



English Summaries

Psycho-Dynamics: The Practice and Theoretical Background of Psychodynamic Movement and Dance Therapy

STUDIES

JUDITH S. KESTENBERG, HERSHEY MARCUS, ESTHER ROBBINS, JAY BERLOWE, ARNHILT BUELTE: Development of the young child as expressed through bodily movement

In a very condensed presentation, the authors show how motor equipment, available at birth, is later employed in the service of drive discharge and for relating to objects. Data solely from movement observation are used to describe and delineate basic differences between the oral, anal, and urethral ego organization in the first few years of life.

Keywords: bodily movement, infant, psychosexual phases, self-organization, flow of tension and form, bodily self

KINGA SZOKÁCS: Spaces in between

The article describes the characteristics, theoretical background and operational method of psychodynamic movement and dance therapy in a question-and-answer form. It briefly describes how body-conscious work and free improvisation can help us rewire entrenched patterns of the nervous system. The article provides a partial overview of the common aspects in contemporary human sciences, the idea of the embodied mind, and the posthuman approaches.

Keywords: self-initiated movement, free improvisation, relational work, controlled altered state of consciousness, bios and zoe.

MÁRTA MERÉNYI: A contemporary view of psychosomatic disorders and the potential of psychodynamic movement and dance therapy in treatment.

The term psychosomatic is now obsolete, and has mainly a historical significance. Mental and physical processes cannot be separated. Their balance is created and maintained by complex, complicated and continuous regulation, which can be highly variable, fragile and sensitive. Both mental and physical symptoms and illnesses are manifestations of this dysregulation.

This article will discuss some aspects of the relationship-dependent maturation of the nervous system, with particular emphasis on the role of early care in the development of the self, and on the development of the emotional and neuro-physiological regulation of the nervous system. If this sensitive process is disrupted for whatever reason, the individual becomes vulnerable to developing illnesses at the physical and/or psychological level. It is my contention that in each of these cases, there is an overload of the body which determines neuronal, hormonal, and vegetative functioning. Mental processing is always necessary to keep the body from overloading. Proper emotional regulation involves the body's capacity to contain and hold.

Psychodynamic movement- and dance therapy is a psychotherapeutic method that specifically accesses the bodily experience and, through it, the experience of the self. I illustrate this through a case vignette. I will highlight the importance of using our own bodily, mental and processing capacities in cases of hypochondria and physical illness to connect with the patient's bodily experience and relationship to their body, in order to help him/her to a more livable existence, even healing.

Keywords: psychosomatics, neurobiology, somatization, selfregulation, body relationship, body experience

JUDIT SIMON: Psychoanalytic interpretation of the therapeutic efficacy of movement improvisation in psychodynamic movement and dance therapy

There are countless forms of movement improvisation depending on the area and purpose for which it is used. The teaching of improvisation is part of the training of dancers, and performances based on improvisation are also regularly performed in the performing arts. It occupies a central place in various body experience-based, movement methods and workshops. (5 rhythms, authentic movement, etc.) Last but not least, it is an essential part of the dance therapy processes of different trends. In my study, I would like to explore the therapeutic efficacy of improvisation in psychodynamic movement- and dance-therapy. An inspiring point of reference for the understanding of the process, is the psychological phenomenon that Thomas Ogden calls *dream thinking*, which he believes is the most intense and creative form of thinking. This essentially unconscious psychological way of working, which takes place also in the waking state, takes place between the unconscious aspects of the personality and results in a real psychological change and spiritual development. The failure of it is often the result of trauma. Ogden also places great emphasis on experiencing the *vitality* and *sense of lifelessness* that appears in the therapeutic

process. Remaining with his formulation, I believe that one of the most important events in movement- and dance-therapy is when during improvisation a person dreams herself/himself to existence.

Keywords: improvisation, dream thinking, vitality, sense of lifelessness, experience of existence

ADRIENNE INCZE: States of consciousness and unconscious. The place of body and soul in psycho-culture

Psychiatrists who place more emphasis on the body in their work, whether based on their worldview or at the level of setting, base their attitude on an organic relationship of body and soul. As with contemporary dancers and body-conscious professionals, the organic relationship of body and soul is experiential evidence for them. The sciences dealing with the soul are far from uniform in this regard. In addition, the neurosciences, including cognitive science, do not generally use the term soul; based on their worldview basis, when they think of the emotional functioning of man, they use the concept of the mind. Many psychotherapeutic methods anticipate some change in the state of consciousness. This phenomenon makes professional dialogue difficult. The study deals with the contradictions between the conceptions of the body-soul relationship of different schools of psychology and the related human and worldviews. I strive to resolve and integrate these contradictory approaches, as part of which I introduce a special, new interpretation of the concept of “global experience” by Zsuzsanna Kulcsár. I try to bring phenomenology, psychoanalysis and the cognitive sciences into dialogue, to present the psychological and other philosophical theorizing of “embodiment” in several ways.

Keywords: body-soul relationship, mind, soul, unconscious, altered state of consciousness, global mode of experience.

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