

PSYCHOTHERAPY

BIODYNAMIC BODY PSYCHOTHERAPY & COUNSELLING

Biodynamic Body Psychotherapy is a body oriented psychotherapy, based on the holistic view of body, mind and spirit. It was developed by Gerda Boyesen, a Norwegian psychotherapist, clinical psychologist and physiotherapist and is rooted in S. Freud's early libido theories and the work of W. Reich and C.G. Jung. Today Biodynamic Psychotherapy is further developed and taught by several schools and individual therapists throughout Europe and the UK.

As a body oriented psychotherapy the biodynamic approach works with the organic link between mind and body and spirit, focusing on the way the psyche affects the body and the spirit and vice versa.

It also works on the assumption that each person has a healthy inner core or true self, which stays unaffected by life's experiences and which holds this person's wisdom for self regulation and self healing.

The aim of Biodynamic Therapy is to strengthen the connection with this inner wisdom in order to create a harmonic, content and happy life.

In Biodynamic terms we would say that a person has integrated his or her '**Primary Personality**'. Let me quote Gerda Boyesen's own words describing the beautiful potential we all carry in us.

The 'Primary Personality'

The person who is in contact with their 'Primary Personality' does not withdraw or encapsulate their life energy and it's associated "streamings" - the little rippling, tingling sensations within the body that tell us we are alive, a process that usually happens during childhood.

He or she is a person who is in touch with his or her 'libido' circulation, the pleasure that is derived from being in one's environment and obtained from participation in any situation. He or she will not betray this in themselves or deny it for themselves or others. There is a natural joy in life, a euphoria that is also practical and pragmatic. He or she is "grounded".

The Primary Personality is curious, not afraid of anything new. He or she is also flexible and can take the unexpected, is not defensive, but is able to protect him or her self. There is a basic security, a stability and an honesty. This person can give or take openly. He or she has a readiness about them and a presence that attracts and gives to others.

On an auric level, the red and blue energies are in proportion, which means that the earthly energies and the more spiritual energies are balanced and work together. There is pleasure in work and in relaxation, a gentle euphoria and mild intoxication in the pleasure of living.

We all have these attributes within us; what we need most is the capacity to balance, to self-regulate. With this capacity we do not get fixated in any one aspect.

When the function of one aspect is fulfilled it recedes back into its potential and another aspect takes its place. Our work with people is to help each person to realize all aspects of the Primary Personality within themselves.

The Primary Personality is our full human potential. The pleasure of helping people to come back to their Primary Personality, unique to them, but common to all, is no less than their own pleasure in re-experiencing it.

It is holy work, for Man and Woman are sacred beings'.

Gerda Boyesen, 'The Primary Personality,' Journal of Biodynamic Psychology No 3, London, 1982

The main methods are:

- **Biodynamic Vegetotherapy** works in depth with the link between mind, body and spirit. The attitude of the therapist is one of cooperation. Together they set out on a journey to explore and understand the origin of problematic symptoms and issues, trace their impact on all levels of that person's organism and find what the person needs to regain his or her balance. The therapist takes sides with the healthy core and supports the client in her ability to listen to that core and express what needs to be expressed. This usually happens through memories, images, movement, emotions or sound and unfinished cycles from the past can be brought to conclusion today. Often feelings of relieve and freedom will arise, resulting in a growing self esteem and joy to be alive.
- **Biodynamic Massage** works within the above outlined holistic perspective. It will be part of the therapeutic journey but it can also be used as a treatment in its own right. It uses techniques of classical massage as well as those of more spiritually oriented massage types with similar results:

improvement of the metabolism, balance of the respiratory system, reduction of stress and stress related symptoms (headaches, insomnia), calming of the nervous system, easing of muscular tensions and related physical pains and aches (back, neck, shoulders), release of toxins, aura balance to name just a few. But some essential aspects surpass the common ground and give biodynamic massage its **unique character**: The Biodynamic Therapist is trained to **communicate through touch with the vegetative system** in order to bring the stuck energy and tensions to a release.

- **Verbal Psychotherapy** functions like a bridge between the day to day life and the therapy session. It creates an atmosphere of containment and trust to find the courage to face the challenges of the therapeutic journey. To verbalize the experiences supports the cognitive integration of new views, attitudes and inspirations into a person's life.