

PSYCHOSOMATICS MANUAL

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INTRODUCTION TO PSYCHOSOMATICS

Acknowledgements

In its origins, Core Energetics, like most body-psychotherapy modalities, started out as a medical discipline.

John Pierrakos, M.D. based his approach upon the work of Wilhelm Reich, MD. He first developed bioenergetics (together with Alexander Lowen, MD) and later-on formulated the Core Energetics Evolutionary Process.

John was strongly influenced by adherents of the then (until 1950s) very influential "schools" of Psychosomatic Medicine (Alexander, Sachs, Rado). Psychosomatic Medicine was then a popular sub-specialty of Medicine.

The concept of Psychosomatic Medicine was based on the psychoanalytic model of Sigmund Freud. It studied the hidden power of unresolved unconscious internal conflicts as a co-factor in the development of illness and incorporated the latest scientific medical findings concerning the psycho-biology of stress and the understanding of the body as an organism.

Representatives of these psychosomatic schools are Hans Sachs, Rado, Franz Alexander, Helen Flanders- Dunbar, Sir Walter Cannon, Hans Seyle, Wolff, Jelliffe, et al. Their work is still part of the current medical and psychological understanding, even if their names are rarely mentioned any more.

John Pierrakos was a student of both: Wilhelm Reich, M.D. (Medical Orgonomy, Vegeto-therapy) and Rado, then the most prominent representative of the New York school of psychosomatic medicine (Columbia University) at the time.

There also was a Chicago school (Franz Alexander, MD) and a Rochester, NY school of classic psychosomatic medicine. Much of John's teaching was influenced by this background. By building on the psychological and medical knowledge of his time John Pierrakos, M.D. developed a body of work that is centered on his model of energy and consciousness. His work on character structure touched both a physical and an emotional level.

PSYCHOSOMATICS COURSE

In order to understand how Psychosomatic Medicine works in a Core Energetics context, we need to go deeper into a general understanding of the various systems of the body, understand what energy actually is and where it is created and how exactly it manifests in the body's organs, tissue and cells. We need to understand the language of the body, and the various communication methods of individual aspects of the body, how the mind works and where it resides in the body, know what stress is and how it contributes in the disease process, and also maybe most importantly, understand what exactly "health" is.

A tall and heady order for anyone!

Even more difficult for the Core Energetics student who is trained to go beyond book knowledge and get out of the head in order to work from intuition and the heart!

With the following material I would like to give you information that is useful for any Core Energetics practitioner! My hope is that it will be a truly HOLISTIC resource!

This manual is centered on John Pierrakos and psychosomatic work.

Very special thanks goes to **Ken Goldberg, MD.** He is a Core Energetics practitioner, Pathwork leader and teacher for explicitly allowing me to make his wonderful material (Konokti lecture on Psychosomatics, 2001,) available to you and to include his writing in this manual.

My hope is also that this paper is not just feeding the intellectual curiosity of a few but that it is getting the student in touch with the invisible grid of energy, that so mysteriously and ingeniously pervades everything and everyone, on every level.

I trust that these notes will help you in some way to go beyond the level of a Core Energetics "technician" to a true healer. I hope you will learn to go from a "fixer of problems" to a "master of energy and changer of beliefs"!

Relax the head! I want you to get this from your guts! Bear with me as I guide you through the various aspects of anatomy, physiology, medicine, New physics and psychology.

Kuno Bachbauer, M.D.

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Introduction to Psychosomatics

(By Ken Goldberg, MD)

Ken Goldberg, M.D. said as the introduction to his lecture at the Core Energetics convention at Konokti, 2001: *“Core Energetics is a fertile branch of the science of evolving consciousness and its energetic manifestation in our physical world, in our physical bodies. At the very heart of our work is the desire to expand to the integrative, unitive state of consciousness we call love. I must say it is very exciting for me to look out and see so many people who have dedicated so much to the cause of Love. Yet if we are to work toward a unitive consciousness, we must grapple with our current physical and psychological structures as the tools we have to get us there.*

This is at the center of our work. We all know how different it feels to be connected to our Core, and to be open and connected to others. We all know this is a physical experience as well as a state of consciousness. This experience of Core consciousness, of our impulses and our intention to manifest connection, has been referred to in terms of an energetic connection without much attempt to describe how that translates into physical manifestation. We have mostly focused on the workings of the character defense processes and the ways the body forms frozen patterns, blocks the free flow of possibilities, and structures misperceptions into physical form. This has left the discussion of psychosomatics to focus primarily on what problems arise from those patterns and blockages. Until recently we have had little information and little discussion about the process of integrating consciousness into our bodies

In this lecture about what connects psyche and soma, I intend to talk focus on the actual process of how the realm of consciousness connects with the world of energy and matter, which is how the mind body connection occurs. I will talk about some current understandings of the physical and biological processes involved in translating consciousness into physical form and how that information is integrated throughout the body. I will present a model for how the Lower self or No-current causes physical disease. And finally I will outline how I apply these ideas to work in the psychosomatic arena. This involves a detour into the worlds of cell biology, information science, Quantum Physics, and Chaos theory. I will attempt to make the principles clear so that you can apply them in your own way. This will not be a cookbook of this symptom means such and such, the mind body connection and the meaning we make of it is much more complex than that. I believe the creative act of exploring and integrating that meaning is a significant part of the transformation process. So I won't be giving you any simple answers. Don't worry though, there will be no equations, minimal jargon, and plenty of opportunities to throw ripe tomatoes if that helps keep you engaged and increases our capacity for connection.”

From: “PSYCHOSOMATICS” lecture by KEN GOLDBERG (2001)

“Sometimes, it is more important to know what kind of patient has a certain disease, than what kind of disease a patient has.”

Source unknown

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SOURCES USED FOR THIS PAPER:

Most of what you will read below comes from these main sources:

John Pierrakos, M.D. anything I could find, mainly various class notes, in his book, personal communications. Specifically, a comprehensive class note/handout (year.....) edited by Graciella Gatti is an essential building block for this paper.

Ken Goldberg, M.D. He is a Core Energetics Therapist and Pathwork Helper from Portland, Oregon. I used his brilliant lecture notes from the International Core Energetics Convention, Konokti, California, August 2001 and mixed and matched them in this manual where and how i saw fit. Please, read his original to fully appreciate his work!

Mark McClure, D.D.S. a holistic dentist who teaches integrated medicine with a strong focus on detoxification and energetic healing. He bases his work on the teachings ("Psycho-neurobiology" and "Psycho-Kinesiology") by **Dietrich Klinghart, M.D.**

Robert Hedaya, M.D., a holistic psychiatrist who in his course on "Whole Psychiatry" has taught me much about the intricate workings of functional medicine and has helped me better understand the psycho-physiology of the brain.

Kate Holt, R.N., a Core Energetics practitioner and Faculty member. Her contribution is a chapter on using stress reduction and Core Energetics.

The following manual is not a complete, nor an authoritative text on "Core Energetics and Psychosomatics". It captures much of what I personally can feel as true about the mind-body healing process. What you read here makes sense to me and how I practice Core Energetics. I hope it will be a good and practical tool for you!

**This is an incomplete and unfinished draft:
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