
Body Psychotherapy (BPT)

An introduction

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Bodypsychotherapy

In general

“There is more wisdom in your body than in your deepest philosophy”.

(Friedrich Nietzsche)

“你的身体比灵魂更智慧”.

(弗里德里希·尼采)



Definition of Body Psychotherapy (BPT)

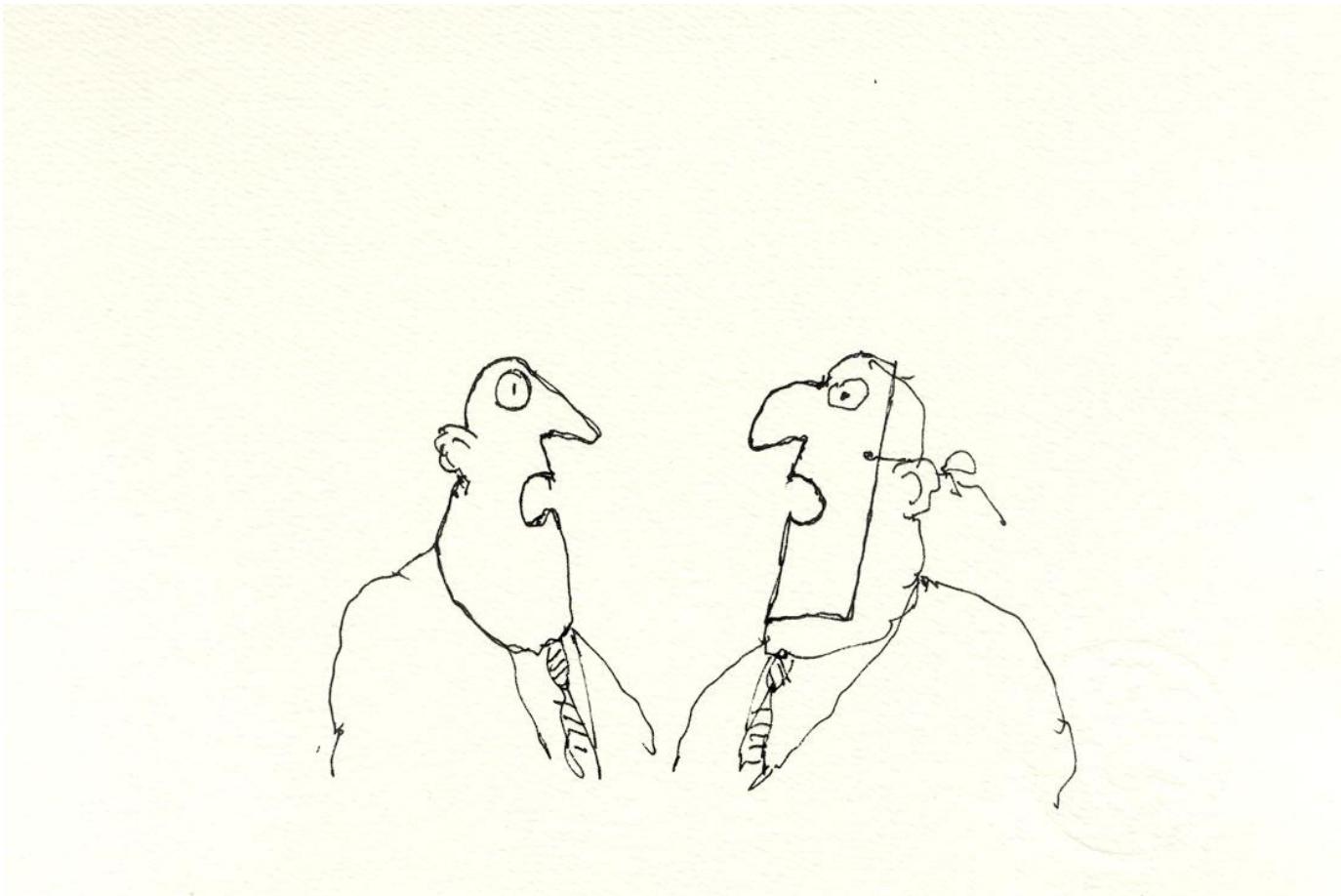
~~身体心理治疗的定义~~

- Body Psychotherapy integrates the work with the body, with the patient's interpersonal relationships, and with his mental processes; each of which is correlated and interpreted in terms of the others.
 - » 身体心理治疗整合了患者的身体、人际关系及其心理过程,并在这之间相互融合连接并彼此解读。
- All this mirrors experiences of early childhood.
 - » 所有这一切都反映儿童早期的经验。
- It starts with the reality of the body and its basic functions of motility and expression.
 - » 它始于身体的这一现实基础并具有能动性和表现力



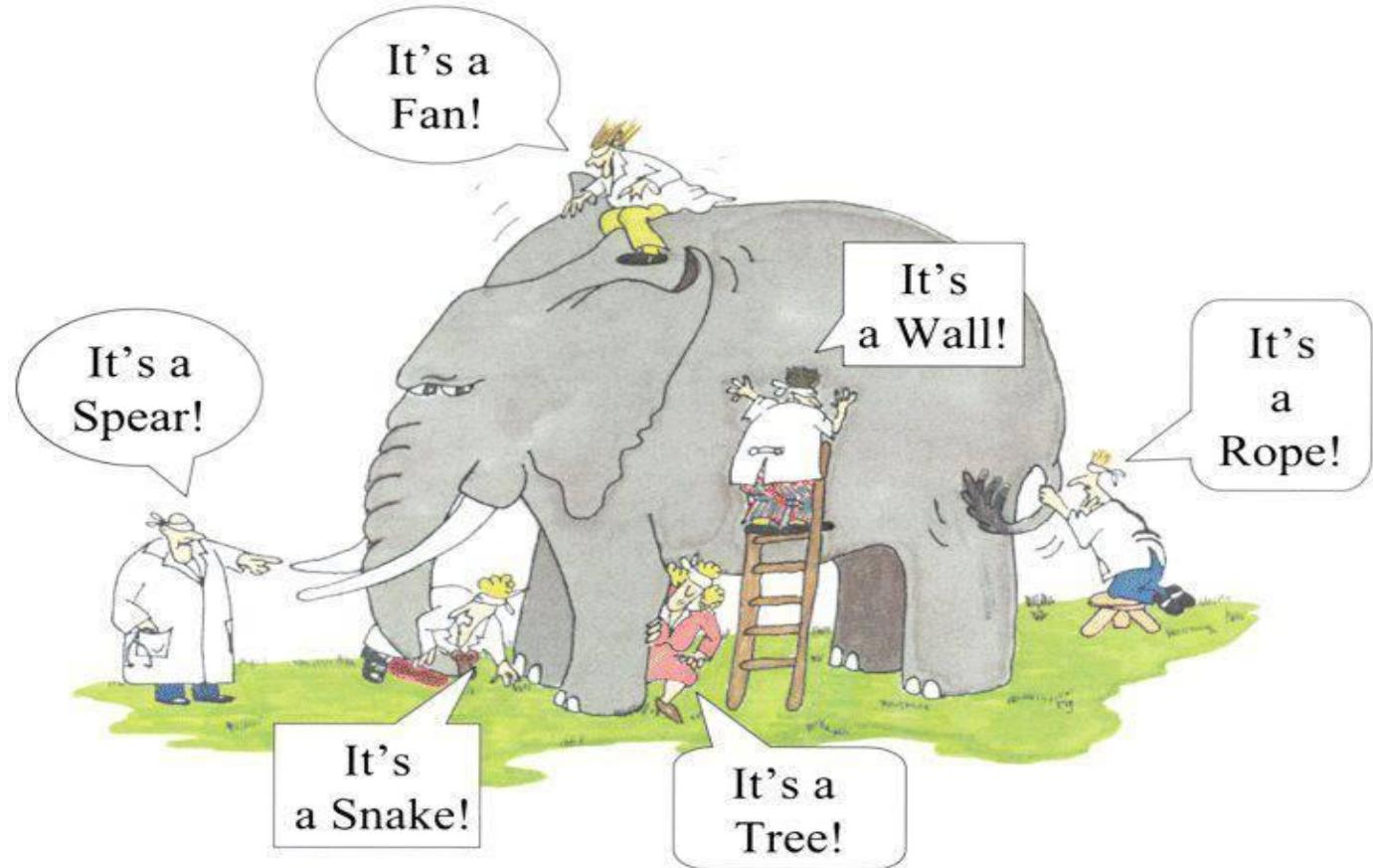
Basic emotions





About BPT关于身体心理治疗

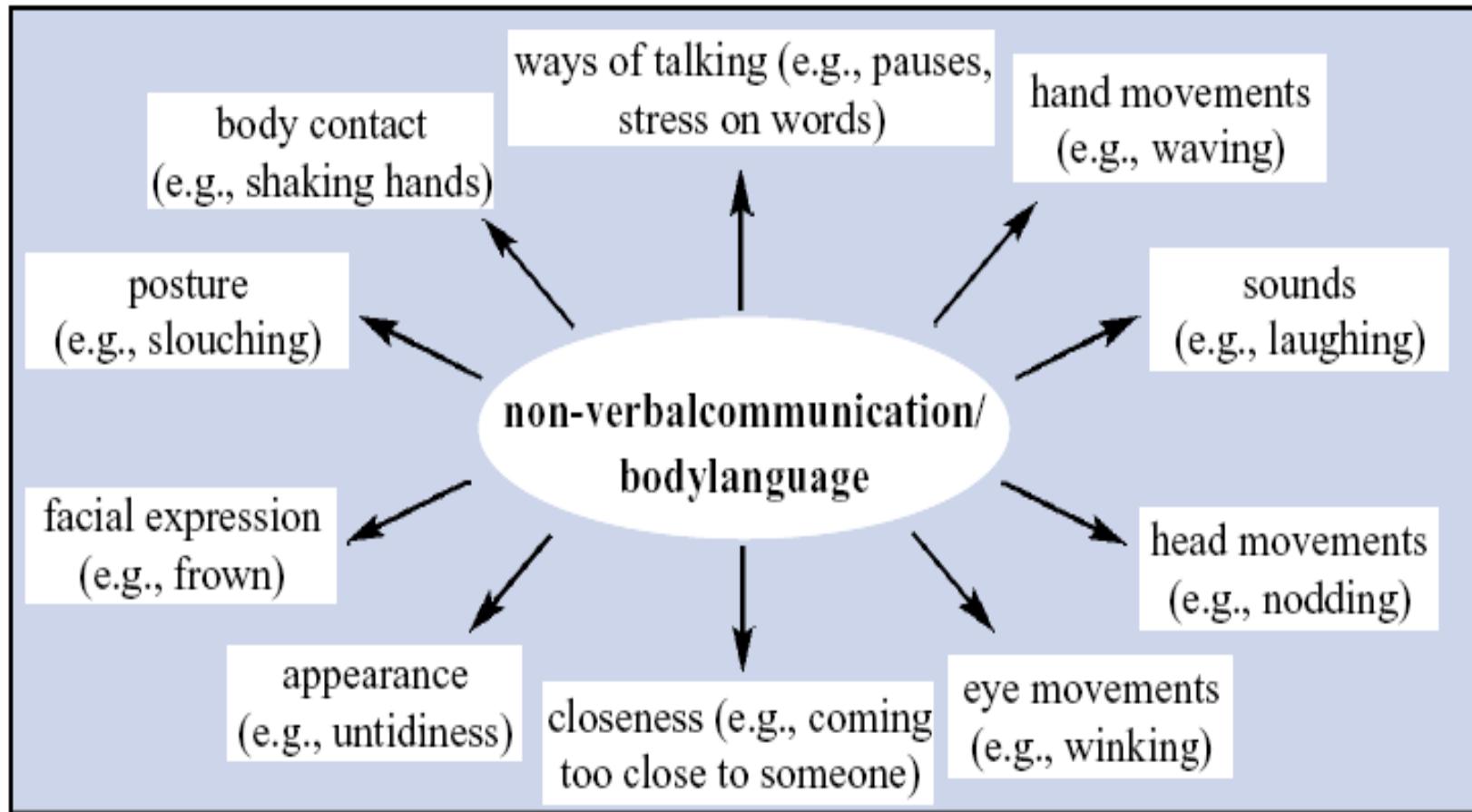
- » distinguished and relevant in the field of
 - psychotherapy
 - » explicit theory about body-mind-functioning (functional unity /
 - » identity between body and mind)
 - » developmental model of personality
 - » big variety of diagnostic / therapeutic techniques
 - » rich scientific basis in explicit theory (psychoanalysis, infant research,
 - » brain theory,
 - » complementary to other disciplines
 - » a scientifically validated main branch of
- » 与心理治疗领域的关系与区别
 - » 身心功能明确理论（身体和心灵功能的统一/同一）
 - » 人格发展模式
 - » 在诊断/治疗技术上具有很大地多样性
 - » 理论明确并具有丰富的科学依据（精神分析，婴幼儿的研究，脑科学理论）
 - » 其他学科的补充
 - » 科学验证是心理治疗的主要分支





Basic motivation 基本动机(Lichtenberg)

- Physiological needs
 - Attachment needs
 - Need to self-exploration and self-assertion
 - needs of adversity and drawback
 - Need for sensual indulgence and sexuality
- 生理需求
 - 依恋需要
 - 探索自我和自我确认的需要
 - 厌恶或缺陷的需要
 - 声色犬马（感官放纵）的需要



非语言交流的 肢体语言

谈话的方式
停顿，语调

手的动作
挥手

声音
笑声

头的摇动
点头

眼睛的运动
眨眼

接近
走向某人贴近

身体接触
握手

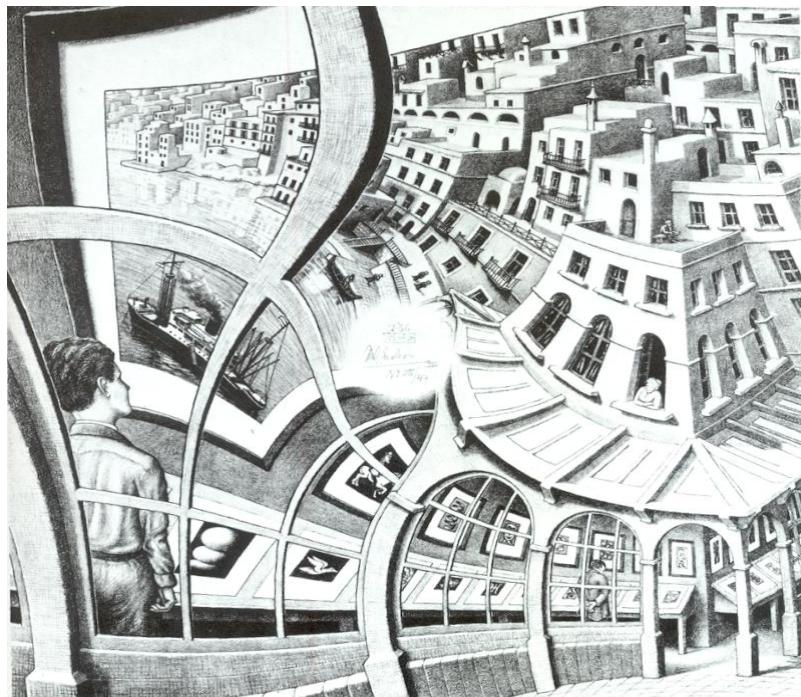
姿势
耷拉 懒散的样子

面部表情
皱眉头

外貌外形
不整洁

Body language in practise 身体语言的练习

- » First impression » 第一印象
- » Interaction / Reaction / Communication » 互动 / 反应/ 交流
- » Phenomenology and here-and-now » 现象学 及 此时此刻
- » Dissonance and coherence » 不协调的和一致的
- » Patterns of expression and behavior » 表情和行为模式
- » Difference between word, content and body-language » 词语、 内容和身体语言的区别
- » Context / role » 背景/ 角色



Approach means always:
expression and impression

接近总是意味着：
表达和印象

The brain thinks in the way
how the eyes have learnt to see

大脑思考问题的方式
遵循着
眼睛观察到的事物

„We do not see the things, how they are.
We see the things how **we** are“

Aus dem Talmud

„Everyone soon invents a story,
about which he believes
that this is his life“

Max Frisch



www.sollmann-online.de



How long is
the first impression?

How long is
the first impression?

XXXXXX

第一印象需要XXXXXX

How long is
the first impression?

0,24 seconds

第一印象需要0,24 秒

There is *no* second chance
for the first impression

第一印象没有第二次的机会







Who consciously lives in the jungle,
cannot get lost

谁在丛林生存法则而不迷失

Perception, insight, cognition (and learning)

start with

astonishment

在好奇心的引领下 去感受、洞
悉 认识 并学习

3 Elements of communication

Words/Content

Voice

Body language

3 Elements of communication

Words/Content **ca. 10 %**

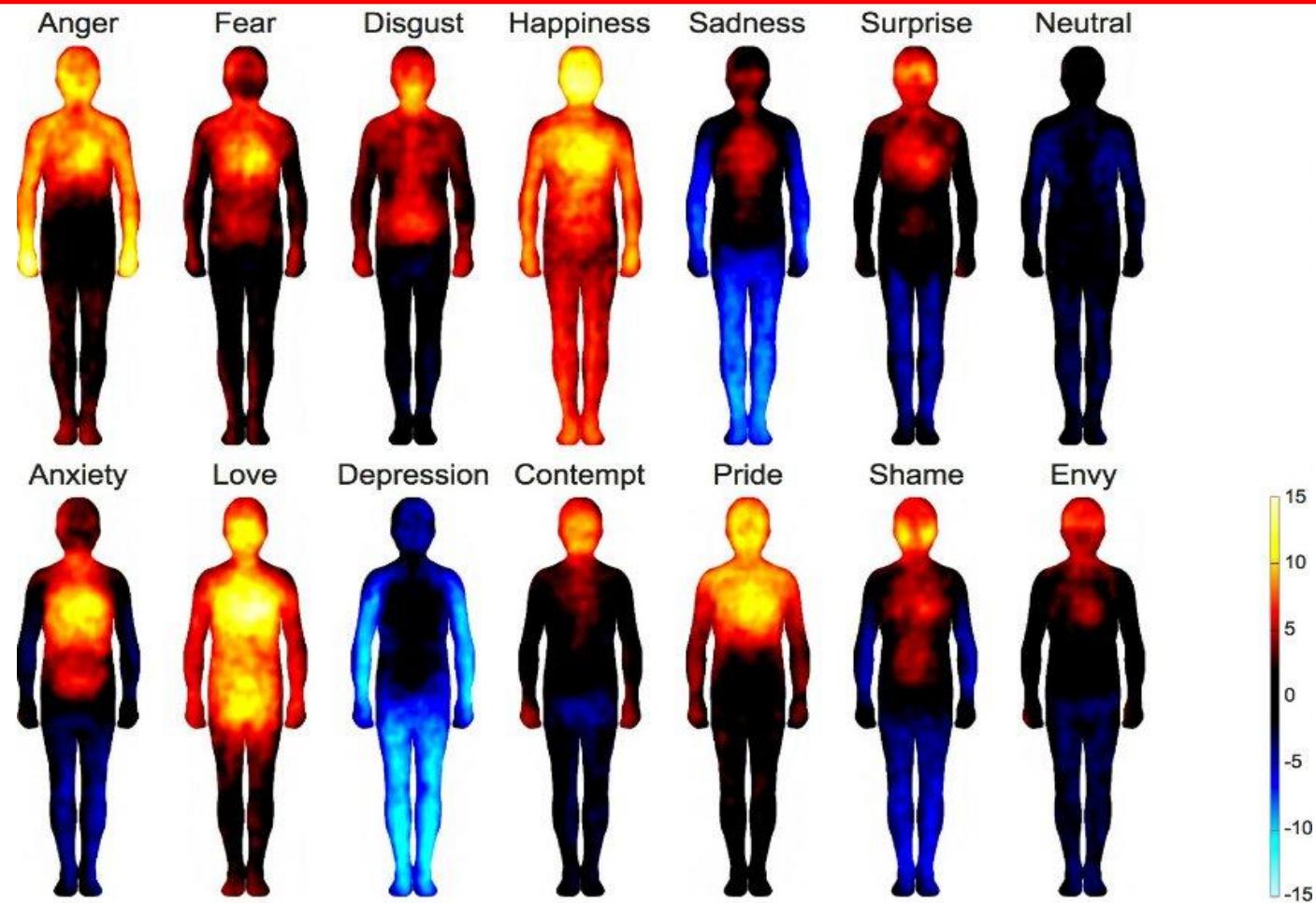
Voice **ca. 25 %**

Body language **ca. 65 %**

- Breathing problems (asthma and others)
- hardened and tensed muscles between the ribs
- expression of not enough energy
- under stress “collapse”
- compensation via expression of autonomy
- unconscious feeling of weakness, helplessness, dependency
- good in talking, dicussion and critics

- indication (on the body) level:
 - opening up the breathing by stretching the rip muscles
 - working with the voice, the sound of the breathing
 - strengthening the body by kicking with the legs
 - try various forms of aggressive expression
 - feel (on the body level) strong, self-confident, self-trust
 - touching, holding, re-nourishing by body-to-body-contact
 - expression of crying and feeling not being alone

Energy and feeling



Guiding aspects for the body work

- Breathing and movement
- Working on the body-segment
- (half-) autonomous body-reaction
- Breathing with the tone
- Energy and forming/shaping
- Opening and counter-reaction
- Linking of main physiological functions
- Process and cortical control

„You can't teach people
what they have to do.
You can only support them
to explore it by themselves“

Galileo Galilei

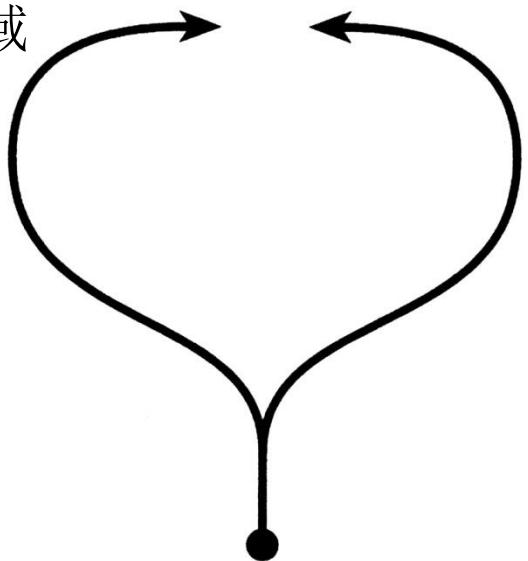
Bioenergetic Analysis

- One main method of bodypsychotherapy -

Energetical Process 能量过程

spiritual field, 精神领域
psyche, 心灵 精神
me 自我

pictures, 图像
thoughts 思想

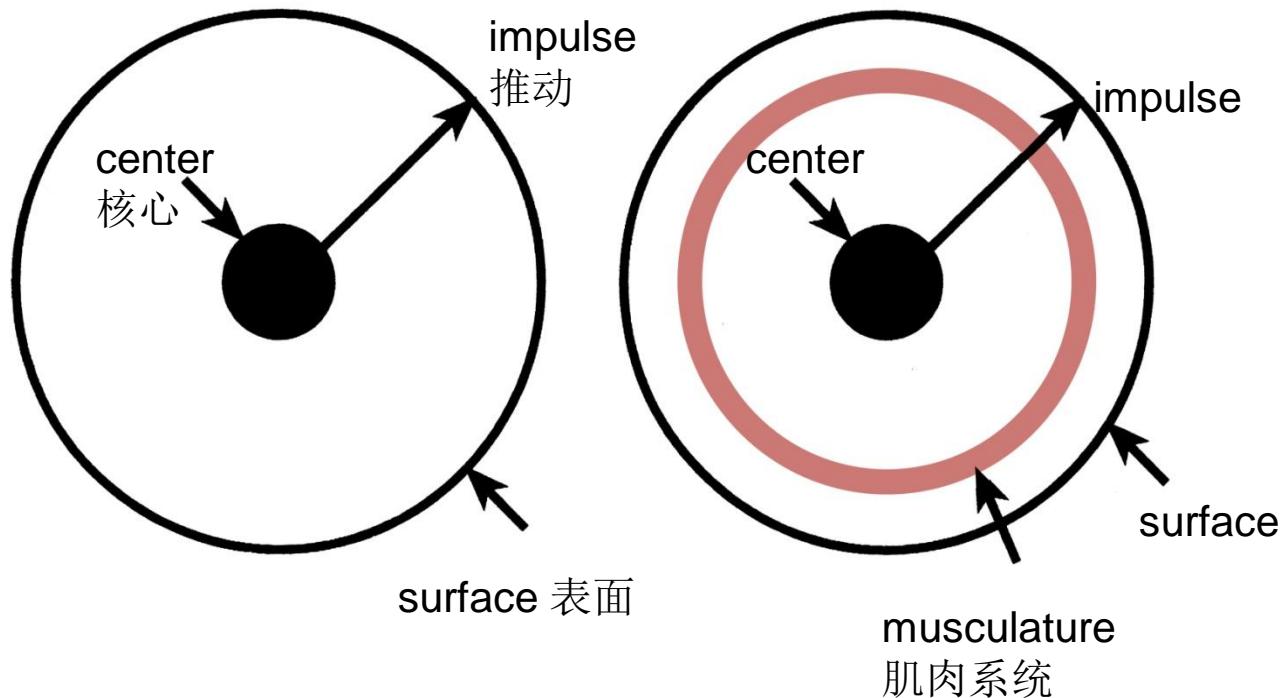


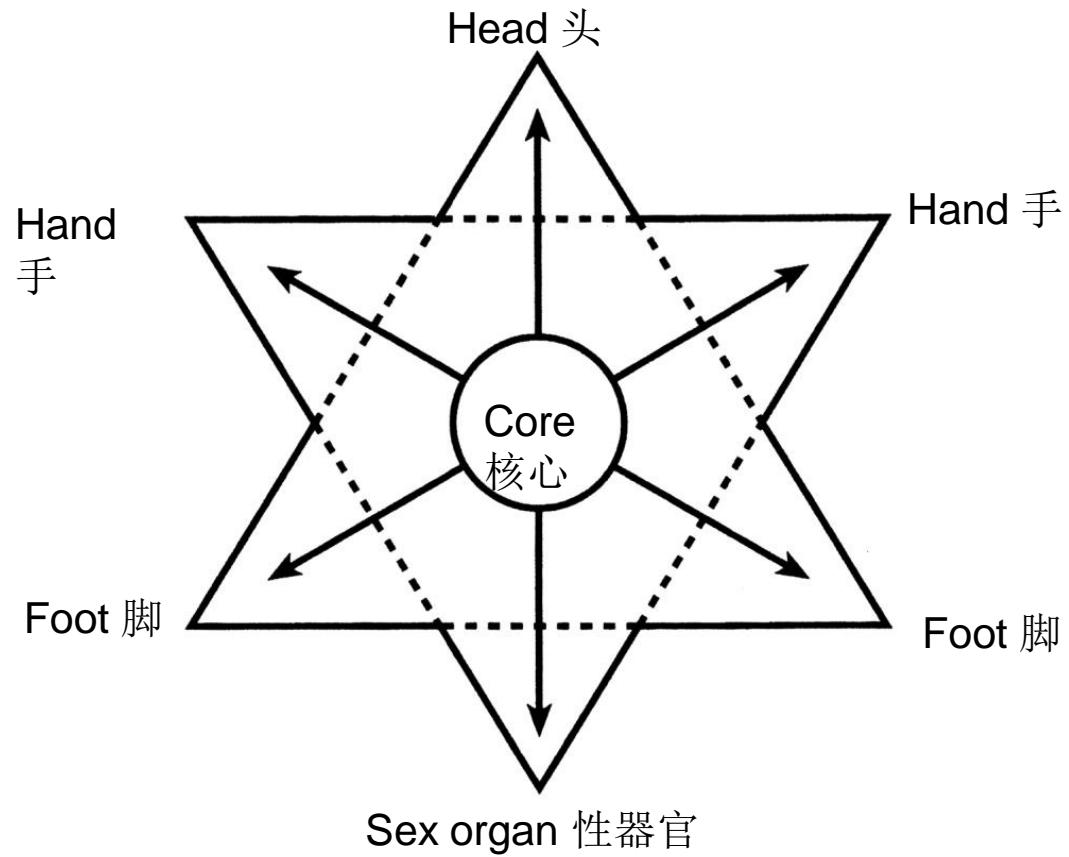
Energy /
charge / discharge
excitement

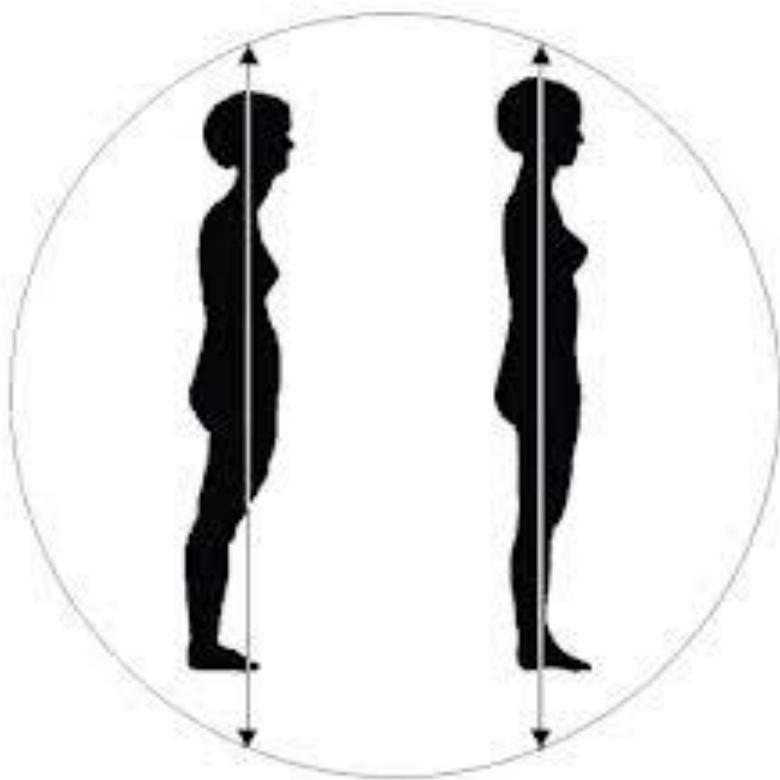
physical field, 生理范畴
soma, 躯体
body 身体

movement, 运动
feeling 感受

能量/
充电/放电
兴奋



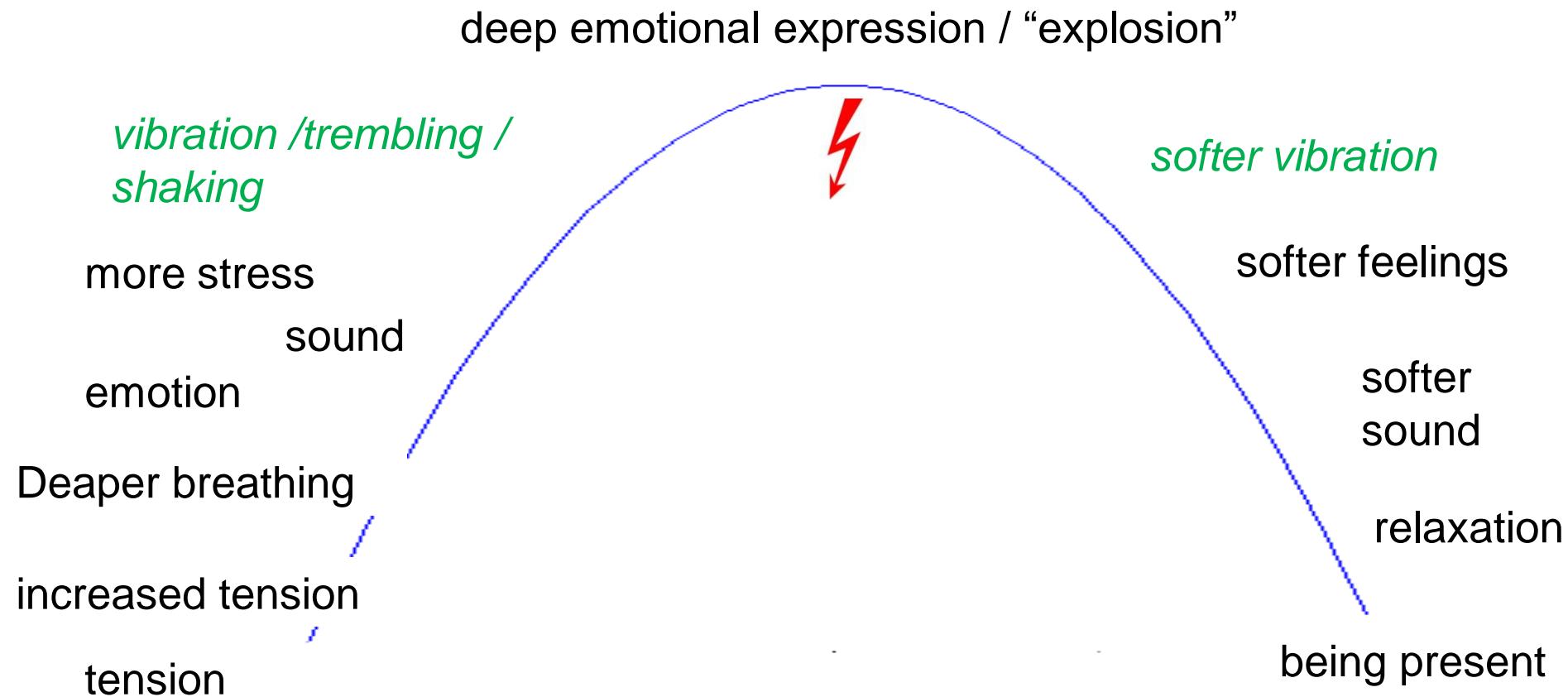




The person is his body

身体即是个人

Cycle of tension and relaxation



Each physiological expression of the body
has a meaning

If this expression is fixed and changed to a life habit,
it tells a story of past experiences,
encounter with people
and survival patterns

身体的每一种生理表达都有意义
身体对生活习性的表达是固定的或或改变
身体讲述了一个人过去的经历,遇到的人和生存的方式

The typical personal survival pattern is
mirrored on all levels:

thinking, feeling, nonverbal expression,
decision making, relating to the „other“, acting
and solving problems

典型个人生存模式
是他的思考、感觉、非语言表达、决策、与他人的关系，表现
和解决问题各个层面的镜像

Especially under stress,
in conflict, or in a crises
one unconscious activates:
early experiences of the childhood and typical patterns
of behavior.

They serve as best survival patterns.

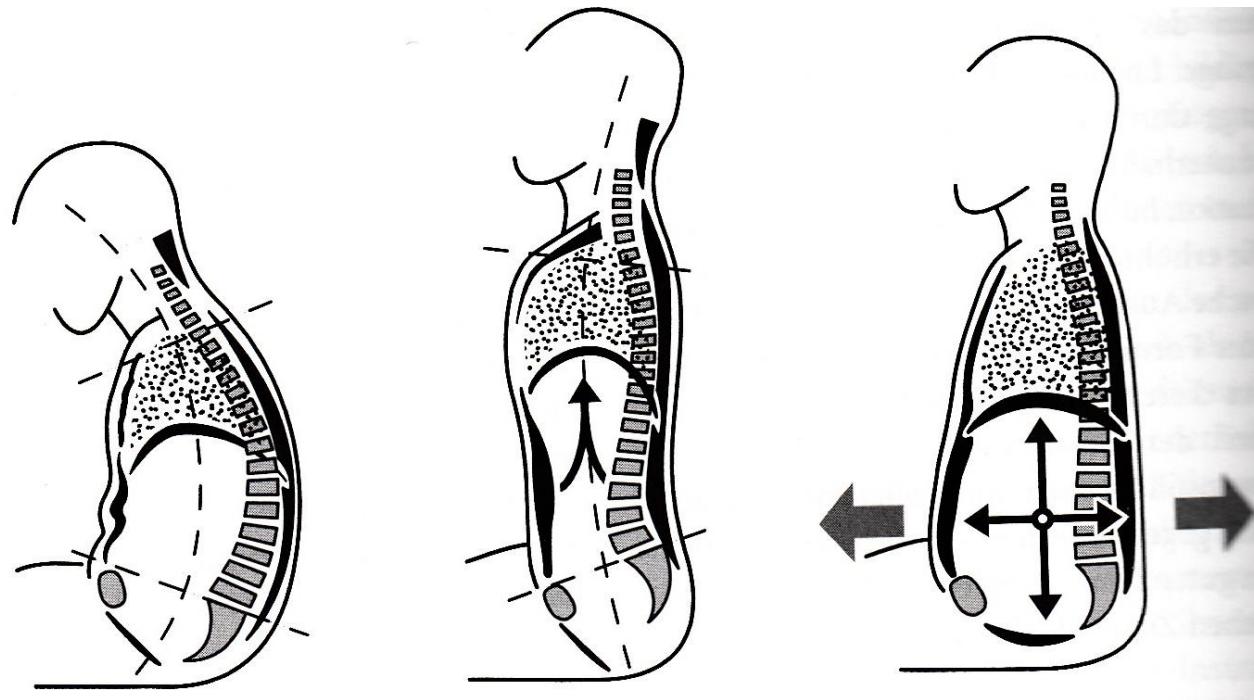
- » 特别是在应激的状态下,冲突或危机
 - » 一个无意识的激活:
 - » 早期经历的童年和典型的行为模式

 - » 作为最佳的生存模式
-

Body language is characterised by „fotografia“ elements,
the quality of impact to the outer world, the potential of
dialogue and the response by the other

图像元素是肢体语言的特点
对外部世界的影响
潜在的对话和他人的响应

Interdependency between breathing and muscular tonus

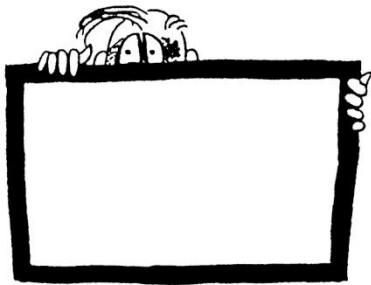


Low energy

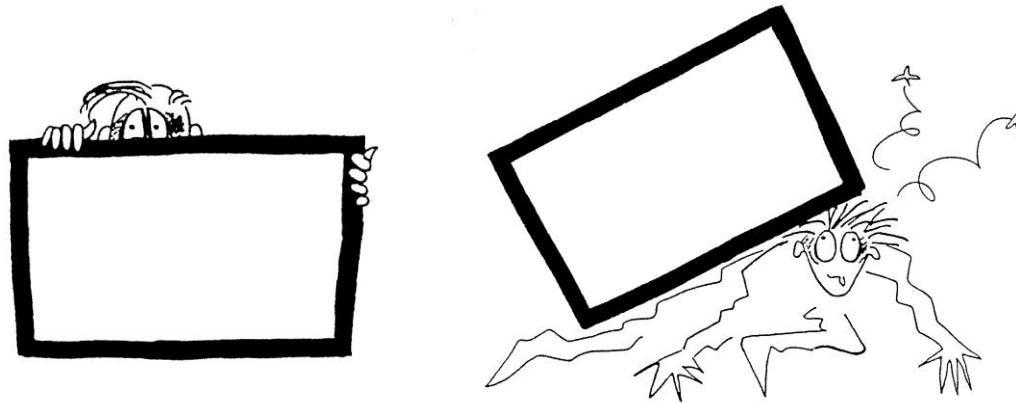
Strain

Good tension

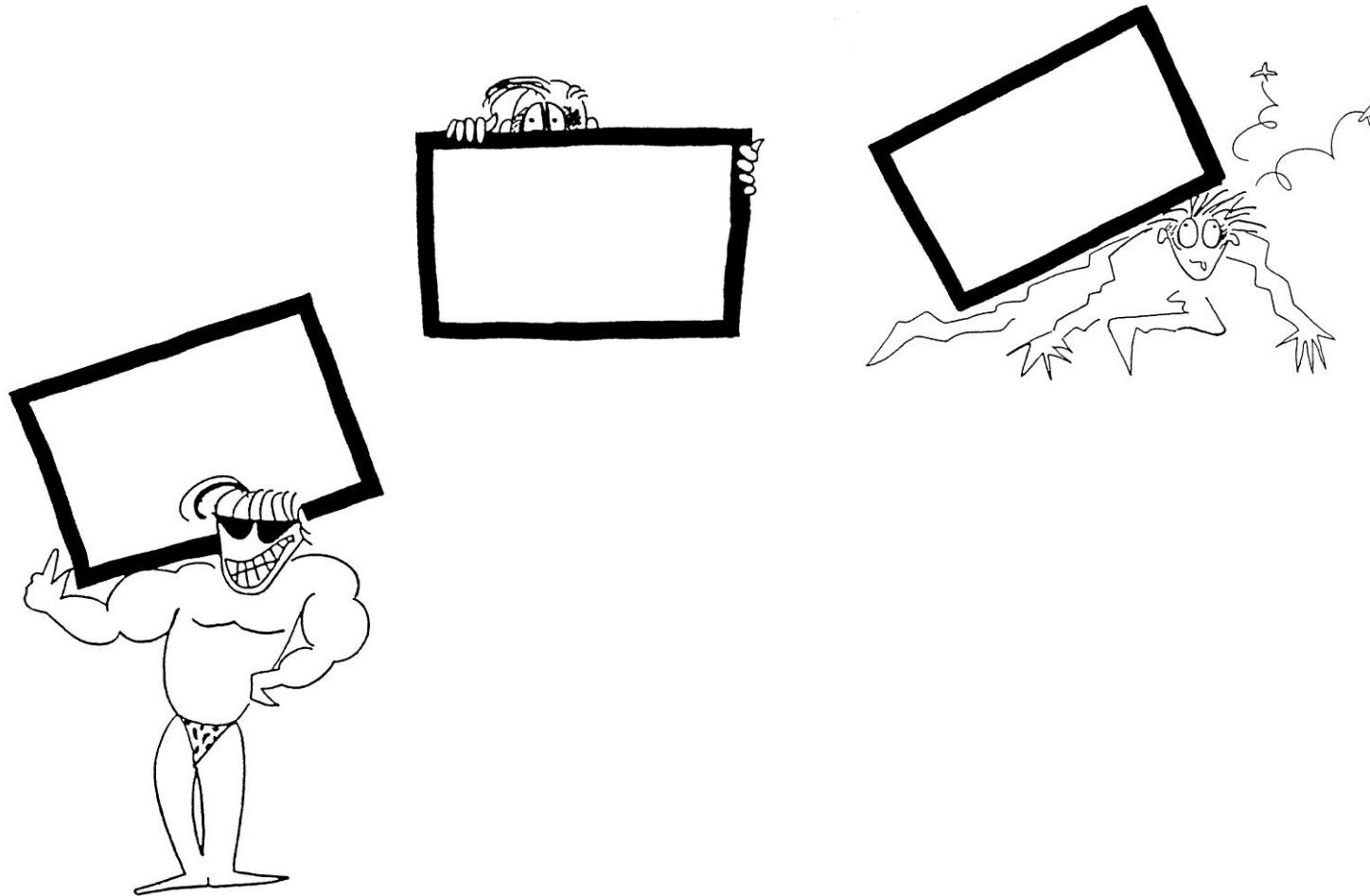
How do you feel under stress?



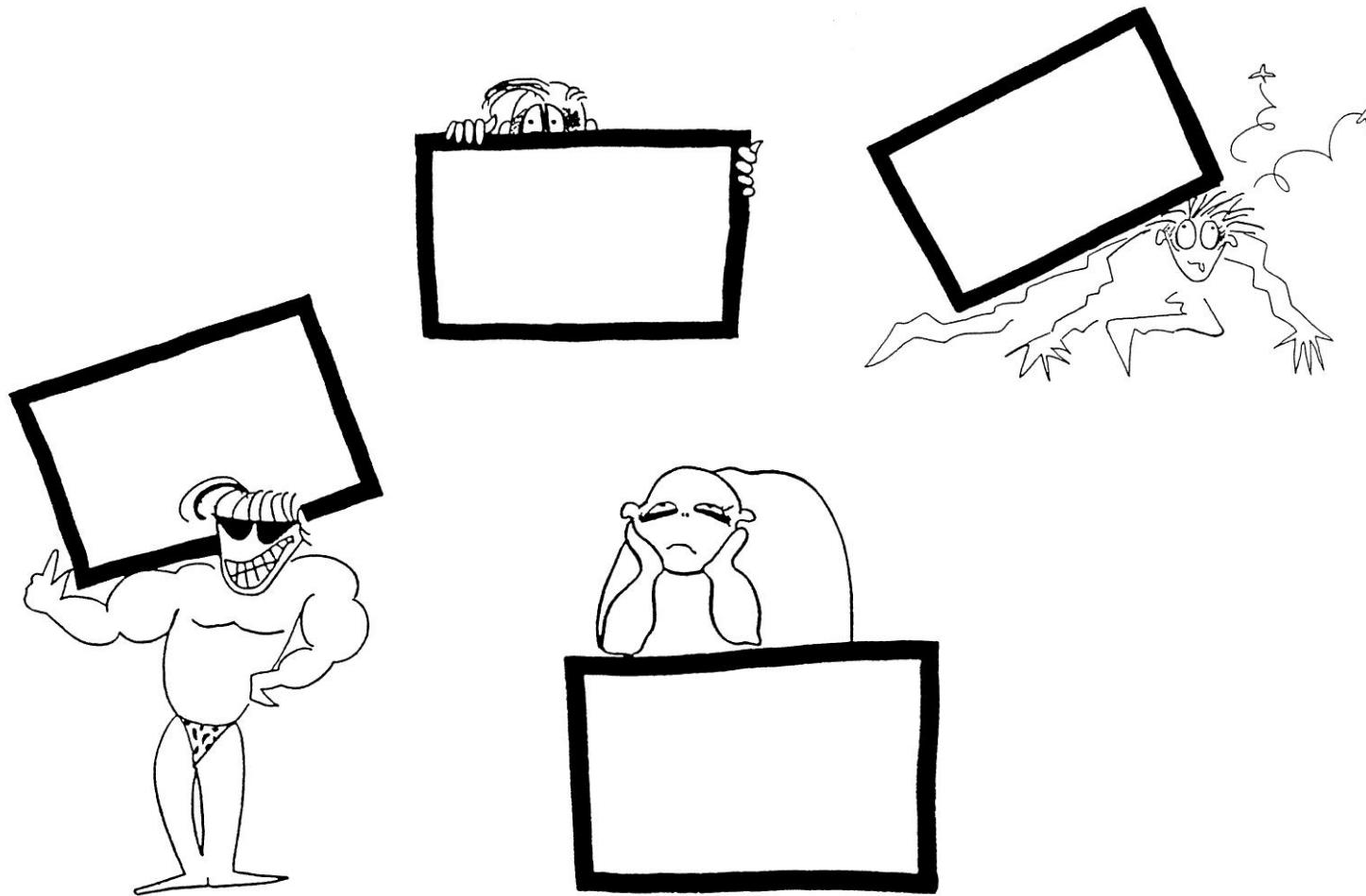
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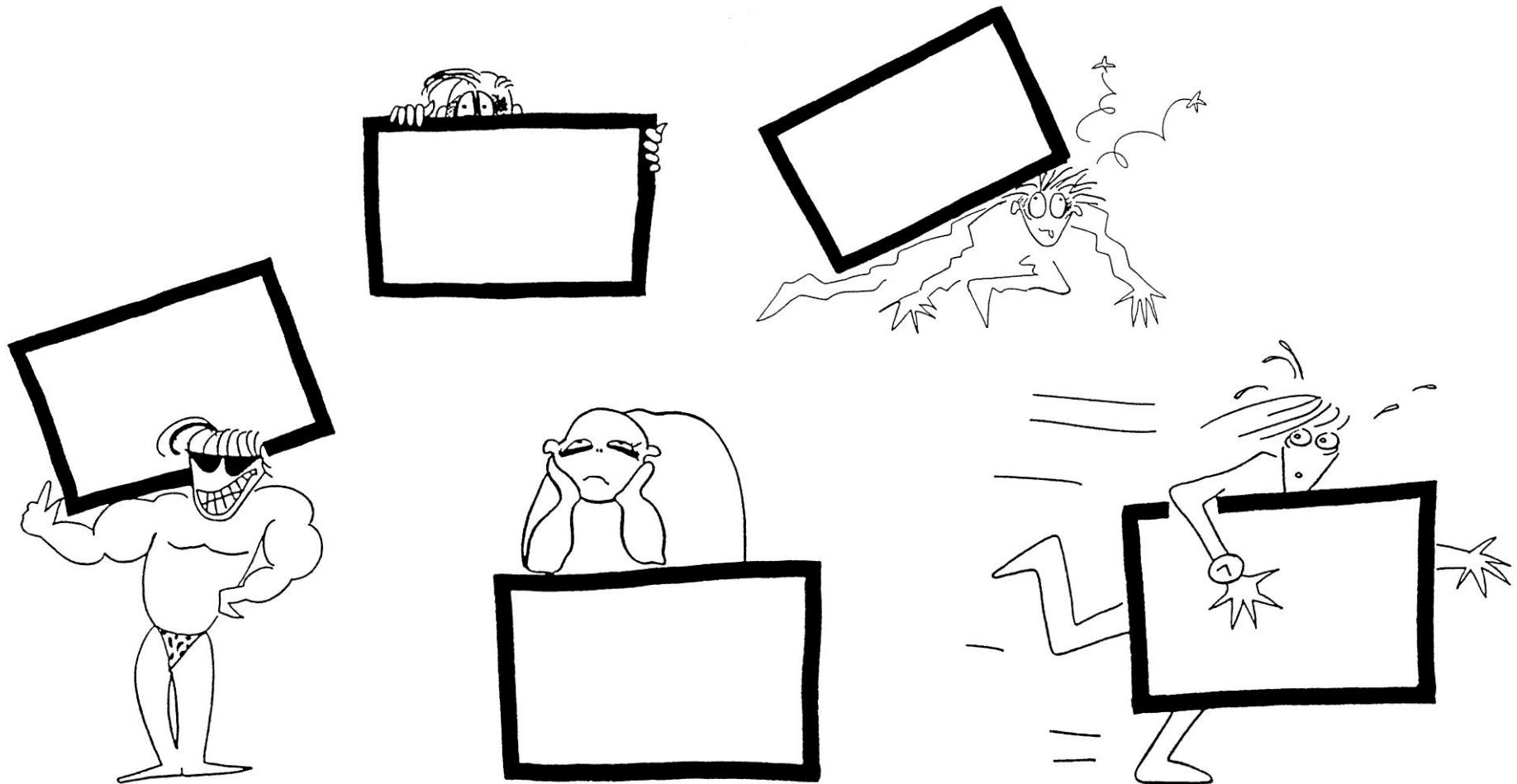
How do you feel under stress?



How do you feel under stress?



How do you feel under stress?



Guiding aspects for the body work

- Breathing and movement
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- Breathing with the tone
- Energy and forming/shaping
- Opening and counter-reaction
- Linking of main physiological functions
- Process and cortical control



Basic concepts of body work

- Working on the character structure
- Working on specific segments (f.e.shoulders, pelvis)
- Working with special techniques
- Mobilizing the energy
- Working on the resistance
- Working with stress
- Working with (slow-motion-) movement etc.

Concepts and tools

- Bodypsychotherapy -

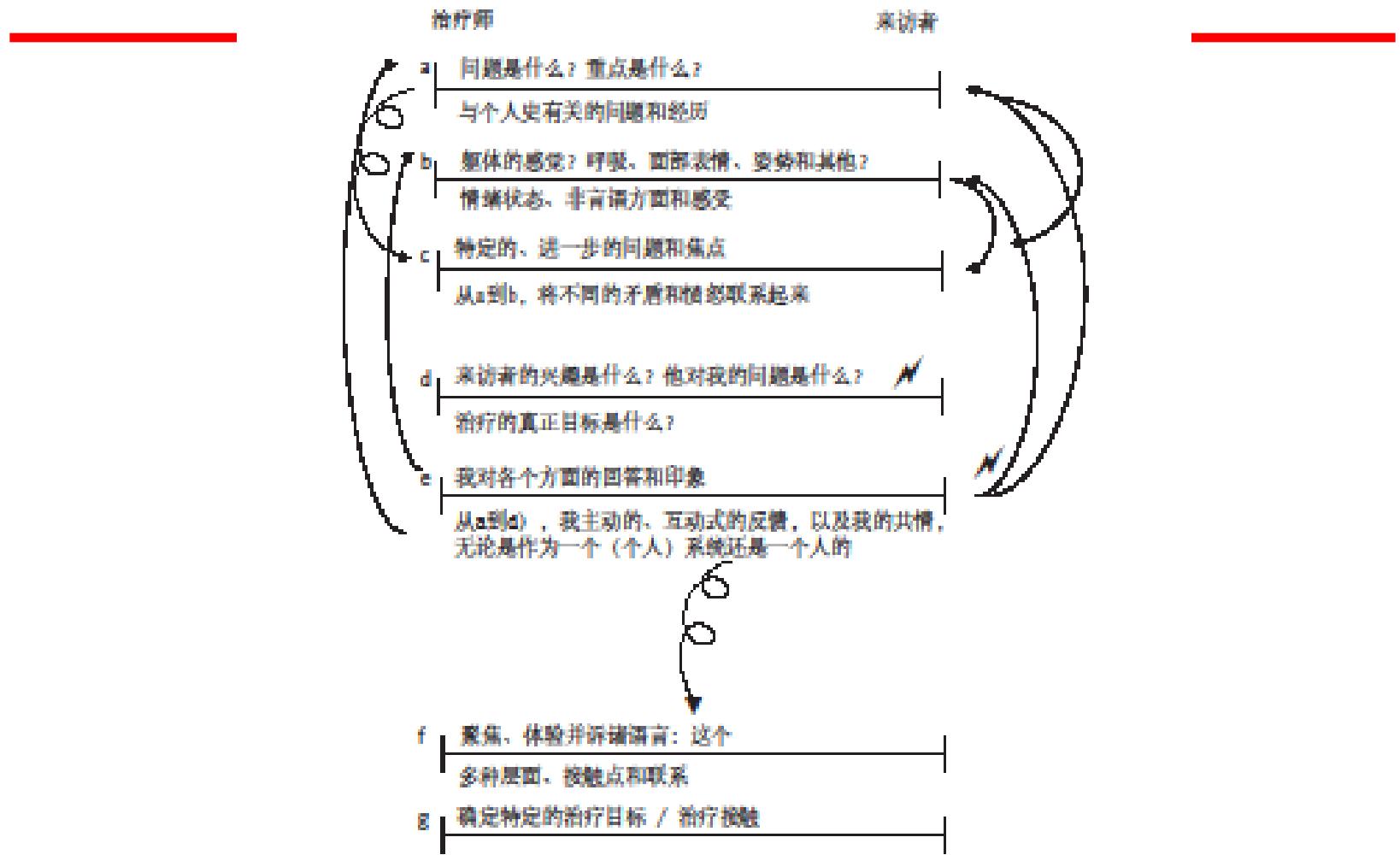
Perspectives of body language

- Fotografic approach
 - Interaction / communication
 - personal need / drive and resistance
 - tension and relaxation
 - (not) under stress
 - experience of impression and / or expression
 - body related to personal history
 - feeling the body
 - context, society and cultural influences
 - bodily impact on relationship, communication and context
-

(First) questions (observation and transference)

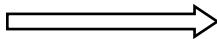
- Where do you look first? What changes while looking?
- Where does your look remain or not remain?
- How is the look of the other? And while talking?
- How does the voice sound?
- How does the other move? How does he react nonverbally?
- What is your association / connotation?
- What obviously at first sight came into your look? Into your mind?
- What do you experience / what do you feel while you're looking?
- and so forth

初次诊断会谈 (躯体导向的方法)



Scheme of analysis

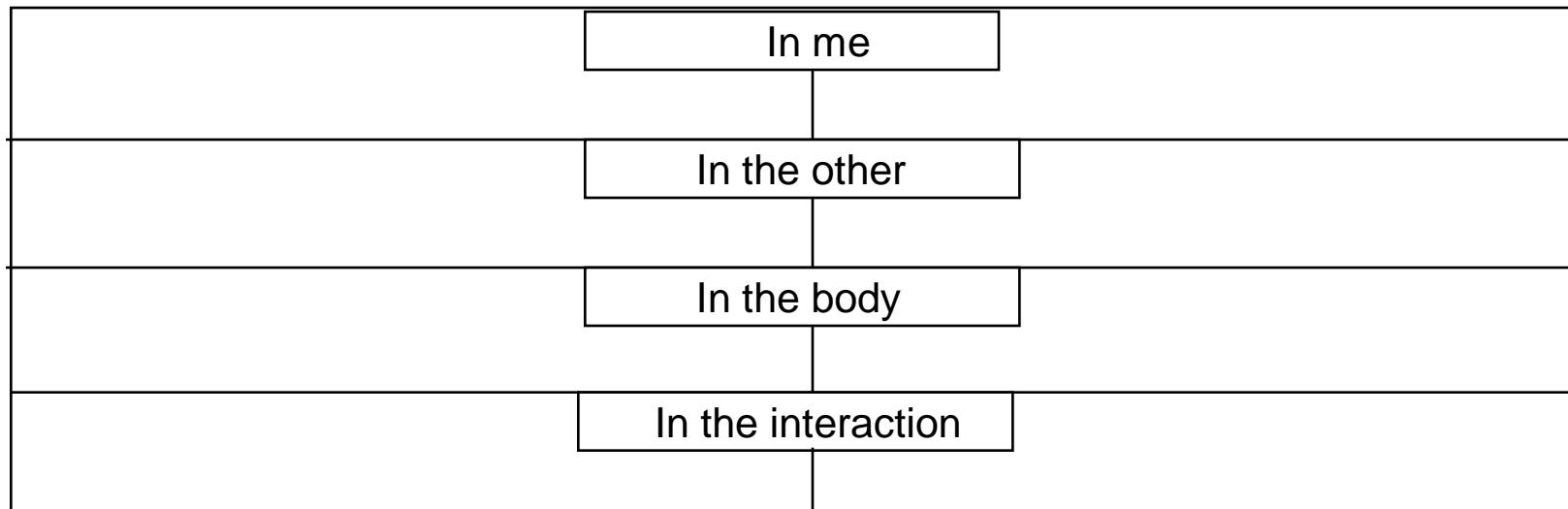
What is the problem?



What is the goal?

Promoting aspects

Hindering aspects



What is to be done?



Logbook

Body	Experience	Thoughts	Behaviour	Effect

Actual dimensions of body language

- Standing/ holding balance and walking/ the way you walk
- sensory organ as information medium
- reflexe and conditional reflexe
- role and function of particular body- segments
- greeting ritual (and other social rituals)
- reluctance and affection
- territoriality
- eye-contact
- characterisitcs of the sourrounding setting

If you have more questions or need specific literature please contact me

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