Body Psychotherapy

Brighton and Hove Psychotherapy

Body psychotherapy, also called body-oriented psychotherapy, is an approach to psychotherapy which applies basic principles of somatic psychology. The Body in Psychotherapy: Inquiries in Somatic Psychology (Body Psychotherapy) by Richard G. Erskine provides an overview. The book discusses the role of the body in fostering resilience: a Sensorimotor Psychotherapy perspective.

In this book, Erskine explores the use of movement, awareness, and self-regulation as central to the practice of body psychotherapy. The book covers the role of the body in psychotherapy, the use of body-oriented techniques, and the relationship between body and mind.

The Body in Psychotherapy: Inquiries in Somatic Psychology (Body Psychotherapy) by Richard G. Erskine is a valuable resource for therapists and students of body psychotherapy. It provides a comprehensive overview of the field, including the latest research and developments.

The book is available in paperback and e-book formats. It is highly recommended for anyone interested in the field of body psychotherapy.

Additional resources include:

- YouTube The Body in Psychotherapy: Creating and Sustaining Integration of Body and Mind
- CiteSeerX The Body in Psychotherapy: Inquiries in Somatic Psychology
- Books - Amazon.ca: The Institute of Body Psychotherapy
- EABP European Association for Body Psychotherapy

For more information, visit the website of the EABP or check out the books listed above.

Edward W. L. Smith

The Body In Psychotherapy

by Edward W. L. Smith

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increasingly recognised is that therapy is not only something the therapist does to the client - it is something that happens between.