

Download Body Of Awareness A Somatic And Developmental Approach To Psychotherapy

Integral Somatic Psychology™ (ISP™) is an approach to improve therapeutic outcomes through greater embodiment of all aspects of experience and all levels of the psyche. Integral Somatic Psychology was developed by Raja Selvam, PhD.. It is a comprehensive approach to embodiment based on Western as well as Eastern psychology.www.meditatelive.com I am a Existential Phenomenological Psychologist and Psychotherapist. Affiliation Washington Center for Consciousness Studies and Washington Center for Phenomenological and Existential Psychotherapy Studies Pat Ogden PhD. Pat is a pioneer in somatic psychology and both Founder and Education Director of Sensorimotor Psychotherapy Institute®, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. This article introduces a new Body-Mind Centering (BMC®)/Integrative Bodywork and Movement Therapy (IBMT)-inspired somatic acting and creative methodology as part of my Somatic Acting Process® (SAP®) practice. It briefly unpacks the journey and the