



Body Psychotherapy (Advancing Theory in Therapy)

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In the past the practice of body psychotherapy has been taken less seriously in professional circles than more traditional psychotherapeutic approaches.

Body Psychotherapy redresses the balance, offering insights into a spectrum of approaches within body-oriented psychotherapy. A range of experienced contributors introduce new areas of development and emerging theory and clinical material, covering:

- * the history of body psychotherapy
- * theoretical perspectives on body psychotherapy, including post-Reichian and development of integrative methodologies
- * body psychotherapy in practice, including applications for trauma and regression
- * the future for body psychotherapy.

This book shows how body psychotherapy can be healing, reparative and rewarding. It will make essential reading for postgraduates and professionals, whether they are already involved in this field, or wish to learn more about incorporating it into their own practice.

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