

# **PSYCHOSOMATICS MANUAL**

## **Section E**

### **DEVELOPMENTAL ISSUES**

## **DEVELOPMENTAL ISSUES IN HEALTH AND ILLNESS**

### **TISSUE LAYERS, ENERGETIC BLUE PRINT and PSYCHOSOMATIC UNITY**

Understanding the basic function of the tissue layers, will help us to go deeper in understanding some of the fundamentals of the Neo-Reichian approach to body psychotherapy, which is also the foundation of the somatic aspects of Core Energetics.

Evolutionary theory teaches that after the joining of sperm and egg during conception, we then go through all the complex developmental stages of all the species before us. In nine month's time, we move from an ameba stage (zygote = one cell), through a stage that replicates the earth worm, we pass through a reptilian state, a vertebrate state, and a primate state. Finally, incorporating and furthering all the high points of prior developments, we are born into this world as human beings.

**In the beginning there was....**

#### **THE AMEBA:**

- One cell
- Pulsating
- Vibrating
- Very little differentiation

**...when cells multiplied and organized - there was....**

#### **THE EARTHWORM:**

- Many cells, organized
- Segments containing three different layers of germinating tissue
- Germinating tissue layers have very distinct developmental capabilities
- Tissue layers: Ectoderm, Mesoderm, Endoderm
- Higher levels of cell organization follow a specific "blue print"
- Individual segments are strung like beads in a necklace
- Germinating tissue layers are organized along an hollow axial inner tube

**After many, many further developmental stages (reptile, vertebrate, primate), there still remain faint memories from our more primitive past.....**

#### **THE HUMAN BODY:**

- Very high differentiation of cells and organ systems
- Tissue layers germinate into distinct organ systems
- Segmental involution (segments fold into each other)
- Brain develops as a result of involution
- Skeleton forms: Stand up - against gravity
- Mobility, Flexibility
- Mind - thinking
- Awareness

## THE MEANING OF CELL DIFFERENTIATION IN THE HUMAN ORGANISM:

According to the teachings of Wilhelm Reich, M.D. (“vegetotherapy”) and Gerda Boyesen (Biodynamics) and David Boadella (“Life Streams”) , each germinal tissue layer has specific psychological – instinctual and energetic aspects associated with it.

There is an intrinsic energetic blue print for our instinctual biological processes. Based on this energetic blue print, (or “consciousness”) and specific tissue development associated with it, particular psychological and somatic events happen in the organism. The following information may be a useful basis for the understanding of how a person metabolizes energetic charge.

## BIOCOMMUNICATION THE BODY AS A HOLOGRAM “BODY MESSAGES”: TISSUE LAYERS & COMMUNICATION

### The Psychosomatic Unity

- Tissue Layers (Endoderm, ectoderm, mesoderm)
- Energetic Meaning of Tissue Layers
- Developmental Issues & Tissue Layers

### From Cell to Tissues

3 Germinal Tissue Layers:

Endoderm: Intestinal tube

Mesoderm: Fascia and Skeleton,

Ectoderm: Skin & Nervous System

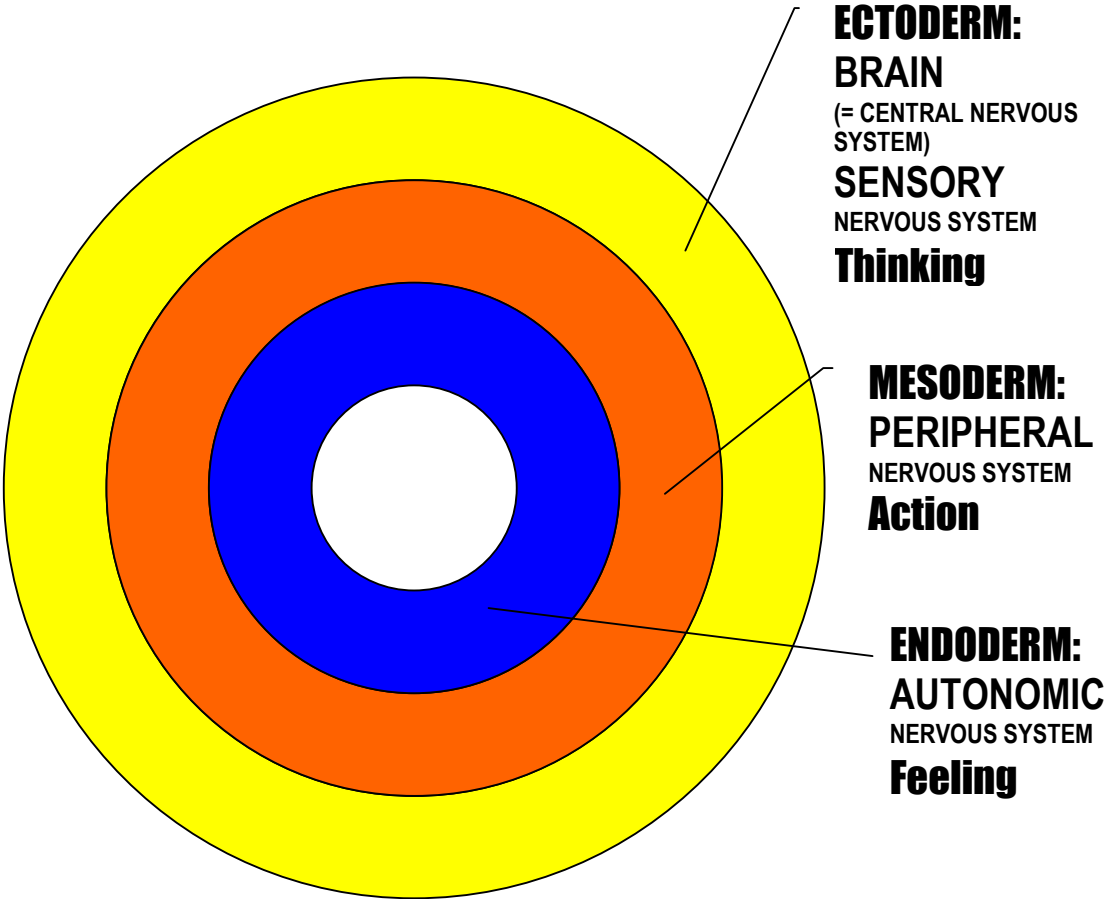
### From Tissue to Organs

Organs & Systems of the Body:

Each organ developed out of the cells from one (or more) components of the 3 Germinal Tissue Layers (Ectoderm, Mesoderm, Endoderm).

**An Example:** Together with the..... (1) endodermal tissue of the internal organs, such as the Liver, there also developed (2) a mesodermal aspect in form of the connective tissue around and within the organ (organ capsule and other support structures), as well as the complex web of blood vessels (= vascular system) and lymph ducts feeding it and (3) an ectodermal aspect in the form of the Nervous connection which relates impulses to and from the brain and thus connects with a multitude of other body systems.

**THE 3 MAIN DOMAINS OF ACTION  
OF THE NERVOUS SYSTEM  
AND THE THREE GERMINAL TISSUE LAYERS**



**EACH OF THE 3 DIFFERENT DOMAINS OF  
THE NERVOUS SYSTEM GOVERNS  
A DIFFERENT TISSUE LAYER**

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## THE PSYCHOSOMATIC MEANING OF CELL DIFFERENTIATION IN THE HUMAN ORGANISM

Understanding our instinctual roots may give us insights how basic biological processes correlate to psychological and somatic events. Each germinal tissue layer correlates to specific psychological and instinctual behaviors associated with it. This information may be a useful basis for the understanding of how a person metabolizes energetic charge and the inter-connectedness of mind, body and energy.

### ✓ **Ectoderm:**

Definition: Outermost of three primary germ layers of an embryo. This circular outer (external = "ecto-") cell formation develops into epidermis (skin), nervous system, and in vertebrates, sense organs.

Description: This germ cell layer produces cells that constitute the body's external barrier and communications system. Its main function is gathering and integrating information.

Organs: Skin (outer layer), nervous system, sense organs, brain.

**Body-mind Function:** Think & perceive ("mental-intellectual") Facing.

### ✓ **Mesoderm**

Definition: Middle (= "meso-") layer of three primary germ layers of an embryo. This circular cell formation fills out the space between ectoderm and endoderm. It develops into connective tissue (fascia), muscular, uro-genital system and vascular system.

Description: This germ cell layer produces cells that build the body's of structure and support system

Organs: Skeleton, muscles, cartilage, ligaments, fascia (connective tissue), urogenital system (kidney, bladder) and vascular system (blood vessels, heart, lymph)

**Body-mind Function:** Do + act ("somatic-athletic"). Grounding.

### ✓ **Endoderm:**

Definition: Innermost of three primary germ layers of an embryo. This circular inner (internal = "endo-") cell formation develops into the intestinal system and related structures.

Description: This germ cell layer produces cells that metabolize energy. Coordinates the intake of energy. Metabolism. Homeostasis. Regulation and balance of body fluids.

Regulated by the vegetative nervous system (sympathetic / parasympathetic nervous system)

Organs: Intestinal system, internal organs,

**Body-mind Function:** Be + feel ("gut-feeling"). Centering. EMOTION

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## **GERMINAL TISSUE LAYERS & ORGAN SYSTEMS**

(simplified)

### **Ectoderm**

- **Nervous System:**
  - Peripheral
  - Autonomic
  - Central (= Brain)
- **Senseorgans:**
  - Eyes
  - Ears
  - Nose
  - Taste
  - Touch
  - Kinesthetic
  - Equilibrium (Vestibular)
  - Pain
- **Skin**

### **Mesoderm**

#### **Structural System**

- **Circulatory System** (vascular, heart, lymph)
- **Muscles, Bones**
- **Cartilage, Ligaments**
- **Connective Tissue (Fascia)**
- **Urinary System** (kidney bladder, prostate)
- **Reproductive System**
  - Sexual Function
  - Child birth

### **Endoderm**

#### **Internal Organs**

- **Digestive System**
- **Internal organs** (Liver, pancreas, spleen,..)
- **Respiratory System.**