



The Body in Psychotherapy: Inquiries in Somatic Psychology (IO)

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The Body in Psychotherapy explores the life of the body as a basis of psychological understanding. Its chapters describe the use of movement, awareness exercises, and bodily imagination in work with various populations and life situations. It chronicles somatic work with childhood trauma, political torture, and life transitions such as aging, the loss of parents, and the emergence of a sense of self.

The Body in Psychotherapy is the third in a groundbreaking series that provides a theoretical and practical context for the emerging field of Somatics. The first and second book of the series are *Bone, Breath*, and *Gesture and Groundworks*.

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