

## ***THE NEW PSYCHOMATICS:***

### ***The Role of Body-Psychotherapy in the Light of New Brain Science and Mind-Body Medicine***

Presented by Kuno Bachbauer, M.D. (Austria)

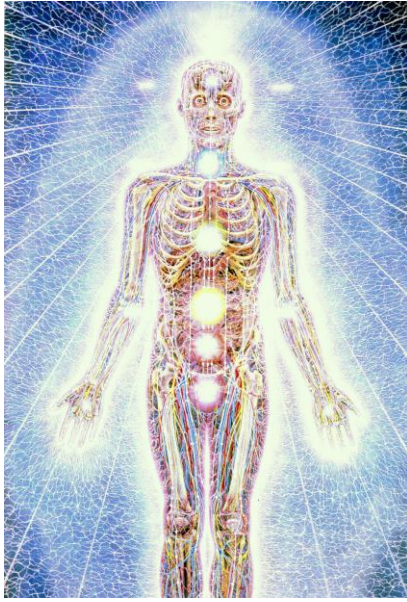
Kuno Bachbauer, MD (Austria), LMFT (D.C.) (a member of the Guild since its inception) has a life-long interest in personal growth, mind-body medicine, and understanding the neuro-biology of emotion and spiritual transformation. He practices Core Energetics at CoreConstellations Center in Rockville, MD. As well as his individual sessions and ongoing groups, Kuno occasionally offers a nine-month Somatics Course “The Body as a Laboratory of the Soul” to psychotherapists. He is a Senior Faculty member at the Institute of Core Energetics, in New York and has taught a number of 5-day “Psychosomatics” modules in Brazil, Mexico, and Australia as part of the Core Energetics Post-graduate Training Program.

Kuno admitted right at first he has way more information to present than there is time for the audience to receive. He understands: “When I go to lectures sometimes they are over my head or too much information. But then I go home and read about things or listen to audio CDs in the car and sooner or later it makes more sense. I digest, so to speak, and it becomes workable. This information presented tonight will be good for your Body Psychotherapy ‘toolbox’ as well as experiential for your self.”

Checking in with the audience, Kuno explained that he’s glad the Guild provides a space to encourage connection in the community. He is happy to have a forum to explore ideas and methods that are on the leading edge of our profession.

## **QUANTUM BODIES AND INFORMATION FIELDS**

Kuno pointed to a picture of a human outline with the chakra and aura systems depicted. He talked about the concept of seeing a person - BOTH as a physical body (thumping his chest for emphasis) and as electro-magnetic waves. He talked about the Core Energetics concepts of “energy and consciousness”. In this model energy can be seen as a field of information. We usually call that consciousness - a field of unlimited potential that we all are a part of. Referring to the picture of the chakras and aura, Kuno mentioned that our bodies are part of a larger field of information that holds consciousness - a field of quantum potential. Illness and health can only be understood in that interplay between the human form and this field of energy and consciousness.



Alex Gray

Rupert Sheldrake defined “morphogenetic fields as located invisibly in and around organisms and may account for such hitherto unexplainable phenomena as the regeneration of severed limbs by worms and salamanders, phantom limbs, the holographic properties of memory, telepathy, and the increasing ease with which new skills are learned as greater quantities of a population acquire them.”

Going back to the model of energy and consciousness, Kuno said: “We have chosen to be in this solid physical form and we are alive; we are also charged atoms and particles. According to Quantum Physics we are at the same time waves of charged information. We feel our physical solid form, and we are at the same moment also constantly changing atoms and particles.”

This understanding comes from quantum physics, the branch of physics describing the behavior of energy and matter at the atomic and subatomic levels. On some level, “we are here and not here” at the same time. Solid and ethereal - at once...

#### IS THERE A MIND-BODY CONNECTION?

As an example of this idea, Kuno showed a partial video of Gregg Braden, PhD. A believer in ‘quantum healing,’ Mr. Braden presents three Chinese Qigong practitioners and a patient with a golf ball sized cancerous bladder tumor. There was an ultra sound machine hooked to the patient showing the bladder tumor.

“Allow yourself to see and let this information in,” Kuno said “it may change how you think about the world forever! These Chinese doctors see this person as already healed.” As they chanted in Chinese, the tumor disappeared in real time, as made visible in the ultra sound picture.

Kuno explains that we create with emotionally charged thoughts. Gregg Braden postulates that when we speak to our conflicts with a lot of energy the resulting physical representations will be commensurate to the level of that. The same goes for positive intention.

This theory has it that if we infuse our emotional conflicts with strong negative emotions then we may be manifesting “negative results” and unwanted physical symptoms. If we infuse positive thoughts with strong emotions we may create “positive” physical states and well being.

In the video the Chinese Medical Healers are working with energy on the patient’s body and the intent that they were holding was that woman is already healed.

Kuno asked the audience what they thought and there was a mix of excitement and healthy skepticism. One member said the chanting sounded sharp, like cutting through an energetic. And that this feeling as if she’s already healed sounds healthier than ‘fighting’ the cancer or wishing it would go away.

Kuno said the reason for presenting the video was to give food for thought as preparation for the main topic: What is health? How does illness arise? What is the connection between emotional states and physical wellbeing, such as stress and health, internal conflict and illness. In short: Is there a mind-body connection?

## THE BODY AS A SYSTEM

But before we go further, it is useful to evaluate all the various influences that can move a healthy body toward illness. These influences on one’s health can be seen as intersecting fields that work on a person’s physical body at all times. This view can be seen as the “systemic view” of health and illness. One of the proponents of this systems idea was the great psychosomatic physician George Engel, MD.

Kuno next described the fields of illness:

1. Pathogens,
2. Toxicity of environment
3. Emotional stress
4. Childhood trauma
5. Genetic inheritance
6. Family systems
7. Miasma, diathesis and culture,
8. Destiny and Karma



Life Style Choices ....

Pathogens is self explanatory. Number two should be the therapist's initial questions to their clients; what do you drink? Eat? The vitamins you take? Do you get enough sleep? The type of friends and recreations enjoyed? And other life style questions. If life style is hurting the client it may be a form of resistance to being fully alive. This is the basis to Behavioral Medicine. Their body may already be taxed by pollution but if the person is voluntarily adding more toxins (caffeine, alcohol in excess, fat and sugar in excess, tobacco) it is as if they are sabotaging themselves. The body is very sensitive to life style. These external stressors are toxins.

Kuno thinks that it is the lifestyle choices and the inherent negativity they hold that needs to be addressed **FIRST** in any psychosomatic approach to illness. As a metaphor, "if the fish is sick you change the water." That means Body Psychotherapists would need to work energetically with issues of resistance and any self destructiveness (The Lower Self in Core Energetics) before they should attempt to seek an understanding of the meaning of the illness itself. That process of addressing one's lifestyle is itself an act of grounding. And grounding is being with what is – fully embracing one's reality. This is an act of healing and "making whole" in itself.

Freud said that the ego is first and foremost a body ego. In other words, a sense of self identity has to do with feeling your own body. One self expresses itself in the body - and how we treat it.

## THE PSYCHOBIOLOGY OF STRESS

Emotional stress is perceived stress coming from inside. When we are holding back a charged reaction to a stressful situation, an emotional conflict is born. This initiates a cycle in the emotional brain (limbic system) that gets transmitted via the Hypothalamus to the hormonal system and especially affects the adrenals. We initially release adrenaline and then cortisol, one of the major stress hormones is released. It is toxic to the hippocampus and causes memory loss (because of a deficit in explicit, situational memory).

Stressors cause the release of cortisol and other hormones as an adaptation to the original stress. This is a psychobiological process. The adaptation to stress makes it difficult for the person to relax and difficult to effectively regulate and harmonize their Autonomic Nervous system. Stress and the hormonal and autonomic imbalances from it, are seen as one of the major factors in the development of psychosomatic illness.

Add childhood trauma to pathogens and stress and it makes a “dirty soup.”

Each chakra also has energy connected to an organ. For instance, the third chakra is connected to the pancreas and liver. When there are energetic blocks, energy can't flow through the different tissues and organ layers. These blocks are a form of “armoring” or defense against perceived danger. As a child suffering a childhood trauma, the organism retracted from pain by forming these blocks to free flowing floating energy so as not to feel the pain. As an adult the trauma is no longer relevant but is remembered in body-mind.

As you can see, in trauma our body-mind response is neither held exclusively in the body (“cellular memory”) nor exclusively in the mind (“emotional memory”). It is a “field”. It is a holographic, systemic happening of body, energy and consciousness: Memory, energy shifts, emotional defenses, defensive muscular contraction (armoring) and all the other physiological changes that go with it, all happen at the very same time. This is truly an example of the “particle and wave” phenomenon.

And so we are at number four, working with armoring; as Body Psychotherapists we work with the character structure to help the person open up the flow of energy in their bodies. Character is really a “mental, emotional, energetic and spiritual commitment to a certain set of defensive strategies that informs one's physical posture and general outlook in life.” These patterns are usually developed during developmental stages. As a result of developmental childhood trauma, one's perception is permanently distorted and one's “thoughts change.” For instance, “I'm never going to have enough” or “I can't do this” - the thought form matches the structure.

## CLASSIC PSYCHOSOMATIC THEORY

Psychosomatics was an out-crop of psychoanalytic theory, most notably centered around the work of Franz Alexander and Helen Flanders-Dunbar in conjunction with the then recent research on stress physiology by Hans Selye and Sir Walter Cannon.

On another front in the same time period, Wilhelm Reich was one of the first to bring the body to the analyst's awareness and offered hands-on tools to work with it. Maybe the deepest intuitive understanding of psychosomatics at that early time, can be found with another genius the "wild analyst" and psychoanalytic outcast George Groddeck, MD, author of one of Kuno's all-time favorite books "The Soul Searcher".

Then there are inherited physical and emotional traits, number five in Kuno's chart. This is self explanatory and goes with the family dynamics, number six. One of the questions a practitioner may ask themselves: Is the patient taking on certain burdens from past history?

Number seven, Miasma is an influence or atmosphere that tends to deplete or corrupt. Diathesis is a predisposition or tendency. These terms are used in homeopathic medicine which Kuno has studied previously.

And finally, destiny and karma – no hard answers there.

As you see, there are so many variables; the human being is a hologram with all these different influences.

## PERCEPTION & THE BIOLOGY OF BELIEF

Returning to the main topic of the evening, namely how thriving health and psychosomatic illness can be understood, we have to further examine the topic of the "mind-body connection".

What creates the connection between mind, emotions and the body? What are the common underlying principles?

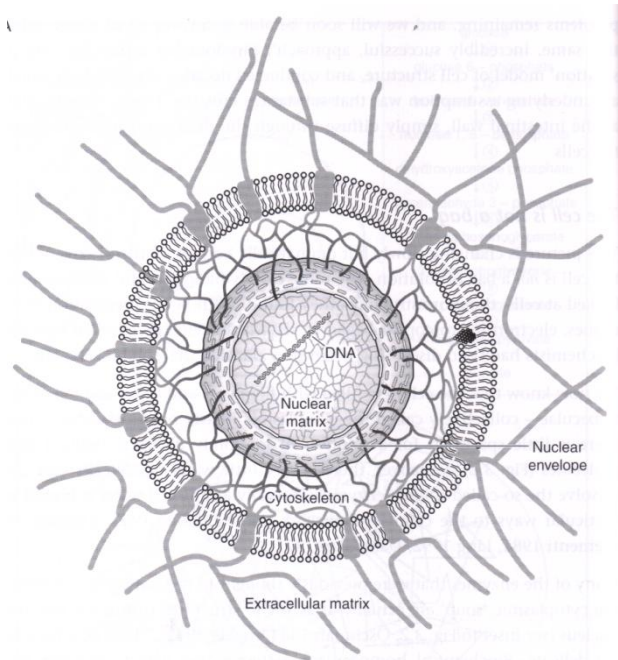
Bruce Lipton, PhD, a cell biologist and leader in the understanding of the mind-body connection, says that "Every perception, every choice one makes is translated in a protein function. When you change thinking - you change DNA. " Bruce Lipton calls his work the "Biology of Belief"; There are 50 trillion cells in the body. Each cell has a thousand neuro-receptors and peptides. They all give and receive the information. The result is a voting process of opposing and interrelated impulses, quite similar to the US electoral process: The winner of the votes decides about the overall direction. A specific movement happens. Thoughts create.

Every thought you have, every choice you make, every movement you initiate translates into a follow-up activation of these cells and a concurrent production of protein. These proteins again cause movement (= work) and thoughts (= information flow). Perception is what causes a change in information and thus a change in the production of the various protein molecules resulting in movement.

As a healer you help people understand their perceptions. You help them see that their current life choices may be based on limiting and out-dated beliefs based on their childhood wounding and how their perceptions may influence their life. The video clip of the Chinese healers is an example of that they may change the patient's DNA and maybe her life by holding the belief that she has already been healed.

## WHAT IS HEALTH?

What is health? Pulsation - charge and discharge in a healthy organism. You intuitively know about a client when they first call. Because you are already hooked into the energetic field with the client.



James Oshman, PhD

Following the work of energy researcher James Oshman, PhD there already oscillates a system of electro-magnetic antenna and this gives off some forms of a frequency. The energy system of each cell is charged by the mitochondria. They are the power plant for each cell and create the electric charge necessary for this energy transmission. Energy makes those antennae vibrate constantly. The same antennae are also able to receive energy and information from the neighboring cells. Healthy cells vibrate because they have a good production of energy in their mitochondria. If the environment is compromised by stress, bad nutrients, bad environment, toxicity or depletion our life energy diminishes. We then feel tired, depressed and low. Our immune system will be diminished, too: This creates a fertile ground for illness.

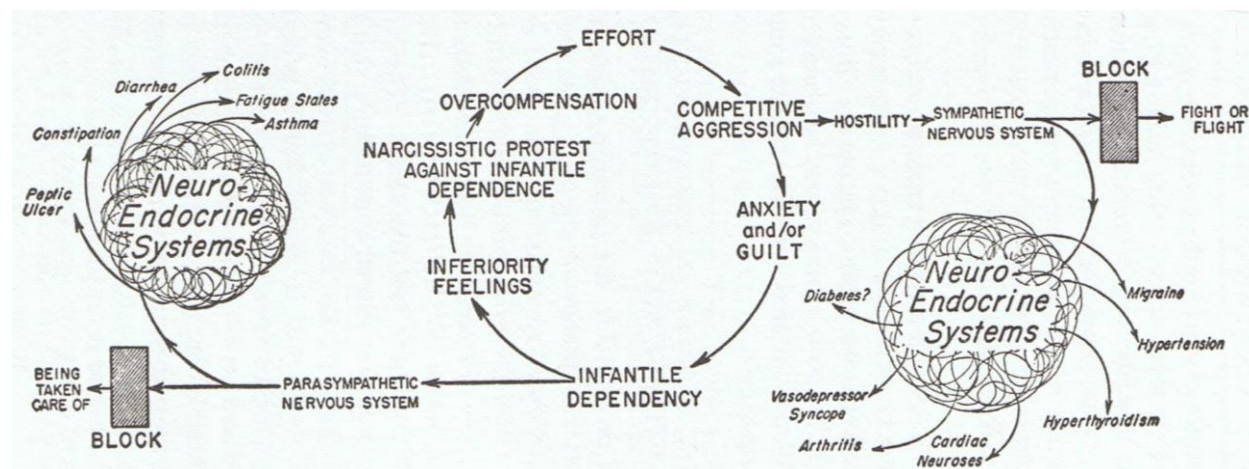
## A SHORT HISTORY OF PSYCHOSOMATIC N MEDICINE

Now on to a short history of Psychosomatic Medicine. The three conceptual pillars of psychosomatics are psychoanalysis, psychophysiology and psychobiology.

“Many of us use the term “Psychosomatics” in a colloquial way to connote an assumed connection between a particular illness and a specific mental/emotional process. The original “orthodox” model of Psychosomatics was conceived by Franz Alexander, Helen Flanders-Dunbar, Hans Selye, and many other physician-psychoanalysts. This exciting and powerful trend in medicine was built on groundbreaking research on stress-physiology (Selye, Cannon) and on an expanded understanding of the connection between emotions and the involuntary



(“autonomic”) nervous system. It peaked in the 1950’s and is now all but forgotten! Few universities still offer courses in psychosomatic medicine. But that is about all that is left...”



Franz Alexander “Psychosomatics” 1952

“Yet, psychosomatics has not completely disappeared. It now lives on the fringe under different labels, and in the session rooms of massage therapists, body workers, yoga teachers and, of course, Body Psychotherapists. Disgruntled and disappointed in the “mechanistic” medical system, our clients come to us to explore the meaning of their illnesses. They intuitively understand that there is a connection between their personal history, how they feel inside, and how their body expresses itself on the physical plane.”

A new understanding of psychosomatics includes direct work with the body. The common tools of Body Psychotherapy such as “character armor,” theories of “energy and consciousness,” and the various body-based emotional release techniques based on the work of Wilhelm Reich, Alexander Lowen, John Pierrakos (and many others) may be a perfect and necessary addition to the original theoretical understanding of psychosomatics and its practical applications.

In 1950 the field of psychosomatics was not formalized and the techniques were very diverse. There was no common denominator, no flow of the system and none of the tools we Body Psychotherapists use to unblock stuck energy. Some of the psychosomatic theories were disproved and these pioneers were missing information. This made the system become more mechanistic not economically viable. Based on the ideas of Allan Schore, “Starting in the 1960’s the organ-specific psychoanalytic theories of ‘orthodox’ psychosomatics gave way to simpler and/or more holistic models of understanding illness. Illness is now understood as a systemic dysfunction in communication networks resulting in a dys-regulation of stress systems in the body that affect the regulation of the autonomic nervous system (hypo and hyper arousal), immune system and endocrine system of a person. The fields of research are grouped around the disciplines of Psychoneuroimmunology, psychoendocrinology, developmental psychology and the new brain sciences.”



## UNDERSTANDING THE AUTONOMIC NERVOUS SYSTEM

Because it is at the center point of all psychosomatic thinking, it is worth it to understand the functions of the autonomic nervous system a little better. The autonomic nervous system (ANS) is in a constant dialogue with our body systems in order to negotiate an ever-changing hierarchy of needs between survival strategies and our need for rest and regeneration. Basically there are two modes: the parasympathetic (dependency) and the sympathetic (effort) modes. Other ways of understanding these mechanisms are: Defense versus regeneration and nurturing, self-preservation versus surrender, action versus rest. Beyond that, these polarities are somewhat harmonized and subjugated to afford integrated social order and functioning in (we are mammals living in social “tribes”) the so-called “social vagus” system as theorized by Stephen Porges, PhD.

The ANS, as part of our overall defense system (Flight-Fight & Freeze), defines our two parts, our need for defense and our need for nurturing. They represent two ways of being in the world psychologically, they represent the needy and the independent. The social vagus allows us to live together in a community. Below you will see how these systems can be understood as essential elements of psychosomatic medicine.

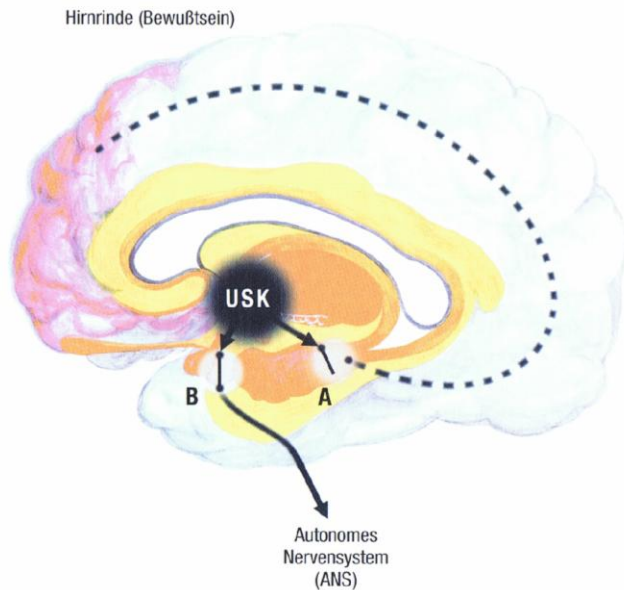
The Parasympathetic Nervous System is the first developmentally. It has to do with pulling away from danger. What you needed to learn first was to say “no” – avoid danger. In a mature person the expressions may have to do with withdrawal, splitting, but may also be used to define one’s healthy boundaries.

Sympathetic activation has to do with reaching out and going for something. It is related to “Yes!” Aggression, including positive aggression.

The Social Vagus system developed last and has to do with making contact, tracking and social integration. In some way it unites both our more primitive survival-based Autonomic Functions. In our interactions with the world and other people, it holds the middle ground for us and represents the qualities of entrainment, harmony and balance.

## SUPPRESSED EMOTIONS & “ORGAN SPECIFICITY”

Dr. Dietrich Klinghardt, MD says that feelings that are suppressed, or not adequately expressed physically, build up charges of static electricity in the brain, that can be measured (“Ring Artifacts” or “Hamer’s Foci”). When feelings cannot be properly discharged into the body they will have to find another pathway. Typically, the limbic system discharges via the hypothalamus. A measurable electric current flows from the brain area where a traumatic conflict is stored to the associated nuclei in the hypothalamus.



**Dietrich Klinghardt, MD**  
 USK = Unresolved Emotional Conflict

Specific conflicts always affect specific areas in the hypothalamus. If the conflict is not resolved it comes to a chronic stimulation of the affected hypothalamic nucleus causing continued damage to the associated target organ via the Autonomic Nervous System.

Thus, the hypothalamus is having a specific effect on associated body structures (blood vessels, nerves) and organs (liver, kidneys) via the autonomic nervous system and the release of hormones and neuropeptides. This is the ESSENCE OF PSYCHOSOMATICS and the reason for all chronic illnesses and many pain syndromes.

#### EMOTIONAL CONFLICTS & “THE PSYCHOSOMATIC TRIAD”

Some people are needier than others. They want nurturing and substance and want it from other people. On the opposite end, those in “effort” may be in this drive mode to escape feeling deficiency of self worth. “I’m going to get it for myself” They people stuck at either end of the ANS can’t discharge the blocked energy and it has to flow somewhere so it flows into body.

The needy have problems with digestion, controlled by the parasympathetic system. Over stimulated reflux esophagus ulcers colitis blood sugar problems liver problem parasympathetic problems

Others, to compensate for inferiority feelings, may run away from inferiority feelings, unconsciously thinking, “I can’t tolerate my inferiority.” The ‘effort’ people may have heart problems. Heart attack is related to hostility and avoiding dependency.

According to Dr. John Sarno, MD a person with psychosomatic symptoms consistently show elements of the following “Psychosomatic Triad”:

- 1) DEEP FEELINGS OF INFERIORITY

2 ) NARCISSISM

3) DEEP DEPENDENCY NEEDS

And this creates unconscious rage.

Another one of Dr. Sarno's tenets is that: "According to the symptom imperative, with allopathic treatment (surgery, medications) physical symptoms do not simply disappear but they find another target. This is because the underlying psychogenic mechanism (suppressed rage) is not removed." [From Kuno's handout]

John Sarno, MD talks about his Tension Myositis Syndrome (TMS). His theory is based on his original studies of the relationship between pain and emotional states. Over time he expanded his work and integrated the theories of psychosomatic medicine into his unique approach.

Dr. Sarno understands the interconnection of the autonomic nervous system and the neurotransmitter-hormonal system and he calls it the "autonomic- peptide system". His theories describe the interaction between rational mind and repressed feelings and postulates that this psycho-physiological dynamics creates mind-body disorders.

The autonomic system contracts blood vessels. Because not enough oxygen can reach the mitochondria, our power stations in the cell, then they don't produce energy. In his view, suppressed rage deriving from the "Psychosomatic Triad" of inferiority, narcissism and dependency, leads to mild oxygen deprivation, "hypoxia", due to contraction of the small blood vessels. Amongst other damage, there is an increase of acid in affected cellular area which in turn causes an irritation of sensory nerves. This is seen as the cause for many pain syndromes. You can see that they may have a connection to a central emotional conflict and associated negative beliefs.

#### THE THERAPIST AS A CHANGER OF BELIEFS

"A therapist is a changer of beliefs" says John Pierrakos, MD, a psychosomatically oriented physician, psychiatrist and the founder of Core Energetics. A therapist helps change the client's deepest beliefs and perceptions about life.

In summary Kuno suggests that only after the therapist deals with the whole system including elimination of pathogens, any environmental stressors and address past emotional trauma before they can effectively work with the symbolism of illness and the deeper meaning of the illness.

We are all essentially contributing to a New Psychosomatics. In the light of the powerful innovations of modern medicine, we are learning to integrate the multitude of recent information, such as affective neurobiology, developmental neuroscience, and trauma research. This allows us to be more confident and effective as Body-Psychotherapy practitioners, and to become true healers of Body, Mind and Soul!

Finally, Kuno also recommends that therapists hold a belief for the client, a belief of health and wellbeing already accomplished. As the Chinese healers say in the video: “It’s already done!”

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SUPPORT MATERIALS: Extra handouts and articles including the “Psychosomatics” D.C.Guild PowerPoint presentation (PDF) can be downloaded from my website: [www.coreconstellations.com](http://www.coreconstellations.com) (under “Resources”/“For therapists”).

Side bar: Autonomic coloring of emotions:

**SYMPATHETIC**

Defending/Attacking  
Afraid/Anxious  
Rage/Terror  
Aggression  
Defensive/Invasive  
Forcing/Willfulness  
Survival/Struggle  
Giving/Taking/Demanding  
Manic/Over-Stimulated  
High/OCD/Addicted  
Alive

**SOCIAL VAGUS**

Achieving/Getting  
Acting/Creating/Reaching  
Connecting/Relating  
Calming/Comfort  
Fulfillment/Satisfaction  
Soothing/Nurturing  
Arousal/Excitement  
Enthusiasm/Joy/Bliss  
Spiritual connection  
Transcendental  
Divine

**PARA-SYMPATHETIC**

Longing/Yearning  
Loneliness/Emptiness  
Need/Want/Frustration  
Fulfillment/Satisfaction  
Powerless/Regressive  
Depression/Sadness  
Hopelessness/Helplessness  
Splitting/Dissociation  
Withdrawal/Coma  
Asleep/Paralysis  
Dead

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## Side Bar: SUPPRESSED EMOTIONS

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When Feelings can not be properly discharged into the body they will have to find another pathway.

Typically, the limbic system discharges via the hypothalamus. A measurable electric current flows from the brain area where a traumatic conflict is stored to associated nuclei in the hypothalamus.

Specific conflicts always affect specific areas in the hypothalamus. If the conflict is not resolved it comes to a chronic stimulation of the affected hypothalamic nucleus causing continued damage to the target organ via the Autonomic Nervous System.

Thus, the hypothalamus is having a specific effect on associated body structures (blood vessels, nerves) and organs (liver, kidneys) via the autonomic nervous system and the release of hormones and neuropeptides.

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Based on Dr. Dietrich Klinghardt

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