

Editorial winter 2020

Dear Reader,

Welcome to the winter issue. We hope you are staying safe and well in these continuing uncertain times. Inevitably the Covid-19 pandemic continues to impact not only our clients and supervisees, but also the ways we work and how we practice and think about embodied psychotherapies in the digital age. Some of you will have already seen that we are inviting contributions to a forthcoming special issue on this new frontier thrust upon us by the Covid-19 situation. This special issue aims to highlight how interdisciplinary theory, practice and research that embodied approaches can provide insights into remote working, addressing symbolic, metaphoric, embodied knowledge and generating evidence for supporting understanding, management and control.

The Covid-19 pandemic has highlighted particular issues for embodied psychotherapies and their delivery. BMDP will establish as a priority the peer-review process for manuscripts submitted in response to the COVID-19 pandemic to help ensure articles become available as soon as possible, for others to build on. As our communities pull together during this COVID-19 outbreak, we are keen to hear from you. Please do not hesitate to send manuscripts informing us of new directions, client engagement, use of technology and initiatives, or indeed new opportunities afforded by working in virtual spaces, around practice in this time of coronavirus and the current global health crisis. We look forward to reading your contributions.

In this issue we are delighted to present two of the entries for this year's New Researcher Award. The first is by Celia Pope, from the USA, and is entitled 'Multicultural body-based cultural frame switching: A dance/movement therapy approach'. The author considers issues faced by individuals who believe they do not belong to a single cultural or ethnic group. They may for instance feel culturally homeless which may arise with low bicultural identity integration (BII), when multiple cultural identities are experienced as contrasting rather than fitting together. Such feelings of dissonance between a person's cultural identities can lead to norm violations in social situations when the individual is unable to culturally frame switch into the most appropriate cultural meaning system.

The author's proposed Multicultural Body-Based Cultural Frame Switching Model utilises dance movement therapy and research from the field of cognitive psychology to help people increase their BII to more easily culturally frame switch. The model increases memories of positive bicultural experiences through the exploration of body posture which raises BII allowing for easier access to a person's differing cultural meaning systems in any given situation.

Secondly, we have an article about somatic countertransference by Cordelia Huxtable and Margot Solomon, from New Zealand, entitled 'Breathing and relating: Exploring a therapist's heuristic experience'. This article is based on a dissertation which reports on the primary author's subjective experience of monitoring both her respiration and the levels of her awareness thereof during her time with clients. Cordelia Huxtable noticed and observed how she recruited her breath as a protective defence against feelings as well as tracking how her countertransference responses manifested in variations of her respiration and the variants in which she was able to maintain her breathing awareness. In the course of her self-enquiry study, she discovered how her subjective experience of breathing and respiration awareness appears influenced by intersecting client and therapist histories.

Paula Lebre, Kim Dunphy and Soraia Juma, from Portugal, offer an article on their research on assessment entitled 'Exploring the use of the outcomes framework for dance movement therapy to establish a group profile and objectives for psychomotor therapy interventions' which examines the fields of psychomotor therapy and dance movement therapy which share a common challenge of the under-development of relevant, accessible, and user-friendly assessment instruments. The authors discuss a trial of the Outcomes Framework for Dance Movement Therapy as an assessment tool in a community psychomotor therapy program for adults with high support needs in which 61 participants were observed by four raters across a series of sessions. Group profile results were obtained by averaging scores from sub-domains and 59 individual items for each participant, after an internal consistency test found 'acceptable to good' reliability values. Findings indicate the Framework was suitable for use by psychomotor therapists to develop a group profile and set programme objectives.

Next is a report on another research study by Mitul Sengupta and Mallika Banerjee, from India entitled 'Effects of dance movement therapy on improving communication and body attitude of the

persons with autism: An experimental approach'. The article summarises outcomes from a quantitative study which explored dance movement therapy for developing communication and body attitude in autism. Three participants aged between three and 11 years diagnosed with severe autism were each given 24 sessions of this intervention including mirroring, Bartenieff fundamentals, comfort touch and improvisation. The study concluded that, for these three participants, there was a positive effect on both body attitude and communication. Although these effects continued for some time, follow-up results suggested that more therapeutic interventions would be needed to ensure a more enduring effect.

In another research study Samantha Kosierb and Cynthia Bilodeau present qualitative findings in their article entitled 'Supervising the use of touch: A phenomenological study'. The Study set out to identify commonalities elicited from five body-oriented psychotherapy supervisors from their experience of supervising touch and tactile interventions. The authors aimed to develop understanding and knowledge for how supervisors may address the use of touch as a psychotherapeutic intervention and how they might integrate dynamics around touch and tactile contact in supervision practice. A variety of themes emerged during the project, for example how "philosophies of touch" appear to inform the approaches supervisors take, or identifying particular roles referring to various aspects which supervisors and/or supervisees are responsible for in the process of supervising and processing the experience of touch. During the study, it also emerged that contrary to some assertions made in the literature, touch appears to be processed like any other aspect of psychotherapy in supervision.

Finally, we have an article by Maria Stella and Jill Taggart from Canada called 'Attachment, learning and embodied reflective practices in clinical supervision' which examines how counselling psychology programmes may elicit emotional triggers for both students and instructors. The authors argue that supervisors may utilise attachment theory to inform an embodied supervision practice suitable to facilitate in-depth supervision work. Supervisors need to notice and act on emotional processes when working with intense emotions in the supervisory alliance. The authors provide a framework for clinical supervisors to aid in the development of supportive, secure base behaviours in supervisees. There is a discussion of attachment and learning theories, and authors offer specific

embodied strategies such as ‘presencing’ and self-reflective practice as potential aids in the supervision process.

We are also pleased to include two book reviews in this issue. The first by Mark Sossin, from the USA, who reviews the book ‘Embodied relating: The ground of psychotherapy’ by Nick Totten. The second review is by Yorai Sella, from Israel, about the book ‘A psychoanalytic exploration of the body in today's world’ by Vaia Tsolas and Christine Anzieu-Premmereur.

We hope you enjoy this issue.

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