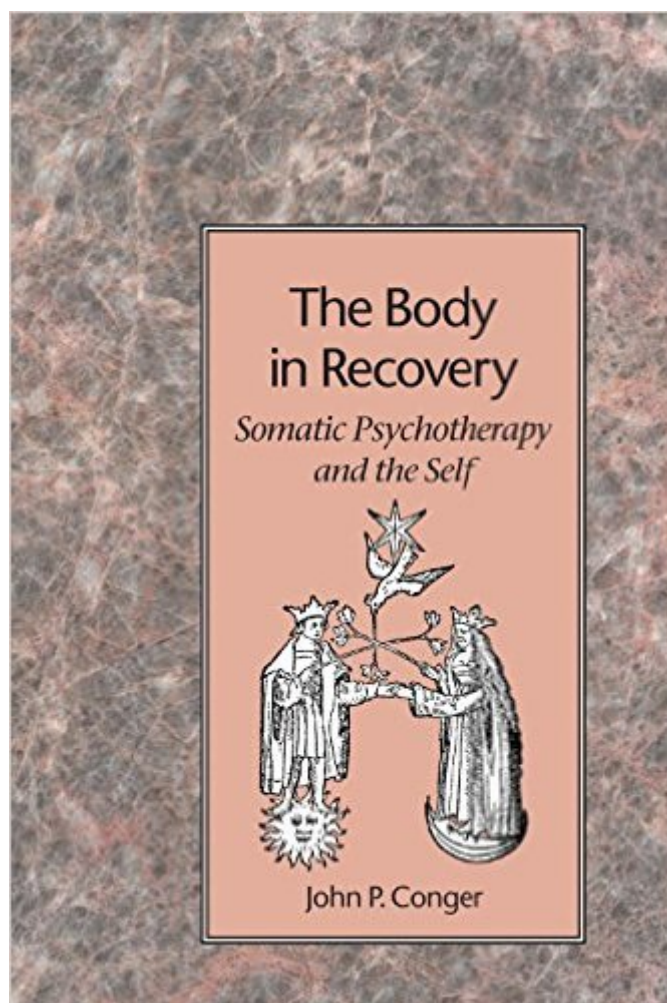


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# The Body In Recovery: Somatic Psychotherapy And The Self



## Synopsis

The Body in Recovery challenges the separation of verbal and bodywork therapies by integrating Reich's concepts of character armoring and bioenergetic exercises with psychodynamic theory. Addressed to therapists, this culminating work of twenty years of psychotherapy will also fascinate those embarking on the journey of therapy for themselves, and anyone seeking to understand the process of shaping an identity.

## Book Information

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## Customer Reviews

John Conger uses Jungian structure to help us honor, respect, and read the body for deeper core healing of the person. He clearly shows how our body is an archive of information to give us the map to more and more freedom and meaning in our lives....The Body in Recovery is a map for the recovery of the TRUE SELF. Somatic signals have meaning and logic that can move us on the Individuation Process toward more and more meaning and purpose for our LIVES.Barbara James MA CBT LMFT LMHC

An extremely articulate and thoughtful work that provides a much-needed framework for understanding how psychotherapy emphasizing the body is (or can be) effective. There is still a paucity of meaningful theoretical writing on this theme. Excellent.

Very interesting read. Offers an approach to the therapeutic process much outside the mainstream. Includes exercises, concepts and techniques. Even if a therapist is uninterested in this body

centered approach to therapy, there is much in this book to assist a therapist in better understanding the body-psyche connection. Great discussion regarding boundaries, the use of touch in therapy, transference/countertransference. Explores movement and body through the lens of symbolism.

Returned this item. Not what I expected.

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