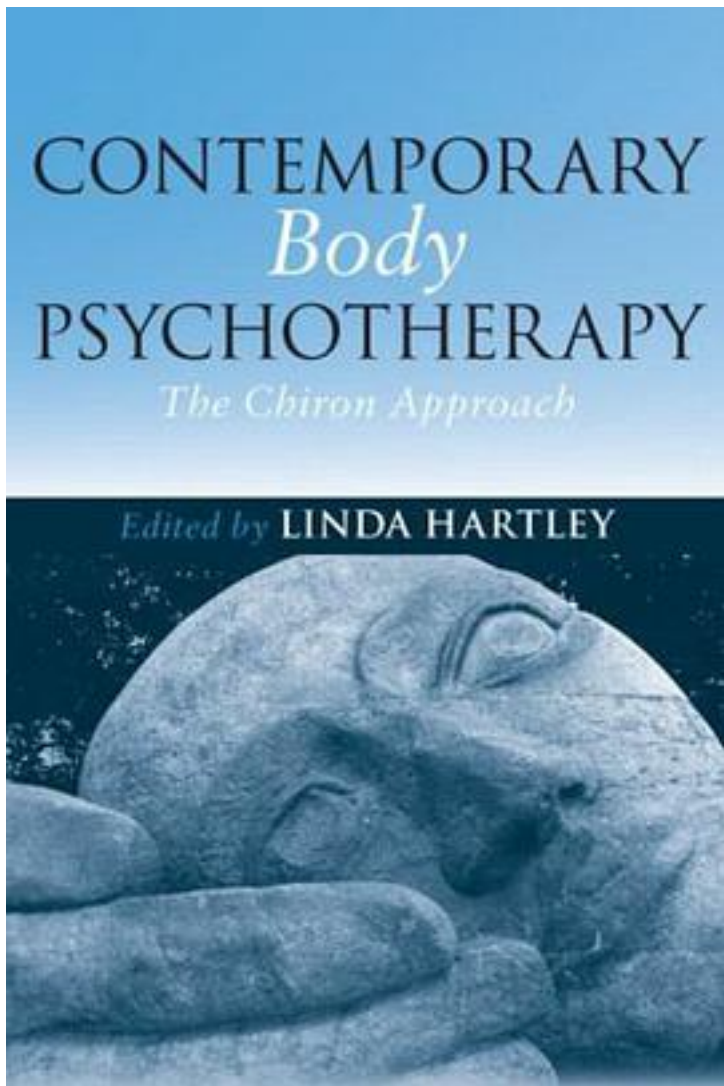


Contemporary Body Psychotherapy



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"Contemporary Body Psychotherapy: The Chiron Approach" looks at the ground-breaking work of the London based Chiron Centre for Body Psychotherapy, a training centre recognised worldwide by professionals in the field. The book brings together Chiron trainers and therapists, describing how their integrative approach has enabled cutting-edge thinking. Divided into two parts, the book deals with topics, including the roots and the development of the Chiron approach self-regulation - an evolving concept at the heart of body psychotherapy; and the evolution of an embodied, integral and relational approach to psychotherapy moving towards an integrative model of trauma therapy. At a time when the psychotherapeutic profession has turned its interest towards the body and its intrinsic psychological dimension, "Contemporary Body Psychotherapy: The Chiron Approach" offers a timely and valuable contribution to the literature. It will provide essential reading for those practicing or involved with body psychotherapy, offering a new synthesis with the psychoanalytic tradition, as well as appealing to a wider audience of mental health professionals and academics with an interest in the area.

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