



Body Psychotherapy: An Introduction

Nick Totton

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Body psychotherapy is an holistic therapy which approaches human beings as united bodymind, and offers embodied relationship as its central therapeutic stance. Well-known forms include Reichian Therapy, Bioenergetics, Dance Movement Therapy, Primal Integration and Process Oriented Psychology.

This new title examines the growing field of body psychotherapy:

- Surveys the many forms of body psychotherapy
- Describes what may happen in body psychotherapy and offers a theoretical account of how this is valuable drawing in current neuroscientific evidence
- Defines the central concepts of the field, and the unique skills needed by practitioners
- Accessible and practical, yet grounded throughout in current research

Body Psychotherapy: An Introduction is of interest to practitioners and students of all forms of psychotherapy and counselling, and anyone who wants to understand how mind and body together form a human being.

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