



“Is our field open enough to offer this book the reception it deserves? Are we ready to admit into our work the physical part of our experience, what Frances Sommer Anderson...calls a ‘visceral, sensory, imagistic’ part of our world? Are we ready to accept that we cannot know everything in verbal terms, that part of our work must be and remain an experience of the body, ‘ineluctable, numinous, often ineffable’? I hope so. We need to accept this perspective and, in the process, we need to rework the longstanding overemphasis in psychoanalysis on words and linear thought.

This book, along with *Relational Perspectives on the Body* (the first book Anderson edited with Lew Aron), are the best places I know to begin this overdue project.”

Donnel B. Stern, Ph.D., Co-Editor,
Contemporary Psychoanalysis

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BODIES IN TREATMENT: The Unspoken Dimension Edited by Frances Sommer Anderson

Known as “the talking cure” and often referred to as “talk therapy,” psychotherapy as it is generally conceptualized and practiced emphasizes the mind while neglecting the body. *Bodies In Treatment* brings into conceptual focus this unspoken dimension of clinical work—the body and nonverbal communication—that has long occupied the shadowy realm of tacit knowledge. By bringing visceral, sensory, and imagistic modes of emotional processing to the forefront, editor Frances Sommer Anderson and the contributors to this collection expand the domain of psychodynamic engagement. Working at the leading edge of psychoanalytic theory and practice, and in the forefront of the integrative psychotherapy movement, Anderson has created a collaborative project that stimulates interdisciplinary dialogue on the developmental neurobiology of attachment, the micro processing of interchanges between the infant and caregiver, the neuroscience of emotional processing and trauma, body-focused talking treatments for trauma, and research in cognitive science.

Enlightened by experiencing body based treatments for thirty years, Anderson, a psychoanalyst and seasoned clinician, reflects on the powerful impact of these interventions, recounting attempts to integrate her somatically informed discoveries into the “talking” frame. Reaching further, her contributors present richly informative accounts of how experiences in body-based modalities can be creatively integrated into a psychoanalytic framework of treatment. Readers are introduced to specialized modalities, such as craniosacral therapy and polarity therapy, as well as to the adjunctive use of yoga, the effectiveness of which can be grounded neurophysiologically. Somatic interventions are discussed in terms of the extent to which they can promote depth-psychological change outside the psychoanalytic consulting room as well as how they can enrich the relational process in psychodynamic treatment. The final sections of *Bodies in Treatment* explore the range of ways in which patients’ and therapists’ bodies engage, sustain, and contain the dynamics of treatment.

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