

Reidman College - ILABP
EABP-Forum Israel 2013

Abandonment and Selfalienation

Breath & Bodypsychotherapy for Narcissistic Disorders



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Laws of Breathing

Breath (Energy) follows attention: Breath – Awareness - Sensing

Experience: You put your hand on a space of your body: you can feel the breath movement and your attention is there.

Stretching/widening invites the In-Breath

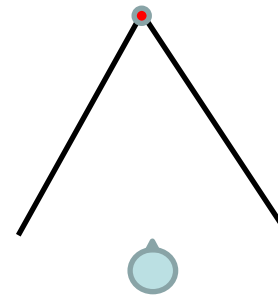
Experience: you widen yourself, the breath comes in.

Pressing/pushing invites the In-Breath

Experience: Two partners push the palm of one hand together and allow the breath to come.

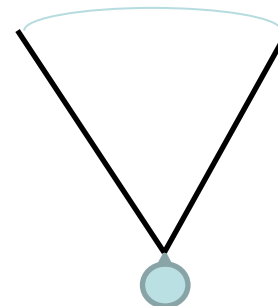
Concentration reduces Breathing

Experience: as soon as we concentrate on a space of the body, the breath may stop.



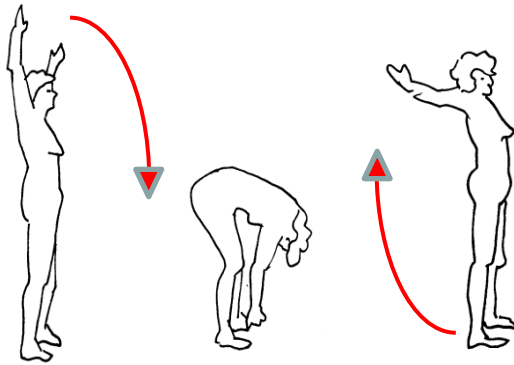
Field-Awareness releases Breathing

Experience: when you let your attention become wide and open, the breath flows again freely

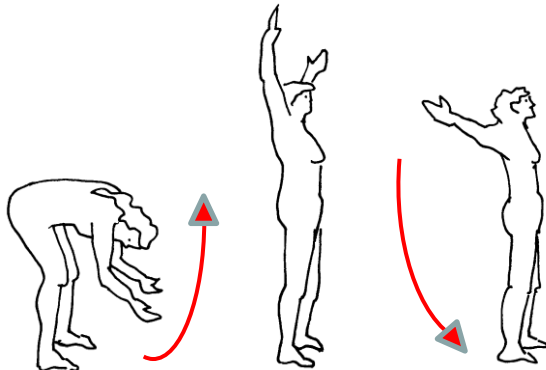


Vertical Breath

strengthens the I-Force

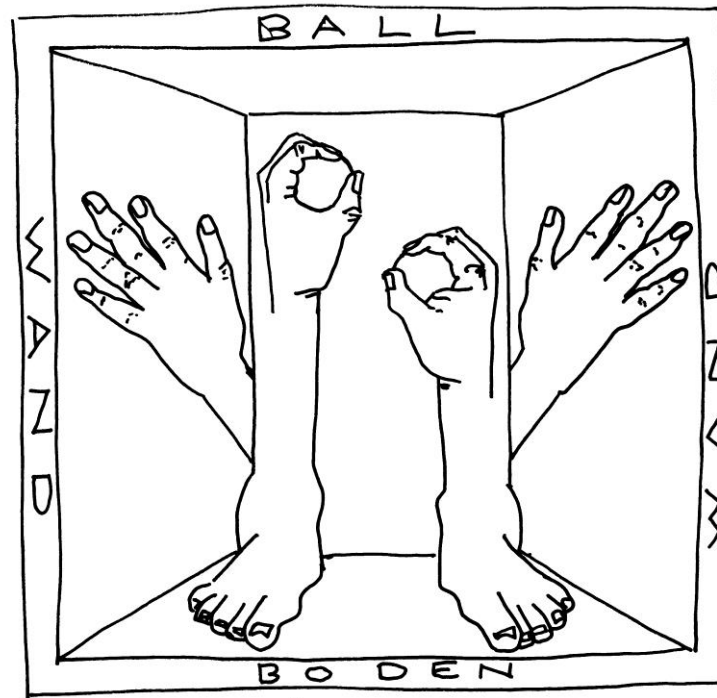


- Start: Top
- Decending Out-Breath: Start with a sigh, then let the breath descend to the ground.
- Breath-Pause: Down
- Ascending In-Breath: Behind to top
- Diaphragm goes down with the In-Breath, as a reaction erection occurs. **For the male Narcissist**



- Start: Down
- Ascending In-Breath: Front to top.
- Decending Out-Breath: Behind to down
- Breath-Pause: Down
- **For the female Narcissist**

**Breath & Bodytherapeutic Konzept for Early Disorders:
 Psychotic and Borderline Symptomatics
 First level of structure: Object relation**



Ground - Floor

Aim: Contact with the Reality

Developing the „Sensing Function“

Means:
 Touching, grip, contracting, pushing-letting, exploring the structure of the object, working with hard objects

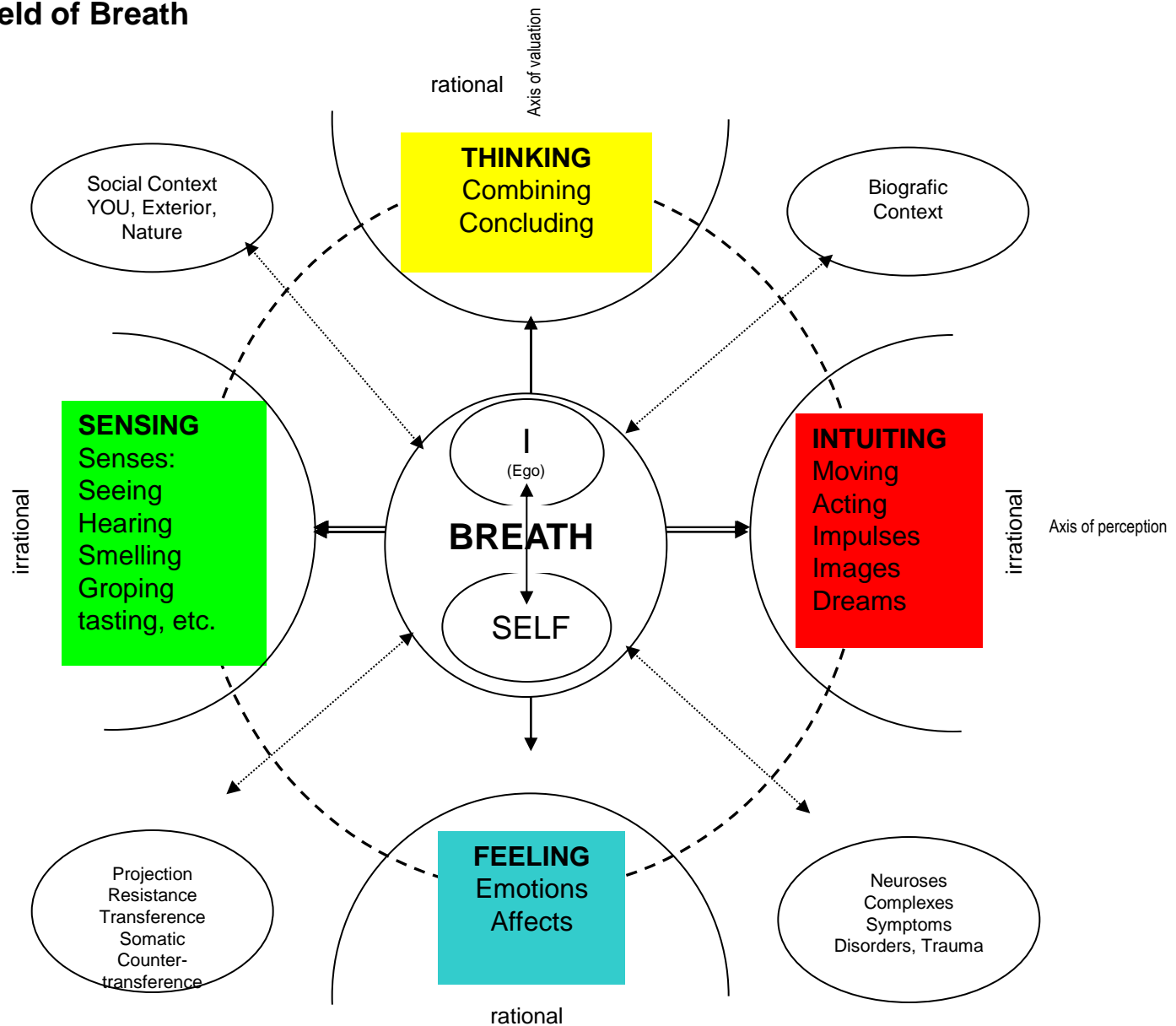
Experience/Impact:
 grounded, trust, security, be supported, clear body perception, tension reducing, sensing resistance, borders and structure.

Levels of Structure.

Source: Maaz, H.-J., in Morlock, G. & Weiß, H. (2007). Handbuch für Körperpsychotherapie. Stuttgart, New York: Schattauer GmbH)

Disorder	Level of Structure	I-Force	Defence Mechanism	Content of Defence	Perception of the Reality
Neurosis	High	Strong	Repression	Own needs, impulses	Good
Narcissistic	Average	Medium to Weak	Dissociating Splitting	Feelings of pain, anger, grief, neediness, helplessness, fear, grandiosity or depreciation	Good to not sufficient
Borderline	Low	Weak	Splitting Dissociating	Either the good or the evil mother, body sensations, thoughts and feelings	not sufficient to...
Psychosis		Weak			...not existing

Man in the Field of Breath



Criteria of Diagnosis based on the four Functions of Consciousness according to Jung

A Breath and Bodypsychotherapist can orient him self on all the four Functions of Consciousness

Examples according to the personal Types of Perception according to C.G. Jung:

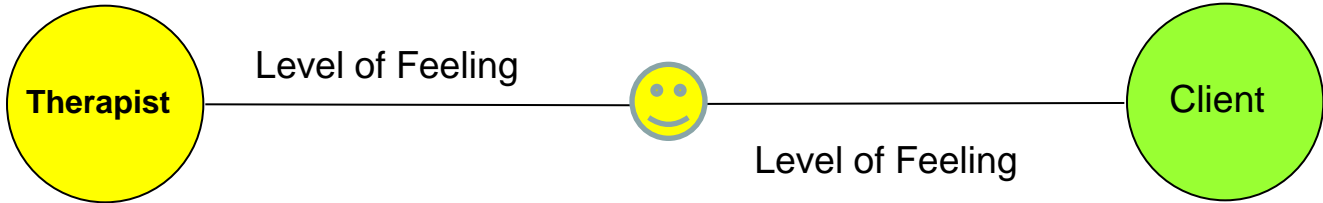
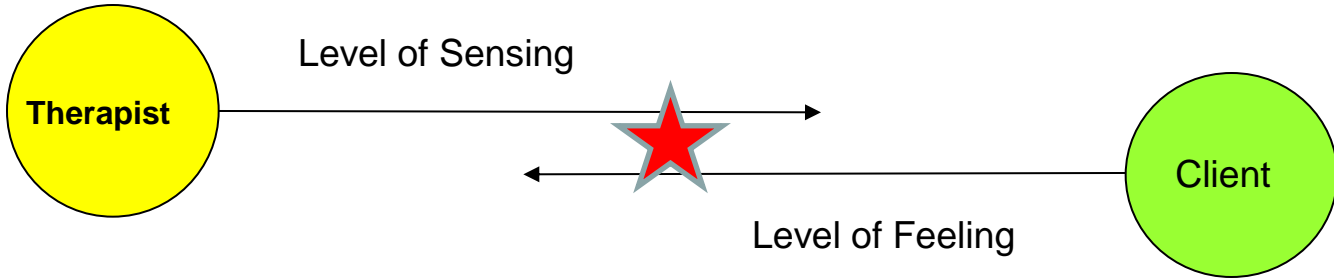
Level of Thinking:
analyse
combine
reflect

Level of Sensing:
Breath movement
Muscle Tonus
Body Temperature
Bodysmell
Kinaesthetic Phenomena
Body Structure and –Expression

Level of Intuition
atmospheric Perceptions
Images
Phantasies
Notion
Associations
Instinctimpulses

Level of Feeling:
Sympathy
Antipathy
Mental Conflicts

4 Functions of Consciousness of Jung and Communication



Levels of perception in which we communicate:
The **Sensing** level: What do I sense (or the client)?
Emotional level: How do I feel?
Intuitive level: What are my images, impulses to move
The level of **Thinking**: What do I think about it

Field Concept of Breath Diagnosis

