

Table 1: Body-based Energy Therapies

| Therapy | Founder | Description |
|--------------------------------|--------------------------------------|---|
| Bioenergetics | Alexander Lowen | Used body movements for diagnosis. http://www.bioenergetics-society.com |
| Body-centered Therapy | Gay and Kathleen Hendricks | Non-verbal dance/movement http://www.magic-key.com/sdc/aboutus.html |
| Bodynamics | Lisbeth Marcher | Variation of Bioenergetics http://www.bodynamicusa.com/AboutBDYN.html |
| Core Energetics | John Pierrakos | http://www.coreenergeticseast.org/ |
| Dance Therapy | Marian Chace | http://www.adta.org/ |
| Dreambody | Arnold Mindell | Process-oriented psychology integrating dream and body work. http://www.consciousu.com/mindell.html |
| Eutony | Gerda Alexander | Gentle gestalt, http://www.eutonie.com |
| Focusing | Eugene Gendlin | Teaches clients to increase body awareness, http://www.focusing.org/ |
| Gentle Bio-energetics | Eva Reich | Combines verbal and movement therapy, http://www.gentlebio-energetics.com/ |
| Gestalt Therapy | Fritz Perls | Recovering self-awareness reduces emotional suffering. http://www.gestalt.org. |
| Hakomi | Ron Kurtz | Body-centered psychotherapy with spirit. http://www.ronkurtz.com/ |
| Holotropic Breathwork | Stanislav Grof | Breath, art, music. http://www.breathwork.com/ |
| Integrative Body Psychotherapy | Jack Lee Rosenberg and Marjorie Rand | Focus on the effects of first 3 years of life. http://www.ibponline.com/ OR http://www.drmandbodymindtherapy.com/ |
| Lomi School | Robert Hall | Integrates a gentle Buddhist mindfulness into bodywork. http://www.lomi.org |
| Organismic Psychotherapy | Malcolm Brown | http://www.bodypsychotherapy.org/ |
| Pesso System | Albert and Diane Pesso | http://www.pbsp.com/ |
| Primal Therapy | Arthur Janov | Gentle Gestalt plus Zen meditation. http://www.primalworks.com/ |
| Radix | Charles Kelley | Gentle Gestalt, http://www.radix.org |
| Sensory Integration | Jean Ayres | Occupational therapy. http://home.earthlink.net/~sensoryint/ |
| Somatic Psychology | Stanley Keleman | Gentle Gestalt. http://home.planet.nl/~form.psy/books.htm |
| Zero Balancing | Fritz Smith, M.D. | Stress reduction and internal reprogramming. http://www.zerobalancing.com/ |

(adapted from Knaster, 1996)

Knaster, M. (1996). *Discovering the body's wisdom*. New York: Bantam Books.