

FOREWORD BY THE EDITOR IN CHIEF

Our readers can be sure that European Psychotherapy will be casting a light on topical and not so topical issues. Embodiment is topical at the moment – theoretically. We know a bit about it. But not much.

The body plays a much greater role than we have always believed. The body even does something which we used to attribute exclusively to the brain: it has a memory. And it determines our experience and behaviour not only as an actor but as the originator of these.

Accordingly, the "talking cure" cure, as it is called in psychotherapy, should thus no longer exist in its pure form. Two individuals sit on their chairs and speak to each other. And neither of them notice how much their bodies influence the interaction, and how much more fruitful the communication could be if it did not stop at speaking.

We have to reinvent our therapy sessions. They should no longer be "sittings", because sitting robs the mind-body unit of important degrees of freedom. Does this mean that we all have to become body therapists? In a certain sense, yes. This can begin with mindfulness and with the mindful attention to our body so that it is in our consciousness. This can be our physically experienced biography. It can be an embodiment of what we happen to be talking about. And it can be the intuition of the body that allows the creation of something new.

And here again we have the fine words of a talking cure therapist, formulated while seated. Let us stand up, straighten our shoulders, walk and really act, give the body the space it deserves. This, however, means learning something completely new, and practising it until I can no longer say that a therapy session was a "sitting".

Serge Sulz