



Abstract zur 12. Dresdner Körperbildwerkstatt

„Grundlagen der Körperpsychotherapie“

25. & 26. November 2011

WORKSHOP F4

BODY EXPERIENCE AND SEXUALITY IN TRAUMA-RELATED DISORDERS

MIA SCHEFFERS (AMSTERDAM, NL)

Traumatic experiences, non-sexual trauma included, have a negative impact on body experience as well as on sexual functioning. Both clients and therapists tend to neglect the area of sexuality or find it difficult to speak about it freely. Fortunately, body- and movement psychotherapy offers good opportunities to broach the theme of sexuality.

In Centrum '45, the Dutch national institute for specialist diagnostics and treatment of psychotrauma complaints resulting from persecution, war and violence, a treatment program addressing body experience and sexuality has been developed.

This twelve weeks' group-therapy, in which clients take part without interrupting their regular therapy program, focuses exclusively on the themes body experience and sexuality. The same sex groups have a gender specific approach and combine body and movement psychotherapy with client-centered therapy. In the workshop the emphasis will be on the body- and movement-oriented interventions.

I will give an overview of the program and elaborate on some of the action- and experience-oriented exercises. Furthermore, I will present preliminary results of the measurements on body cathexis and body awareness administered pre-treatment, post-treatment and after six months. (Die Diskussionsrunde im Workshop findet in deutscher Sprache statt.)

W.J. (Mia) Scheffers, MSc, is a lecturer and researcher in body and movement psychotherapy at Windesheim University of Applied Sciences and the Rob Giel Research center (RGOc), part of the Department of Psychiatry of University Medical Center Groningen. She worked at Centrum '45 as a body and movement psychotherapist and sexologist. Her clinical and research interests are body experience and its measurements; the effects of trauma-related disorders on sexuality and body experience, and aggression management in war veterans via body- and movement-oriented interventions.