

# WHAT IS BIOENERGETIC ANALYSIS

(Relational Somatic Therapy) [sdiba.com](http://sdiba.com)

**BIOENERGETICS IS A FORM OF PSYCHOTHERAPY** that combines work with the body and the mind to help people resolve their emotional problems and realize more of their potential for pleasure and joy in living. The mind and body are functionally identical. What you think can affect how you feel. The reverse is equally true; what you feel affects how you think. Bioenergetics seeks to bring about the healthy integrations of the body and the mind so that you have the energy to discover pleasure.

Every stress (physical or emotional) produces a state of tension in the body. Normally, the tension disappears when the stress is relieved. Chronic tensions, however, linger as an unconscious bodily posture or physical predisposition even after the original stress has been removed. Such chronic muscular tensions disturb emotional health by decreasing your energy, restricting your motility (the natural, spontaneous play and movement of the musculature), and limiting your self-expression. It becomes necessary, then, to relieve this chronic tension if you are to regain your full aliveness and emotional well-being. Therefore, the focus is on both the psychological problem and the physical expression of that problem as it is shown in your body and movement.

**THE BODY (SOMATIC) WORK OF BIOENERGETICS** involves special exercises that are designed to help you get in touch with your tensions and release them through appropriate movement. Gentle touching and controlled pressure help to relax contracted muscles. Naturally, this touching occurs only with your consent. It is important to know that every contracted muscle is blocking some movement. Often, breathing patterns are established by chronic tensions due to emotional stress in earlier years. The therapist's helping you change these patterns in order to increase your breathing enables you to have more energy, to discover more feeling, and to increase your potential for pleasure. Bioenergetic techniques focus on releasing the physical tensions while dealing with the psychological issues underlying them.

**THE ANALYTIC (PSYCHOTHERAPY) WORK OF BIOENERGETICS** involves understanding the attitudes, feelings, and expressions that you have learned to adopt and to maintain through the musculature of your body. Therapy is a process of self-discovery. A careful, supportive exploration of your early life and life patterns illuminates the way you act, think and feel today. By addressing your problems at both the emotional and physical level, you gain the awareness that comes from understanding, the freedom from outmoded patterns of acting and reacting, the strength to tolerate life's pains, and the capacity to tolerate its pleasures. The result is an enhanced ability to enjoy yourself and to relate to others.

**THE RELATIONAL WORK OF BIOENERGETICS** involves contact with a certified bioenergetic therapist who acts as a guide, navigator and ally. S/he has made her/his own journey of self-exploration. S/he can offer support and encouragement when the going is rough, and s/he can also share in your pleasures and joy in living. S/he works with you to increase your sense of internal harmony, to enhance your ability to relate to others honestly, openly and deeply, and to help you feel seen, affirmed and more effective in everyday life.



# WHAT IS BIOENERGETIC ANALYSIS

(Relational Somatic Therapy) sdiba.com

**BIOENERGETICS IS A FORM OF PSYCHOTHERAPY** that combines work with the body and the mind to help people resolve their emotional problems and realize more of their potential for pleasure and joy in living. The mind and body are functionally identical. What you think can affect how you feel. The reverse is equally true; what you feel affects how you think. Bioenergetics seeks to bring about the healthy integrations of the body and the mind so that you have the energy to discover pleasure.

Every stress (physical or emotional) produces a state of tension in the body. Normally, the tension disappears when the stress is relieved. Chronic tensions, however, linger as an unconscious bodily posture or physical predisposition even after the original stress has been removed. Such chronic muscular tensions disturb emotional health by decreasing your energy, restricting your motility (the natural, spontaneous play and movement of the musculature), and limiting your self-expression. It becomes necessary, then, to relieve this chronic tension if you are to regain your full aliveness and emotional well-being. Therefore, the focus is on both the psychological problem and the physical expression of that problem as it is shown in your body and movement.

**THE BODY (SOMATIC) WORK OF BIOENERGETICS** involves special exercises that are designed to help you get in touch with your tensions and release them through appropriate movement. Gentle touching and controlled pressure help to relax contracted muscles. Naturally, this touching occurs only with your consent. It is important to know that every contracted muscle is blocking some movement. Often, breathing patterns are established by chronic tensions due to emotional stress in earlier years. The therapist's helping you change these patterns in order to increase your breathing enables you to have more energy, to discover more feeling, and to increase your potential for pleasure. Bioenergetic techniques focus on releasing the physical tensions while dealing with the psychological issues underlying them.

**THE ANALYTIC (PSYCHOTHERAPY) WORK OF BIOENERGETICS** involves understanding the attitudes, feelings, and expressions that you have learned to adopt and to maintain through the musculature of your body. Therapy is a process of self-discovery. A careful, supportive exploration of your early life and life patterns illuminates the way you act, think and feel today. By addressing your problems at both the emotional and physical level, you gain the awareness that comes from understanding, the freedom from outmoded patterns of acting and reacting, the strength to tolerate life's pains, and the capacity to tolerate its pleasures. The result is an enhanced ability to enjoy yourself and to relate to others.

**THE RELATIONAL WORK OF BIOENERGETICS** involves contact with a certified bioenergetic therapist who acts as a guide, navigator and ally. S/he has made her/his own journey of self-exploration. S/he can offer support and encouragement when the going is rough, and s/he can also share in your pleasures and joy in living. S/he works with you to increase your sense of internal harmony, to enhance your ability to relate to others honestly, openly and deeply, and to help you feel seen, affirmed and more effective in everyday life.