Contents

Introduction 11	
1.	Integrative Body Psychotherapy: What and Why The Primary Scenario 18 The Sense of Self 20 Energy 22 Other Manifestations of Energy in the Person 24
	Intellectual Energy 25 Sexual Energy 25 The Therapeutic Process 26 Reliving the Past 28 Obsolete Responses to the Past 31 The Healing Relationship 32
2.	The Beginning: The Basic Tools of Integrative Body Psychotherapy 37 Physical History 37 How We Take the History 41 Nutrition and Emotions 54 Drugs 61 Exercise and Emotions 64 The Journal Process 65
3.	The Source: The Primary Scenario 69 Gathering the Primary Scenario 74 The Necessity of the Primary Scenario 86
4.	Looking In: Contraction and Expansion 89 Basic Concepts of Body Therapy 95

Cathartic Release 96	
Reich's Notion of Orgastic Potency 100	
The Charging Process 100	
The Breathing Process 106	
Autonomic Nervous System 107	
Interruptions 108	
5. Looking at the Body 115	
The Segments 115	
Release Techniques 118	
Verbal/Cognitive 118	
Muscular 118	
Energetic 118	
Stress/Movement 119	
The Subtle Energy Level 119	
The Face 119	
Band I: Top of Head and Forehead 122	
Band II: Eyes; Ocular Segment 123	
Band III: Jaw and Mouth; Oral Segment 125	
Band IV: Mouth and Throat 127	
Cervical Segment 128	
Thoracic Segment 129	
Diaphragmatic Segment 132	
Abdominal Segment 133	
Pelvic Segment 134	
Orgastic Reflex 136	
6. Growing Up: Development of the Self 141	
Stages in Development of the Self 144	
	45
Bonding Injuries 148	
Reflection Stage (6 Months to 1½ Years): Mirroring 150)
Mirroring Injuries 151	
Solipsism: A Special Kind of Injury 156	
Rebellion and Spitefulness 158	
Withdrawal 159	
Compliance 159	
Polarizing 160	

	The Solipsistic Relationship: The Next Generation 162 Healthy Introversion/Narcissism Stage
	(1½ to 3 Years): Reinforcing Self 163 Reinforcing Injuries 164
	Rapprochement Stage (1½ to 3 Years): Reality Testing The Constituted Self 168
7.	Hanging Out: The Therapeutic Process 169 Fragmentation 170 Boundaries 175 Containment 178 Defensive Character Styles of Relating 179 Splitting Off 179 The As-If Personality 180 The Super-Trouper 190 The Never-Enougher 196
	Treatment Methods 205 Releasing and Replacing the Negative Introject 205 The Good Mother Messages 207 The Good Father Work 215 Transference and Counter-Transference 216 Stages of Transference Relationship 217 Negative Transference 224
8.	Getting Off: Sexuality and Sexual Counseling 227 The Physical/Energetic Level: Methods of Building Excitement 231 Presence and Contact 231 Breathing 232 Containment and Boundaries 233 Thinking and Fantasy 237
	Sensuality and Pleasure 239 Genital Stimulation 239 The Language of Sex 241 The Intra-Psychic Level: The X-Rated Movie 243 Critical Stages of Sexual Development 245 Incest 249 Traumatic Sexual Experiences 255

x Contents

Summary of the X-Rated Movie 260
The Interpersonal Level: Relationships 263
Projection (Projective Identification) 264
Re-owning Projections 265
Sexually Expressed Energetic Blocks 268
9. Turning On: The Transpersonal Experience 273
Archetypical Transpersonal Insights 279
Dreams and Myths 293
Body Experiences in the Transpersonal Process 299
Centers of Energy (Chakras) 299
Physical Manifestations of the Transformational Process 304
Traps in the Transpersonal 308
What You Believe is What You Get 308
The "Messianic Explosion" 308
The Entrance of the Demonic 309
Transference and Counter-Transference Traps 310
Constellation Around Psychic Powers 310
Satsang Effect 311
Head Trip 311
Fallen Angel 311
Sane/Insane/Unsane 312
Meditation 313
The Journey of Life 316
Glossary 319
Appendix: IBP Release Techniques Chart 325