

# The Sexual Body: from Armor to Stallion

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DÖK-Tagung 2015-Sexualität  
18-20 September in Wesenufer /OÖ

# 1. The question

« We are interested in the current view of bioenergetic analysis on the subject of sexuality, especially since it was central in our history and now apparently entered into the background compared to the early disorder...and the higher weighting of the relationship between therapist and patient gets it in a different color! »

## 2. The answer

1. The question
2. The answer: the plan of the presentation
3. From where I speak: personal and professional journey
4. The wave of attachment
5. The actual IIBA view of bioenergetic analysis
6. Attachment and sexuality
  - What says the curriculum 2005
  - Attachment/Self><Sexuality/Ego
  - Attachment and sexuality different clinical situation

## 7. Bioenergetic analysis and Sexuality

- History , foundation, controversies.....Freud, Reich
- Specific Lowenians concepts: sexual self and sexual sophistication
- Virginia Winck , a bioenergetic view of the oedipian task

## 8. Reasons to remain focus on sexual issues

- To be desirable, to be sexual, is a fundamental issue for every human being, even traumatised persons. This means resolving oedipian and acknowledgment of sexual identity (cfr V. Winck).

## 9. The Sexual Self a key concept

- Sexual feeling first floor or ground for genitality
- Impact of attachment experiences on the sexual self
- Oedipian issue is crucial for the sexual self .

## 10. Oedipus : problem of the modern man

Lowen usefull understanding that modern culture of progress

Drive parent to implicate sexually with their children and rivalise with them. This force the child to cut sexuals feelings (castration)

## 11. Sexuality today: armor and stallion

repressive puritanic culture we heritated and produce character armoring still impact us

Eclosion of a modern sexual culture, « stallion » culture (étalon in French)

## 12. Conclusion

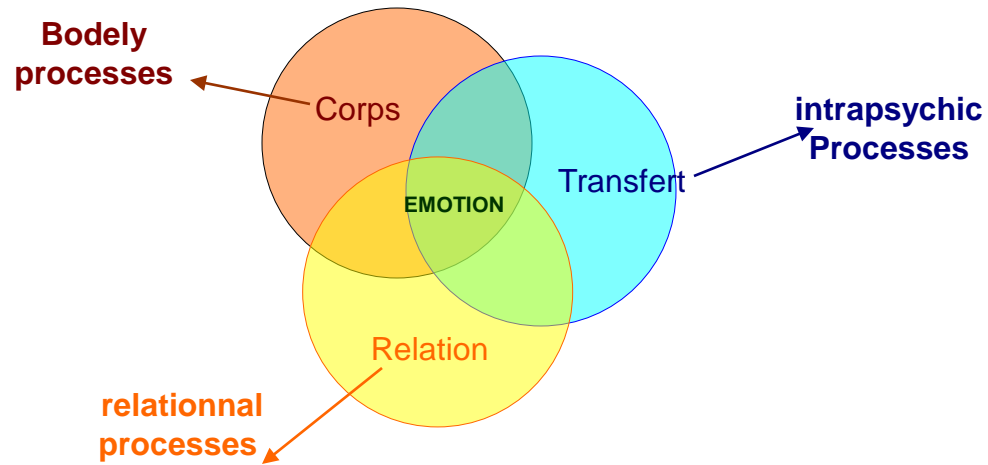
A draw as conclusion

### 3. From where I speak

# 3. From where I speak: personal and professional journey in BA

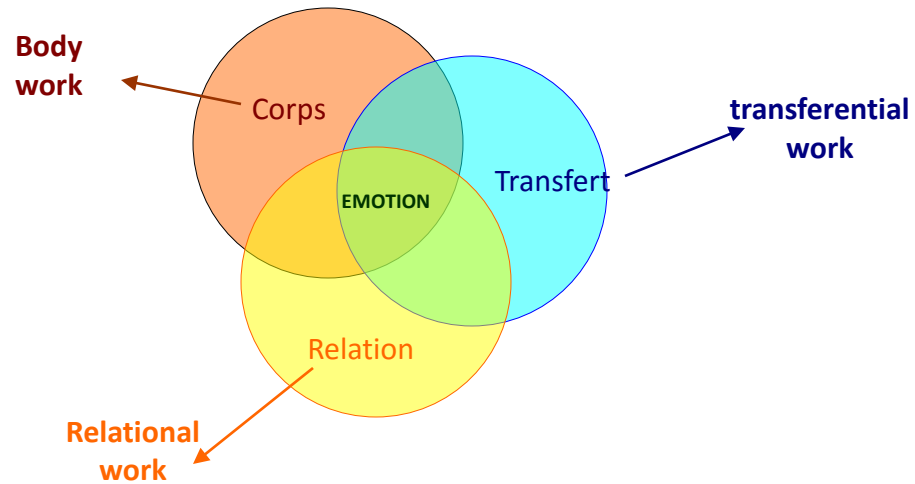
- birth, 3 years, 15 years, 23 years personal trauma, therapy, falling exercise, cbt
- Family planning center, sexual education
- Back to basic crisis: transfert and BA
- AB 3 dimensions: « body, relation, transfert » and
- Two relational levels
- International trainer and Lowen's retirement
- Curriculum crisis: the wave of attachment: David Campbell, Bob Lewis, Bob Hilton...

# The three dimensions of the affective experience





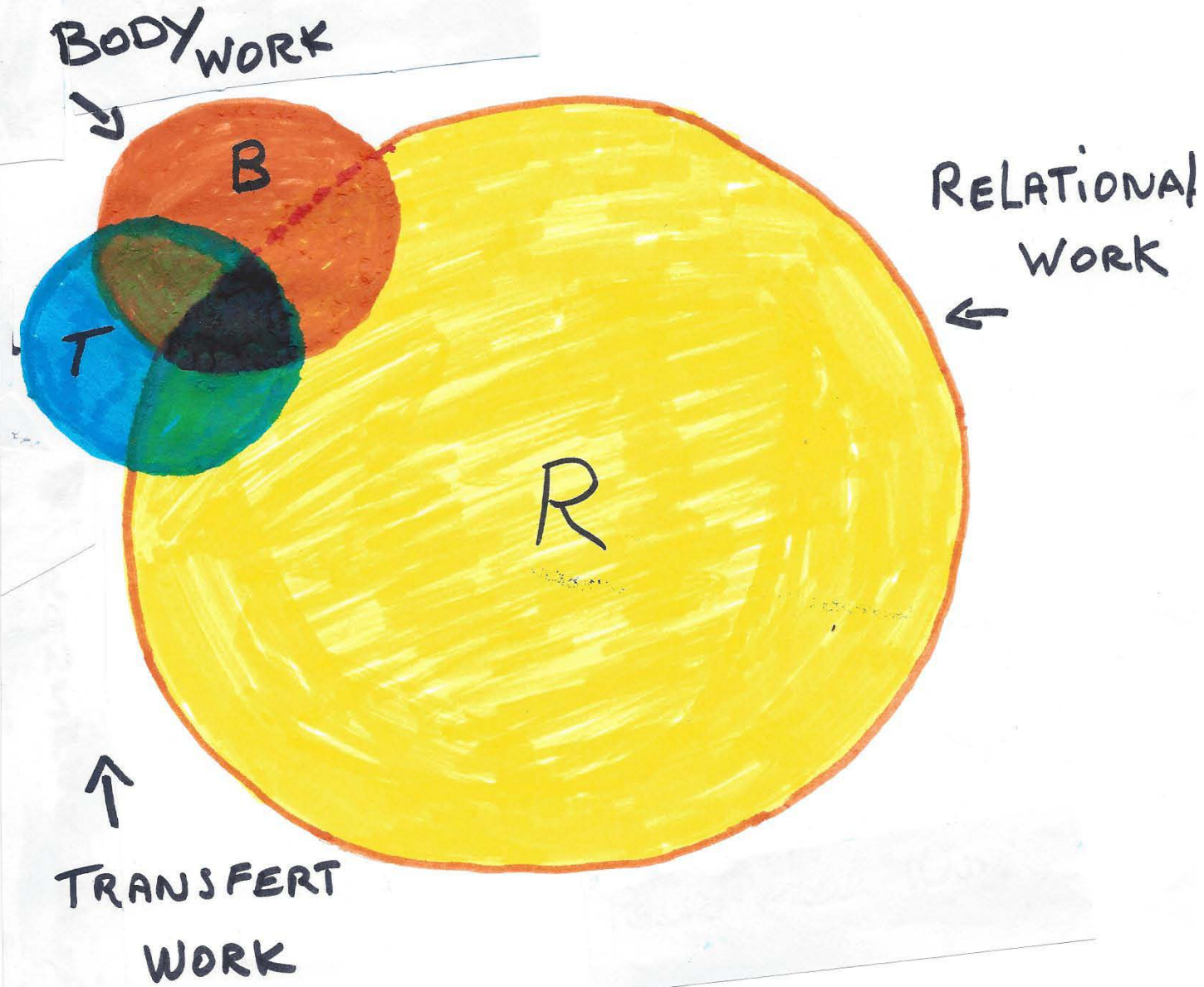
# The three dimensions of the therapeutic process in bioenergetic analysis



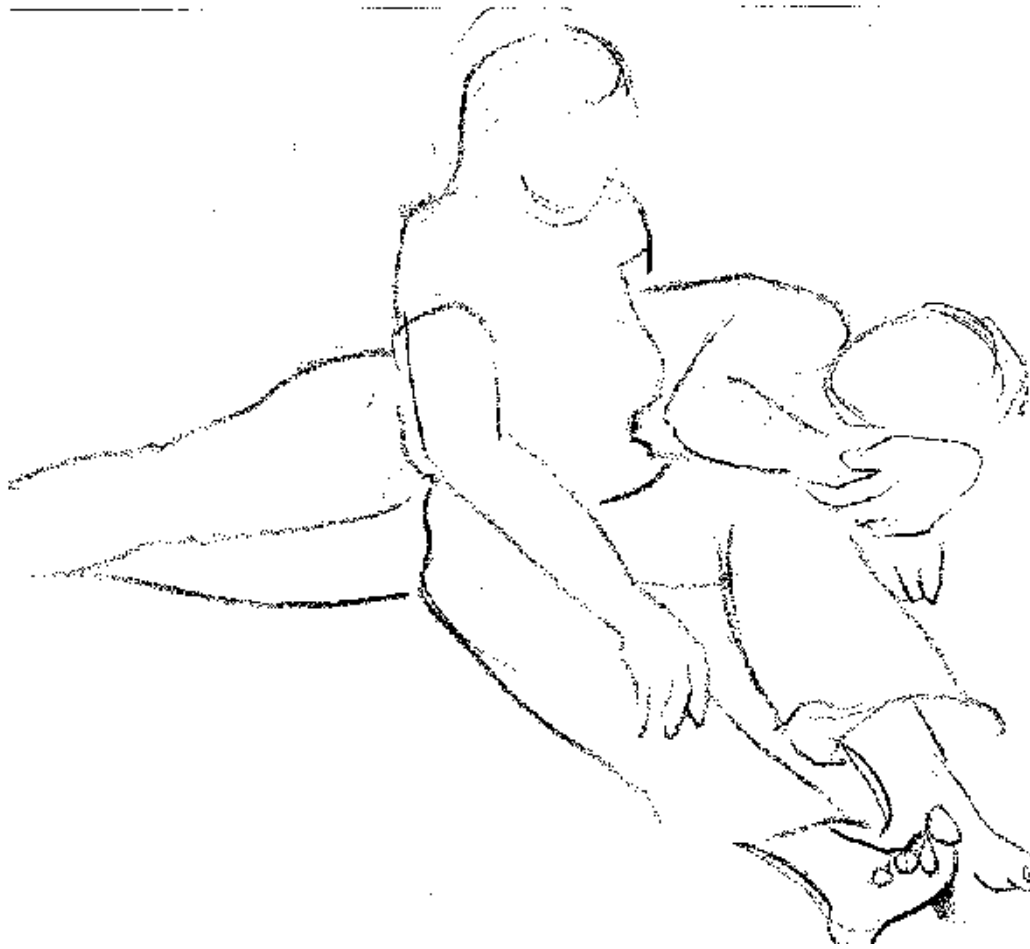
# 4. The wave of attachment and early disorders

- Within the psychotherapeutic world: decades of attachment and trauma :Bowlby, Shore, Stern...
- In bioenergetic analysis: David Campbell, Bob Lewis, David Finlay etc....
- A discovery and a social necessity
- The Self become a key concept: Guy Tonella contribution
- Modification of clinical practice: less catharsis, stress exercises, sexual issues, more containment, more intersubjective relation.....
- My move to « catharsis and relation »

# THE WAVE OF ATTACHEMENT



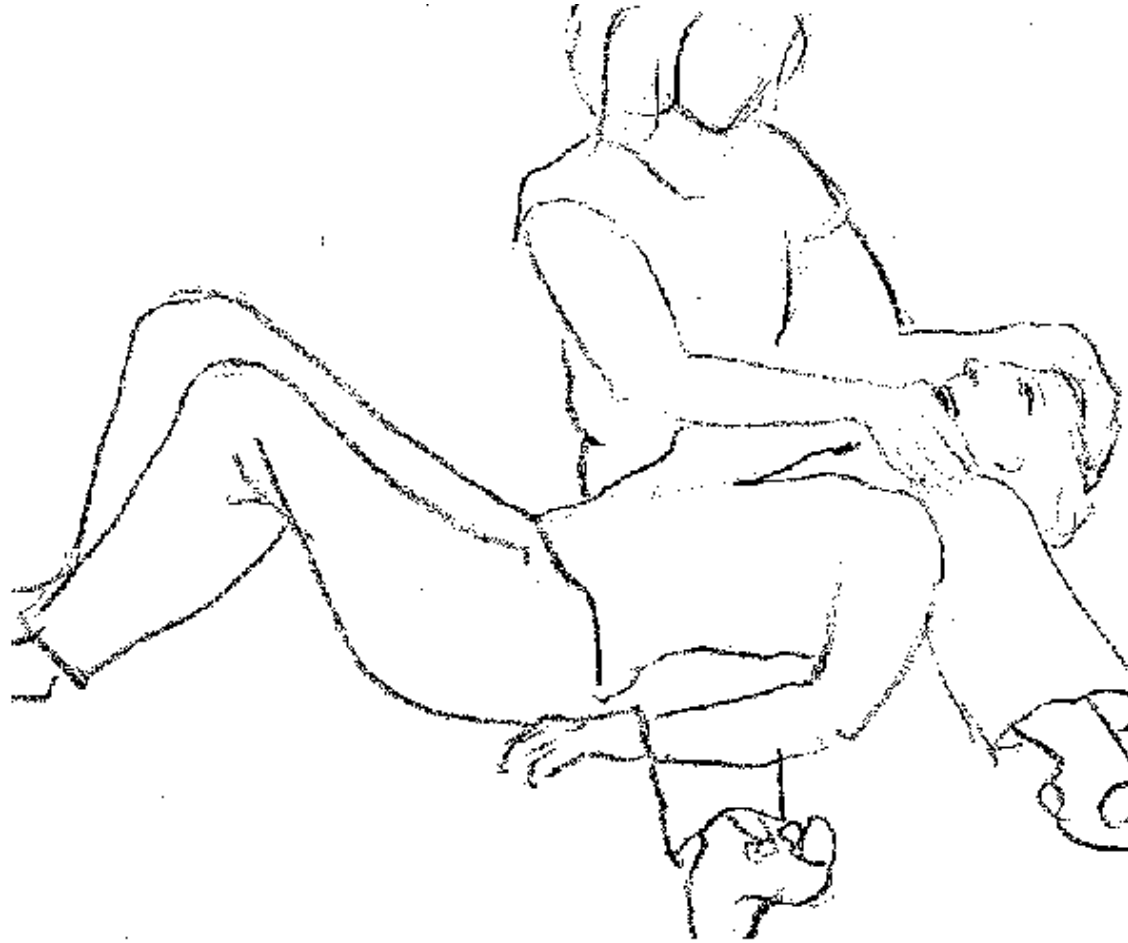
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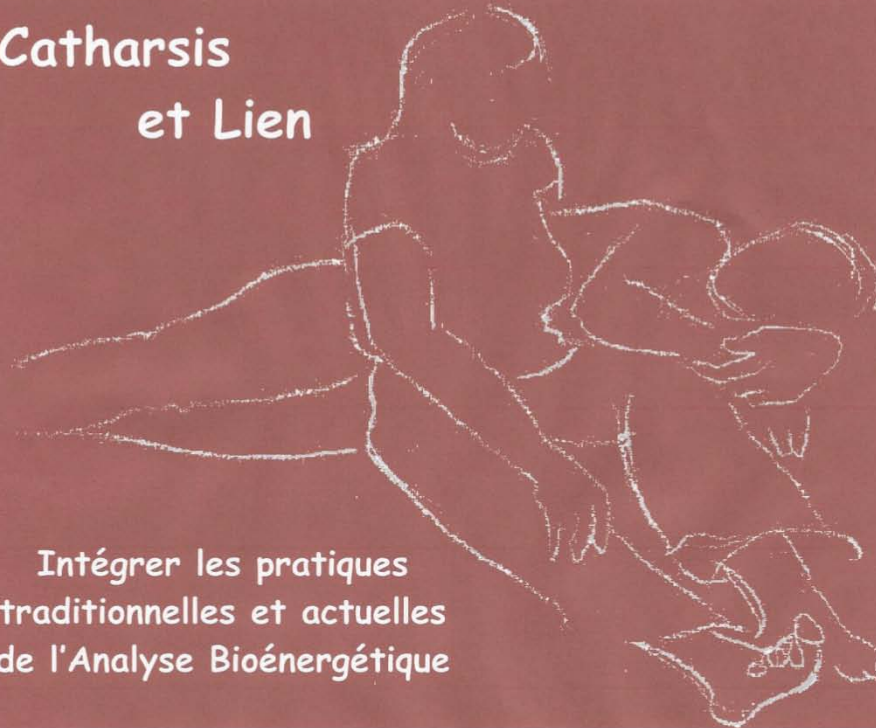


# S'abandonner à la mère



## Catharsis et Lien

Intégrer les pratiques  
traditionnelles et actuelles  
de l'Analyse Bioénergétique



Lowen développait il y a 50 ans des outils de travail émotionnels dans une double perspective: la décharge émotionnelle et l'enracinement.

Aujourd'hui, nous en savons plus sur l'importance de l'attachement et le monde actuel impose de travailler le lien. La pratique de l'analyse bioénergétique a donc évolué vers un travail «de lien» qui parfois fait abandonner le travail classique de l'analyse bioénergétique, en particulier les exercices «de stress». Hors ceux-ci sont des outils précieux pour les expériences cathartiques thérapeutiques.

Ce stage est l'occasion pour moi de transmettre ma façon d'intégrer ces deux dimensions de l'analyse bioénergétique et l'expérience approfondie des exercices de stress qui en sont une des richesses spécifiques.

J'ajouterais du travail corporel spécifique et les mouvements de base de la danse inspirée de la tradition Egyptienne que je pratique depuis de nombreuses années. Une joyeuse façon de célébrer notre lien à la terre.

Ce stage est ouvert aux praticiens en analyse bioénergétique, certifiés, en voie de certification ou en fin de formation (à partir de la 4<sup>ème</sup> année.

### Renseignements pratiques

**Date :** du 08mai à 15h au 11mai à 16h

**Lieu :** La Ferme de Vévy Wéron - Wépion.

Tél. : + 32 / (0)81.46.11.22.

e-mail : [info@vevyweron.be](mailto:info@vevyweron.be)

site : <http://www.vevyweron.be>

**Prix : 440 € (Hébergement compris)**

**Animatrice :** Violaine De Clerck

Formatrice internationale

en analyse bioénergétique.

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## 5. The actual IIBA view of bioenergetic analysis



# Where is the faculty ? The curriculum 2005

The basic curriculum 2005 is based upon a view that the psychothérapeutique process in bioenergetic analysis is  
three-dimensional

# In « Definition of Bioenergetic Analysis »

- The three dimensions of human reality, - psychic, relational, and bodily - are all recognized in the therapeutic situation and procedures.
- “It integrates a work with the body, with the patient’s interpersonal relationships, and with his mental processes; each of which is correlated and interpreted in terms of the others.... Bioenergetic analysis starts with the reality of the body and its basic functions of motility and expression.” (A. Lowen, New York, 1963)

# Integrating more relational work and interpersonal skills

In the introduction of the curriculum it says:

- The first training manual for bioenergetic analysis was formulated around 1972, based, necessarily, upon the understanding of bioenergetic therapy at that time.
- A second curriculum was organized around the theme “back to basics” in 1988, reaffirming the importance of the energetic perspective and work with the body.
- This third basic curriculum arises from the need to emphasize and make more explicit the relational dimension of bioenergetic analysis in both teaching and practice. Attachment and bonding are of crucial importance in both the origin of emotional illness and the conduct of therapy. There is a need to integrate in practice and teaching the relational work required to deal with trauma and deficit of early attachment issues.

# Basic principals of Bioenergetic Analysis concerning relationality

- The relational dimension of bioenergetic analysis has always been considered to be a central therapeutic agent. The interactions between patient and therapist are central in therapeutic work. These principals are inherent in the character analytic approach of Wilhelm Reich, from which bioenergetic analysis originates.
- Attachment and affective attunement concepts and research add new meaning to the importance of therapeutic relationship.
- The acquisition and development of the self are determined by early bonding experiences. A primary “interactive emotional regulation” is a fundamental mechanism of psychobiological development.
- To be a therapeutic person requires the ability to attune to the client’s relational needs and to be a partner within an interactive emotional regulation in order to develop a relationship with the client that is new, real, specific and promoting psychic growth.
- Through the therapist’s attunement to the client’s body and rhythm, developmental levels of functioning and relationship needs, an interpersonal relationship is formed influencing both parties in a dialectical interplay between two subjectivities.
- **The importance of relational work needed to heal attachment and bonding deficits depends on their severity.**

## 6. Attachment and Sexuality

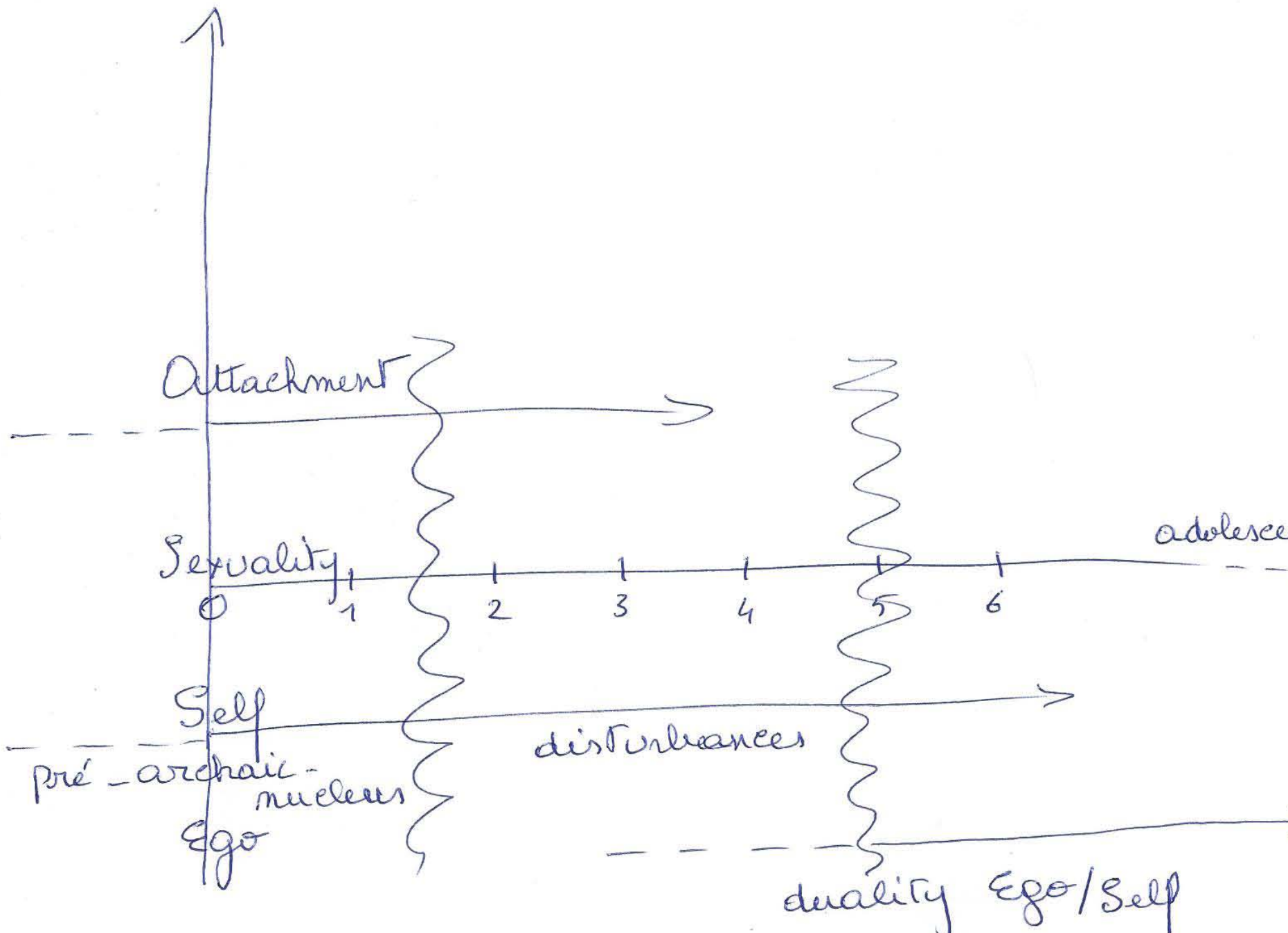
# What says the curriculum 2005

## **B. Understanding the developmental process and the associated Deficits, Traumas, Conflicts**

- Sexuality and attachment are the two basics determinants of psychobiological development, emotional experiences, and relational capacity.
- A person's sexual maturity and capacity for taking pleasure in his life depend on his pre-oedipal and oedipal experience.
- At a body level this development is related to the energetic functions of charge/discharge and containment underlying sexual and emotional experiences and expressions.
- An adult person's bonding capacity derives mainly from his early attachment and affective attunement experiences.

# Attachement/Self >< Sexuality/Ego

- Sexuality and ego development begin with birth. The processes enabling the development of attachment and the acquisition of the self begin and start to become structured before birth.
- Structuralisation and integration of all these functions occur in continuous developmental processes from birth through early adulthood.
- The self, sexuality, and relational capacity develop in tandem from birth onwards. All three lines of development are essential to survival and to the development of a positive sense of human identity.
- Attachment and self undergo critical development in early childhood, achieving a basic structure through the separation/individuation process.
- Sexuality and the ego undergo critical development during the oedipal period.
- Severe deficit and attachment trauma occurring in this period, damage the acquisition and/or the development of the self.
- The negative relational interferences classically studied in bioenergetic analysis determine distortions of the self, and produce deep wounds in the person's attachment to significant others.





# 7. Bioenergetic analysis and Sexuality

# History, foundation, controversies, still relevant concept....

- S.Freud

- Sexuality start at birth: and infantile Sexuality
- Sexuality><généralité
- Oedipal phase of psychosexual development
- Neurosis is result of an internal conflict (Ego-superego-it)
- Natural necessity of castration anxiety to resolve Oedipus complex and renunciation
- Oedipal experience and feelings are traumatic by nature

- W.Reich

- Sex is the key of the personality
- Orgastic reflex and link sexual-emotional-breath inhibition
- Orgastic impotency and potency-capacity to love
- Neurosis is the result of cultural sexual repression
- Oedipus stage become traumatic as result of the repression of sexuality, hostility, rejection and shame around sexuality.
- Castration is real and underlain by chronic tensions who inhibit sexual discharge

# ...specific Lowenian concepts....

- Lowen

- Sex is the key of the personality

- Enlargement of orgasmic potency,

- 1) Sexuality and personality reflect each other,

- sexuals problem reflect characterological split:
- body/mind, aggression/tenderness, or sexe/hearth-sexe/love split.
- «The common ground for sexuality and personality is the body »

- 2) Sexual maturity where

- orgasm is understand as a result and not a goal
- sexuality is understood as an emotional state

- 3) Sexual self : sexual sensations/feelings

Sexuality is not limited to genitality, one dimension of sexuality is not oriented to the genitals and is satisfied by sexual sensations. Thoses are not limited to the genital area but are felt throughout the all body.

In the experience of the sexual self, one experience sexuality as it was in early childhood

# Sexual self : sexual sensations

Sexuality is not limited to genitality, one dimension of sexuality is not oriented to the genitals and is satisfied by sexual sensations. Thoses are not limited to the genital area but are felt throughout the all body.

In the experience of the sexual self, one experience sexuality as it was in early childhood, before the genital phase, not dissociate from other experiences, but as part of the experience to be alive in itself: « To live is to be sexual ; to be sexual is to be alive »

Genitality is rooted in those sexual feelings , as a tree is rooted in earth.

To be sexual is be identify with one own body and sexual self.

People dissociated from their self, seek for genital activity in order to get sexuals feelings and become sexual!!!

# Virginia Winck : a bioenergetic view of the oedipal task

- Virginia Winck

The oedipal task: “For normal, satisfying sexual functioning, the task to have been accomplished in *this* phase of development is the following: *One needs to have had one’s sexuality and sexual feelings acknowledged and affirmed, freed from the oedipal object, and claimed as one’s own. Then one can move toward appropriate expression and fulfillment of desires*”.

The most crucial and important part is the acknowledging and affirming of the sexuality of the child. The child needed to hear from the parents :

- You are a sexual person, boy/girl ,and this is good
- You sexual feelings are good
- You are desireable

Modern oedipal situation lead to the confusion between :  
beeing desireable/ beeing desired

# If we *had* had the ideal situation for accomplishing the task, it would look like this:

The opposite sexed parent is secure in his/her sexuality; his needs are satisfied and therefore he makes no demands on the child. The message is clear and unambivalent: "I affirm, accept, and take pleasure in your sexuality. I am not frightened by your feelings, and I make no demand on you to meet *my* needs. *And I am emphatically and unequivocally* unavailable. Therefore you are completely safe to have and experience *your* feelings. I can wholeheartedly support your movement into the world to find the right object for your passion and your love."

The same sexed parent, in the ideal situation, understands the projection of threat. Secure in him/herself, he sends this message: "I take pleasure in our likeness and similarity, and delight in the power of your sexuality. I stand behind you and support you as you confront the object of your desire, ready with understanding and empathy for the rejection and loss you will experience, and with joy and delight as you move on to find happiness and completion."

# 8. Reason to remain focus on sexual issues

To be desirable, to be sexual, is a fundamental issue for every human being, even traumatised persons. This means resolving oedipian and acknowledgment of sexual identity (cfr V. Winck).

The lack of sexual feelings remain today a main condition in sexual experiences and behavior.

# 9. The Sexual Self a key concept

- Sexual feeling first floor or ground for genitality
- Lack of sexual feelings due to attachment deficit/privation
- Due to oedipian situation: castration
- Castration former and actual oedipian impossible resolution



# 10. Oedipus : the problem of modern man

- As Reich Lowen consider that the oedipian phase become traumatic because of the cultural negative puritanical trend toward sexuality who is a heavy long-term trend. This drive children to feel shame about their odipian desirs and to abdication and castration.
- Lowen discovered several cultural elements responsible for this Oedipal problem but there was one above all others; progress. Progress is change and always aims higher. “We speak of the ascension of man, the rising up of culture, to elevate ones station in life. Progress has a temporal dimension as well. It implies that new is always superior to old and what is present is evidently newer. “ Fear of Live
- Going one step further, that mean that the son is superior to the father, that tradition is a dead weight from the past. In this type of culture, he says, the son vanquishes the father. Lowen’s hypothesis that, “modern man in his western context, is a man subjected from childhood to an Oedipal complex that castrates him”

# 11. Sexuality today: armor and stallion

- Despite positive evolution and real emancipation, the repressive puritanic culture we inherited, is a long lasting heavy cultural trend.  
First the mores evolution is recent, and secondly, part of population is not adhering to this recent « liberation »  
Infantile sexuality is still a taboo for the majority of the population. Also we see a return of repressive « conservative » trends.
- Ecllosion of a modern sexual culture, new version of sexual split and sexuality losing her expressive and emotional function;  
This culture is marked by sexual desinhibition, consumption, pornography and stallion culture= new form of sexual sophistication (Lowen) based on a lack of sexual sensations. One has sexual activities in order to become sexual.

# 11. Conclusion

