

The Evidence Base for Body Psychotherapy (Somatic Psychology)

This listing has been compiled by members of the EABP Science & Research Committee ([here](#)): it is, of course, inevitably incomplete, even though we try to update it regularly. If you are aware of any other Body Psychotherapy / Somatic Psychology **research** articles that you feel should be included, especially if these are in a language other than English, please inform us [here](#).

Sept. 2020

(A) Articles Reviewing Body-Psychotherapy Research

- (A1) Anderson, J.G., & Taylor, A.G. (2011). Effects of Healing Touch in clinical practice: A systematic review of randomized clinical trials. *Journal of Holistic Nursing*, 29(3), 221-228. (Link [here](#))
- (A2) Bloch-Atefi, A. & Smith, J. (2015). The effectiveness of body-oriented psychotherapy: A review of the literature. *Psychotherapy & Counselling Journal of Australia*, Vol. 3. (Link [here](#))
- (A3) Loew, T.H., Tritt, K., Lahmann, C. & Röhricht, F. (2006). Körperpsychotherapien – wissenschaftlich begründet? Eine Übersicht über empirisch evaluierte Körperpsychotherapieverfahren. [Body Psychotherapy– scientifically proved? An overview of empirically evaluated body oriented psychological therapies.] *Psychodynamische Psychotherapie*, 5, 6-19. (Abstract: [here](#))
- (A4) May, J. (2005). The Outcome of Body Psychotherapy Research. *USABP Journal* Vol 4, No 2, pp. 93-115. (Link [here](#))
- (A5) Röhricht, F. (2009). Body oriented psychotherapy. The state of the art in empirical research and evidence-based practice: A clinical perspective. *Journal of Body, Movement & Dance in Psychotherapy*, Vol. 4, No. 2, pp 135-156. (Abstract [here](#); link to website: www.frankrohricht.com)

[Back to Top](#)

(B) Journal Articles (peer-reviewed) on Body-Psychotherapy Outcome (efficacy and effectiveness) Research Projects

- (B1) Berg, A.L., Sandell, R. & Sandahi, C. (2009). Affect-focused Body Psychotherapy in patients with generalised anxiety disorder: Evaluation of an integrative method. *Journal of Psychotherapy Integration*, 19, 67-85. (Abstract [here](#))
- (B2) Berg, A.L., Sandhal, C. & Bullington, J. (2010). Patient's perspective of change processes in affect-focussed body psychotherapy for generalised anxiety disorder. *Body Movement & Dance in Psychotherapy*, 5(2), 151-169. (Abstract [here](#))
- (B3) Bonitz, V. (2008). Use of physical touch in the "talking cure": A journey to the outskirts of psychotherapy. *Psychotherapy: Theory, Research, Practice, Training*, 45(3), 391-404. (Link [here](#))
- (B4) Classen, C.C., Hughes, L., Clark, C., Hill Mohammed, B., Woods, P. & Beckett, B. (2020). A pilot RCT of a body-oriented group therapy for complex trauma survivors: an adaptation of sensorimotor psychotherapy. *Journal of Trauma & Dissociation*, 1-17. (Link [here](#))
- (B5) Danielsson, L. & Rosberg, S. (2015). Opening toward life: experiences of basic body awareness therapy in persons with major depression. *Int. J. Qual. Stud. Health & Well-being*, 10, 27069. (Link [here](#))
- (B6) Fujino, H. (2016). Body awareness and mental health: a body psychotherapy case study. *Body, Movement and Dance in Psychotherapy*, 11(4), 249-262. (Link [here](#))
- (B7) Galbusera, L., Finn, M.T., Fuchs, T. (2018). Interactional synchrony and negative symptoms: An outcome study of body-oriented psychotherapy for schizophrenia. *Psychotherapy Research*, 28 (3), 457-469. (Link [here](#))
- (B8) Galbusera, L., Fellin, L. & Fuchs, T. (2019). Towards the recovery of a sense of self: An interpretative phenomenological analysis of patients' experience of body-oriented psychotherapy for schizophrenia. *Psychotherapy Research*, 29(2), 234-250. (Link [here](#))
- (B9) Geissler, P. (2000). Therapeutische Wirkfaktoren aus der Sicht Analytischer Körperpsychotherapeutie [Effective therapeutic factors from the perspective of analytical body psychotherapy]. **Reference incomplete** (382-423).
- (B10) Gudat, U. (1997). Bioenergetische Analyse als ambulante Psychotherapie – Anwendungsbereiche und Wirkungen [Bioenergetic Analysis as an outpatient psychotherapy – Applications and effects.]. *Psychotherapie Forum*, 5, 28-37. (Link [here](#))
- (B11) Johnson R. (2014). Somatic Psychotherapy and Research: Walking the common ground. *Body, Movement & Dance in Psychotherapy*, 9, 2, 82-92. (Abstract [here](#))

- (B12)** Koemeda-Lutz, M & Steinmann, H. (2004). Implikationen neurobiologischer Forschungsergebnisse für die Körperpsychotherapie unter spezieller Berücksichtigung der Affekte [Implications of the results of neurobiological research for body-psychotherapy. With respect to emotions]. *Psychotherapie Forum*, 12, 88-97. (Link [here](#))
- (B13)** Koemeda-Lutz M., Kaschke, M., Revenstorf, D., Schermann, T., Weiss, H. & Soeder, U. (2006). Evaluation der Wirksamkeit von ambulanten Körperpsychotherapien – EWAK. Eine Multizenterstudie in Deutschland und der Schweiz [Evaluation of the efficacy of outpatient psychotherapies body – EWAK. A multi-center study in Germany and Switzerland]. *Psychotherapie Psychosomatik medizinische Psychologie*, 56, 1-8. (Link [here](#) for full text in German, with English abstract)
- (B14)** Lahmann, C., Nickel, M., Schuster, T., Sauer, N., Ronel, J., Noll-Hussong, M., Tritt, K., Nowak, D., Röhricht, F. & Loew, T.H. (2009). Functional Relaxation and Hypnotherapeutic Intervention as Complementary Therapy in Asthma: a randomized, controlled clinical trial. *Psychotherapy and Psychosomatics*, 78, 233-239. (Link [here](#))
- (B15)** Lahmann, C., Röhricht, F., Sauer, N., Ronel, J., Noll-Hussong, M., Henrich, G., Nickel, M., Tritt, K. & Loew, T.H. (2010). Functional relaxation as complementary therapy in irritable bowel syndrome: A randomized, controlled clinical trial. *Journal of Alternative and Complementary Medicine*, 16, 1, 47-52. (Link [here](#))
- (B16)** Leitch, M.L., Vanslyke, J. & Allen, M. (2009). Somatic experiencing treatment with social service workers following Hurricanes Katrina and Rita. *Social Work*, 54(1), 9-18. (Link [here](#))
- (B17)** Loew, T.H., Siegfried, W., Martus, P., Tritt, K. & Hahn, E.G. (1996). Functional Relaxation Reduces Acute Airway Obstruction in Asthmatics as Effectively as Inhaled Terbutaline. *Psychotherapy and Psychosomatics*, 65, 124-128. (Abstract [here](#))
- (B18)** Loew, T.H., Sohn, R., Martus, P., Tritt, K. & Rechlin, T. (2000). Functional relaxation as a somato-psychotherapeutic intervention: a prospective controlled study. *Alternative Therapies in Health and Medicine*, 6, 70-75. (Abstract [here](#))
- (B19)** Loew, T.H., Tritt, K., Siegfried, W., Bohmann, H., Martus, P. & Hahn, E.G. (2001). Efficacy of ‘functional relaxation’ in comparison to terbutalin and a ‘placebo relaxation’ method in patients with acute asthma. A randomised, prospective, controlled, crossover experimental investigation. *Psychotherapy and Psychosomatics*, 70, 151-157. (Abstract [here](#))

- (B20) Loew T., Tritt K., Lahmann C., & Röhricht F. (2006). Körperpsychotherapien – wissenschaftlich begründet? [Body Psychotherapy – Scientifically Justified? An overview of empirically evaluated scientific procedures] *Psychodynamische Psychotherapie*, 5(1), 6-19. (Link [here](#))
- (B21) Muller-Hofer, B., Geiser, C., Juchli, E. & Laireiter, A.R. (2003). Client-centered body psychotherapy (GFK): An effectiveness study. *Psychotherapie Forum*, 11, 80-91.
- (B22) Naghinasab, A.F., Karami, A., Javan, M. & Seifi, M. (2014). Effectiveness of body psychotherapy technique on stress and salivary cortisol level in high school girl students. *Journal of Gorgan University of Medical Sciences*, 16(4). (Abstract [here](#))
- (B23) Nickel, M., Cangoez, B., Bachler, E., Muehlbacher, M., Lojewski, N., Mueller-Rabe, N., Mitterlehner, F., Egger, C., Leiberich, P., Rother, N., Buschmann, W., Kettler, C., Gil, F., Lahmann, C., Fartacek, R., Rother, W., Loew T.H. & Nickel, C. (2006). Bioenergetic exercises in inpatient treatment of Turkish immigrants with chronic somatoform disorders: A randomized, controlled study. *Journal of Psychosomatic Research*, 61, 4, 507-513. (Abstract [here](#))
- (B24) Papadopoulos, N., Burrell, C., Smith, L. & Röhricht, F. (2017). Therapeutic processes and personalised care in body-oriented psychological therapy for patients with Medically Unexplained Symptoms (MUS). *European Journal for Person Centered Healthcare*, 5, 4, 449-453. (Link [here](#))
- (B25) Papadopoulos, N.L.R. & Röhricht, F. (2018). A single-case report of Body Oriented Psychological Therapy for a patient with Chronic Conversion Disorder. *The Arts in Psychotherapy*, 61, 38-43. (Link [here](#))
- (B25) Phelan, J.E. (2009). Exploring the use of touch in the psychotherapeutic setting: A phenomenological review. *Psychotherapy: Theory, Research, Practice, Training*, 46(1), 97-111. (Link [here](#))
- (B27) Priebe, S., Savill, M., Wykes, T., Bentall, R., Lauber, C., Reininghaus, U., McCrone, P., Moseu, I., Bremner, S., Eldridge, S. & Röhricht, F. (2016). Clinical effectiveness and cost-effectiveness of body psychotherapy in the treatment of negative symptoms of schizophrenia: A multicentre randomised controlled trial. *Health Technology Assess.*, 20, 11, 1-100. (Link [here](#))
- (B27) Röhricht, F. (2002). Klinische Körperpsychotherapie – Systematisierungsansätze und Standortbestimmung. *Praxis Klinische Verhaltensmedizin und Rehabilitation*, 59, 182-189. (Link [here](#))

- (B28) Röhricht, F. & Priebe, S. (2006). Effect of body oriented psychological therapy on negative symptoms in schizophrenia: a randomised controlled trial. *Psychological Medicine*, 36, 669-678. (Link [here](#))
- (B29) Röhricht, F., Papadopoulos, N., Suzuki, I. & Priebe, S. (2009). Ego-pathology, body experience, and body psychotherapy in chronic schizophrenia. *Psychology & Psychotherapy: Theory, Research & Practice*, 82, 19-30. (Link [here](#))
- (B30) Röhricht, F. & Gudi, A. (2010). Medically Unexplained Physical Symptoms Masking (Cenesthopatic) Schizophrenia: A case series. *Journal of Psychiatric Practice*, 16, 258-264. (Link [here](#))
- (B31) Röhricht, F., Papadopoulos, N., Holden, S., Clarke, T. & Priebe, S. (2011). Therapeutic processes and clinical outcomes of body psychotherapy in chronic schizophrenia – an open clinical trial. *Arts in Psychotherapy* 38, 196-203. (Link [here](#))
- (B32) Röhricht, F. (2013). Body-Oriented Psychotherapy – the State of the Art in Empirical Research and Evidence Based Practice: A Clinical Perspective. *Body, Movement & Dance in Psychotherapy*, 4, 2, 135-156. (Link [here](#))
- (B33) Röhricht, F., Papadopoulos, N. & Priebe, S. (2013). An exploratory randomized controlled trial of body psychotherapy for patients with chronic depression. *Journal of Affective Disorders*, 151(1), p. 85-91. (Link [here](#))
- (B34) Röhricht, F. (2014). Body psychotherapy for the treatment of severe mental disorders: An overview. *Body, Movement and Dance in Psychotherapy*. (Link [here](#))
- (B35) Röhricht, F., Gallagher, S., Geuter, U. & Hutto, D.D. (2014). Embodied cognition and body psychotherapy: The construction of new therapeutics environments. *Sensoria: A journal of Mind, Brain & Culture*, 56, 1, 11-20. (Link [here](#)).
- (B36) Röhricht, F. & Elanjithara, T. (2014). Management of medically unexplained symptoms: outcomes of a specialist liaison clinic. *Psychiatric Bulletin*. (Link [here](#))
- (B37) Röhricht, F., Sattel, H., Kuhn, C. & Lahmann, C. (2019). Group body psychotherapy for the treatment of somatoform disorder: A partly randomised-controlled feasibility pilot study. *BMC Psychiatry*, 190, 120. (Link [here](#) & [here](#))
- (B38) Röhricht, F. & Gässler, R. (2020). Manualisierte Gruppen-Körperpsychotherapie bei Somatisierungsstörungen. [Manualized Group Body Psychotherapy for Patients with Bodily Distress Disorder] *körper – tanz – bewegung*, 8, 51-60. (Link [here](#))

- (B39) Savill, M., Orfanos, S., Bentall, R., Reininghaus, U., Wykes, T., & Priebe, S. (2017). The impact of gender on treatment effectiveness of body psychotherapy for negative symptoms of schizophrenia: a secondary analysis of the NESS trial data. *Psychiatry Research*, 247, 73-78. (Link [here](#))
- (B40) Schreiber-Willnow, K. & Seidler, K.P. (2013). Therapy goals and treatment results in body psychotherapy: Experience with the concentrative movement therapy evaluation form. *Body, Movement and Dance in Psychotherapy*, 8(4), 254-269. (Link [here](#))
- (B41) Westland, G. (2018). A study of significant moments of change in body psychotherapy. *Body, Movement and Dance in Psychotherapy*, 13(1), 17-32. (Link [here](#))
- (B42) Winter, D., Malighetti, C., Cipollette, S., Ahmed, S., Benson, B. & Röhrich, F. (2018). Construing and body dissatisfaction in chronic depression: A study of body psychotherapy. *Psychiatry Research*, 270, 845-851. (Link [here](#))
- (B43) Wolf, B. (2012). Körperpsychotherapie studieren – Eine Bedarfsanalyse an psychosomatischen Kliniken unterstützt die Gründung eines deutschlandweit einmaligen Studienschwerpunktes in Körperpsychotherapie (KPT) [Body Psychotherapy at the University: A needs assessment at psychosomatic clinics supports the instalment of the first German study major in body psychotherapy]. *Psychotherapie, Psychosomatic, Medizinische Psychologie*, 62, 3-4, 136-138. (Abstract [here](#))

[Back to Top](#)

(C) Journal Articles (peer-reviewed) on other Body-Oriented Therapy Research Projects (mainly dance-movement and movement (psycho)therapy)

- (C1) Alexandridis, K., Schüle, K., Ehrig, C. & Fichter, M. (2007). Bewegungstherapie bei Bulimia nervosa [Movement therapy for Bulimia Nervosa]. *Bewegungstherapie und Gesundheitssport*, 23, 46-51.
- (C2) Allmer, C., Ventegodt, S., Kandel, I. & Merrick, J. (2009). Positive effects, side effects, and adverse events of clinical holistic medicine. A review of Gerda Boyesen's nonpharmaceutical mind-body medicine (biodynamic body-

psychotherapy) at two centers in the United Kingdom and Germany. *International Journal Adolescent Medical Health*, 21, 281-97. (Link [here](#))

- (C3) Beckmann-Neuhaus D. (2010). Mototherapie und Koerperpsychotherapie - ein Blick aus der klinischen Praxis. Stellungnahme zum neuen Studienschwerpunkt Koerperpsychotherapie im Studiengang Motologie [Mototherapy and body psychotherapy - A look from the point of view of clinical practice]. *Motorik*, 33 (2), 59-64.
- (C4) Berrol, C., Ooi, W.L. & Katz, S. (1997). Dance/movement therapy with older adults have sustained neurological insult: A demonstration project. *American Journal of Dance Therapy*, 19, 135-160.
- (C5) Bräuniger, I. (2006). Treatment modalities and self-expectancy of therapists: Modes, self-efficacy and imagination of clients in dance movement therapy. *Body, Movement and Dance in Psychotherapy*, 1, 95-114.
- (C6) Brenner, J., Peleg, I., Shimonov, M., Shwartz, D.K., Ravinda, O., & Ben Shahar, A.R. (2010). Effectiveness of Body Mind Therapy of Cancer Patients receiving chemical treatment. *International Journal of Psychotherapy*, Vol. 14, No. 2, 49-66.
- (C7) Brooks, D. & Stark, A. (1989). The effect of Dance/Movement therapy on affect: a pilot study. *American Journal of Dance Therapy*, 11, 101-11.
- (C8) Dibbell-Hope, S. (2000). The use of dance/movement therapy in psychological adaptation to breast cancer. *The Arts in Psychotherapy*, 27, 51-68.
- (C9) Dosamantes, E. (1990). Movement and psychodynamic pattern changes in long-term dance/movement therapy groups. *American Journal of Dance Therapy*, 12, 27-44.
- (C10) Dosamantes-Alperson, E. & Merrill, N. (1980). Growth effects of experiential movement psychotherapy. *Psychotherapy Theory, Research, and Practice*, 17, 63-68.
- (C11) Fernandez, F., Turon, J., Siegfried, J., Meerman, R. & Vallejo, J. (1995). Does additional body therapy improve the treatment of anorexia nervosa? A comparison of two approaches. *Eating Disorders: The Journal of Treatment*, 3, 158-164.
- (C12) Goertzel, V., May, P.R.A., Salkin, J. & Schoop, T. (1965). Body-ego technique: An approach to the schizophrenic patient. *Journal of Nervous and Mental Disease*, 141, 53-60.

- (C13) Gottschalk, G. & Boekholt, C. (2004). *Body-therapeutic work with borderline patients. PTT: Persönlichkeitsstörungen Theorie und Therapie*, 8, 154-160.
- (C14) Hammill, M., Bone, L. & Röhricht, F. (2011). Dancing down memory lane': Circle Dancing as a Psychotherapeutic intervention in Dementia – A pilot study. *Dementia: The International Journal of Social Research and Practice*, September 13, online first publication.
- (C15) Heimbeck, A. & Süttinger, B. (2007). Bewegungstherapie bei depressiven Patienten – ein Interventionsvergleich [Movement therapy in depressed patients – a comparison intervention]. *Bewegungstherapie und Gesundheitssport*, 23, 52-57.
- (C16) Ho, R.T.H. (2005). Effects of dance movement therapy on Chinese cancer patients: A pilot study in Hong Kong. *The Arts in Psychotherapy*, 32, 337-345.
- (C17) Kaplan, A.H. & Schwartz, L.F. (2006). Listening to the Body: Pragmatic Case Studies of Body-Centred Psychotherapy. *USABP Journal*, Vol. 4, No. 2. pp. 10-22. (Link [here](#) and [here](#))
- (C18) Kaschke, M. (2010). Untersuchung der Störungsspezifität ambulanter Körperpsychotherapien. University of Heidelberg Dissertation Archive. (Link [here](#))
- (C19) Koch, S.C., Morlinghaus, K. & Fuchs, T. (2007). The Joy Dance: Specific effects of a single dance intervention on psychiatric patients with depression. *The Arts in Psychotherapy*, 34, 340-349.
- (C20) Koemeda-Lutz, M., Emmeedegger, P-A. & Peter, H. (2003). Vorschlag zur Systematischen Nutzung von Visuellen Informationen in der (Körper-) Psychotherapeutischen Diagnostik. Ein empirisch abgeleitetes Screening-Raster [Proposal for the systematic use of visual information in (body) psychotherapeutic diagnostics. An empirically derived screening grid]. *Psychotherapie Forum*, 11, 58-69. (Abstract [here](#))
- (C21) Koemeda-Lutz, M., Kaschke, M., Revenstorf, D., Scherrmann, T., Weiss, H. & Soeder, U. (2006). Evaluation der Wirksamkeit von ambulanten Körperpsychotherapien – EWAK. [Evaluation of the effectiveness of body-psychotherapy in out-patient settings (EEBP)] *Psychother Psychosom Med Psychol*, 56(12), 480-487. (Abstract [here](#): Full text [here](#))
- (C22) Konzag, TA., Klose, S., Bandemer-Greulich, U., Fikentscher, E. & Bahrke, U. (2006). Stationäre körperbezogene Psychotherapie bei Anorexia und Bulimia nervosa. [Stationary body-related psychotherapy in anorexia and bulimia nervosa.] *Psychotherapeut*, 51, 35-42.

- (C23) Kuettel, T.J. (1982). Affective change in dance therapy. *American Journal of Dance Therapy*, 5, 52-64.
- (C24) Langmuir, J.I., Kirsh, S.G. & Classen, C.C. (2011). A pilot study of body-oriented group psychotherapy: Adapting sensorimotor psychotherapy for the group treatment of trauma. *Psychological Trauma: Theory, Research, Practice, and Policy*, Sep 19, (online first publication). (Link [here](#))
- (C25) Lausberg, H. (1998). Does movement behaviour have differential diagnostic potential? Discussion of a controlled study on patients with anorexia nervosa and bulimia. *American Journal of Dance Therapy*, 20, 85-99. (Link [here](#))
- (C26) Lausberg, H., von Wietersheim, J. & Feiereis, H. (1996). Movement behaviour of patients with eating disorders and inflammatory bowel disease: a controlled study. *Psychotherapy and Psychosomatics*, 65, 272-276.
- (C27) Mannheim, E.G. & Weis, J. (2005). Tanztherapie mit Krebspatienten. Ergebnisse einer Pilotstudie [Dance therapy with cancer patients. Results of a pilot study.] *Musik-, Tanz- und Kunsttherapie*, 16, 121-128.
- (C28) Mattsson, M., Wikman, M., Dahlgren, L., Mattsson, B. & Armelius, K. (1998). Body awareness therapy with sexually abused women. Part 2: Evaluation of body awareness in a group setting. *Journal of Bodywork and Movement Therapies*, 2, 38-45.
- (C29) May, P.R.A., Wexler, M., Salkin, J. & Schoop, T. (1963). Non-verbal techniques in the re-establishment of body image and self-identity – a preliminary report. *Research Report*, 16, 68-82.
- (C30) Mczkowiak, S., Hölter, G. & Otten, H. (2007). WATSU – Zur Wirksamkeit unterschiedlich akzentuierter bewegungstherapeutischer Interventionen bei klinisch depressiven Patienten. [On the effectiveness of different therapeutic interventions accentuated movement in clinically depressed patients]. *Bewegungstherapie und Gesundheitssport*, 23, 58-64.
- (C31) Michalak, J., Lyons, N. & Heidenreich, T. (2019). The evidence for basic assumptions of dance movement therapy and body psychotherapy related to findings from embodiment research. In: H. Payne, S. Koch & J. Tantia (Eds.), *The Routledge International Handbook of Embodied Perspectives in Psychotherapy*, (53-65). London: Routledge. (Link [here](#))
- (C32) Monsen, K. & Monsen, J.T. (2000). Chronic pain and psychodynamic body therapy: A controlled outcome study. *Psychotherapy: Theory Research Practice Training*, 37, 257-269.

- (C33) Nitsun, M., Stapleton, J.H. & Bender, MP. (1974). Movement and drama therapy with long-stay schizophrenics. *British Journal of Medical Psychology*, 47, 101-19.
- (C34) Payne, H. (2009). Pilot study: Body-mind approach (group work) for patients with medically unexplained symptoms: Participant and facilitator perceptions and a summary discussion. *Body, Movement & Dance in Psychotherapy*, 4, 2, 77-96. (Abstract [here](#))
- (C35) Priebe, S., Savill, M., Wykes, T., Benthall, R.P., Reininghaus, U., Lauber, C., Bremner, S., Eldridge, S. & Röhrich, F. (2016). Effectiveness of group body psychotherapy for negative symptoms of schizophrenia: A multi-centre randomised controlled trial. *British Journal of Psychiatry*, 209, 1, 54-61. (Link [here](#))
- (C36) Price, C. (2005). Body-oriented therapy in recovery from child sexual abuse: an efficacy study. *Alternative Therapies in Health and Medicine*, 11, 46-57.
- (C37) Price, C. (2006). Body-oriented therapy in sexual abuse recovery: A pilot-test comparison. *Journal of Bodywork and Movement Therapies*, 10, 58-64.
- (C38) Price, C.J., McBride, B., Hyerle, L. & Kivlahan, D.R. (2007). Mindful awareness in body-oriented therapy for female veterans with post-traumatic stress disorder taking prescription analgesics for chronic pain: a feasibility study. *Alternative Therapies in Health & Medicine*, 13, 32-40.
- (C39) Ritter, M. & Low, K.G. (1996). Effects of dance/movement therapy: A meta-analysis. *Arts in Psychotherapy*, 23, 249-260.
- (C40) Sack, M., Henniger, S. & Lamprecht, F. (2002). Änderungen von Körperbild und Körperwahrnehmung in Essen-Störung und nicht essen-Erkrankung Patienten nach stationärer Therapie. [Changes of body image and body awareness in eating-disorder and non eating-disorder patients after inpatient-therapy]. *Psychotherapie Psychosomatik Medizinische Psychologie*, 52, 64-69.
- (C41) Sandel, S., Judge, J., Landry, N., Faria, L., Ouellette, R. & Majczak, M. (2005). Dance and movement program improves quality-of-life measures in breast cancer survivors. *Cancer Nursing*, 28, 301-309.
- (C42) Schreiber-Willnow, K. & Seidler, K.P. (2002). Ist körperorientierte Psychotherapie eine weibliche Rolle? Eine klinische Prozess-Ergebnis-Studie der konzentrativen Bewegungstherapie. [Is Body-Oriented Psychotherapy a female matter? A clinical process-outcome-study of concentrative movement therapy]. *Psychotherapie Psychosomatik Medizinische Psychologie*, 52, 343-347.

- (C43) Schreiber-Willnow, K. & Seidler, K.P. (2005). Langfristige Stabilität der außerkörperlichen Erfahrung nach in-Patientengruppe Psychotherapie mit konzentrativen Bewegungstherapie [Long-term stability of body experience after in-patient group psychotherapy with concentrative movement therapy]. *Psychotherapie Psychosomatik Medizinische Psychologie*, 55, 370-377.
- (C44) Seidler, K.P. & Schreiber-Willnow, K. (2004). Concentrative movement therapy as body-oriented psychotherapy for inpatients with different body experience. *Psychotherapy Research*, 14, 378-387. (Abstract [here](#))
- (C45) Stewart, N.J., McMullen, L.M. & Rubin, L.D. (2004). Movement therapy with depressed inpatients: A randomized multiple single case design. *Archives of Psychiatric Nursing*, 8, 22-29. (Abstract [here](#))
- (C46) Staples, J.K., Abdel Atti, J.A. & Gordon, J.S. (2011). Mind-body skills groups for posttraumatic stress disorder and depression symptoms in Palestinian children and adolescents in Gaza. *International Journal of Stress Management*, 18, 246-262. (Link [here](#))
- (C47) Ventling, C.D. & Gerhard, U. (2000). Zur Wirksamkeit bioenergetischer Psychotherapien und Stabilität des Therapieresultats [On the effectiveness and stability of the Bioenergetic psychotherapy treatment result]. *Psychotherapeut*, 45, 230-236. (Abstract [here](#))
- (C48) Ventling, C.D. (2002). Efficacy of Bioenergetic therapies and stability of the therapeutic result: a retrospective investigation. *USA Body Psychotherapy Journal*, 2, 5-28. (Link [here](#))
- (C49) Ventling, C. & Urs, G. (2000). Efficacy and Stability of Bioenergetic Therapies: A Retrospective Investigation. (Link [here](#))
- (C50) Weber, C., Haltenhof, H., Combecher, J. & Blankenburg, W. (1994). Bewegungstherapie bei Patienten mit psychischen Störungen: Eine Verlaufsstudie [Exercise therapy in patients with mental disorders: A follow-up study]. In: Lamprecht, F. & Johnen, R. (Eds). *Salutogenese: ein neues Konzept in der Psychosomatik? [Salutogenesis: a new concept in psychosomatic medicine?]* Frankfurt a.M.: Verlag für Akademische Schriften, (p. 536-543).

[Back to Top](#)

(D) Body Psychotherapy Research Articles – published in USABP Journal (now IBPJ): See [IBPJ Archive](#)

- (D1) Bader-Johansson, C. (2019). Depression and Body Psychotherapy: A qualitative study from a resilience perspective. *International Body Psychotherapy Journal*, 18, 2, 159-177. (Link [here](#))
- (D2) Bruha, J. (2010). The Effects of Body Experience and Mindfulness on Body-Image Disturbance and Eating Disorders. *USABP Journal*, Vol. 9, No. 2. pp. 54-68. (Link [here](#))
- (D3) Caldwell, C. & Johnson, R. (2015). Research 101 for Somatic Psychotherapists: Cultivating a research mind. *International Body Psychotherapy Journal*, 14, 2, 61-85. (Link [here](#))
- (D4) Johanson, G.J. (2014). Somatic Psychotherapy and the Ambiguous Face of Research. *International Body Psychotherapy Journal*, 13, 2, 61-85. (Link [here](#))
- (D5) Jokic, B., Röhrich, F. & Young, C. (2019). A Survey of Body Psychotherapy Practitioners, Practices and Research Resources. *International Body Psychotherapy Journal*, 18, 1, 26-60. (Link [here](#))
- (D6) Koemeda-Lutz, M., Kaschke, M., Revenstorf, D., Scherrmann, T., Weiss, H. & Soeder, U. (2004). Preliminary Results Concerning the Effectiveness of Body Psychotherapies in Outpatient Settings – A Multi-Center Study in Germany and Switzerland. (2004) *USABP Journal*, Vol. 4, No. 2. pp. 10-22. (Link [here](#))
- (D7) Ladas, A.K. & Ladas, H.S. (2005). Women and Bioenergetic Analysis. *United States Body Psychotherapy Journal*, 4, 2, 43-58. (Link [here](#))
- (D8) Ottoboni G., Iacono, M. & Chattat, R. (2016). Body-oriented techniques, affect and body consciousness. *Body, Movement & Dance in Psychotherapy*, 11, 4, 290-305. (Abstract [here](#))
- (D9) Pettinati, P. (2002). The Relative Efficacy of Various Complementary Modalities in the Lives of Patients With Chronic Pain: A Pilot Study. *USABP Journal Vol 1*, No. 1, pp. 5-7. (Link [here](#))
- (D10) Price, C. (2003). Moving Clinical Work into Research: Study Preparation, Design and Implementation. *USABP Journal*, 2, 1, 33-37. (Link [here](#))
- (D11) Radandt, D. (2002). Therapist's Body Awareness and Strength of the Therapeutic Alliance. *USABP Journal*, Vol. 1, No. 2. pp. 52-62. (Link [here](#))
- (D12) Saint Arnault, D. & O'Halloran, S. (2014). Biodynamic Psychotherapy for Trauma Recovery: A pilot study. *International Body Psychotherapy Journal*, 14, 1, 20-34. (Link [here](#))

- (D13) Saint Arnault, D. (2014). Healing from Domestic Violence and Trauma: Lessons learned from research on the biodynamic approach. (Link [here](#))
- (D14) Shalit, R. (2012). Efficacy of Psychotherapy Involving Altered States of Consciousness: A call to reconsider our spiritual stance at the clinic. *International Body Psychotherapy Journal*, 11, 2, 7-23. (Link [here](#))
- (D15) Sakellariou, M-O & Beratis, I. (2018). The impact of training and therapeutic practice on body awareness of trainees and Body-Psychotherapists at the Greek Biosynthesis Centre: A pilot study. *International Body Psychotherapy Journal*, 17, 1, 66-84. (Link [here](#))
- (D16) Tantia, J.F. (2019). Toward a Somatically Informed Paradigm in Embodied Research. *International Body Psychotherapy Journal*, 18, 2, 134-158. (Link [here](#))
- (D17) Tihanyi, B.T., Ferentzi, E. Daubenmier, J., Drew, R. & Koteles, F. (2017). LIFE Questionnaire Development: Body responsiveness Questionnaire: validation on a European sample, mediation between body awareness and affect, connection with mindfulness, body image, and physical activity. *International Body Psychotherapy Journal*, 16, 1, 38-55. (Link [here](#))
- (D18) Ventling, C.D. (2002). Efficacy of Bioenergetic Therapies and Stability of the Therapeutic Result: A Retrospective Investigation. *USABP Journal*, Vol. 1, No. 2. pp. 5-28. (Link [here](#))
- (D19) Ventling, C.D., Bertschi, H. & Gerhard, U. (2008). Efficacy of Bioenergetic Psychotherapy with Patients of known ICD-10 Diagnosis: A Retrospective Evaluation. *USABP Journal*, Vol. 7, No. 2, pp. 8-32. (Link [here](#))

[Back to Top](#)

(E) Body Psychotherapy Case Study Research

- (E1) Bommert, C. (1997). Körperorientierte Psychotherapie mit Opfern von sexuellem Missbrauch [Body-oriented psychotherapy with victims of child sexual abuse]. In: Amann/Wipplinger a.a.O. **Reference incomplete**, (520-536).
- (E2) Denton, L. (2014). A Fairy Tale: Or the strange case of Rose. *International Body Psychotherapy Journal*, 13, 2, 8-17. (Link [here](#))
- (E3) Fujino, H. (2016). Body awareness and mental health: A body psychotherapy case study. *Body, Movement & Dance in Psychotherapy*, 11, 4, 249-262. (Abstract [here](#))

- (E4) Grassmann, H. (2018). Sexual Violence & Its Consequences: A Body Psychotherapy Case Study. In: C. Young (Ed.), *Body Psychotherapy Case Studies*, (p. 67-74). Body Psychotherapy Publications.
- (E5) Grassmann, H. (2018). Fallstudie und Leitfaden einer körperorientierten Traumatherapie [Case study and guidelines for a body-oriented trauma therapy]. *Körper – tanz – bewegung*, 6 (3), 109. (Link [here](#))
- (E6) Grossert, A., Meinischmidt & Schaefer, R. (2018). A case series report of cancer patients undergoing group body psychotherapy. *F1000Research*, 6, 1646. (Link [here](#))
- (E7) Kaplan, A.H. & Schwartz, L.F. (2005). Listening to the Body: Pragmatic Case Studies of Body-Centered Psychotherapy. *USABP Journal*, 4, 2, 23-42. (Link [here](#))
- (E8) Schiff, D. (2014). Addressing Disturbances in Contact in the Beginning Phase of Orgone Therapy: A Case Study. *Annals of the Institute for Orgonomic Science*, 12, 1, 53-58. (Link [here](#))
- (E9) Sollman, U. & Li, W. (2015). Transcultural Case Study: First Interview with a Chinese Client. *International Body Psychotherapy Journal*, 14, 2, 109-127. (Link [here](#))
- (E10) Ulrich, L. & Bach, S. (2020). Hands Free at Last: A Therapist and Client Describe Their Therapeutic Journey. *International Body Psychotherapy Journal*, 19, 1, 30-38. (Link [here](#))
- (E11) Young, C. (Ed.) (2018). *Body Psychotherapy Case Studies*. Body Psychotherapy Publications. This book contains 17 different Body Psychotherapy Case Studies. (Link [here](#))

[Back to Top](#)

(F) Research Dissertations on Somatic Psychology and Body Psychotherapy

- (F1) Dissertations and Masters' Theses Abstracts from Somatic Psychology and other Graduate Programs. *International Body Psychotherapy Journal*, 14, 1, 96-102. (Link [here](#))
- (F2) Anderson, D. (2014). The Use of Oral Memory Traditions Embedded in Somatic Psychology Practices by South Slavic Female Survivors of War and War Crimes.

Doctoral Dissertation, The Chicago School of Professional Psychology. (Link [here](#))

- (F3) Barnum, L. (2016). How do Somatic and Body Psychotherapists Identify Attachment Trauma in Adults? A grounded theory investigation into the somatic nature of attachment trauma. *Doctoral Dissertation, The Chicago School of Professional Psychology.* (Link [here](#))
- (F4) Beever, R. (2014). The Body as a Resource in Psychotherapy. *Dissertation for Auckland University, Masters in Psychotherapy.* (Link [here](#))
- (F5) Burgermann, E. (2009). Exploring psychotherapist empathic attunement from a psycho-neurolo-biological perspective: Is empathy enhanced by yoga and meditation? *Doctoral Dissertation in Clinical Psychology, Pacifica Graduate Institute.* (Link [here](#))
- (F6) Burri, L.G. (2018). Relational Somatic Psychotherapy: Integrating psyche and soma through authentic relationship. *Doctoral Dissertation in Depth Psychology, Pacifica Graduate Institute.* (Link [here](#))
- (F7) Cockburn, W.H. (2013). The Somatic Relationship Between Mind-Body Therapists and their Parents: A grounded theory study. *Doctoral Dissertation, The Chicago School of Professional Psychology.* (Link [here](#))
- (F8) Fogel, J.M. (2008). Children of the Damned: Shadow object relations and the psyche-somatic transmission of psychic deadness in the family. *Doctoral Dissertation for Clinical Psychology, Pacifica Graduate Institute.* (Link [here](#))
- (F9) Glickman, G. (2012). Gendering the Client: How somatic psychotherapists understand gender and work with it in clinical practice. *Doctoral Dissertation, Chicago School of Professional Psychology.* (Link [here](#))
- (F10) Hansel, M. (2018). Trauma, the Psyche and the Soma. *Doctoral Dissertation in Clinical Psychology, Pacifica Graduate Institute.* (Link [here](#))
- (F11) Hays, J.T. (2014). Healing trauma in the psyche-soma: Somatic experiencing in psychodynamic psychotherapy. *Doctoral Dissertation for Clinical Psychology, Pacifica Graduate Institute.* (Link [here](#))
- (F12) Jeswani, N.S. (2017). "If you lived in your body, you'd be home by now": Clinicians' perspectives on somatic practices in psychotherapy". *Master's Thesis, Smith College, Northampton, MA.* (Link [here](#))

- (F13) Karlsen, K. (2019). A Depth Informed Somatic Approach for the Treatment of Neurophysiological Effects of Trauma. *Dissertation for Master's in Counseling Psychology, Pacifica Graduate Institute*. (Link [here](#))
- (F14) Kruer-Zerhusen, A.E. (2015). Mind-Body Interventions for Chronic Pain and Trauma: A qualitative research perspective on group psychotherapy intervention. *Doctoral Dissertation in Clinical Psychology, Union Institute & University*. (Link [here](#))
- (F15) Lövkvist, M. (2013). Somatic Empathic Resonance: Subjective and inter-subjective experiences of the psychotherapeutic dyad. *Doctoral Dissertation for Clinical Psychology, Pacifica Graduate Institute*. (Link [here](#))
- (F16) Macaluso, N. (2015). Toward an integrative somatic depth psychotherapeutic model for relational trauma: Exploring the psychotherapy client's lived embodied experience. *Doctoral Dissertation for Clinical Psychology, Pacifica Graduate Institute*. (Link [here](#))
- (F17) Martin, M.R. (2020). A Phenomenological Autoethnography: The psychosomatic-spiritual transformation of childhood complex trauma. *Doctoral Dissertation, California Institute of Integral Studies*. (Link [here](#))
- (F18) Matulaitė, A. (2013). 'Your body just goes bananas': Embodied experience of pregnancy. *Doctoral thesis from the University of Vilnius, Lithuania*. (Link [here](#))
- (F19) Nickerson, G.L. (2013). Getting to the Root of Suffering: Dialogues with Tibetan refugee ex-political prisoners on what heals psychological and somatic sequelae of trauma. *Doctoral Dissertation for Clinical Psychology, Pacifica Graduate Institute*. (Link [here](#))
- (F20) Rayska, A. (2017). A Conceptualization of the Body in Psychodynamic and Body-Based Psychotherapies: Areas of overlap and possibilities for integration. *Dissertation for Doctor of Philosophy at City University of New York*. (Link [here](#))
- (F21) Samardžić, D. (2012). Trauma and the Body: The somatic experience in psychotherapy. *Dissertation Abstracts International: Section B: The Sciences and Engineering, 73(2-B), 1265*. (Abstract [here](#))
- (F22) Tzarfaty, K. (2015). Integrative Psychotherapy: Somatic, transpersonal and Western psychology in the practice of psychotherapy. *Doctoral Dissertation, California Institute of Integral Studies*. (Link [here](#))
- (F23) Ventling, C.D., Bertschi, H. & Gerhard, U. (2011). Efficacy of Bioenergetic Psychotherapy with Patients of Known ICD-Diagnosis: A Retrospective

Evaluation. **In:** V. Heinrich (Ed.) *Handbook of Bioenergetic Analysis*, (pp. 499-512). (Link [here](#)). Original Paper in: *Psychotherapeut* (2006), 51(5), 346-353.

- (F24) Walker, N. (2019). Transformative Somatic Practices and Autistic Potentials: An autoethnographic exploration. *Doctoral Dissertation, California Institute of Integral Studies*. (Link [here](#))
- (F25) Yamaji, H. (2016). Effects of Mindful Somatic Psychoeducation for Japanese College Students. *Doctoral Dissertation, Chicago School of Professional Psychology*. (Link [here](#))

[Back to Top](#)

(G) Books & Articles About Research in Various Body Psychotherapy Modalities

- (G1) List of Articles, Books, Research, related to **Hakomi Therapy**. (Link [here](#))
- (G2) Evidence-based Quantitative Studies of **Bioenergetic Analysis**. (Link [here](#))
- (G3) Efficacy & Effectiveness Studies in **Bioenergetic Analysis** (Link [here](#))
- (G4) Heinrich-Clauer, V. (2011). *Handbook Bioenergetic Analysis*. Psychosozial Verlag. (Link [here](#))
- (G5) List of Articles, Books, Research, related to the **Radix** Archives (Link [here](#))

[Back to Top](#)

EABP Bibliography of Body Psychotherapy

For nearly 25 years, the European Association for Body-Psychotherapy (EABP), has been working on a project: – to make a listing of published material about Body-Psychotherapy, and to make this listing as full and complete and available as possible.

This is the EABP Bibliography of Body-Psychotherapy – a powerful research tool - with a wide selection of material, search facilities, and the possibility for you to add in new entries. Previously available only on CD-ROM, the EABP Bibliography is now on-line, with more than 4,500 entries; and soon to be expanded further. We hope that you will both find it useful and also enjoy using it.

EABP is committed to developing this project and we are constantly looking for additional Body Psychotherapy and Somatic Psychology material, from different modalities and training schools, from different countries and in different languages. We really hope that you can help us to develop this resource.

Search the new, on-line version of the EABP Bibliography of Body-Psychotherapy, a database with more than 5,000 listings of various types of Body-Psychotherapy publications. Just type in 'Reich' or 'Research' (or any other Key Word) into the 'Search' box. There are separate listings for: Chapters & Books, Journal articles, Conference reports, Theses & dissertations, Film/tapes/video, and Websites. You can also add in new entries yourself: so, please do so!

This listing has been compiled by members of the EABP Science & Research Committee ([here](#)): it is, of course, inevitably incomplete, even though we try to update it regularly. If you are aware of any other Body Psychotherapy / Somatic Psychology **research** articles that you feel should be included, especially if these are in a language other than English, please inform us [here](#).

Sept. 2020

DRAFT: Sept 2020