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Body Psychotherapy: An Introduction

By Nick Totton

Open University Press. Paperback. Book Condition: new. BRAND NEW, Body Psychotherapy: An Introduction, Nick Totton, ".a well-rooted resource for bodywork courses and a useful introductory text for a broad audience." Caduceus "It's not a big book but it's got a vast amount of information and knowledge in it.if you are interested in getting a good overall picture of the subject you couldn't do better." The Fulcrum 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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