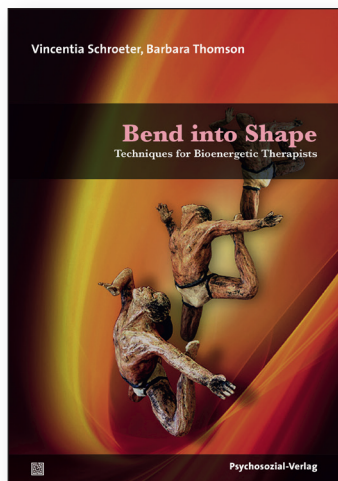


Vincenia Schroeter, Barbara Thomson

# Bend into Shape

Techniques for Bioenergetic Therapists



*Bend into Shape* is the only complete compilation of both classic and modern Bioenergetic techniques. Bioenergetics is a form of somatic psychotherapy created by Alexander Lowen in 1957 and practiced world-wide. The book covers interventions based on body segments, character type, emotions, and various populations such as couples, children and the elderly. The book considers up to date modern issues such as the relational model, including ways to work with transference and countertransference in psychotherapy. It is designed for students of somatic psychotherapy as well as certified Bioenergetic therapists. The authors are both long-time Bioenergetic therapists and experienced trainers in the field.

ca. 400 Seiten · Ringbuch

79,90 € (D) · 82,20 € (A)

ISBN 978-3-8379-2762-7

ISBN E-Book 978-3-8379-7384-6

Buchreihe: Forum Körperpsychotherapie

Erscheint im Februar 2018

Vincenia Schroeter, PhD, worked forty-two years as a licensed clinical psychotherapist in private practice in California, focusing on body-mind psychology. She is a Certified Bioenergetic Therapist, member of the International Faculty of the International Institute of Bioenergetic Analysis (IIBA) and chief editor of the IIBA journal (2008–2018). Visit [www.vincenciaschroeterphd.com](http://www.vincenciaschroeterphd.com)

Barbara Thomson, PhD, is a licensed psychotherapist in private practice in Encinitas, California. She is a Marriage, Family and Child Therapist, Certified Bioenergetic Therapist and Bioenergetic trainer, and Certified Art Therapist. She uses her theater and art background as tools for psychotherapy. Visit [www.bthomsonphd.com](http://www.bthomsonphd.com)