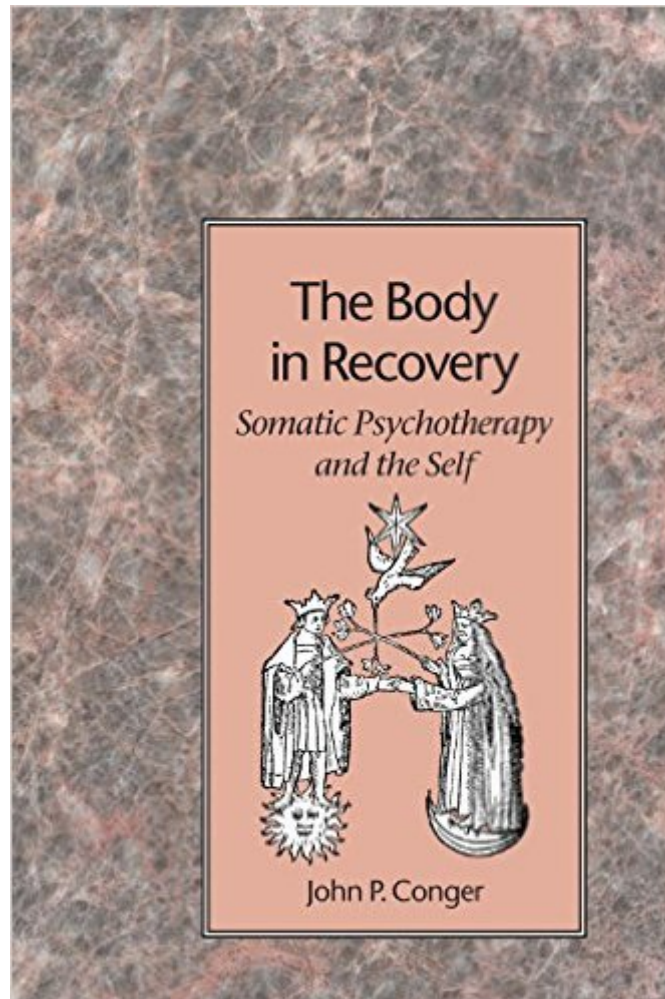


The book was found

# 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

Paperback: 304 pages

Publisher: Frog Books (April 26, 1994)

Language: English

ISBN-10: 1883319064

ISBN-13: 978-1883319069

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #864,847 in Books (See Top 100 in Books) #362 inÂ Books > Medical Books > Psychology > Movements > Jungian #411 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Reference #424 inÂ Books > Medical Books > Psychology > Reference

## 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.

[Download to continue reading...](#)

The Body in Recovery: Somatic Psychotherapy and the Self Victims of Cruelty: Somatic Psychotherapy in the Healing of Posttraumatic Stress Disorder The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work (Counseling and Psychotherapy) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self

Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3)  
Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists  
(Self-Practice/Self-Reflection Guides for Psychotherapists) Don't Let the Bastards Grind You  
Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean  
and Sober, Recovery from Addiction and Substance Abuse The Bath and Body Book: DIY Bath  
Bombs, Bath Salts, Body Butter and Body Scrubs Body Language: Discover and Understand the  
Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On  
Sight - Body Communication - Nonverbal Communication)

[Dmca](#)