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CONTEMPORARY BODY PSYCHOTHERAPY

The Chiron Approach

Edited by

LINDA HARTLEY

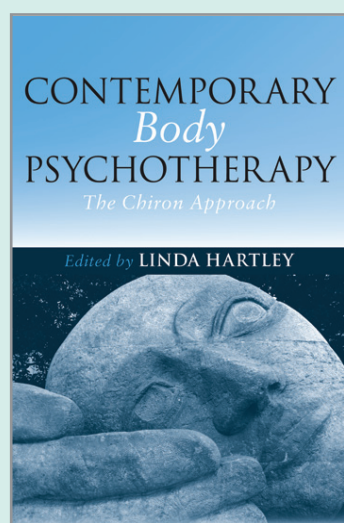
"Essential reading for anyone seriously interested in body psychotherapy." - **Nick Totton**, body psychotherapy trainer and author

Contemporary Body Psychotherapy: The Chiron Approach looks at the ground-breaking work of the London based Chiron Centre for Body Psychotherapy, a training centre recognised worldwide by professionals in the field. The book brings together Chiron trainers and therapists, describing how their integrative approach has enabled cutting-edge thinking.

Divided into two parts, the book deals with topics including:

- the roots and the development of the Chiron approach
- self-regulation – an evolving concept at the heart of body psychotherapy
- the evolution of an embodied, integral and relational approach to psychotherapy
- moving towards an integrative model of trauma therapy.

At a time when the psychotherapeutic profession has turned its interest towards the body and its intrinsic psychological dimension, *Contemporary Body Psychotherapy: The Chiron Approach* offers a timely and valuable contribution to the literature. It will provide essential reading for those practicing or involved with body psychotherapy, offering a new synthesis with the psychoanalytic tradition, as well as appealing to a wider audience of mental health professionals and academics with an interest in the area.



Contents: *Hartley*, Introduction. **Part I: The Development of Core Principles and Theory. Ground and Roots.** *Eiden*, The Roots and the Development of the Chiron Approach. *Schaible*, Biodynamic Massage as a Tool in Body Psychotherapy. *Reynolds*, Gestalt Body Psychotherapy. **The Crucible.** *Soth*, From Humanistic Holism via the 'Integrative Project' Towards Integral-relational Body Psychotherapy. *Carroll*, Self-regulation – An Evolving Concept at the Heart of Body Psychotherapy. *Asheri*, To Touch or Not to Touch: A Relational Body Psychotherapy Perspective. *Ablack*, The Body-mind Dynamics of Working with Diversity. **Part II: New Directions and Applications. An Intimate Perspective.** *Stauffer*, The Use of Neuroscience in Body Psychotherapy: Theoretical and Clinically Relevant Aspects. *Landale*, Working with Psychosomatic Distress and Developmental Trauma: A Clinical Illustration. *Keary*, Do We? Can We Look at the Disabled Body? *Heitzler*, Towards an Integrative Model of Trauma Therapy. *Warnecke*, The Borderline Relationship. *Clark*, Facing the Abuser in the Abused in Body Psychotherapy. **Changing Socio-political Contexts.** *Waterston*, Body Psychotherapy, Social Theory, Marxism and Civil War. *Hartley*, Concluding Words.

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