unify the various different schools.

Our rich BP and DMP traditions are more than just the sum of their parts. Also, which particular aspects of our broad range of theory and practice would be chosen for such a unifying version of BP and DMP? Body psychotherapies are an innovative and constantly evolving field. How would we ensure that a homogenised approach could evolve freely? On the other hand there may be theories and practices which are similar across the two disciplines and within each of them a multitude of approaches which could generate a commonality of underlying theory/key aspects such as those discussed in this journal previously by Caldwell and Victoria (2011). Furthermore, one of the articles in this issue by Giovanni Ottoboni and Marco Iacono is concerned with an integrated approach to BP. Also one of the books reviewed in this issue highlights a unifying approach as proposed by Gerd Hölter.

One can reasonably expect that such an ambitious project to unify the discipline would keep our field occupied for some considerable time and that such a journey should not be embarked upon without considering alternative means to promote the body in psychotherapy. Modern psychology continues to be dominated by brain/mind-based pathology constructs, for example which may be an important area to reconstruct from an embodied brain perspective. This may lead to the development of a more holistic approach to treatment.

We have come to accept that the inter-relational presence of the therapist makes therapy 'work' over and above any specific technological, or skill-based interventions (Lambert & Barley 2002; Guy, Thomas, Stephenson, & Loewenthal, 2011). Perhaps channelling our energy into advancing embodied psychotherapy and the psychology of the living body and its knowledge base, rather than chasing ideas for a unified model approach would be more effective. Furthermore, the myriad of body therapies which do not have a psychotherapeutic base yet name themselves as BP confuse the issue. These disciplines such as Yoga, Tai Chi, Dance for Health, Relaxation, etc. are perhaps therapeutic but not helpful to include in the field of embodied psychotherapy.

So to the content of this issue, we start with an article by a UK dance movement psychotherapist Dawn Batcup entitled 'A discussion of the Dance Movement Psychotherapy literature relative to prisons and medium secure units'. The article considers the contribution that DMP can make to young and adult offenders with mental health difficulties/diagnosis in secure units. In forensic settings, psychiatric diagnosis, trauma, violence, abuse are common and there is growing evidence that the DMP can be beneficial from randomised control trials, empirical research, government guidelines, surveys, audits, case studies and unpublished data which are encouraging for DMP. A meta-analysis could give even greater support for the use of DMP with these underprivileged populations.

The next article is by Keta R. Gass, J. Ryan Kennedy, Suzanne Hastie and Heidi McCardell Wentworth from the USA, and is called ‘Somatic assessment of nonverbal social skills in children with Down syndrome: Using the Kestenberg Movement Profile as a tool for treatment planning’. The article considers working with the child’s movement as a method on which to capitalises the strengths of visual memory, visual imitation, receptive language, and nonverbal communication in the emerging phenotype of children with Down syndrome. It is argued that the Kestenberg Movement Profile seems well suited to support the development of movement quality as well as social-emotional intelligence in the child’s emerging phenotype. It is proposed that due to the emphasis on development this tool may prevent or amend disruption in the holding environment between caregivers and such children obviating any further exacerbation of delays caused by the intellectual disability and any associated lack of dyadic attunement.

This is followed by the article ‘Transgenerational trauma and repetition in the body: The groove of the wound’ by Rob Baum from South Africa which examines trauma as a dissonance of belief which may not be easily absorbed into the body–mind. It is proposed that in some people temporal splitting between present and past takes place whereby the traumatic event continues to replay in the interminable present. This severing can be likened to a separation between body and mind – dissociation. Consequently, in treatment it is necessary to recognise any time differences, their meanings and any somatisation.

Finally, we have an article on BP by Giovanni Ottoboni and Marco Iacono from Italy entitled ‘An integrative body therapy approach: The Neo-Functionalism approach’. Recent scientific evidence highlights the body as offering integrative processes from cognitive and emotional aspects encouraging psychotherapists to seek more integrated forms of therapy. The authors see the modern neo-functionalism approach as key to the importance of the body. They offer evidence in favour of the modern-functionalism approach and discuss two components ‘Functions’ and ‘Basic Experiences’. These are then discussed with reference to a case report of therapeutic treatment.

The first book review, by the well-known body psychotherapist Ruella Frank from the USA, is of Maxine Sheets-Johnstone’s *Putting movement into your life: A beyond fitness primer*.

The second book review is by Iris Bräuninger, a well-known dance movement psychotherapist and researcher from Spain. This book, by acknowledged expert in body and movement psychotherapy Gerd Hölter, aims to unify the field of movement therapies and is called *Movement therapy for mental illness: Fundamentals and application*.

We were all saddened to hear of the recent passing of Daniel Stern, whose work has given so much to our profession. The obituary in this issue has been written by his close friend Colwyn Trevarthen to whom we are very grateful.

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