



ISPA
INSTITUTO UNIVERSITÁRIO
CIÊNCIAS PSICOLÓGICAS, SOCIAIS E DA VIDA

CLIENT EXPERIENCE OF
“CORE ENERGETICS” BODY PSYCHOTHERAPY
A qualitative phenomenological study

A EXPERIÊNCIA SUBJETIVA
EM PSICOTERAPIA CORPORAL
“CORE ENERGETICS”
Um estudo fenomenológico qualitativo

DIANA DINU

22466

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Tese submetida como requisito parcial para a obtenção do grau de:

MESTRE EM PSICOLOGIA

Especialidade em Psicologia Clínica

2019

Dissertação de Mestrado realizada sob a orientação de Prof. Doutor António José César de Almeida Gonzalez, apresentada no ISPA- Instituto Universitário para obtenção de grau de Mestre na especialidade de Psicologia Clínica.

“Mens Sana in Corpore Sano”

Acknowledgments

I would like to express my deep gratitude and appreciation to Prof. Doutor António José César de Almeida Gonzalez for his valuable and constructive suggestions and moral support during the planning and development of this research work. His patient guidance, enthusiastic encouragement and disposition to give his time so generously has been very much appreciated.

I would like to offer my special thanks to Anna Timmermans for her valuable and loving support during this process and especially for creating the connection with the participants who accepted to take part in this research.

I am particularly grateful and I wish to acknowledge the systematic support provided by Gees Boseker. My grateful thanks are also extended to Aimee Falchuk and Lisa Loustaunau for generously sharing their work with me.

I would like to thank the Institute of Core Energetics in the Netherlands, the Core Science Foundation for their assistance with the collection of my data and express my great appreciation to all participants to this study.

I am particularly grateful for the assistance given by Peter Taylor has been of a great support in production of this paper.

Lastly, I wish to extend my appreciation and gratitude to my parents, Core Energetic colleagues, Dispar theatre group and my close friends who accompanied me giving their support and encouragement throughout my study.

Resumo

O presente estudo tem como objetivo compreender e descrever uma experiência subjetiva de quatro clientes que optaram por psicoterapia Core Energetics, um modelo de psicoterapia corporal fundamentado na teoria da psicanálise baseada no trabalho do psicanalista Wilhelm Reich, seguidor de Sigmund Freud. O estudo pretende compreender a experiência do cliente durante o seu processo psicoterapêutico através de Core energetics, que usa o corpo como instrumento da análise de caráter individual, abordada em quatro etapas específicas, descritas no decorrer deste trabalho.

O método aplicado enquadra-se na investigação qualitativa de natureza fenomenológica, no modelo fenomenológico de Giorgi adaptado à psicologia. A aplicação da metodologia segue o objetivo de alcançar uma estrutura final dos constituintes essenciais e invariáveis desta experiência subjetiva. A amostra é composta por participantes da experiência da Core Energetics no contexto da psicoterapia individual e em grupo.

Os resultados vão ao encontro de vários temas semelhantes que emergiram em estudos prévios, relacionados à experiência de “usar o corpo em terapia e ter total liberdade de auto-expressão em um ambiente terapêutico e relacional confiável” que utiliza o “autoconfrontação para reforçar a responsabilidade pessoal”, mudando “a perspectiva da vitimização”. Outros temas emergentes acrescentaram novos “insights” relacionados à “mudança efetiva nos padrões disfuncionais cognitivos, emocionais e comportamentais”, levantar questões adicionais para estudos futuros sobre as possíveis implicações benéficas da experiência da Core Energetics.

Palavras-chave: Core Energetics, pesquisa qualitativa fenomenológica em psicologia, psicoterapia corporal.

Abstract

This study aims to understand and describe a subjective experience of four clients who chose to follow Core Energetics body psychotherapy, a model of body psychotherapy based on the theory of work-based psychoanalysis of psychoanalyst Wilhelm Reich, follower of Sigmund Freud. The study aims to understand the client's experience during their psychotherapeutic process through Core energetics, which uses the body as an instrument of individual character analysis, approached in four specific steps, described throughout this work.

The applied method fits into the qualitative research of phenomenological nature, in Giorgi's phenomenological model adapted to psychology. The application of the methodology follows the objective of reaching a final structure of the essential and invariable constituents of this subjective experience. The sample consists of participants from Core Energetics' experience in the context of individual and group psychotherapy.

The findings are in line with several similar themes that have emerged from previous studies related to the “experience of using the body in therapy” and having complete “freedom of self-expression in a reliable therapeutic and relational environment” that utilizes “self-confrontation to reinforce personal responsibility”, changing the “perspective of victimization”. Other emerging themes have added new insights related to the "effective change in cognitive, emotional and behavioral dysfunctional patterns," raising additional questions for future studies on the possible beneficial implications of the Core Energetics experience.

Keyword: Core Energetics, phenomenological research in psychology, body psychotherapy

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Introduction

This study was conducted within the framework of the dissertation of the master degree in Clinical Psychology at ISPA – University Institute of Psychological, Social and Life Sciences, and intends to describe and understand the subjective experience of the Core Energetics, exploring the significance participants attributed to their lived therapeutic experience.

This body-centered psychotherapy model has its roots in the theoretical work of Austrian neurologist and founder of psychoanalysis, Sigmund Freud. The revolutionary conclusions of his studies on hysteria related to the “expression of the emotions” (Sletvold, 2011) in the body and inspired Wilhelm Reich, In his work Reich delved deeper into Freud’s “embodied psychoanalysis” and developed his theory on muscular armor, also known as "character structure" or "armoring defenses" (Sletvold, 2011). Reich’s theory influenced many generations and schools of body-centered therapists and psychosomatic physicians, bringing a legacy to the body-oriented psychotherapy and spurring several other branches of therapy, including Perl’s Gestalt therapy (Perls, Hefferline, & Goodman, 1966), Lowen’s and Pierrakos’ Bioenergetics, the latter of which evolved his theory into Core Energetics (Smith, 1985), also referred herein as CE.

CE psychotherapy falls under the approach to psychotherapy which focuses on the somatic experience (Röhricht, 2009), grounded in principles and practices of psychosomatics. CE follows Bioenergetic analysis, as developed by Alexander Lowen and John Pierrakos as one of the humanistic psychological approaches with theoretical equivalence in Reich’s psychoanalytic defense mechanisms (Glazer & Friedman, 2009).

Wilner (1999) refers to CE as an “evolutionary transformational process”. However, CE goes beyond other body psychotherapy approaches (even Bioenergetics) in its emphasis on its transpersonal and well-being aspects introduced by Eva Pierrakos, John Pierrakos’ partner, which promotes CE as “a mode of self-healing” (Allison, 1999). Its approach is multidimensional in terms of therapeutic interventions and follows a basic framework model divided in four stages, as described later in the literature review (Annex A).

This therapeutic approach is regarded as a “non-conventional body psychotherapy approach” (Allison, 1999), and stands at the intersection of the “somatic body psychotherapy” model (Boseker, 2017; Porges, 2017), which operates within the concepts of therapeutic alliance (Wiseman, 2017; Lavik, 2018), embodied transference (Lemma, 2014) and embodied analysis

(Sletvold, 2011), empathy and relational body psychotherapy (LaPierre, 2015), relational matrix theory (Stern, 1994) and cognitive emotional behavioral therapy (CEBT).

The CE process involves numerous techniques applied within a somatic psychology framework these includes expressive psychotherapies (e.g. art therapy, dance/movement therapy, psychodrama, etc), Levine's somatic experience, Keleman's postural integration, and other mind-body interventions.

A session involves specific exercises to help the grounding and embodiment of the client, a number of specific bodily interventions such as Lowen's Bioenergetics exercises, breathing and emotional expression. All these may translate to intensive physical work the purpose of which is to release the tension and re-establish the sense of liveliness and free movement/flow in the body (Allison, 1999). CE's model promotes a twofold use of the body in psychotherapy, first as instrument of diagnosis and second as treatment to bring the client to a sense of well-being at all levels - physical, emotional, mental, and spiritual (Allison, 1999).

To date, the increasing research studies on body-oriented psychotherapy convey additional evidence which sustain its efficacy and potential for the "clinical care alongside other mainstream schools such as psychodynamic, cognitive-behavioral and systemic" (Röhricht, 2009).

Röhricht's systemic review (2009), distinguishes three main body psychotherapy modalities differentiated by their main modes of action, namely (1) Concentrative Movement Therapy, (2) Neo-Reichian psychotherapies and (3) Dance Therapies and Dance Movement psychotherapies.

CE fits into the Neo-Reichian modes of action, since is working with the "energetic and expressive body-mind", and uses dynamic interventions (e.g. "grounding", "charging-discharging" and "cathartic processes") (Wilner, 1999). Such specific interventions aim to "loosen up rigid postures and related pattern of attitudes" in order to mobilize and make space for repressed affective contents/emotional processes" (Röhricht, 2009).

The research on CE model is in its early stages, though other related body psychotherapy modalities such as movement/arts therapies (e.g. dance movement therapy, psychodrama, expressive therapies) - (Malchiodi, 2005) bring strong evidence regarding the potential of the body in specific psychotherapeutic treatments, such as anxiety disorders (Thielen, 2014), chronic depression (Röhricht, Papadopoulos, & Priebe, 2013), substance abuse (Powers, 2017), addiction (Newman, 2017), schizophrenia (Galbusera, 2019), or other forms of severe mental disorders

(see Röhricht, 2014), (Chiang, Reid-Varley, & Fan, 2019). According to Röhricht (2009, 2013, 2014), such evidence draws attention to the complementary therapeutic possibilities outside mainstream psychological practice.

The previous qualitative studies regarding Core Energetics experience, using the phenomenological method were performed by Silva (2014) and Falchuk (2016). They brought relevant evidence concerning the experience of alumni students and practitioners of Core Energetics Institutes in the US and Brazil.

Silva's study endorsed the potential of bodywork in Core Energetics and the body as an instrument to promote self-healing (Silva, 2014).

Falchuk's seminal research established common themes from the perspective of the clients in their Core Energetics experience. Clients relate transformations to one's entire self-expression in the CE therapeutic setting, where space is provided for the innate human potential for personal growth. Moreover, CE clients' experience working with the body and movement promoted self-confrontation, personal responsibility, and a changing of perspective of victimization. Falchuk's research shed light on several aspects and concerns regarding the CE framework, emphasizing the need of further research for creation of an evidence-based practice on this modality (Falchuk, 2016).

My personal and professional experience in this field has led into the interest towards this research, and it is my wish to contribute to the current evidence base, conveying additional empirical evidence on Core Energetics' specific interventions.

Methodology

A qualitative research approach using Giorgi's descriptive-based phenomenological methodology allows access to an in-depth understanding of specific phenomenon or case study and sets the basis for scientific validation of human experience (Sousa, 2014). Thus, the goal of the researcher is to opt-out from any presuppositions or theory and to grasp the essence of how participants live and reflect upon their experience, bringing empirical validation into their subjective experience (Creswell, 2006).

The phenomenological method in psychology requires two specific avenues of analysis, that is, two fundamental scientific postures from the researcher, namely (1) *Epoché* - absence of prior judgment, disinterested contemplation of any natural or psychological interests; (2)

Phenomenological psychological reduction - the researcher's posture that identifies units of meaning and interprets them according to rules (Giorgi & Sousa, 2010).

The objective of this research was to bring additional scientific evidence out of an in-depth observation of the lived interventions in CE therapy from the perspective of the clients' prevailing experiences. The core research focus was the lived experience of four participants and eventual significant changes or benefits outlined during their therapeutic experience with CE.

Subjects & Sampling

The participants in this study were individuals who benefited of CE therapeutic modality, which was the main criteria considered for their participation in this exploratory study. The study examines the participation of four individuals, two of which were students of Core Institute in the Netherlands. This design was considered advantageous because it would analyze two spectrums of experiences providing the perspectives of both clients but also the experience of students under professional training.

The sampling process was carried out through an informant - Anna Timmermans, the director and founder of Core Energetics Institute in the Netherlands, who disseminated the information of this research study to several of her therapists and fellow teachers as well as individual students, facilitating the subsequent contact with some of the participants. Moreover, to reach a different population of participants, who were not enrolled in the professional course, an invitation to participate in the research project (Annex C) was sent to the Core Energetics Science Foundation¹, requesting their support and contacts among the pool of registered CE therapists. The invitation was addressed to any of the beneficiaries of the therapy who might be willing to share their experience for the benefit of this exploratory study.

The participants, recruited via the aforementioned sampling process, consisted of three females and one male, all identified as Core Energetics clients. The only specific criteria used to select the participants was that they be adults currently undertaking or having concluded Core Energetics therapy. The participants were:

¹ <https://coresciencefoundation.com/about-csf/>

P1: Dutch female, 36-year-old, mother of a 7-year-old child, formerly trained as psychologist and who was, at the date of the interview, enrolled in the 2nd year of professional training at the Core Energetics Institute in the Netherlands. P1 had previously experienced Cognitive Behavioral Therapy (CBT), then chose to follow a body-oriented modality with Core Energetics within group and individual therapy, for more than 6 years.

P2: Belgian female, single, employed in the field of Law, discovered CE while she was looking for new ways to express and explore movement in her body. Her CE therapy coincided with the initiation of her studies at the Netherlands Core Energetics Institute. P2's previous therapeutic experience was with Psychoanalytical therapy.

P3: Portuguese female, self-employed, primarily conducting self-development interventions (coaching) and groups (workshops, etc.), had benefitted from weekly CE therapy sessions for a period of 5 months.

P4: Dutch male, 51 years old, employed as an IT officer, began CE therapy in 2011, and had previous therapeutic experience with Bioenergetics since 1998.

Method & Instruments

The semi-structured interview guide was considered appropriate for this phenomenological exploratory research study focusing on the experience of the CE clients in different aspects of therapy. The detailed Interview guide (Annex B), reflects semi-structured inquiries assigned to six categories, which considered a number of 16 specific questions/items intended to collect data related to: 1) Personal data; 2) Therapeutic history; 3) The experience of therapy; 4) Context of therapy; 5) Bodily experience and; 6) Supplementary non-specified details, as provided by the participant.

All the participants were informed on the study's aim of gathering an understanding on their individual subjective experience with CE (Annex D). The methodology applied consisted of qualitative one-to-one interviewing. Verbal and written consent was obtained from all the participants. The participants were introduced beforehand to the objective of the study and the guiding lines of the interviewing process were explained.

The interviews were conducted based on questions listed in the Interview guide (Annex B), nonetheless, participants were given the freedom to talk about their experiences in a way in

which they felt comfortable. The interviewer opted for the semi-structured interview to facilitate a more methodical and systematic approach, while outlining several main topics of interest for this study. The goal was to retrieve sufficiently detailed descriptions of the subjective lived experiences with CE. To this end, during the flow of conversation additional questions were addressed to clarify points or support the participant keeping the information conveyed to factual input, while still endorsing the essential emotional and cognitive dimensions of subjective experience at the time it occurred (Kvale, 1996).

All interviews were conducted in the English language, except one which was in Portuguese. The first interview took place in person on-site of the Institute of Core Energetics in the Netherlands. The remaining ones were performed through video chat over an instant messaging platform. Participants consented to the recording and video recording prior to the interview (Annex D).

The average duration of the interviews was 55 mins (min. 52'/max. 58') with a total time of 221 minutes. The transcript of interviews are incorporated in this paper as annexes (Annex E, Annex F, Annex G, Annex H)

The data analysis considered phenomenological psychological reduction (Giorgi & Sousa, 2010) and focused on the main qualitative research question: "*What was the lived experience of clients with Core Energetics?*". Other related guiding questions were added for the purpose of gaining a deeper understanding of their experience within this specific therapeutic modality.

Data analysis (Annex I) was performed in English, inclusively data collected in Portuguese.

Results

Initially the participant described his/her general lived experience with Core Energetics. The narratives outlined their intense, positive and profound experience but also their ambivalence or dissonant feelings towards some specific therapeutic interventions, which at first, they were not familiar with. Ultimately, all participants qualified their CE experience as a significant life changing experience.

The data analysis remits to the structure of the lived Core Energetics experience which identifies three major categories: 1. the experience of therapy; 2. the changes experienced during the therapy; 3. the most beneficial constituents of their experience.

The three distinct categories were identified through the analysis of the participants' narratives. The following psychological meanings, as identified in (Table 1) are shown in the Global Structure of the Psychological Meanings (Figure 1). The data analysis and the empirical variations are detailed in the Annexes.

Table 1– Main categories of the Core Energetics experience

The essential elements / constituents of the Core Energetics experience
<p>1. The experience of therapy</p> <p>1.1 Liberating</p> <p>1.2 Challenging – physically & emotionally- intense experience</p> <p>1.3 Profound, life-changing experience</p> <p>1.4 Ambivalent/dissonant feelings concerning certain interventions</p> <p>2. Changes experienced during the therapy</p> <p>2.1 Enhanced body & self-awareness</p> <p>2.2 Enhanced self-connection, world and others</p> <p>2.3 Interconnection between body, mind (cognition) and emotion</p> <p>2.4 Effective change of cognitive, emotional and behavioral dysfunctional patterns</p> <p>3. Most impactful, important, life changing constituents of the experience</p> <p>3.1 Spontaneous expression of the emotions</p> <p>3.2 Working with the body / Conscious movement of the body</p> <p>3.3 Confrontation/personal accountability/changing the perspective of victimization</p> <p>3.4 Safe therapeutic setting and confidence in the therapist</p>

1. The experience of therapy

In sum, the various narratives related to each subjective experience recognized the significance of the experience of CE therapy. Some of the experiences allied to the subcategories of this first main topic are further replicated below and more detailed in the Table 2, Table 3, Table 4 and Table 5.

1.1. Liberating experience

All participants described their lived experience to a different degree as intense during CE therapy. CE offered in its specific context, tools and techniques to work out the release of the

tension in the body and excess energy. The freedom of expression was favorable to the deepening of client's experience. At least one of the participants referred to having felt an immediate significant impact with CE therapy, where the bodily experience was one of the most highly rated and quoted by all participants.

The relevance of lived "*experience in the moment*" was credited to the CE specific techniques, which promoted the movement of "*energy and body*", the experience of "*spontaneous expression of emotions*" or moments "*to deal with deep emotions*". The experiential approach of CE seemed to have "*brought a lot*" inciting self-growth and "*transformation*" in all participants. With one exception, all participants mentioned they lived an "*liberating experience*" due to spontaneous expression of their emotions, which occurred by means of specific body exercises or techniques, fact that promoted and boosted their self-awareness. Details are provided in Table 2.

Table 2 – 1.1 Subcategory of experience of therapy

1.1 Liberating Experience (P1, P2, P3)
<p>The freedom of expression was one of the most cited experiences. For instance, one specific experience in the therapy, when P1 could "<i>kick with hands, feet and could scream</i>" it felt "<i>liberating</i>". In such experience, P1 "<i>could connect with own power</i>" and liberate from old distressful symptoms of "<i>suffocation</i>". Besides, P1 felt liberating each time could "<i>experience in the moment whatever came up</i>".</p> <p>Similar experience of spontaneous expression of their emotions, felt liberating and brought new "<i>insights</i>" to both P2, P3. While P2 considered that "<i>moving energy and body</i>" was at the origin of the insights, P3 refers to the "emotional liberation process" as generator of own insights. The experience of "discharging", a specific CE intervention, felt "<i>liberating</i>" and helped P2 to have "<i>more flexibility and more movement in the body</i>".</p>

1.2 Challenging – physically & emotionally - intense experience

The liberating experiences were frequently raised as an outcome of specific challenging experiences lived during the therapy. Most of the participants mentioned that CE had been physically and emotionally challenging. Every so often, it was referred to a specific bodily and movement interventions CE used. However, some experiences were physically demanding, others were intensively lived due to strong emotional processes in relationship with the therapist. Also, some challenging situations were described in the context of CE group therapy and connected circumstances to the initial experience of CE. Specific examples are evidenced in Table 3.

Table 3 – 1.2 Subcategory of experience of therapy

1.2 Challenging – physically & emotionally- intense experience (P1, P2, P3, P4)
<p>A challenging lived experience referred by P1 was linked to the fact that CE “<i>brought up a lot</i>” which caused initial “<i>love-hate</i>” feelings in the beginning of the therapy. CE experience had an “<i>unexpected</i>” impact; it was “<i>like a cold shower</i>” and it was “<i>shaking up of things</i>” for P1. It seemed however, that overcoming its first impact helped P1 “<i>on a deeper level</i>”, who eventually rated CE experience as positive.</p> <p>Specific CE interventions were experienced by P3 physically “<i>very demanding</i>” and some felt also emotionally challenging. Particularly specific practices during CE therapy were experienced as “<i>tough</i>” because triggered disagreeable emotional states such as “<i>shame</i>” of acting in relationship with the therapist.</p> <p>CE was also referred to as intense, in that sense P2 perceive it as “<i>powerful experience</i> “. Similar experience of “<i>intense emotions</i>” was mentioned by P4.</p>

1.3 Profound, life-changing experience

The narratives reflected in most of the participants’ the “*deep*” experiences with CE. Some were associated to possibility to “*connect to a deeper part*” or going “*deeper*” into their own process or linked to life changing experiences of “*deepening the truth*”. The occurrence of a profound moment lived in the therapy seemed also linked, in several cases, to a distressful experience. Table 4 gives a sight of such experiences.

Table 4 – 1.3 Subcategory of experience of therapy

1.3 Profound, life-changing experience (P1, P2, P3, P4)
<p>P1 felt “<i>suddenly all things shaking up</i>” and recognised that “<i>things really changed in life because of</i>” CE. P1 experienced a “<i>feeling that it helped on a deeper level</i>”. CE process was, in the perspective of P2, a vehicle which conveyed clients each time closer to their truth, which advocates the profound lived experience of “<i>going deeper and deeper every time</i>”. A life changing experience for P2 was lived through the “<i>confrontation</i>” in the CE process, which was a key to own growth, and helped connecting “<i>deeper into accepting own truth</i>”. For P3, the lived experience promoted the emotional liberation and freedom through bodily experience, which was in fact what asserts CE as transformative process. The experience of CE and previously Bioenergetics work, transformed P4’s life from a “numb” reality of life to real experience of aliveness.</p>

1.4 Ambivalent/dissonant feelings concerning certain interventions

The ambivalent or dissonant feelings were connected mostly to the initial impact and to some of CE interventions experienced by the participants. The fact that CE was perceived as “*very confrontative*” could easily convey dissonant feelings in any of the participants. Such narratives are briefly illustrated in Table 5.

Table 5 – 1.4 Subcategory of experience of therapy

1.4 Ambivalent/dissonant feelings concerning certain interventions (P1, P2, P3)
<p>P1 expressed ambivalent feelings of “<i>hate-love</i>” in the beginning of the therapy and felt “<i>really amazed and shocked</i>” because of the impact of CE. Moreover, in the context group therapy, P1 felt dissonant feelings and “<i>struggled</i>” for a prolonged period for “<i>not feeling part of the group, feeling rejected and not feeling seen</i>”. For P2, “<i>Core it's very confrontive!</i>” which triggered some “<i>uncomfortable</i>” emotional states, especially when had to face own “<i>truth</i>”. Such instants usually required P2 time “<i>to digest it</i>”. Similar feelings were reflected by P3 related to a specific intervention which experience which could not be lived due to felt sense of “<i>embarrassment</i>”.</p>

2. Changes experienced during therapy

All participants aligned with mutual changes experienced during the therapy. Most notable of all was related to the body awareness and enhanced sense of Self. Even though the participants did not address it as such, the narratives provided a hypothesis that the body-awareness could be at the foundation of all changes arose during to the CE therapy. The intensity of the Core process uncovered new pathways of Self-connection, giving the participants the experience of being more in touch with their feelings, through an enhanced emotional awareness. Next, will detail each of the subcategories of the significant changes previously shown (Table 1).

2.1/2.2 Enhanced body/self-awareness & Enhanced self-connection, world and others

Strikingly, participants mentioned that the bodily experience of CE brought in connection the body, mind and the “*whole self*”. Participants could relate to changing their life circumstances after undergoing CE therapy. They all reported “*awareness*” and “*connection*” being at the core of their new conscious positive attitude towards life.

Table 6 – 2.1/2.2 Subcategory of the changes experienced during the therapy

2.1/2.2 Enhanced body/self-awareness & Enhanced self-connection, world and others (P1, P2, P3, P4)
All participants mentioned that CE interventions had a significant impact on their bodies. One of the changes for P1 was to “ <i>feel what’s going on in the body</i> ” and have “ <i>really an awareness of what’s going on</i> ”. P1 could distinguish the change in ability to “ <i>feel own feelings and at the same time also see and hear other people</i> ” which contrasted with previous experience of “ <i>mainly focusing on the other person and didn’t really feel</i> ”. P1 mentioned that the experience with CE “ <i>makes very deep changes</i> ” which attributed it to achieved ability to “ <i>feel more</i> ” and to “ <i>really feel that I am connected in the world, to other people</i> ”. Likewise, P2 referred to have reached the awareness of the “ <i>body, and what’s happening in the body or what’s not happening in the body</i> ”. The experience of “ <i>connecting more</i> ” to the Self “ <i>has been a very powerful experience</i> ” for P2. Moreover, P2 mentioned that CE contribute to “ <i>bringing me more in the here and now</i> ”. P3 had numerous “ <i>insights</i> ” and expanded Self “ <i>awareness during all sessions</i> ” of CE therapy. However, the “ <i>most important</i> ” of all, for P3 was to reach “ <i>the awareness of my patterns</i> ”.

P4 experience with CE contributed to building up the reflex of being always “*focused and grounded in body*”. According to P4, CE promotes awareness of individual’s emotional state, which had an impact in own “*confidence and the connection with other people*”, fact that was perceived in the experience in CE group therapy where perceived connection was “*deepening*”.

2.3 Interconnection between body, mind (cognition) and emotion

The fact that Core Energetics simultaneously addresses body, mind and emotion, was valued by all participants. Such approach facilitated the intrapersonal understanding, contributed to a higher consciousness and a mindful experience of their feelings in the body. Except for one participant, all referred explicitly that grounding was very effective to reaching one’s “*self-confidence*”, “*self-responsibility*”, “*consciousness*” and “*aliveness*”. A summary of what each of the participants referred to, is given in Table 7.

Table 7 – 2.3 Subcategory of the changes experienced during the therapy

2.3 Interconnection between body, mind (cognition) and emotion (P1, P2, P4)
<p>Prior to CE experience, P1 felt more mind-focused rather than emotion-focused. P1 referred that before CE therapy, “<i>was mainly living in the head</i>” experienced”. The experience with grounding in CE allowed P1 to “<i>really learnt to put the feet on the ground</i>” which helped to “<i>ground and that made trust more</i>”. For P2 CE bodily experience was “<i>very helpful</i>” which brought connection, of “<i>whole self, like body and mind</i>”. Before CE, P2 “<i>had no consciousness around</i>” “the fact that “<i>was only in the head</i>” therefore this experience reflected a notable change and helped P2 “<i>to really come more grounding</i>”, to bring “<i>into connection, the whole self, like the body and mind</i>”. The same “<i>relationship between what was happening in the body and what was happening in the emotions and in the mind</i>” was experienced by P3. Lastly for P4, feeling the emotions in the body, instead of thinking of them was “<i>the big experience with Core Energetics!</i>”</p>

2.4 Effective change of cognitive, emotional and behavioral dysfunctional patterns

All participants qualified effective and permanent changes as an outcome of their experience with CE. Specific CE interventions in the therapy contributed to the experience which

promoted the changing of old patterns and improved participants' life experience. Specific details are given in the Table 8.

Table 8 – 2.4 Subcategory of the changes experienced during the therapy

2.4 Effective change of cognitive, emotional and behavioural dysfunctional patterns (P1, P2, P3, P4)
<p>P1 experienced several “good interventions” where the representation of family members and role-play in the therapeutic setting helped to “<i>really work things out</i>”. CE experience had a positive outcome in P1’s life, for “<i>really helping to break old patterns and that also really helped in the relationship with the parents</i>”. CE was for P2 “<i>an experience of finding</i>” the self, helping P2 “<i>on different levels</i>” to “<i>finding wholeness in a way</i>” having the consciousness of feeling “<i>more complete</i>”. Prior to entering CE, P2 “<i>was living in my head disconnected from the body</i>” which changed with the new body awareness and consciousness. This allowed P2 to finding new “<i>ways to express</i>” the “<i>body express itself</i>”. In the context of CE therapy P3 was prompted by “<i>certain emotional mental patterns that were related to the body</i>”, which promoted an “<i>actual change in behavior and emotional states</i>”. P4 could overcome the previous state of disconnection of own feelings which shifted from the state of feeling “<i>numb</i>” to experiencing feelings in the body which felt like a “<i>big experience</i>”.</p>

3. Most impactful, important, life changing constituents of the experience

Several aspects of CE were acknowledged as contributing factors of change in their therapeutic experience. The data analysis already identified in each participants narratives' important aspects which qualified the constituents of their experience with CE. This main category considers the most important or life changing constituents of CE experience, as considered by participants. Interconnected evidences are further described in the following subsections and detailed Table 9, Table 10.

3.1/3.2 Spontaneous expression of the emotions / Working with the body

The possibility to express their actual feelings in the therapy and in relationship with the therapist, through bodily expression appeared significant to all participants. Besides spontaneous expression of emotions and working with the body, movement was of equal importance to all participants.

Table 9 – 3.1/3.2 Subcategory of the most impactful, important, life changing constituents

3.1/3.2 Spontaneous expression of the emotions / Working with the body (P1, P2, P3, P4)
<p>The possibility to really express and voicing out own emotions in the therapy, was for P1 an <i>“opening to really make choices”</i> in life <i>“more from within”</i> and facilitated assertiveness towards the fulfilment of true own needs. The invitation to act and express the feelings, to <i>“really work with whatever comes up in the moment”</i> and <i>really do something with it”</i> made a difference to P1. Having the opportunity to <i>“really shout to fellow members the deep pain”</i>, was for P4 <i>“a really important moment”</i> which made an important <i>“shift”</i> in own life experience. The movement was also one of the important aspects for all participants. In P1’s experience helped to <i>“feel more, to move around and do something with it, with the body and with the emotions and to really act on it”</i>. P2 experienced the possibility <i>“to really feel what is going on in the moment, in relation to the therapist”</i> which boosted self-awareness and self-understanding. Same way, working with the body was <i>“revealing”</i> for P3 and the experience of <i>“the relationship between what was happening in the body and what was happening in my emotions and in my mind”</i> was important. Moreover, P3 understood that <i>“through the body it was much easier”</i> to release <i>“the emotional and mental”</i> blocks.</p>

3.3 Confrontation/personal accountability/changing the perspective of victimization

From the perspective of the therapy, the confrontation was a therapeutic intervention, yet it emerged another aspect of self-confrontation where the individuals had to come closer to terms within their personal truth and deepen their self-awareness. Another facet of confrontation emerged from one’s ability to face old patterns and take the steps towards new attitudes. These new attitudes had an impact on personal accountability and rehabilitation of life-changing positive behaviors.

Table 10 – 3.3 Subcategory of the most impactful, important, life changing constituents

3.3 Confrontation/personal accountability/changing the perspective of victimization (P1, P2, P3, P4)
<p>By the circumstances of <i>“really feeling the impact of things in life”</i>, P1 could feel <i>“better where the boundaries were”</i> assuming more responsibility and different attitude in life. For</p>

P2 the moments *“when a therapist has confronted for not being in truth in the moment”* were *“really key in own process”*. P2 felt that *“confrontation was where grew the most”*, by learning to accept own truth. Once aware of old patterns of behaviours, P3 stepped into personal responsibility and decided to *“get out of victimization and become more proactive”*. P4 faced old pain, took the responsibility for and could *“really shout it to fellow members the deep pain, and throw it all out”*.

3.4 Safe therapeutic setting and confidence in the therapist

The sense of safety and trust in the therapist was in certain degree relevant to all participants. The role of the therapist and perceived sense of safety in the therapeutic setting had a great influence in each individual process during CE experience. Specific details are given by the narratives of the participants (Table 11).

Table 11 – 3.4 Subcategory of the most impactful, important, life changing constituents

3.4 Safe therapeutic setting and confidence in the therapist (P1, P2, P3, P4)
<p>P1 considered the <i>“acceptance”</i> of therapist as one of the <i>“biggest thing”</i> in CE. The fact that <i>“the therapist always helps”</i> and <i>“just listens to whatever there is and to do something with that”</i> had a great impact in P1’s experience. Helping P1 <i>“in daily life”</i> to also be <i>“able to deal more with the things that are”</i>. Explicitly, one <i>“good intervention”</i> when P1 <i>“could really, feel the acceptance from a man, the father figure”</i>, played by a CE therapist, <i>“and really felt carried and seen”</i>. Similarly, for P2 being <i>“seen”</i> and <i>“recognised in everything”</i> <i>“in the relationship with therapist, qualifies as life changing. It specifically refers to being “able to have that experience of internal growth in relationship with other people”</i>. Moreover, the fact that therapist <i>“sees and feels”</i> and mirrors back was helpful to P2’s experience to learn about self. The trust <i>“felt in the therapist was fundamental”</i>, so P3 could <i>“recognize his value and competence and felt very safe in his hands”</i>. The trust and felt presence of the therapist permitted P4 <i>“to surrender”</i> and <i>“really letting go of the old pain”</i>. For P4, the <i>“presentences”</i> of the therapist was <i>“really important”</i> and helped to <i>“feel it when you get further on the work”</i>.</p>

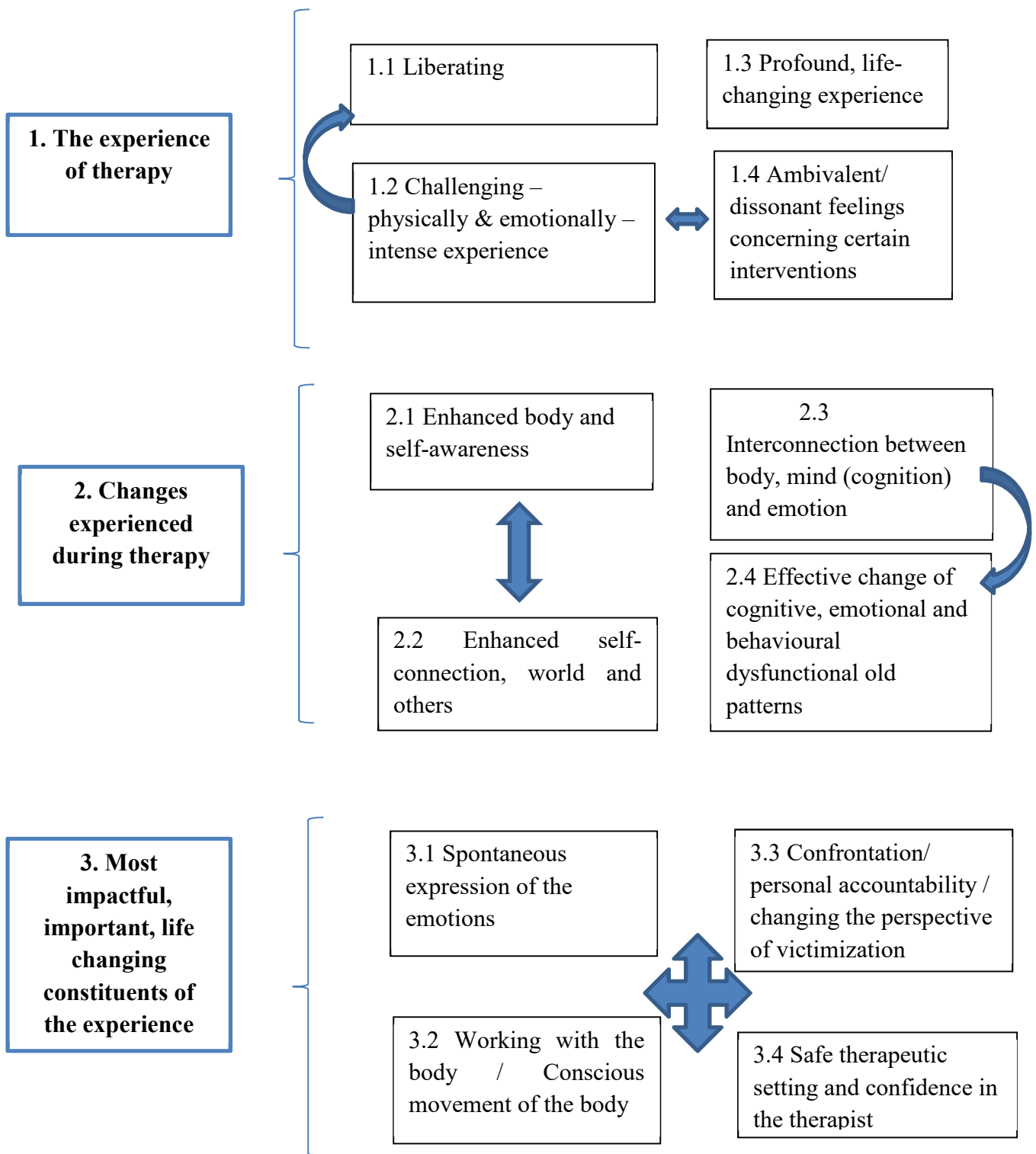


Figure 1 – The Structure of the Psychological Meanings

Discussion and Conclusions

The aim of this qualitative study was to determine the essential and invariable constituents of the subjective experience of Core Energetics and to build on the current evidence base of support for body-oriented methods.

Analyzing the qualitative data suggests that CE is lived as an intense, liberating and transformative therapeutic experience which evoked significant changes to all participants, such as greater body and self-awareness, enhanced connection with Self, others and the world and a more accountable, positive attitude towards life experience in general.

One of the main elements concerned the experiential approach given by CE which, although felt as challenging, had a positive impact on all participants. They felt *liberated* by the fact they could *fully express their emotions*. Working with the body promoted self-awareness, enhanced understanding of the “whole self”. The fact that CE provided grounds to all participants experiencing their feelings in the body rather than through the prism of their rational mind, has been qualified as a “*big experience*” lived with Core Energetics. Consistent with these findings, Falchuk identified the importance of “expression of suppressed emotions”, similarly referred as challenging and transformative. Besides, the “invitation to self-express” was experienced as an opportunity to raise one awareness and become accountable of own “disowned” feelings, fact that had a positive impact on shifting from early inadequate patterns of behavior into more positive ones (Falchuk, 2016). Shedding light on “*certain emotional mental patterns that were related to the body*” contributed to enhanced self-awareness. Equally distinguished in Falchuk’s study was that the enhanced self-understanding confronts “maladaptive patterns of behaving” (Falchuk, 2016). In this regard, our study revealed permanent effective changes of ineffective old patterns.

“Awareness” is a significant component addressed in our study across various sub-themes. The existential psychotherapy research indicates self-awareness as key ingredient for “cognitive, emotional and behavioral impacts” (McCarthy et al. 2017; Corrêa et al. 2016; Castonguay et al. 2010, cit. in Sousa, Pestana, & Tavares, 2018). Similar to these researches, our study brings the awareness in relation with the body. The bodily experience sets a mark in the interconnection of the body awareness, the mind and perception of own emotions. Similarly, previous results (Falchuk, 2016), referred to the embodiment of feelings which had an impact on previous

thinking patterns. This awareness of the feelings, regarded from the perspective of embodiment, is intrinsic to the work of a somatic psychotherapy (Peña, 2019).

Moreover, another helpful aspect was “putting words” on their bodily experience; The integrated “whole self, body and mind” provided the participants a holistic experience, on “what was happening in the body”, the emotion and the mind. Similar studies reflected on the “verbalization as an opportunity for the patients increasing their understanding and self-awareness” which deepen the meaning of their experience having “cognitive, emotional and behavioral impacts” (Timulak & Keogh, 2017; McCharthy et al. 2017; Corrêa et al. 2016; Castonguay et al. 2010 cit. in Sousa, Pestana, & Tavares, 2018).

A recent study (Papadopoulos & Röhricht, 2018) explored how an embodied movement approach can address specific psychopathology. Their outcome suggested that the expression of a wider range of emotion interlinked with the body awareness and movement interventions bring into consciousness elements of psychological states including repressed anger and conflicting feelings and ideas.

The changes appear to be attributable to the dynamic approach of CE which involved varied therapeutic interventions. Most significant aspects, equally delineated in the previous study, were linked to the bodily self-expression through movement, “body work”, “grounding”, self-confrontation, active verbalization and embodiment of emotions. The confrontation in the perspective of the clients was a key element in their growth process with CE. The therapist action of confronting the client “for not being in their truth” led to greater self-accountability, outlined as well in the previous study as a change in the “perspective of victimization” (Falchuk, 2016). In addition, clients changed of their perspectives towards life and significant others.

The bodily expression, such as *kicking with hands, feet* or *verbalizing, “scream”*, was acknowledged as having an important impact in clients’ experience. More than enriching the physical experience, through better breathing or relaxation, it had a significant contribution at psychological level, by shifting the mindset from ineffective old beliefs to openness and a more constructive approach to life. Their experience with CE was intensely lived as an interconnection of body-mind and emotion. This later theme seems to emerge as experience but at the same time as an outcome of their experience. The “movement” was recognized as an innovative aspect during the entire experience with CE. Data analysis flagged up an interesting reflection concerning this aspect, which was the groundwork to the body-mind-emotion experience. The

emotional expression has been also demonstrated in other studies to create effective change also in other therapeutic methods (Peluso & Freund, 2018).

The specific techniques used in CE, are perceived as intense and transformative, aiming to identify, recognize and challenge clients' somatic and psychological blocks to feelings and consciousness (Loustaunau, 2012). Research in the humanistic-experiential approaches also evidenced the positive outcome of the emotional processing (Pinheiro, Mendes, Silva, & Gonçalves, 2018), where combination of felt experience and cognitive evaluation are central to the therapeutic change (Whelton, 2004).

Additionally, the "experience of internal growth" in relationship with the therapist was significant to all participants and contributed to major changes. Undeniably and similarly in Falchuk's study, having a CE therapist holding the space and accepting the participant's full expression of emotions, was one of the important elements across the CE experience. This fact reinforced the clients' ability "to access the own sense of personal power" (Falchuk, 2016). Such result may be corroborated with comparable studies in the existential psychotherapy where "the validation of the client's experience" is rated as highly significant event of the therapy (Sousa, Pestana, & Tavares, 2018). Furthermore, a significant aspect regarding this relationship, concerned the therapist. The ability of the therapist to self-disclosure, being willing to reveal him/herself, appeared to facilitate the trust in therapist as a fundamental aspect of CE experience. One way or another, all the participants did inform on the importance of the recognized competence of the therapist which created a felt sense of a safe therapeutic setting. The field of the experiential/existential/humanistic psychotherapy outlined similar significant events throughout the body-psychotherapy interventions, which are intrinsically linked to "the competence and recognition of the therapist by the client, trustful relationship between the client and the therapist, patient freedom of expression and experiences in the therapeutic space" (Sousa, 2018).

Overall, this study aligned with many of the aspects associated to experience of the body psychotherapy which include physical, emotional, psychological, energetic, and conceptual aspects (Westland, 2018). The innovative approach of CE, acknowledged in both Falchuk' and this study, reminds of often used precedent Reich's confrontational interventions, typically addressed by physical and expressive movements or sounds (Young, 2008).

Likewise similar studies of body-oriented interventions, our study on CE evidenced too the experience of the “greater awareness, engagement in the present, deepening of experience, opening the body memory, cathartic release, resolving blocks, and exploring new possibilities” (Leijssen, 2006). The study revealed several mutual elements as previously evidenced in the seminal research established by Falchuk (2016) in the context of client’s experience with Core Energetics. The phenomenological approach was chosen to explore and understand the individual experience in the context of this therapeutic modality, providing equally additional base evidenced research and raising questions for future studies.

Befall that the aim of this study is different than establishing causal effects, therefore it could be interesting to research more on the relationship between movement and internal state, how the body interventions influence the mind for a resourceful experience of therapeutic intervention, which should consider one’s whole subjective life experience in all its dimensions.

Moreover, a systematic review which can further articulate the actual clinical work, theories and the effective practices of body psychotherapy, outlining the effectiveness of body psychotherapy and art therapies is needed in the area. It is important to refer that future qualitative research may reveal new aspects which were not captured due to unicity of each experience and possible bias of the researcher .

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ANNEXES

Annex A - Literature review

Core Energetics has its origin in the work of John Pierrakos, whose theory emerged from the earlier Bioenergetics theory developed in collaboration with Alexander Lowen. They both followed the "character theory" inspired by Wilhem Reich, one of Freud's followers. Reich was fascinated by Freud's findings regarding the somatic experiences of his clients and the idea of mechanisms of repression. These concepts which helped shape Reich's own concept of "muscular armor". This spawned Reich's theory on personality development starting from the body, and how the defensive functions shaped the dynamics of the personality and conditioned a person's behavior.

Reich's innovative paper on character armoring, so-called 'therapy of character', had a great impact in the psychoanalytic work back in 1927, marking the beginning of a systematic approach in psychoanalysis (Young, 2008). His work on "Character Analysis" published in 1933, broached a theoretical model for many branches of psychotherapy. His later "The Function of the Orgasm" (Reich, 1942, 1971) focused on psychosomatic aspects of sexual repression. His in-depth study on bodily defense mechanisms highlighted the dynamics of repression, dissociation, and other defenses against feelings and offered specific tools to support the process of liberating the repressed effects (Boadella, 1973 cit, por (Young, 2008). His work marked the inception of body psychotherapy and inspired many later branches of therapy, generations and body-centered psychosomatic schools including Perl's Gestalt therapy (Perls, Hefferline, & Goodman, 1966), Lowen's "Bioenergetics Analysis" (Lowen, 1975) which evolved into Pierrakos's "Core Energetics: Developing the Capacity to Love and Heal" (Pierrakos J., 1990; Smith, 1985).

Reich's defense mechanisms addressed the bodily manifestation of suppressed strong feelings which translated to "habitual patterns of muscle tension and constricted breathing" (more details Gilbert, 1999). According to Reich, such bodily patterns prevent access to powerful feelings which are sealed from a person's conscious attention because of the unresolved conflicts and traumas. This hinders both awareness and the expression of feelings (Gilbert, 1999).

In his pursuit of human body investigation, Reich developed the 'orgone energy' theory which coincides with nowadays "esoteric concepts of 'chi,' or 'prana' (Gilbert, 1999). Reich and his followers bring an important contribution related to this interconnection of mind-body and emotion (Gilbert, 1999).

The clinical-physical work focuses on the release of defensive physical patterns which according to Reich, were established during the phases of the Ego development creating specific mental barriers. Basis on the phases Reich established, Lowen created a historical chart - see Figure 2 - related to the body structure to represent the interaction of internal and external reality (Lowen, 1974).

Character Structure	SCHIZOID Ungrounded Fragmented	ORAL Needy Merging	ENDURER Masochist Compressed	CHALLENGER Defender Controlling	RIGID Achiever or Hysteric
Strengths	Creative mind, intelligent	Very loving, compassionate	Steady, patient, diplomatic	Leader, kind to underdogs	High achiever, successful
Illusion	My mind is my body	Love will solve everything	I'm trying to please you	It's all a matter of will	Performance is everything
Personality symptoms	Fear, anxiety, lacks sense of self, detached	Fatigue, needy, dependent, depressed	Tension, feels stuck, moody, boiling inside	Power hungry, obstinate, rage, confrontational	Competitive, proud but feel inadequate
Fear of...	Falling apart, going crazy	Abandonment, rejection	Humiliation, exposure	Submission to another being	Surrendering to feelings
because	It's not safe to be here or in my body (fear)	I'm not enough, there's not enough for me (greed)	It's not safe to follow my urges for pleasure (shame)	I can't trust others, I feel betrayed (trust, control)	It's not safe to give my love, I fear intimacy (approval)
Parents (trauma)	Fearful, angry, unwilling mom, neglect	Depriving of touch, attention, affection	Overly controlling, intrusive, shaming	Authoritarian + other seductive manipulator	Cold, rejecting father, betrayal at heart level
Wounded child	Unwanted child	Undernourished child	Overmanaged child	Betrayed child	Hurried child
Demands his/her right	To be here, to exist	To be nurtured, to have needs	To act, to be independent, autonomous	To be free, to be supported, encouraged	To want, to have feelings (love/sex)
Energy levels	Hyperactive Ungrounded (up and out)	Hypoactive Low energy (hold on)	Hypoactive Internalized (hold in)	Hyperactive then collapsed (hold up)	Hyperactive High energy (hold back)
Chakras most affected	Deficient 1st	Excessive 2nd and 4th	Blocked 3rd	Excessive 3rd, strong 5th	Deficient 4th
Healing and maturation by	Embodiment, connection, stronger boundaries	Inner love, own your needs, stand on your own two feet	Inner power, self-assertion, be free, open to spirituality	Inner wealth, learning basic trust, show vulnerability	Inner peace, open heart, connect heart to genitals

Figure 2 - Historical chart of Ego development, Lowen A., (1974)

In his first 20 years as a psychiatrist, Pierrakos developed alongside Lowen the Bioenergetics approach taking into account Reich's principles. Later, Pierrakos developed CE based on the following three main principles: (1) the psychosomatic unity of any individual, (2) the capacity of healing lies in each individual (3) life is an evolutionary process (Pierrakos, 1990).

The Core Energetics model can be considered as an outgrowth of Neo-Reichian psychotherapies making use of the expressive body-mind interventions to release repressed emotional contents, reflected in rigid or other specific body postures and negative attitude patterns (Röhricht, 2009), It also brings an integrated/holistic vision on the human being as a unity of physical, emotional, intellectual and spiritual aspects (Wilner, 1999). Core Energetics distinguishes itself from Bioenergetics and other similar body-oriented psychotherapies by acknowledging the spiritual dimension as part of the therapeutic process (Totton, 2013).

More than a model of human psychology which interrelates the subconscious conflicts of analytic mind with the physical body, Core Energetics promotes self-healing by directing the client to a deeper reality which the originator John Pierrakos calls it "Center Of Right Energy" (CORE) (Pierrakos, 1990), the center of vital energy whose reach will connect the five levels of human existence: (the body, emotions, mind, will and spirit) leading the individual towards a fulfilled life experience or the Higher Self (Loustaunau & Gleason, 2015).

Core energetics process uses the map of personality as a model, grounding its intervention in four stages: 1. Recognition of false beliefs about the Self, identified with the "Mask"; 2.

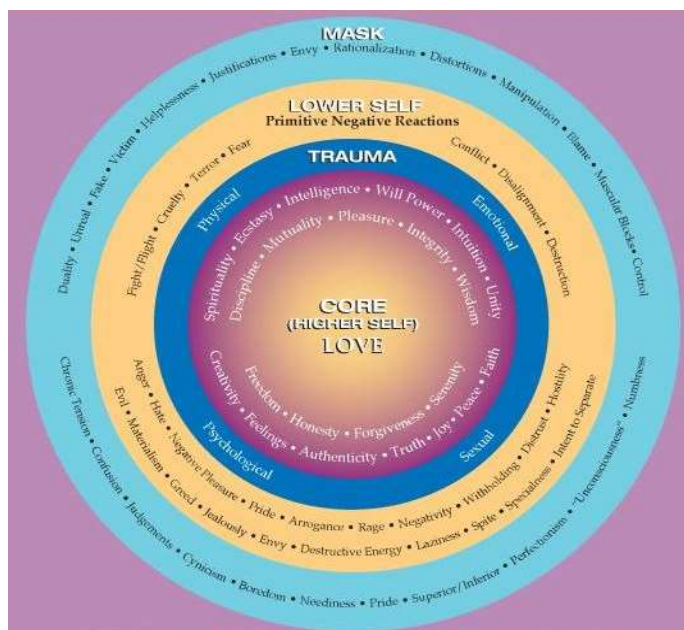


Figure 3 - CE Map of personality by John Pierrakos

Revealing the hidden constructs and patterns built upon overlooked suppressed emotions and feelings of fear, hate, pain and open to the possibility of expressing all these unrevealed hurts in order to transcend them and transform into love; 3. Addressing the negative patterns identified and work through its bodily defenses expressed by rigid attitudes towards the Self, the world and Others; 4. Attaining to a higher consciousness expressed through positive intends towards the Self, the world and Others, towards Life in its deeper meaning, related to our task in life (Wilner, 1999).

Core energetics uses explicit bioenergetics body postures and exercises as developed by Alexander Lowen (1958), emotions' expression, deep breathing, touch, and within the dynamics of the therapeutic relationship, the client is able to re-enact old suppressed feelings or other significant patterns of distressful behavior addressed through the transference with the therapist. Besides the movement, expression of feelings and working with a variety of specific body-oriented exercises, it applies repatterning of the breathing, specific bodywork considering body segments (see Keleman, 1985) and may also inform clients by explicit verbal material reframing their psychoeducation. But what qualifies its transformational process approach is the integrated vision for the growth and evolution of the whole individual, through the spiritual approach enriched by the teachings of the Pathwork².

Like other clinical psychotherapeutic approaches, the initial work in Core Energetics takes in an assessment about client's apprehensions, check on the status of interpersonal relationships, addressing an inquiry related to past distressful experiences related to loss, trauma or abuse (Allison, 1999). Besides more traditional assessment techniques/interview, the Core Energetics therapist is trained to assess the analog communication while focusing on understanding psychological concepts through somatic perspectives, such as by observing body structure (e.g., static posture) and function (e.g., respiratory movement) but also by means of traditional psychoanalytic and more contemporary neo-analytic perspectives on attachment theory or interpretations of client's defense mechanisms (Glazer & Friedman, 2009).

Characteristic dysfunctional experiential and behavioral are addressed by means of somatic work involving the body in active physical movements (like kicking on cushions, hitting

² <https://pathwork.org/about/>

a foam cube etc) to which psychological explorations are engaged to re-claim the suppressed emotions (Glazer & Friedman, 2009).

Often, the self-confrontation reflects the need to change and assume a personal accountability towards own growth and transformation, such approach being one of the foundational principles and significant in Core Energetics (Pierrakos, 1996)

In the practice Core Energetics, most important first step is ensuring that the client is grounded in his body. Only from there, the therapist can truly initiate the therapeutic process, since its model is operating within the concepts of energy and consciousness (Wilner, 1999). Therefore specific interventions such as grounding are designed to establish the complete presence in the body, bringing awareness on the present feelings, emotions, thoughts and resistances towards the “opening up” to therapy work. The physical bodywork considers but is not limited to a variety of bioenergetics exercises, through which the clients are invited to use movement, expression of negative or ambivalent feelings or emotions which will always imply self-confrontation and taking up onto self-accountability of own negative feelings, revealing the projections. Thus, a Core therapist will lead the client towards own truth, outlining the repetitive dysfunctional patterns of behaviour, thus bringing awareness and help the client assuming own responsibility (Kalin, 1996).

Therefore, Core Energetics’ active therapy model addresses the transformation of the dysfunctional belief systems by addressing the body inflexibilities, and by confronting the “levels of reality” (Pierrakos J., 1990) which bear the characteristics of the mask or lower self (Wilner, 1999). The expression and releasing of repressed feelings or as called “lower-self emotions” (Wilner, 1999) help people connecting with their CORE qualities (see Figure 2). The attaining of awareness of authentic Self, enable people to be more receptive and open to express their own emotional truth. Core Energetic therapists make use of a wide selection of techniques and interventions aiming to enhance the behavioural patterns and living coping mechanisms (Wilner, 1999).

Its innovative approach for the complete “growth and evolution” of the individual (Pierrakos J., 1990) bridges the body psychotherapy and spirituality (Allison, 2010) and may be included in the range of Somatic Psychology. By emphasizing the relationship between the mind, the body, and emotion CE addresses the patient in a holistic manner.

Its therapeutic interventions cover a wide range specific techniques of, which some intersect to the modern body-psychotherapies equally based on Wilhelm Reich's theory, such as Keleman's "Formative psychology" (Keleman, 1985), Boyesen's "Biodynamic Psychology and Psychotherapy" (1987), Boadella's "Character-analytic vegetotherapy" (1977) or Rothschild's "Somatic Trauma Therapy"(2000), and most recent work of van der Kolk (1999) in the area of post-traumatic stress.

Since all the somatic techniques have as common denominator the body awareness, this requires experiential learning. Thus, Core energetics professional training which corresponds to a four-year curriculum, consists in experiential learning on concepts of Reich's character structure, on techniques for working with the body, psychosomatic theory by Reich (1972/1945) and therapeutic interventions developed by Pierrakos (1987) integrating spirituality with methods designed specifically to work with the human energy field (Brennan, 1987), the energy centers (the chakras), and the character defense structures (Wilner, 1999). The complete list of the literature associated to the professional curriculum of Institute of Core Energetics in the Netherlands is may be online³.

Methodology

In the context of psychological research following Giorgi's (2009) adapted Husserlian method involved following sequence, as thoroughly described and explained in the first part of this thesis research. The steps:

³ <https://coreenergetics.nl/wp-content/uploads/2019/07/LiteratureNICECoreEnergetics.pdf>

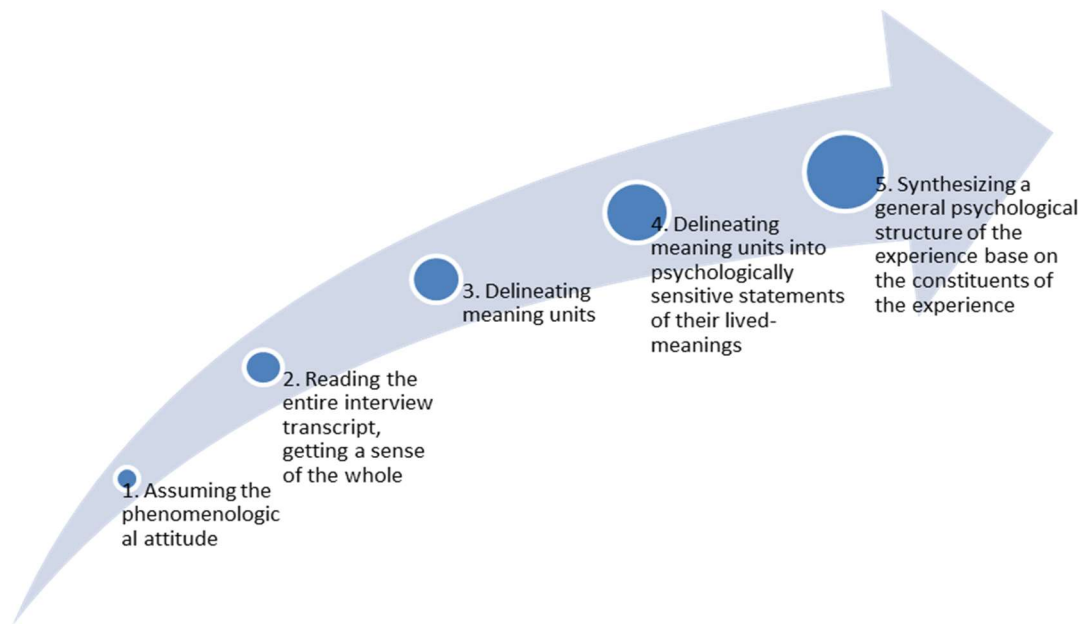


Figure 4 - Steps involved in the data analysis. Adapted from Giorgi, (2017)

The benefit of qualitative method according to Giorgi (2017) gives the opportunity of insightful observations during the steps involved in the data analysis. This 5 steps (Giorgi, 2017) involve the transcription of the interview - (1) reading thru overall the original descriptive data, as provided by the participant, for acquiring a basic understanding of the raw information (Giorgi, 2017); (2) undertaking a scientific attitude, which involves suspension of any personal beliefs and theoretical assumption, allowing the researcher being mindful of the researched phenomenon from the perspective of the participants (Sousa, 2014); (3) undertaking the scientific phenomenological reduction attitude, the researcher is delineating the units of the psychological meaning, bracketing out any of the participants perspectives which are not concerning their personal experience of the researched phenomenon (Giorgi, 2017); (4) maintaining the scientific attitude, by means of imaginative variation the researcher translates the subjective descriptions into essential characteristics of psychological unit meanings, preserving the essential lived experience of the participant (Sousa, 2014; Giorgi, 2017); (5) by the means of same phenomenological reduction, the researcher is taking upon the demarcated units of psychological expressions of overall lived experiences of participants outlining a psychological structure for the phenomenon researched (Sousa, 2014; Giorgi, 2017).

The application of the phenomenological method in psychology aims to bring a coherent psychological sense in the subjective experiences, offering consistency in the application of the method in the context of subsequent research of the same phenomenon.

According to Giorgi, for a research conducted through a phenomenological approach to be considered successful, it is necessary to consider two important key factors of consciousness that explain its intentional and non-sensorial characteristics. Paraphrasing Giorgi in this context, the consciousness will act as vehicle towards an intrinsic existing knowledge and will create awareness of how any of the studied phenomena works. (Giorgi, Giorgi & Morley, 2017)

Materials & Instruments

Annex B - Interview guide

1. (General) Personal information

- Starting with some brief personal details would you tell me who you are and what you do?

2. Therapeutic history

- Could you please describe which is the experience you have with Core Energetics?
- What determined your choice for CE?
- How many sessions of therapy have you done until this moment?
- Have you experienced other body therapy interventions?

3. Core energetics (general) experience

- How was your life (experience) previous to the CE therapy?
- How did you experience the CE therapy?

4. Core energetics (specific) experience(s)

- Do you consider having experienced significant moments (of change) during this intervention? And if yes, could you describe them?
- Have you experienced any aspect of CE therapy as being important?
- Was there anything you experienced as most useful related to the conduction of the session or the CE therapist? If yes, what did you experience as such?
- Were there any particular moments you experienced as “life changing”? Could you please describe them?

5. The body in the Core energetics experience

- How do you experience the body in the course of this therapy?
- Have you experienced changes in the body? Which were they? (Describe)
- Was there anything that you experienced as “new” during the CE intervention? Could you please describe?
- Do you consider any of the body interventions you experienced as most relevant to your process? (Details)

6. Which other details would you add relatively to what you experienced within the course of CE therapy?

Annex C - Invitation to participate in the Research project

“Significant Events of the Experience of Core Energetics Body-Oriented Psychotherapy”

Hello!

I am conducting interviews as part of the research study to increase our knowledge and to create a basis of evidence for Core Energetics therapy which will eventually facilitate questions to determine the effectiveness of this psychotherapeutic intervention.

As client and beneficiary of this therapy you are in the ideal position to give your valuable first-hand information from own experience within the Core Energetics setting.

The interview takes around 45 minutes and is very informal. I am simply trying to capture your thoughts and perspectives regarding your experience in the course of this therapy. Your responses to the questions will be kept confidential. Each interview will be assigned a number code to help ensure that personal identifiers are not revealed during the analysis and write up of findings.

There is no compensation for participating in this study. However, your participation will be a valuable addition to our research and the findings could lead to greater public understanding of the Core Energetics therapy as well may help other related scientific researches in the future.

If you are willing to participate please drop me an email or contact me via Skype to suggest a day and time that suits you best. I am available at any time for further questions.

Thank you!

Diana Dinu

Email: diadinu@gmail.com

Skype: diadinu_2 (DiDi)

ANNEX D - Informed Consent form

TITLE OF STUDY: SIGNIFICANT EVENTS OF THE EXPERIENCE OF CORE ENERGETICS BODY-ORIENTED PSYCHOTHERAPY

PRINCIPAL INVESTIGATOR

[Name] Diana Dinu

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[Address] Lisbon, Portugal www.ispa.pt

[Phone] +351 910 654 055

[Email] diadinu@gmail.com

PURPOSE OF STUDY

Body oriented psychotherapy Core Energetics originated with Dr. Pierrakos in 1974, yet the scientific research demonstrate a gap in the knowledge related to the experience of people undertaking this therapy model.

You are being invited to take part in this research study.

Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information.

The purpose of this study is to understand the experience lived by adults during the sessions undertaken in the Core Energetics psychotherapy.

STUDY PROCEDURES

The method applied in the study will engage participants in a semi-structured interview; meaning that the researcher will have an **interview guide** prepared which is an informal grouping of topics and questions to be addressed in different ways for different participants.

The time required of participants per session will be of **approximately 1hr** and can be effectuated in person or online by Skype.

For the collection and subsequent analysis of data **will be required audio recording** with the specific consent of the participant.

CONFIDENTIALITY

Your responses to this will be treated anonymous and all data collected will be treated as confidential. Every effort will be made by the researcher to preserve your confidentiality including the following:

- Assigning code names/numbers for participants that will be used on all research notes and documents
- Keeping notes, interview transcriptions, and any other identifying participant information in a locked file cabinet in the personal possession of the researcher
- Destroying the recordings after the conclusion of the analysis

Participant data will be kept confidential except in cases where the researcher is legally obligated to report specific incidents. These incidents include, but may not be limited to, incidents of abuse and suicide risk.

RISKS

The study research does not foreseen any risks once the participant is free to refer only to the experiences that finds relevant to share in the course of the interview. As participant you have at any time the right to decline to answer any or all questions and may terminate your involvement at any time if you choose.

CONTACT INFORMATION

If you have questions at any time about this study, or you experience adverse effects as the result of participating in this study, you may contact the researcher whose contact information is provided on the first page.

VOLUNTARY PARTICIPATION

Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign a consent form. After you sign the consent form, you are still free to withdraw at any time and without giving a reason. Withdrawing from this study will not affect the relationship you have, if any, with the researcher. If you withdraw from the study before data collection is completed, your data will be returned to you or destroyed.

CONSENT

I have read and I understand the provided information and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I understand that I will be given a copy of this consent form. I voluntarily agree to take part in this study.

Participant's signature _____ Date _____

Investigator's signature _____ Date _____

Interview Transcripts

ANNEX E- Interview transcript P1

(I) I Invite you for this interview and thank you for being here

(P1) You are welcome

(I) The questionnaire that I prepared is a semi structured interview and I have a set of questions that I might not go thru all of them; and the idea is to describe your experience, so you don't need to give details or other interpretation or even use specific terms, just about what you experienced.

(P1) Ok yeah

(I) This interview, as I mentioned, I will record and it is important to understand that the information is confidential and I will use it for my thesis. Do you agree with taping?

(P1) Yeah, that's good.

(I) I will also prepare a signed consent and provide you the transcript, to have it after.

(P1) That's good!

(I) So, thank you for being here! Just to start, to go into the process, I will invite you to just talk who you are and what you do, just a brief presentation; what you would like to say about yourself.

(P1) Ok, yeah! Well, I am 36 years old to start with, and I live alone with my kid. He is almost 7 years old and he lived with me half of the time and other half he lives with his father and I studied psychology and after that I did some different jobs, I worked at child services and I worked with psychiatric patients.. And at the moment, I don't have a job; I focus mainly on my training program here in Core. Now, I am in the 2nd year... And, I think is now 2 years ago that I had a burnout and, after that I tried to go back to my work and before Summer I decided I didn't want to go back there. So, at this moment I do not work as a psychologist, and I am still figuring out how to do that... yeah... and yeah, that's it, I think.

(I) So, what how would you describe the experience you are having with Core Energetics (CE)? (I heard you are in the 2nd year as a student...)

(P1) Yeah. I am now in the 2nd year and /before I started this training, I did some other group works and also individual trainings in Core Energetics and other body-oriented psychiatry. And I think now for almost 5 or 6 years I am doing this, and / for me... yeah... it's also a different approach

after my study, psychology, very cognitive study, and yeah... It didn't really help me further in my life / until I found Core Energetics, then there was suddenly all things shaking up in my life and / I was really feeling that it helped me on a deeper level and so I was sort of hooked by it...

(I) Oh...

(P1) Yeah... At first not, because the first group I was in I actually hated it.

(I) But still Core Energetics (CE) group?

(P1) It was CE group yeah. And, / I really struggled because I felt not part of the group and I felt rejected and I felt not seen. And, I felt stuff came up there. / So, I really had to move on to another therapist and did some individual sessions to really feel that I could also to benefit of it. / Because the first year I only felt pain. / And after that I also felt ok. It's also supportive, so that took me I think almost a year to experience that... So, then I did more work and... in between the burnout came. And when I was at home, with this burnout (deep breath), one of my therapists told me: "why don't you start the professional training?" And at first I was thinking, no, that's not something I can do, but.... yeah. It was also really a thing that feed it me as a person, so yeah.

(I) So, what I hear is that you started the CE therapy before going into the burnout and also afterwards you decided to start the training?

(P1) Yeah. Because in the burnout I got from my work, because I was sick at home, they paid for sessions for me and then I could select a therapist myself. So, I decided when I had the burn out to do that with a Core therapist, so I really had the treatment for the burn out also with a Core therapist.

(I) Hmm, that's interesting.

(P1) Yeah

(I) But then before when you started the group, what was your motivation to choose this specific therapy?

(P1) Ah ok, that was because I had a relational problems with the father of my child and we wanted therapy as a couple and it was by accident that our doctor where we came for hep advised us a therapist. And that was a Core therapist. So, it was sort of by accident that we came...

(I) You didn't know it will be a body-oriented therapist?

(P1) No. We told the doctor that we were looking for something more that only cognitive therapy but not specific Core. I hadn't heard of it until then...

(I) Oh, so it was the first time you...??

(P1) Yeah. Yeah, I just called this therapist and we came here and I never, ever could have think about how would happen, so (laughing) it was really... yeah... like a cold shower... yeah.

(I) So, you entered into this experience without knowing what was about.

(P1) Yeah, yeah... So, I was really amazed and shocked, but I also... I really... I loved I immediately and I also I hated it because it also brought up a lot...

(I) How did you experience it?

(P1) I really experienced... positive... yeah...

(I) What? Can you...?

(P1) Yeah. I was curious, mainly because of a lot of movement and not only sitting and talking. There was constantly movement and there was, yeah .. more happening in the room. So, that made me very curious... yeah... about the work and... Yeah, I wanted to know everything about it when I saw it...

(I) So, before that you mentioned it was only cognitive approach that you experienced?

(P1) Yeah... yeah. So, I didn't ever experience something with body-oriented psychiatry.

(I) So, can you tell me how many sessions do you have so far in this specific CE?

(P1) No. I really don't know.

(I) Not even a rough idea?

(P1) I think maybe we had in the relation therapy 10 session or something. And then in the group it was a year group with men and women. And after that I had an individual, I think maybe 20 sessions an then with...

(I) Was it regular?

(P1) Yeah, it was weekly. Because I was also in the divorce with my ahh... ex

(I) Ok

(P1) So, I divorced and I had to move out of the house with my kid. And of course, it was a lot of stuff going on there; So, I was weekly with someone... and then I did some women training groups.

(I) Still CE?

(P1) Yeah, it was sort of CE but in Holland you have another school, in Rotterdam.

(I) I mean body-oriented...

(P1) Yeah, it was mainly, nearly Core... but body-mind.

(I) Yeah. I was also interested if you experienced other body-oriented therapy?

(P1) Yeah, this is called body-mind education in Holland.

(I) How did you experience that like?

(P1) Ahhh.. It is really quite the same...

(I) The same? What do you mean?

(P1) If you would describe to me, what can you say about the experience? What you say about the experience that you are having with Core?

(P1) Like in general?

(I) Not in general. But your experience, how did you experience CE during all these sessions?

(P1) Oh yeah, what I experienced is that I feel my body more. And actually I can really feel what's happening instead of knowing what's happening by my head.

(I) Ok

(P1) Because, I always had great insights about how I was and how I was functioning or not functioning, but I only knew it in my head... And sometimes I was able to change things in my life but it as not very deep. Because it was sort of just understood by my head and when I started with body-oriented therapy. Yeah, I could really feel and experienced that really makes a difference for me, yeah...

(I) The experience was more deeper or...?

(P1) Deeper; but also real, more real. It was, yeah.

(I) When you say real, what did you experienced as real?

(P1) Real in my life. Things really changed in my life because of doing this...

(I) So, it had an impact.

(P1) Yeah. It really had an impact, yeah... yeah. And it changed also the relationship with my parents and it changed the way how I live. And, so it makes very deep changes... yeah

(I) Would you have like something in your mind? When you relate to a deep change, what would be on experience of deep change?

(P1) Ahmm, I mainly feel more ahhh.. ahh.. ahhh. How do you say that in English? (sorry... ahh). I can really feel that I am connected in the world, to other people and I, before I started this I really had a sort of a deep feeling of being alone. And, yeah not connected to anyone. And I had friends and family and I loved them and I know they loved me but... Now, I really can feel that I am connected to them, and it makes a real difference for me.

(I) When you say feel is related to something specific like?

(P1) No. It's just the feelings that I am connected, it's different... yeah.

(I) Ok, not the feeling into the experience... Like feeling more...

(P1) Yeah...feeling more from... yeah

(I) In the experience of the therapy, like during the session you feel more... or?

(P1) (*deep breath*) No. It's in my life!

(I) Altogether...

(P1) Yeah, yeah...

(I) How was your life before CE? You already mentioned something. But, if you would go maybe into the experience like, how was your life before?

(P1) Yeah... yeah. As I mentioned, I felt most of the time yeah.

(I) How did you experience life before? I mean beyond the loneliness that you mentioned, can you relate to some other experiences?

(P1) Yeah, I always tell people that, sometimes at one point in the therapy, I sort of found my soul back. And I think I really lost it somewhere in my youth...

(I) That's beautiful!

(P1) Or lost the connection with it. And once in the session ahhh...

(I) Sorry to interrupt, but i am really curious about this how do you experience this finding your soul?

(P1) Yes, that was really touching. Yeah, I was really socked that I lost it and it was somewhere that was hidden in the corner and I couldn't see it. And I didn't knew that it was there anymore;

So, I also I had forgotten about it. So, when I found it back it was... yeah, I was also shocked that I lost it; But also, I was reunited with my soul.

(I) Bringing back your soul. What was the experience like?

(P1) Yeah, it was also shocking and painful. It was very painful, but it was also making me more whole.

(I) So, you experienced pain thru the process?

(P1) Yeah, yeah... And after that, I could really feel something was changed and I could feel ok. I belong somewhere and I am part of a bigger thing.

(I) So, is what Core brought you into the experience before you were kind of...?

(P1) Disconnected.

(I) Yeah, you mentioned yeah... (silence) waw!

(P1) Yeah, is really, really a big difference for me. yeah. yeah

(P1) And before that, I could sometimes have feelings like what do I do here(?). And I don't want to live and... that sort of... I don't have that anymore, never! So, it's really life changing for me.

(I) Would you go deeper now and just describe one experience? If you take one session of CE for instance. What would you experience in this? (silence) (I): I mean, you can go as deep as you want, and not referring to one but I don't know if it helps to think thru your experience so far. How you experienced really, how you felt, how you are feeling CE session?

(P1) Yeah, one session that pops into my mind now is one in a group and, in that session, I really had the feeling that I was suffocating. And I had that feeling for a long time... So, as a kid that I really could sometimes could not breath because it felt like someone was sitting on my chest. And my throat was really closed up and because of this suffocation I had the feeling that I couldn't move, so I had limited movement in my life so I could do a few things but not, only things that were sort of logic. So, I could study and I could... but bigger things that wasn't for me because I was sort of stuck in this position with a few options. And since, I was a kid, I really had strong desire to free myself and to have the feeling that I could do anything that I want, and that I was capable of doing everything that I want...

(I) This is the feeling you had from the childhood (?)...Ok. And what happened in the session? How did you experience?

(P1) In the session they asked me to lie down on the mattress and they put sort of a box around me with a few mattresses and the whole group was holding the mattresses. And they asked me to free myself out of this box... And, I could kick with my hands, feet and I could scream and yeah... I could just go full into my power, into what I wanted to do at that moment, as I could follow my impulse and just go in this flow... And I could feel that was really liberating me and that this feeling of being suffocated it was changing, yeah...

(I) Do you mean, physically?

(P1) Yeah, yeah, I could really feel that was something coming out of my chest and that my breath gets deeper and better (deep breath). And, ah yeah! Suddenly after that, I got some dreams during the night about being a bird flying above things. So, I could really feel there are more possibilities in life than only the things I knew and... Yeah so that's...

(I) How did you experience this session into your life, what came out of it?

(P1) Yeah, it was mainly for me opening to really make choices for myself. So, I was really used to make choices because its logic choice or maybe a good choice, because you are a good girl, choose a good job and do what you have to do. And this made me chose more from within, what I want, what I need. So, for example the Core training! To sign up for that, was not something I would do because it is too expensive and it takes too much time. So, freedom for myself made me, yeah, really make choices out of my comfort zone, so to say...

(I) So, sort of empowering...

(P1) Yeah! Also, empowering and liberating also. Yeah!

(I) I mean, I just came with this, I don't know... It just pop-up!

(P1) Yeah. No, it's also empowering, its' empowering also... yeah... yeah

(I) So, you talked about at some point in the begging about this significant moment of change. Like "life changing". I don't know if that was your word. Was this one of those you experienced?

(P1) Yeah yeah

(I) Would you have some other events that you could think of, you experienced thru this therapy?

(P1) (*thinking*) I really have to think now because there are a lot of things going thru my head. What also really helped was a few sessions when I only had to breathe. I laid down on a mattress, (it was on a period when I was very busy with everything and I couldn't really feel myself or I didn't know what I was doing actually). And then I had maybe like 10 sessions when I only laid down on a mattress and I was just breathing. And the therapist was next to me and holding my hand or my head and I just was there lying with her and sometimes I cried, sometimes nothing happened. I just breathed. And that was also very good for me because I real had the experience of just being and just breathing and that's enough! So, that was also very helpful because now in life I am, I can better accept where I am and that I just can be with whatever that is and I really learned from that.

(I) So, that's a change that you experienced and it's still here present. It's really life-changing?

(P1) Yeah. I really experienced it and its really... And I also have the feeling that can't go away. That is something that is and can't lose it. So it's something very fundamental, yeah. That's also for the connection is the same: for feeling connected and finding my soul back, I really have the feeling that can't leave anymore so it's a permanent change... yeah

(I) You have other moments that you feel, can refer to? That really had this impact, experienced and be a significant change in your life?

(P1) Yeah, also for me the group work was very healthy being part of the group. Was very hard for me. I had some long friendships that I experienced as good, but in groups I felt alone... And when I was a longer time in a group, I could really feel a part of the group and...

(I) What did you experience like? When you could feel that...

(P1) Yeah, I could feel that when I am in the group session, that I could feel my own feelings and at the same time also see and hear other people at the same time. So, before that I was mainly focusing on the other person and I didn't really feel that I was feeling something at the same time. So, that's one part and / the other part is also feeling supported by other people. So, when I had a hard time or when I was angry or sad or whatever that other people were really there for me, so real support. Really being seen in whatever there is and accepted. It's also very, yeah, life changing for me!

(I) It's also linked to the connection? (Like you are saying)

(P1) Yeah, yeah, yeah, connection is also that's, yeah! And with the world also, yeah!

(I) How do you feel so far with the questions?

(P1) Yeah, it's nice! Because it's also good for me to remember all this. I didn't do this for a long time so it's good yeah.

(I) Could we continue?

(P1) Yeah, of course!

(I) A bit on the focusing on the CE, this is the topic that I am going to study. I would like to ask if you had experienced any aspects as being important in your process? I mean you already mentioned some, but really in the process of CE what was your experience?

(P1) Yeah. Maybe the biggest thing I, for me is very good: is that everything that is, is good, so that's acceptance.

(I) How do you experience that "everything that is"?

(P1) Yeah, because during the training sometimes, during the training weekends I was ill, with the flu or I had some other illness. And then during the training and the sessions it is ok that you are ill and they, the therapist always helps you to, just listens to whatever there is and to do something with that. So, I think that's the main things that I really like about Core. / And what really helps me also in my daily life because I am also able to deal more with the things that are.

(I) How do you experience that in your life, for instance?

(P1) If I am limited in my energy and my kid needs something and / I can ask for help or I can say not now, and /I was used to: oh I have to do it, so I just do it and I cross my boundaries. /And I can really say ok, I really want to do this, I can't do this! / It's disappointing and I am angry about it but it is the way it is, so it's more accepting yeah.

(I) Yeah, it's what I hear also, that as important aspect you experience is this acceptance that you receive from the therapist and that's interesting you bring this in your life is powerful!

(P1) Yeah, I also hear that from other people, that I met, friends that I met after I started Core, so that they only knew me in my new Core life (*laughing*). And they always told me, ah you are so accepting and everything its ok with you! / Oh, is really nice to hear because that was never the case, / I was very... I was also very judgemental.

(I) So, you can really feel or experience yourself as before and after?

(P1) Yeah. yeah! It's really different... yeah... yeah

(I) That's a good feedback!

(P1) That's very good to hear from other people... yeah

(I) (..) to situate yourself in your experience...

(P1) Yeah, that's true!

(I) What other important aspects will be (..) I mean you experienced yourself in CE, you talked about the therapist acceptance (..) would you have other aspects that are important?

(P1) Yeah, the movement also is important for me.

(I) How do you experience the movement?

(P1) Yeah, I can feel more, because when I sit and talk in therapy is mainly my head and I can't really feel what's going on in my body. So, I feel there is nothing really changing because it doesn't move, so to move around and do something with it is for me very helpful!

(I) With the body, you mean?

(P1) Yeah, yeah, with the body and with the emotions and to really act on it... yeah

(I) Would you share more about how you experience your emotions for instance?

(P1) Yeah. That's especially, I experienced it with anger because I have a lot of difficulties with anger, with the feeling and with showing also. So, when I, in the cognitive therapy I could talk about that I really don't like to be angry(!), that's not really feel angry at the moment when I talk about it. And in CE when I am angry I can really go to that feeling, I can really feel it in my body, where it is in my body what it does to my body and I can act on it, I can say why that is so then I feel that is liberating.

(I) hmm , so you really go into the experience of the emotion?

(P1) Yeah, yeah

(I) Ok.

(P1) So that's, for me really helpful!

(I) it's really what I was going to ask. Is that what would be let's say an experience that is experienced as the most useful moment? (this seems as one of them)

(P1) Yeah, when I can, really, experience it in the moment, and it is really there I think that is the sort of magic of this, that really work with whatever comes up in the moment and you really do something with it.

(I) Going further to the experience, do you have something that pops right now into your awareness that you want to share?

(P1) (deep breath) no not specifically, I think.

(I) that's ok. It's really related to all the experience. And then going back, because this is very specific therapy, and you mentioned a lot the benefit of using the body, how do you experience the body in the course of the therapy, really? Can you just relate to your experience?

(P1) In a session you mean? Or?

(I) What pops out in your mind, like... because you already mentioned some things

(P1) Yeah. I can really feel that my body is more firm or something...

(I) Firm?

(P1) I don't know how to say that in English. More on the ground maybe, more grounded... and that's a difference. Then, before I did this work i was mainly living in my head I think and making decision in my head, / so I really learnt to put my feet on the ground and feel my feet on the ground and that made me trust more.

(I) And the experience itself, when you are using the body, you mentioned the movement and... how do you experience?

(P1) That's very different in every session, yeah... Just can be in all different ways... Yeah it can be really touching and emotional but can also be quiet and... yeah... so, it's hard to really...

(I) The experience itself like...

(P1) (thinking)...yeah, its hard for me to really...

(I) ...you made very distinct in the beginning that how different it was in the cognitive way, that everything was in the mind. What do you experience, what do you feel -I mean what is it in your body- when you use the body in the therapy? So, that is I am more interested in that experience.

(P1) Yeah, I can feel what's going on in my body, I think mainly, that I can feel that I am tired or whatever emotions there are and yeah... I can really feel it and not just think about it.

(I) That's interesting!

(P1) Yeah. So, I can really feel my feet on the ground, I can really feel I have legs, I can really feel there is energy flowing thru my body, I can really feel tension in my neck and when I move that's there are thoughts about coming up so there is really an awareness of what's going on.

(I) So, you experience more of your body.

(P1) Yeah more, maybe that's the...

(I) Well, I don't know if that's the right word...

(P1) yeah. I think so, yeah... Its more the experience and less the thinking of how it would be

(I) Have you experienced something as new during all this time in the body?

(P1) Yeah, I feel what is new is a feeling of sort of peacefulness. I feel more quiet and peaceful in my body. Because before that I could feel a sort of a rush, I could also hear a sound in my ears and I was easily agitated.

(I) That was before the therapy?

(P1) Yeah, and I was always with my head before my body. So, I was always ahead of time sort of... and I feel more slow. At first, I had really struggled with that, because I thought oh I am too slow, I can't handle life anymore because I am too slow for the world. And now I am more at peace with that and, yeah, so it's also a different... tempo... in life ... yeah

(I) You experience different the time(?)

(P1) Yeah. Different.

(I) Like?... You mentioned you were ahead.

(P1) Yeah, and now I am in it. And sometimes, I see people around me spinning, yeah

(I) Wow! It's interesting

(P1) But it's also from the burnout and affects I think, that I sort of stepped out of a race where I was in and...

(I) Are you having medication related to the burnout?

(P1) No. I didn't, sometimes I have sleeping pills, because sometimes I sleep no so good

(I) I was thinking if they medicated ...

(P1) No, no, no, sometimes... When I was in my twenties I used antidepressants and they want to give me also with the burnout, but I didn't want it because I started with Core and I was convinced that that would help me better than medication and I didn't want it. So, I only have sometimes for sleeping because I still have trouble with sleeping, but not no medication, no.

(I) So, anything new that comes as a new experience in your body that was important or?

(P1) Yeah, I think also very important to feel that is also I think because of feeling more in myself, I can really feel more my boundaries and I can feel where my energy is in my body, what things do to me.

(I) What do you experience like?

(P1) Yeah, for example a lot of people or a lot of sounds that's really affecting me when I live in a apartment with a lot of noisy people around me and that really affects my body, makes me more aware, makes more agitated, more tired earlier, makes sleeping less, so I can really feel the impact of things in life on me so I can also better feel where my boundaries are, things I don't want, that are not helpful.

(I) Oh, that's an important... change!

(P1) Yeah, especially when you have a burnout of course, because that's where you cross the boundaries. Keep crossing them...

(I) You mean your boundaries, cross-passing own boundaries?

(P1) Yeah, yeah, my own boundaries and I also let sometimes people cross my boundaries, so I now still, it still happens but I can feel it earlier in the process

(I) You are more aware of your body?

(P1) Yeah, more aware and I can see the signs I think of... this experience before it happens... yeah

(I) Wow! that's very important! So, in this process any kind of intervention that was important for reaching this point, what have you experienced as an important intervention of CE?

(P1) hmm, there are a lot of course! Really a lot! (laughing)

(I) Yeah, I am referring to your experience and related to what you have shared so far, would you think of any important intervention?

(P1) Yeah, I had some good interventions where my mother and father were also in the setup in the session, so I could really work things out.

(I) So, they were present in?

(P1) Not physically, but represented by other people and that really helped to break old patterns and that also really helped in the relationship with my parents now, so that really helped.

(I) How was that experience having your mother and father?

(P1) Yeah, I could really tell them with my own voice, and with my emotion that I want to live my own life and make my own choices and I was really angry for them being too much involved in my life. So, I could really energize that in the moment so that I could really solve something...

(I) You said that were so many (interventions)...

(P1) Yeah, and also one pops out now, that I really missed in my life a father who really was there to fully receive me as a person with all my emotions and ... So, once I really had the desire to just jump into the arms of a man and I could real do that with a therapist, I could really run to him and he just took me and i was all over him and he really could carry me

(I) You experienced that in the therapy with him?

(P1) Yeah, so I could, really, feel the acceptance from a man, the father figure, and I really felt carried and seen. So, when I think back that was a strong desire I had for a while and now it's gone so it helped to do that, it solved something yeah

(I) Yeah, it seems very powerful!

(P1) Yeah.

(I) Thank you so much for sharing, so deep experiences and, I mean, also allowing yourself to go back and feeling all this.

(P1) Yeah, it's really nice to do that!

(I) The last question is always if you would like to bring some other... details about your experience that you haven't mentioned so far or I haven't asked about, would you feel something important to?

(P1) Yeah. What this brings up to me is what is the position also of this Core, also in my life and work, because I am a psychologist, so I am very scientific, so now it feels a sort of a split between the psychology and Core and sometimes I am looking for yeah... what's... if it can help each other.

Or if I can use also the things I learned in my psychology study also as a Core therapist. So, I am really looking for that part now in the training, how I can - when I start to work again- what is it that I want to do, and not just now I am in the Core and I just do that because I really want to be something from me, that it comes out me and it's a combination of things.

(I) To use this experience

(P1) Yeah, to use this experience and also my earlier studies.

(I) Of course, you mentioned well to integrate both.

(P1) So, that's what I am sometimes looking for also in the Core therapy where is the link with other therapies and do they use also other techniques or...

(I) So that is ... if we look from what/where we started also... talking about how you experienced before and then during and this would be an after sort of like a vision to... bring all this experience ...

(P1) Yeah, sort of... yeah... But is also because now I am reflecting on all my sessions and then I am also feeling ok, what is the link and where is the?... So, that pops up now...

(I) Thank you so much! (...) I am really grateful! Thank you

52:07 Me too!

ANNEX F - Interview transcript P2

(I) First of all, I would like to really thank you for being here. The invitation is really an open invitation for you to explore with me also and share with me what is your experience with Core Energetics (CE). Everything will be confidential, and I will use the data collected for my thesis. It will be shared with my supervisor, if you agree of course.

(P2) Yes, I agree.

(I) So, I will guide you thru some questions and we will follow the flow and feel free to share with me what it feels appropriate. First of all, before we start, I would like to give the space to let you present yourself the way you wish. Just briefly, just say who you are, what are you doing and yeah what you feel like presenting yourself, to say something about you.

(P2) OK. So, my name is P2, I live in Brussels, I am working in the field of law, but for the past 10 years I have been after a burnout. I have been really exploring a lot into my inner field, I would say, so go to therapy and doing a lot of energetic work and then I ended up in CE because I felt that (yeah) I need it to find a way for my body to really express itself. And so I felt really called to work with CE and I feel after three, two and half years now, in the practice of CE that (yeah) it gives me tools to liberate the energy inside of me, all the while understanding what's going on. So, I really like it!

(P2) Thank you! This gives me already the floor for the next questions that I was preparing for you.

How are you describing the experience you are having with CE? As you already mentioned that is liberating and the way that is so important for you, would you have something to add more to this? (regarding the experience with Core)

(P2) Yeah, well I think I will just continue with what I had said, yeah for me Core it's how CE is described, so working with energy and consciousness. And I really feel (*thinking*), so that's the description of the method, of (you know) after two and half years into the method, really experiencing it, I really feel how it's helping me understand myself better thru bodywork, because it's a lot of bodywork! So, thru really moving my energy and my body- and its two different things but very much intertwined: so energy and body and energy in the body- so moving the energy in the body, brings up a lot of feelings and emotions and insights I would say also., And then

understanding thru a more cognitive (you know) talk during the therapy and mirroring also from teachers and therapists and also classmates, giving words and understanding to all of the energy, that's being be moved, for me it's a very power--, (aaa) it has been a very powerful experience connecting more to myself. Because I (you know) start to understand form cognitive point of view what is going on inside of me as soon as the energy is moving, so yeah.

(I) So, your experience with Core it's about 2 years and half, I understood well? Or how long?

(P2) Yes. So, I have been in the training for 2 and half years now and well during the training we need to do at least 25 hrs of therapy years. So, besides the training which is very much combined, but beside the training individual therapy, (hmm yeah) almost every week or... yeah

(I) Before starting the training have you had chosen this therapy, or it was only in the begging of the therapy? I mean, how did you choose this therapy?

(P2) No. It was, I entered CE therapy because I was in the training. So, I started (I think) 3 or 4 months before the training to go to a Core therapist. But because before, I was in a more energy (you know) subtle energy training, and so I was doing therapy with a therapist from that field, so I really entered Core energetics therapy thru the training.

(I) So, that was your choice, it was no other let's say specific reason you chose this therapy? The choice was due to the training.

(P2) Yeah, the choice was due to the training, but because, but it's a choice to go to the training because I felt I need it.

(I) Well, (roughly until the present moment) how many sessions of CE?

(P2) Did I do until now?

(I) Yeah

(P2) I think I was over 30 my first year, then 2nd year I was (I think) at 20-something and then this year I am already around 20. So, that will be 70 hours of individual sessions until now roughly. yeah.

(I) And before this, have you experienced other body-oriented therapy interventions?

(P2) No.

(I) Ok

(P2) (...) No, it was working with the energy, but not with the body, so that's where for me it's different, even if its intertwined.

(I) Maybe it's difficult, but if you could (let's say) simplify this. You say it's different. But how do you experience "this different"? Because, if the other therapy is not body-oriented, still you mentioned is intertwined. Would you say a bit more about this?

(P2) Yeah. it's a very interesting question (*thinking*). So, so working with the energy is (hmm yeah!). So, working with the energy can be very deceitful, I would say because you move a lot of yourself in the energy, but it's not grounded. So, I think the bridge between working only with the energy and working with the body is about the grounding. So, when working only with the energy, so really the energy body, the energetic bodies

(I) So, is not a physical movement?

(P2) No, it's not physical movement. And so, it can be my experience, so that's why I felt the call, because my first call when I worked in therapy was, well first it was cognitive. I was in psychoanalysis for 4 half years twice a week. And then I felt very called, very much called to work with the energy, and I am still feeling called and that's interesting because after, I would say 3 years of only working with the energy, I felt something was missing. I really did feel that something was missing, my body was moving, but we were not instructed to move our body, so I didn't know what to do with my body moving. Because (you know) there is an impact when you work on the subtle body, there is an impact also on the psychical body, which is the last body that we have -the only one that we see with our eyes, that we can smell touch- but it's the only one I was not really moving and so I really felt like, well my body is moving (you know) naturally, but I don't know what to do with it! So, I feel that now it's the time to really move it! And, when I entered Core, what I really experienced was / It was wonderful to work with the energy, but it something was missing and it was about grounding; not just grounding my feet on the ground, but also grounding the experience of moving the energy, the feelings and the emotions and really anchor them into the body because that's where life is! That's where the whole experience is! So,

that's what Core is bringing me to really be in my body all the while still moving my energy, you know? But in a more concrete and very much here and now kind of way yeah.

(I) That's very interesting the way you are explaining! Very, very deep!

(P2) Yeah

(I) And how was your life previously, before entering this therapy?

(P2) Yeah, it's good question! Because what Core it's bringing me, it's to really come more grounding. My life was more, well I would say then I was before my burnout, I was only in my head, but I had no consciousness around that. Then, I burned out. Then I entered psychoanalysis, I was still in my head, but I still had no consciousness around that. Then, I felt a life calling to work with energy, so I entered the training on subtle energy. And then, from that moment on, I started to be -but without no consciousness around that-, I started to fly high (...) and to be very much into (...). not grounded in reality and so, dreaming my life and having lots of projects about (you know) what I would do in my life but very much not grounded. I knew something it old materialise but now was experiencing so cool and (blah, blah, blah) and then I felt well my body is moving. I don't know what to do with my body and I feel I really need, (you know) I need to (...) find a way to express, to let my body express itself, so I entered Core. And, so what Core it's bringing me is, to really ground all that beautiful energies and all that insights. And, so I would say that's really the before and after. It's really bringing me into, well it's bringing all of what I had discovered before and I had moved before in the energy and also the insights and the cognitive with the psychoanalysis also, but grounding into my body. So, I feel now, and I think it's really in a simplistic way, before my burnout I was living in my head disconnected from my body but without any consciousness. Then, I entered therapy, I was still in my head. But then, I entered (you know) energy subtle training, I connected with a deeper part of me and a bigger part of me, like more of me. And I felt so, it was (how can I say it?). I was breathing again! In fact, that I was connecting to that deeper part of me, I felt like (*deep breath*) now I am breathing again! Because...

(I) Sorry to interrupt. When you say you experience more of you, this is linked to the breathing or ... with something more?

(P2) No it's, no it's (hmmm) linked to (...), connecting to (I would say) more to my soul. But so, from the energy point of view. So, now it's really embodied. And, I think for me it was a way to

survive my existential crisis. My burnout was an existential crisis! Don't tell me that, that life it's just, (you know) what's around me, just going to work! So, I was looking for something more not knowing what! And then, when I entered in the field of spirituality let's say (you know) thru the energy subtle training, then I reached for that. I discovered that so, that was like (*deed breathe*) I am breathing again! But I was like high, you know! I was in a way, I was escaping reality. Without really knowing it. And Core brought the two together. Core it's bringing me, (I am not there yet!) but it's bringing me more in the here and now, thru the bodywork, thru really feeling my body and yeah, (what you mentioned) thru the breathing into my body. But, what I like and what I love is, that I don't have to let go of all my spirituality and all of my connection to my bigger self, in my energy field. No! I can have that too! But Core is helping me embody it more and really bringing in the here and now.

(I) That's very interesting! Let's have a deep breath maybe?

(P2) (*laughing*) Yeah! (*laughing more*). I love it!

(I) Yeah, you speak a lot and it's a lot of energy. It feels really like expanding and maybe. Yeah, just to come back in the body (*smiling*)

(P2) Yeah, thank you for that!

(deep breath together)

(P2) Yeah, it's exactly what I was expressing right? I could reach high and then (you know) how to come back in the body? Yeah.

(I) So, continuing. Do you consider that having this experience that you describe, there were significant moments, and if yes could you just describe briefly?

(P2) What you mean a significant moment, for what?

(I) A moment that was significant in your experience. What was significant during the course of the therapy for you?

(P2) (*thinking*) What pops up in my mind is the confrontation. Yeah, that's where I grew the most, and I had several confrontations.

(I) How do you experience confrontation?

(P2) yeah, for me that's what Core is! It's very confrontive! Because it's, because the Core model works with really bringing us in our truth in the moment, whatever that truth is. And every time I have been confronted is where when, well a therapist or a teacher has confronted me with not being in my truth in the moment. Meaning ... meaning, explaining with words a reality that wasn't there in the moment. So, in a way... (ha! I don't know how. I yeah!) the confrontation was always teacher or a therapist mirroring back to me what was really going on; that I in a way, I was not really conscious, but I think there was a pre-consciousness around that. That (you know) like an easiness that I didn't want to feel and then the confrontation happens that they saw something, and they mirror that back to me. And then I felt like confronted in my body, I could not escape anymore! So, for me is that's what Core is bringing (*thinking*): the truth in the moment. (you know) Working with the body you cannot lie, you cannot escape your way out of (you know) what's really going on. Because we're really taking into a count (you know) the words that you're using to see where you are (you know) on "map of consciousness", but also related to what your body does in the moment, how does it express the truth of where you are in the moment, so the confrontation happened because there was a discrepancy (you know) for me (aaa) and it's brought a lot of... / Well it was very uncomfortable, but I could feel that a truth was spoken, and every time it took me awhile after that confrontation happened to (well I would say) digest it, but I could feel there was a nugget of wisdom in it that. And because I am really dedicated in my process and in my evolution and my growth I wanted to see. So, yeah!

(I) So, you experience this, to take your last word, this experience it's ... like an evolution, you mentioned?

(P2) Yeah!

(I) It's that what you mean by evolution? The experience of Core it's related to the evolution?

(P2) Yeah, for me Core is about (it's like a spiral) it's going deeper and deeper every time. The model it's very simple, I mean the working model is very simple I think; going thru the different phases of consciousness but all the time we are going from the mask to the lower self, to the higher self and to a core every time. So, it's not that the goal. So, that's why evolution! It's not that the goal is to be in the higher self, the goal is to be aware of where we are on the map of consciousness; or we in a persona, were we hide really and it's more an external layer that represented the world, so that's called the mask in the Core model of consciousness. And then, or we are in a lower self,

of part of our shadow what we hide -what we really don't want to let the world see- so that's why we have the mask and the persona and part of that, (you know) the shadow, is very charged and, and that could be very charged and that we don't want to see, and especially not acknowledge. Because no! We are not that dark person or we really (you know) (*deep breath*) connected with our higher truth, really who we are inside ourselves and that maybe we lost touch with for a long time, and for me that was an existential crisis and I think a lot of burnouts in the world it's about really search for who we are, so this evolution is what that Core is. Is not about let's always be connected with ourselves! Well, yeah! That will be great! But that's not what about life is! It's impossible to be aligned to your higher self all the time. Because where human is perfect. / So, the CE model really helps! That's what those confrontations were to bring me deeper into accepting my truth. To connecting with my truth and to accepting it, even if it was not pretty in the moment, even if it was one of those part of me that I didn't want to see, but being able to receive it, to digest it and it no judgement and just with a higher intention to really grow. Then yeah, I could really grow out of it, so for me those moments where really key, and are still key in my process.

(I) In the experience of the therapy and your CE experience?

(P2) Yeah, yes!

(I) Have you experienced any aspects during all this time with CE as being important in your process?

(P2) (*thinking*) So what have I experienced?

(I) yeah, just, I mean, if you have experienced any aspects in the CE therapy as important in your process? You already touched upon maybe in the talk but... really specifically, if you can think or feel what was important?

(P2) Well, for me was really (*thinking*)... yeah! The image that comes out is doing. / I don't know if it's very much related to Core or it's (generally speaking) body-oriented therapy / But it's using touch. For me it's been, (so in therapy sessions) it's been very, haaa... it brought me a lot of information! So, just using the touch in different settings, so being regressed, so lying on the floor and my therapist being so sitting next to me, and touching my belly for example, for me it's brought so much information, so much feelings, so much fears, so much! So, aa and that's a very simple techniques, nothing happens besides me lying on the floor, so being in regressed and my therapist

just being sitting next to me, with her hand on my belly, so that intervention I would say just touch and so breathing thru. That and, also associating, but not too much! Not to be in my head, really to stay in my body but associating / Ok, what you feel know, so really putting words on the experience, it's been very, very helpful in my process. And also, another thing, well so touch also being standing, but so what I am seeing now is a lot of times what's helping me also is to use the space, in the room, in the therapy room. So, really using the space to really, so you know moving with my body in the space, to really feel what is going on in the moment, in relation to my therapist, that's been very, that's also brought me a lot of information about how I am functioning. And again, it's a very simple I would say intervention. My therapist would just tell me, well just feel how you feel right now, and just move your body to (*deep breath*) well to help yourself feel, and as soon as I was moving my body in the room, so really moving my energy, I would go out of my head or not out of my head (my head would still be there), but then I would feel my body, and so I would feel more complete, And again, I am not even sure I can say it's an intervention but it's very, it's been very useful for me. And then, another that's coming out now is (...yeah!) a lot of times when I come to the therapy (that's amazing!). So, when I come to the session -and have to say I am driving 2 hours to the session- so well yeah, when I get to the session, sometimes I am very stressed, out in my body or I have been listening to an audio book, so I am completely disconnected from my body and I was on autopilot in my car. So, I arrive in the session and also the transference with my therapist, I am in the schizoid (I mean it's practically every session I am not in my body) and I feel I am really, whole energy is being retracted (my hands are cold, every time). We attune with my therapist; my hands are very cold and (you know) maybe just before entering in the room they were warm. Then I am entering in the room for the session with her and they are cold; my feet are cold also and so my therapist that's one of the first things that she is instructing me to do is /so we attune and then when we disconnect the attunement / she says: "well feel your body and do whatever you need to do with your body to be present". And sometimes I agree with her, I am not in my body! Sometimes, I really feel well I am in my body and she says: "well check, check within yourself for a moment, check in, do you really feel our feet on the floor? Do you feel your body?" And really just her instructions, to check in with my body, help me feel that really, I was not really in my body. So, again! And, so there (you know) doing like jumping on the floor and walking in the room and really stamping my feet on the floor helps me be in my body and in a few minutes. I feel the energy is flowing and then I can really realize, well I was not really in my body; I was

very much ready to start the session without even having in consciousness I wasn't really in my body.

(I) Which aspect is important in this intervention? Like you are mentioning using the space and that allows you to feel your body. What is the most important experience you are having in this setting you are describing?

(P2) (*deep breath*) Well, is really consciousness of my body. I would say, is really that thru different, and always in relation to my therapist, /Because if I was not in the session I would just live my life like right now, we are talking, and you know I am not really, I mean I am aware of my body, but I am not. But you know, if someone in front of me, well just check in with your body, it really brings me (you know) into connection, my whole self, like my body and my mind. So, for me that's really bringing consciousness of the body, and what's happening in the body or what's not happening in the body, because I don't feel for instance, so what's there in the body, yeah!

(I) Like you mentioned before, it has to do with presence in the moment, in the now?

(P2) Yes!

(I) It's the same experience?

(P2) Yeah, it's really! Because, that's what we say in CE, if your client is not present in the room during the session, nothing can happen. So, first you have to “bring” the client in their body in the session; and that's the first thing, that's grounding. And so for me that's I think, that's the first step in therapy, but that's the most important thing, because then after that it flows I would say, it flows. (you know) You don't have to think about something, or (you know) it just flows, the energy is here and so that the session can start.

(I) So, what were or was there anything that you experienced helpful related in the conduction of the session or the therapist, both? You already touched upon some aspects but, I don't know if are the same. Could you think and describe the useful moments that you experienced in the process?

(*silence & deep exhale*)

(P2) What's coming now on top of all what I have said, is the relationship with the therapist. That's another thing that we insist a lot on in CE. Is the relationship with the therapist, and the fact that's...

(I) How do you experience the relationship with your therapist?

(P2) Yeah! It's... that she is willing to take risks. That's what we say a lot in CE. Is to really (hmm) bringing themselves into the session, I would say?

(I) So, how do you experience this quality (or I don't know how to call it) when your therapist she is bringing herself or taking risks? What's your experience with that?

(P2) I feel touched! Because I see she is revealing herself. And so, I really feel how it opens my heart (aaa) to receive her but also to give of myself. And so, it helps opening up I would say.

(I) So, her presence is helpful in the session, you experience it as helpful?

(P2) Yes, yes exactly, yeah! Yeah, her presence and her willingness to (yeah) to show herself.

(I) And this is related to the therapist. And in the process, itself? Could you describe any experience you found helpful? Or you experienced any helpful moments that you can describe right now?

(P2) (*thinking*), Well, very helpful is what she mirrors back to me, what she sees and feels...yeah! I don't know how to say that!?

(I) How you experienced, what's your experience when she does that? When she mirrors you back?

(P2) Well, my experience is: I felt seen, and feel seen and.....(*thinking*) and is like she, well is really the expression mirroring back, is like she shows me a part of myself that if she was not showing it to me I would not feel it. So, I feel very grateful in that moment, because I can feel that when she mirrors it back. So, when she is describing what she is seeing and how she feels maybe in relation to it, I can have the experience in myself about what she is describing about me.

(I) That's interesting!

(P2) Yeah! It's like (I have an image for that!). It's like (you know) in a spaceship (I don't know why I have that image) but it's like a spaceship (you know), you push on like, I mean (you know) they (*laughing*); I am sorry to feel crazy here, but (you know) like someone in the spaceship is pushing a (you know), it's like they have like boards and (how do you call that?) a "clavier" also, so keyboards, and then (you know) somebody touches one like, piece of the keyboard, and the

whole keyboards illuminates. That's exactly the image that I have! She touches upon something that she sees in the moment and then illuminate that part of me that I didn't know existed, but it was there. It just, it wasn't in my consciousness and now light is there... light is on it, so now I can see it, that's the image I have, yeah!

(I) That's very interesting image and it seems important in your process.

(P2) Yeah! Yeah!

(I) Would you have a word for this experience? That pops into your mind?

(thinking)

(I) That describes this experience, this important moment to touch the button and lights up everything?

(P2) Well, recognition, I think! Yeah, Yeah!

(I) So, going further what would/ did you experience any significant moments that you consider they were life changing in your process?

(P2) With Core?

(I) Yes, and if you can just...

(P2) *(laughing)*. I was thinking. Further than I have already explained? *(thinking)* Life changing?
(thinking)

I: Experiences that are still present with you, in a way. That changed your life.

(P2) Haaa! Ahhhhhmmm, there is not only one thing, it's a hmm *(thinking)*

(I): Well, if there is any particular moment that comes into your mind right now?

(P2): Well, hmm I don't know if it's relevant for you but it's about the community. It's ... and is really part of the CE, not just therapy but to be part of the community... ahh and probably you know on an individual perspective... Ahhh.

(I): More about your experience with that yeah...

(P2): Yeah! Going to therapy, but my own experience it's been aaahmmm... to really yeah, to really ahhh... yeah, I think what's life changing it's to be able to have that experience of internal growth

in relationship with other people. And so it's exactly, you know... it's going one step further than what I had just said recognition is because I am in a relationship with someone you know my therapist, my classmates, my teachers so a community, I am seen, I am recognised in everything I am. Not just in my higher self because in a previous question answered I said you know, one of the, I don't remember, but one of the big moments for me in the Core training in therapy was confrontation, so it's not always recognition of (you know) what's light. No! It's also of the shadow; but it's because I am being mirrored, because of the feedback, because also of the support that this growth makes sense.

(I): Would you see all these, life changing moments in the therapy or...?

(P2): Yeah, a lot of exchanges, a lot of interactions that are life changing, yeah that's for sure. Yeah!

(I): And more specifically, in the therapy. Could you think of any specific interventions that were life changing, had this impact on you. like?

P2 (*thinking*) i don't know because I feel is the same question again and again.

(I): Yeah, it's related, because it's all related to your experience. So, you already in the course of aaa upto now you already described some moments that they can relate to the same question, yes indeed.

(P2): Yeah...

(I): If some other things come out, well you are free to share. But otherwise, we can move on, so I relate to some things you already touched upon that can be. But it's also important to put the, let's say consciousness and not to tag but maybe the awareness what was really life changing... ahh what you experienced as life changing.

(P2): Well, for me it's the journey that's life changing it's not one thing... and so, I would just repeat what I said because that is life changing to be part of a community, to be mirrored and to be supported, (hhmmm) going into my body and being reminded again and again in individual therapy sessions to go back to my body to feel my body, to be in my body in presence of someone, being confronted also, to be led into my truth whatever that is in the moment, all of That is life changing. For me it's really the journey is not only one thing in particular!

(I): So, it's difficult to really put a spot on particular experience, because life journey can include many moments, right?

(P2): Yeah! yeah! yeah! For me, it's not one fault aahhh... (*thinking*). Yeah, I don't see only one thing.

(I): What about the experience in your body? Because you mentioned feeling the presence and the being in the body it's very important in any process, in intervention in CE therapy. How do you experience? I don't know if you can give an example of specific experience or how you feel to describe your experience into your body, when... you are undergoing the CE therapy?

(P2): (*thinking*) Well, I feel flow. When my body is moving, when I have consciousness, when I bring consciousness into my body and I move it, so it's again energy and consciousness, I feel flow. I feel pleasure, I feel ahmmm yeah, I was gone say flexibility. So, I feel my body is moving in itself... so that gives pleasure because. And also curiosity, because I don't know where is going because it's free to move, ahmm (*thinking*). Yeah! I also feel a sense of awe. Like admiration in a sense "awe" (spelling AWE). What I feel when I feel my body it feels so great and cool to be in my body, I like it! you know the experience to really feel my body ahmmm yeah (*silence... thinking*)

(I): You are thinking of something more? or...

(P2): yeah, I was just ahmm no I think that's it!

(I): Related to the body also, have you experienced any changes in your body since you are undertaking this modality in therapy?

(P2): Yeah! I feel much more aware rapidly when I feel stressed, so when I feel tension in my body; so for me stress is ahmm so when I feel stressed I feel a lot of tension in my body, so especially in my back and also in my shoulders and in my neck, and ahmmm working with my body in therapy has helped me gain consciousness around what's happening in my body more quickly than before, so that's for sure. And the other way around also to be more aware also when I feel pleasure and to let it expand more in my body... ahmmm to allow it more in my body then before yeah

(I): So, coming to a closure, what or do you consider that any of the body interventions that you had were most relevant in your process? And could you describe or?

(P2): Any what? can you repeat the question?

(I): Any of the body interventions that were more relevant as you experienced as more relevant in your process? You have any?

(P2): Ahmmm body interventions... (thinking)

(I): you referred in the beginning of... maybe I don't know if it goes into the same category, the touch...

(P2): Yeah! (thinking) well for me was something that... (light laughter) ahhh. I would say something else, I mean yeah touch of course, but discharging for me has been well let's say life changing.

(I): How do you experience it?

(P2): I wouldn't say is life changing experience from Core, because it's just a part of it, but that's for sure as a body technique for me it's been life changing because is what Core brought me as awareness is that I have a lot of charge in body without even knowing it. Now, I know more about it. And now I learnt a technique, or several techniques to discharge the energy, I would say the excess energy in my body and that has been very, very helpful because when I have excess energy hmm I don't have the same flexibility that I was describing earlier ...ahmmm when I start to move my body and so, that's been very helpful for me and ahmm whenever I discharge I feel so so good! And that's very. for me, that's very, very specific to CE.

(I): Ok. So, discharging is one of the interventions that was very, you experienced as very important. How you experience discharging, just in brief if you can.

(P2): So, discharging... ahmm

(I): What's the experience of discharging for instance?

(P2): So, the experience of discharging is to really free my body. I would say it's coming back to freedom in my body it's really about that; and so, basically it's really pushing against, that's really how I see it and I experience it, it's pushing again, it's like when you want to, when you want to

ahmm ... to... liberate something that's full of air, you know, and you just push, push, push so that the air comes out, it's really that, and so it's really pushing against (you know) by... folding the body let's say in a certain way, so that by pushing your legs onto your belly or (you know) by folding yourself in two, then you are just compressing let's say, yeah, but it's not pushing against but compressing ahh,, the full air of energy in the body that can then thru the exhale, really, that you can really let go. And the experience of it is just freeing, for me it's really liberating! Because then the excess energy goes out and then I retrieve more flexibility and more movement in my body, more freedom yeah!

(I): Your experience is really like freedom and freedom in your body?

(P2): Yeah!

(I): Well, we reached the end of our interview and I am really, really, really grateful for your time and for being here and for giving me your experience, it's very rich the way you describe it. And, at last, if you have, I don't know, something that you would like to add to close. Related to your experience with CE or ... everything that hasn't been said, (...) If you feel you have something else to say, to close, you are welcome!

P2 (*thinking*) deep exhale, yeah! well just that, yeah, Core. Entering CE ahh it's been for me an experience of (hmmm) finding myself, on different levels, so on a (you know) finding wholeness in a way and I know that I am not just attracted or called towards Core, there are several other things. So, but (you know) being, (I would say) engaged in several things, I find that in Core I am the more complete, I would say... yeah!

(I): Beautiful! So, well if there is nothing more I would end here.

(P2): Yes!

(I): Thank you so much!

(P2): Thank you for listening to me (*laughing*)

ANNEX G - Interview transcript P3

(I): Mais um vez queria agradecer a tua presença e que aceitas este convite e queria explica um pouco sobre entrevista. Preparei um guia o com perguntas relacionadas a esta terapia Core Energetics. Se tiver interesse e se aceitaste essa gravação primeiro de tudo, posso também partilhar a transcrição.

(P3): Ok,ok claro boa

(I): Então, estas de acordo com a gravação?

(P3): Sim, sim tudo ok, tudo de acordo

(I): Muito obrigada mais uma vez. Sentes-te a vontade descrever e realmente partilhar comigo aquilo que te fazer sentido e... da maneira que sentires disponível eu estou ca para receber, e tudo vais ser tratado em confidencialidade

(P3): Exacto, ok boa!

(I): Então, para começar, so assim em breve sobre ti, o que queres partilhar, uma breve descrição quem és e o que que faz.

(P3) Pronto, uma descrição assim oficial, nao é?

(I): Como sentir neste momento, sim.

(P3) (rir-se) hhe... eee neste momento já nem sei bem quem sou ... hahaha. Estou em fase de reajusto, importante...olha (encolher os ombros) Sou eu! Pronto, o nome não precisas, já tens e o quem eu sou... (rir-se) Já esta a começar bem!. O que que eu faco, olha isto é algo interessante, estava na conversa com R. tipo epá, nem sei bem o que quero fazer daqui para frente...importante. O que eu faco agora, (tem dificuldade em afirmar isso porque esta a mudar qualquer coisa). É muito interessante, pronto, o que tem feito ate agora tem sido ajudar pessoas através essencialmente da minha ferramenta base de tomada de consciência e de reprogramação mental, que e PNL, acho que esse e sempre a base do meu trabalho, importante tenho, tenho andado ajudar as pessoas em processos de *coaching*, em processos mais curtos onde aplico a programação neurolinguística como ferramenta e técnica para desbloquear e libertar todos os impedimentos que as pessoas tem para atingirem aquilo que eles querem, uma vida melhor. Basicamente se calhar e isso.

(I): Ok, percebo que agora e momento da mudança e... pronto, não está nada errado em dizer quem que eu realmente sou...

(P3) pois, não acho que ate e bom. Sobre tudo a questão do terapeutapercebes? Em estado aqui pronto a mergulhar novamente e perceber se de fato e essa a linha que ma faz mais sentido para mim e se não tem mais haver com outra linha, importante as coisas estão a me chegar de em vesse, para fazer processos terapêuticos eu me ver mais como uma professora, não propriamente uma terapeuta, e isso que esta a surgir agora percebes? e alguém que informa que explica, que que se passa nos processos que que existe, eu faco muito disto nas minhas sessões, as vezes falo de mais, percebes? Falo muito, mas as pessoas ainda gostam e usufruem ainda bem C. aquele que me disseste ou aquele curso que me encaminhaste, ou aquele livro aquilo fez tofo sentido e como se não sei, que percebes? e como se tivesse esse papel de informar que era um pouco o que fazíamos também nos cursos, não e que tu conheceste, de informar fizesse se calhar mais sentido para mim do que estar propriamente a fazer processos terapêuticos nos quias não me sinto... e que as vezes as coisas funcionam, as vezes não funcionam...

(I): Enquanto tu terapeuta?

(P3) sim, sim quanto terapeuta e ver quem esta do outro lado, há pessoas que pá' funcionam muito bem e conseguem mudar a sua vida, mas há outras que nem por isso, e aquilo e depois...

(I): pronto, eu percebo que agora vem esse papel que esta muito muito importante e muito forte na tua vida, quanto cuidar dos outros, dar aos outros e... ajudar os outros... agora eu gostava que esse experiencia neste ultimo, próximas . Dizemos mais ou menos uma hora falar sobre tua experiencia. e...

(P3) ok... Esta informação este questionamento, pronto como partilhei contigo... a coisa do workshop não ter arrancado, e eu estar aqui as coisas parecem tao dificeis, sabes, de eu por ca para fora, porque estou a ter ideais novas, estou a tentar compilar conceitos novos e lançar produto novos e coisa não esta fácil, e como se tivesse sempre a patinar parece quando me aproximo de montar a coisa, começo a duvidar imenso, e pronto estou a questionar de facto se a duvida tem haver com medos ou inseguranças, aquela treta toda ou se tem de facto haver com, não e algo que a minha essência esteja querer neste momento, então não e como se me tivesse a desviar e depois começa a vir as duvidas; o que que, juntando com o trabalho que fiz no Core, das ultimas sessões...

(I): Era isso que ...

(P3) Que tu querias, exacto.

(I): (...) Sobre a tua experiencia...

(P3) Exacto. Das ultimas sessões que eu fiz no, com N. e houve uma onde falamos mais do que normal e houve, e fizemos algumas técnicas, mas depois ali me fazia perguntas e como que tu te sentes? e repara que tem haver com isto e tem haver com aquilo e houve ai um insight brutalíssimo que foi do meu processo de infância não é? De ter sido a filha mais velha e ter sido obrigada não e incentivada profundamente a cuidar da minha irmã mais nova que tem um ano e meio menos do que eu só, e porque na altura, portanto..... o meu irmão e mais novo 4 anos, eu fiz 4 anos em Novembro e o meu irmão nasce em Novembro; eu tinha acabar de fazer 4 anos e a minha irmã já existia, importante imagina... 3 crianças, 3 bebés, a minha mãe toda louca, importante assume, encarrega-me basicamente de tomar conta da minha irmã para ela poder estar a tomar conta do bebé... ; do tipo toma conta da tua irmã, cuidado hh para la não se magoar, porque ela era um bebezinho tinha 2 ano e meio não é? e...

(I): E como tu?.....

(P3) e isso, exacto... o que que foi tomada de consciência durante as sessões da Core foi, essa excessiva responsabilidade que eu carrego não é para tudo, sentir que tenho tudo muita responsabilidade por todos, obrigação, importante... uma dificuldade tremenda tudo que seja uma obrigação para mim eu começo hhhmmmmaa, começa-me a faltar o ar,

(I): Então, essa foi a experiencia durante o seja - falaste no insight...-

(P3) o insight, sim... o insight foi: dentro desta responsabilidade toda e quando ele me diz assim, ok mas repara, a tua experiencia da cuidadora não é? Foi algo que te foi inculcado, ou seja e normalmente as pessoas que procuram ajudar outros, e ele depois falou um bocadinho da experiencia dele, as pessoas procuram ajudar outros e quem vai a procura da psicologia ou da ajuda do outro normalmente são pessoas que trazem este padrão de salvador dos outros, de cuidadores de parte da infância; pa' é aquela cena foi assim, eu diz pá , essa é uma persona, é um papel, epá eu lembro de olhar para ele, mas eu fiquei assim, sabes... sem chão e assim: quer dizer que tudo que eu ando a fazer os últimos 10 anos não é o meu apelo de alma, e sim um resquício desta tendência que eu tenho para salvar porque sou assim, porque isto depois tinha a ver com que...quando eu vou ajudar e salvar, e quando eu me sinto importante e valorizada, porque era o que acontecia na minha infância, tipo cuidei bem, tomei conta, aa linda menina, não fiz , não fui responsável ... pimbas. ee então, o que esta acontecer agora? eu estou a questionar, estou a questionar, epá mas será que eu quero mesmo ajudar pessoas, percebes, eu tive dificuldade a dizer

isso... eu ajudo pessoa... mas será eu quero ajudar pessoas, eu se calhar não quero ajudar mais ninguém.....

(I): tal experiencia, pronto não sei, de outra forma contigo própria...

(P3) sim , e sentir, percebes, a minha duvida, ou seja ou meu questionamento não é bem uma duvida, pronto é este questionamento todo é, pá será que eu quero continuar ajudar pessoas, eu que que eu realmente gosto? e de ajuda-las ou é de o informar, de passar a informação, percebes é essa duvida que está a surgir agora, que é epá eu adoro falar, eu adoro falar das, epá dos conteúdos interessantes, do meu processo, de de como que dei a volta...qualquer... eu adoro falar isto com amigos, com... nos cursos, eu gosto de passar essa informação mas será que eu gosto de ajudar ou eu gosto de informar? eu gosto de ajudar, de curar ou eu gosto de ensina percebes? (...)

(I): Sim, é um...?

(P3) (...) começo agora a separar isso, e tem vindo essa informação de epá se calhar eu ou a me desfazer deste papel que eu trago de infância da cuidadora eu se calhar não quero ser essa cena que isso é muita pesado, percebes? Que a minha vida foi sempre muita pesada nesse sentido`, muita responsabilidade.

(I): Está é apenas ultima sessão que teve este impacto em ti?

(P3) foi das ultimas que teve este, foi este aha! foi tipo, uau espera, então este desejo que eu sinto em ajudar afinal pode não vir de alma, pode vir da necessidade que meu ego tem que ser valorizada, porque eu ajudo, epá e depois comecei a perceber isso numa data de situações concretas do tipo. e foi muita dura, essa sessão foi muita dura, foi essa sessão... menos forte ao nível físico, menos forte, nem chorei tanto, nem bati... a cena, pá mas...

(I): O que que foi, (nos vamos já adiantar um pouco). Queria primeiro saber quantas sessões?...

(P3) Exacto! Nos começamos em Marco logo início do Marco e acabamos em Julho

(I): em 2018? Porque agora estamos em Marco (2019)

(P3) Não, não em 2018. Importante fiz Marco, Abril, Maio, Junho, Julho, fiz 5 meses todas as semanas.

(I): Ok, semanal

(P3) sim, semanal, depois em Setembro, porque eu em Agosto tive um mês inteiro na Madeira, depois em Setembro regresssei... e. ele já ia para Berlin, mas acho que ainda fizemos mais uma

sessão em Setembro já não me lembro bem, mas acho que sim. Mas assim segundinho foram 5 meses

(I): Foi primeira vez deste tipo de intervenção? Através do corpo ou tiveste outra?

(P3) Primeira vez, não, primeira vez... Nunca tinha feito nada assim... quer dizer já tinha experimentado bioenergética uma vez numa sessão, e sim. Só uma vez... mas não

(I): Através da tua historia, e percebo que trouxe-te muita coisa essa experiencia, e gostava saber mais ao nível do...- tinhas falado em... que não foi fácil, não é? No processo, e como que experienciaste Core Energetics, mesmo por ser primeira vez experienciar?

(P3) para mim foi fundamental a confiança que eu senti no terapeuta, portanto reconheci-lhe o valor e a competência e senti-me muito segura nas mãos dele, importante tudo que ele sugeria mesmo que fosse sentir pff, meus Deus eu não vou fazer isso, pronto ele só dizia C. tu sabes! mas era importante, e ele estava tao seguro do que estava a dizer que pronto eu ia atras e fazia porque também queria fazer esse `processo, importante foi, pá foi essencialmente muito libertador, era duro não é? , eu saia de lá e não conseguia fazer mais nada o resto do dia, era forte!

(I): Como foi essa experiencia, quando diz que era duro?

(P3) 15:32 experiencia era forte, ou seja aquela hora, era só uma hora certinha, o N. nisso era muito certinho uma hora, e acontecia tanta coisa naquela hora era duro no sentido, epá as vezes era forte fisicamente ou seja quando tinha que mexer pernas ou braços e bater epá! e entrar naquele ponto que doía e parece que não tinha mais forcas e tava te doer, a doer, a doer, e tinhas continuar e era muito duro, depois de expulsava a emoção, e... ou tristeza profunda ou...epá e depois, ok... lidar com isso mas ao mesmo tempo porque eu gosto de aprofundar não é?, mas ao mesmo tempo vinham o insight, as imagens, as pessoas que podiam estar relacionadas com isso... e era sempre tudo muito claro, que eu adorei no processo fo(I): havia processo fisico, processo emocional mas depois havia clareza mental ou seja, e não era induzida, não era induzida, não era o terapeuta que dizia: aa isto tem haver com isto isto isto, não! Era eu que percepcionava isso, de ok epá estou a ver a minha mãe, qual é a primeira imagem que surge, a minha mãe, e de repente tá, tá... Fogo! Isto tem a ver com isto, e por isso que eu...

(I): Está ligado a tal insight?

(P3) tá ligado, sim. tá ligado a isto, tá ligado a isto, e por causa disso que eu hoje ainda, ainda hoje tenha este comportamento. então era quase sempre, era colocar peças no puzzle se calhar, era entender uau!, isto tem haver com isto. ok e agora o que que eu preciso fazer? então vinha

informação, epá tu agora... é importante que relaxe o maxilar, é importante que haja uma respiração assim, assim, assim

(I): consoante com a experiencia corporal...

(P3) exacto, saber o que que eu tinha que fazer com o corpo, exacto para puder a desbloquear aquilo, então era tudo muito claro, e depois eu ficava, ficava mesmo com clareza do que que tinha a ver com que que tinha a ver não é? E depois durante aquela semana de intervalo, ate próxima sessão epá acontecia muita coisa, muitas sincronicidades, muita tomada de consciência, mais padrões, mais coisas acontecer a chegarem, e com clareza, muita clareza, tipo aaaa! aaaa! Uau! Pois! Incrível !

(I): Então com que essa experiencia, quais são momentos considerados significativos?

(P3) sim, foram, foram bastante significativos e como se houver mudança efectiva de comportamento e de estados emocionais, importante desde que fiz a terapia ate agora apesar de continuar a ter altos e baixos, os altos, e os baixos são, não são tao elevados, sobre tudo os baixos e eu fiquei muito mais forte, importante, fiquei muito mais confiante, muito mais confiante em mim, muito mais assertiva, muito mais assertiva, e decidida, importante, este padrão de eu duvidar era muito forte...

(I): São já mudanças que foram permanecer ou...

(P3) permaneceram, permaneceram, sim, permaneceram certamente; não só as chamadas de consciência mas realmente tipo, epá eu agora já não reagi-o desta forma, ou eu agora quando tem que fazer arranco e vou e antes ficava a pensar, e perdia força, ou ia -me a baixo ou recolhia-me, importante houve mudança efectiva quer dizer. Pronto entre tanta outra coisa, agora. ehe tinha que me lembrar mais pormenores mas sim, mas houve

(I): Falaste-me na importância de ter confiança em terapeuta. Houve outras partes da terapia que foram importantes ou significantes para tua experiencia?

(P3) outras partes como?

(I): para alem da confiança, ou que teve um papel importante na tua experiencia na terapia Core Energéticos?

(P3) epá eu acho que se calhar, a questão de ser vivenciado não é? Eu fui percebendo que o que trazia transformação era um bocado isso, era era eu conseguir libertar-me emocionalmente efectivamente daquilo que surgia por estar utilizar o corpo...

(I): Podes descrever alguma experiencia que tem este... “experienciar emoções”?

(P3) pfff foram tantas. Epá as coisas do, o que se calhar foi mais forte e fiquei a perceber um bocado esta coisa da desvitalização também nos braços que se falava muito por causa da questão ai do, do registo oral, quando tinha que bater com força com os braços, epá era uma loucura, aquilo fazia-me colapsar todo sistema de pensamento, e epá entrava em desespero porque não tinha força, faltava-me as forcas, e faltava-me as forcas, aquela falta de força física era muita falta de força que eu sentia também emocional e mental e foi muito interessante perceber através do corpo, não é sentir a falta da força e estar incentivar com os braços, perceber como é que isso activava também internamente essa força psicológica e essa dos braços foi forte, houve um outro exercício também

(I): é uma tecnica que foi utilizada?

(P3) sim, sim... sim, fizemos muita coisa, mas por exemplo também bater com as pernas também foi muita dura, uma vez no colchão, sempre ta ta ta ate sentir que vai morrer, porque não tens mais força, para mim foi muito forte; também foi muito forte o trabalho do maxilar foi muito forte para mim.

(I): mas forte, no qual sentido?

(P3) forte no sentido de ter impacto e de me, ou seja de me custar imenso, percebes? Depois impacto porque, tanto nesse exercício das pernas, dos braços, do que eu estou a me lembrar, foram exercícios que me... Depois gerar uma catarse muito forte

(I): E, como que experienciaste a catarse?

(P3) ah isso ai e fácil não sei...é deixar

(I): Como foi essa experiencia?

(P3) É deixar sair e foi e sentia a libertação, ou sentia. Ou conseguia conectar com a dor da minha criança e vivenciar isso e perceber ok esta cena vem daqui, não hmmm em fim não sei, por exemplo no maxilar quando eu acumulo aqui muita tensão, quando eu vinha tocar, pá aquele doía ate parecia que eu ia morrer, entrava em desespero, ahha uma coisa! e isso, aquele toque despoletara-me uma catarse, e depois dessa catarse vinham mais imagens e vinham mais informação e no final sentia-me extremamente liberta, depois isto ficava tudo relaxado e eu, ah que bom! Tipo, já não estou tao tensa, já estou melhor não é? e... Pronto assim, epá mas fizemos muita coisa forte, quando eu digo forte as sessões foram todas muito intensas, muito...

(I): Não é suposto ir cada sessão a sessão. É mais ver o que realmente ficou como importante e mais significativo realmente da experiencia que tiveste.

(P3) Sim, foi a tomada de consciência dos meus padrões, pá quando a tendência e cai Não é? De ir aqui para o *Lower Self* e ficar ali, e perceber qual era tendência Não é, e muitas vezes e coisas, essa foram também importantes, `foram tomadas de consciência importante, padrões que eu tenho e que tive sempre, por exemplo que eu considerava uma virtude para me equilibrar, perceber que aquilo era algo que eu estava a fazer mas provavelmente o que tinha que fazer era o oposto para me libertar, e vou te dar um exemplo do concreto: o meu processo de, quando eu me sinto desequilibrada o que que eu faco recolheu não e, vem para dentro, o que eu preciso silencio, solidão, meditação, natureza, e agora estou outra vez numa fase dessas não é porque tive muito overload mentalmente e emocionalmente, e vem para dentro. Pá isto traz-me alguma paz mas o que que percebemos também pronto, ai foi o N. que foi...

(I): O que que te traz paz?

(P3) O que que me traz paz? epá o afastamento...

(I): ah, era sobre esse padrão?

(P3) O afastamento é solidão percebes, traz me tipo, ah ok... pronto posso respirar e houve ai uma sessão que tivemos a mexer nisto e o que ele me diz foi este foi muito forte para mim, e foi o que me levou a começar a fazer o trabalho do corpo e da dança, for a partir daí, que ele me diz assim: "C. isto tu já fazes desde criança, e realmente 'a minha mãe dizia outro dia, epá tu foste sempre assim, tu escondias-te atras das cortinas, eu chamava por ti e tu estavas atras das cortinas escondida, u fogo pá! Sempre muito, perceber, recolhida, escondida. Tipo deixem-me em paz, acho eu, que era isso, deixe-me em paz. Ele diz: "não isso tu já fazes tu já reparaste quando tu não estas bem se tu fizeres isso estas a entrar no mesmo padrão do que tu fazias, o que tu precisas fazer é aquilo que não te foi permitido fazer, que era divertires e sentir alegria. importante, eu sempre fui muito seria, muito triste, sempre fui a partir de uma certa altura nao é? Epá e quando ele me diz isto, isto foi assim tipo... eu iaaa começou, a fazer as ligações (na mente) ia...

(I): Como foi essa experiencia de fazer (as ligações)?

(P3) Epá as ligações foi, epá é aquela coia sabes, começas a juntar as pecas e começas a... ia quando que eu estou realmente feliz? quando vou dançar... e quando que eu me divirto? Quando vou dançar! e quando que eu fico feliz? quando me estou a divertir porque realmente a meditação e o isolamento nao traz divertimento e muitas vezes nao traz felicidade traz-me tranquilidade, mas nao fico feliz. epa eu diz fogo! ando aqui percebes a viver um padrão considerar isto uma virtude, nao eu preciso me deitar, preciso me isolar como se fosse a grande, o grande segredo e afinal nao era

por ai... epa isto foi muito revelador, e realmente comecei a procurar todas as outras questões do trabalho com corpo e com a dança e comecei a perceber que realmente eu me expandia muito mais e conseguia sair do estado negativo com uma facilidade e uma rapidez tremenda coisa que a meditação e o isolamento não me traz.

(I): ok, então através do corpo...

(P3) Através da diversão... não é só o corpo, que eu posso mexer o corpo e estar a sofrer horrores, andar de bicicleta, ou a correr ou...isso não traz alegria...

(I): Mas podes inserir essa “diversão” no quadro da terapia Core Energetics? Ou seja, na terapia, durante a terapia esta “diversão” fez parte da tua experiência?

(P3) Não, não.

(I): Ok. O que mais relacionado, durante a terapia, no movimento do corpo, o que foi realmente útil para ti?

(P3) pá, já tirando tudo que disse, quer dizer, a relação entre aquilo que estava acontecer no corpo e o que que acontecia nas minhas emoções e na minha mente, por exemplo a falta da força nos braços, e relacionar e saber que aquilo tinha uma relação com a falta de força para agarrar aquilo que eu realmente queria na vida, e perceber, pois eu estou a senti-lo no corpo e agora percebo de onde é que realmente isto existe também na minha mente, não é?

(I): Da uma ligação?

(P3) É a ligação, essa ligação foi sempre maravilhosa, foi tipo epá em quase tudo que vivenciávamos, eu perceber que eu estava com energia mais nas pernas, ou que tinha energia mais em certos sítios (mostrar as maxilárias) e depois isso me fazia desencadear certos padrões mentais emocionais que estavam relacionados com o corpo, e depois perceber também e sentir quase essa escapatória, essa ferramenta, isso uau, então se eu for libertar o corpo eu facilmente, ou mais facilmente consigo libertar esta...

(I): Quando disseste ferramenta, o que referiste?

(P3) pa, os exercícios concretos, técnicas, depois tenho também aí um livrinho que ele também tinha aconselhado no workshop, também comprei, comecei a ver e aplicar algumas coisas simples que podia fazer sozinha, comecei a fazer para usar o corpo mais as outras coisas também da dança e dos 5 ritmos; ok, o que senti foi ali que através do corpo era muito mais fácil para mim tirar os noos emocionais e mentais do que fazer-la através das outras técnicas que eu já conhecia, mais mentais, não é? e mais emocionais, era mais directo, mais rápido, e mais imediato, o trabalho

através do corpo. É duradouro. Sim, é a mudança efectiva, percebes? Uma coisa tipo, a eu vou la a sessão, sai de la sinto-me mais aliviada mas na semana seguinte estou igual. Não! Havia melhorias! E havia melhorias, e havia melhorias. Epá e claro agora já deixei de fazer não é? E ainda não estou curada e há coisas por exemplo o maxilar... o maxilar é uma treta... o maxilar está outra vez, hrrr, a língua o maxilar, esta rigidez

(I): Agora? Então podes dizer que durante a experiencia Core, corpo estava diferente?

(P3) sim estava diferente, o maxilar alivio muito, as costas sempre tive, sempre não, depois de nascer, a coisa ficou assim. Muitas dores aqui em cima (*mostrar os ombros*) e também trabalhamos um bocado isso, essa coisa, tudo que vem com os braços não é? e importante houve altura que aconteceu também, o oposto, tipo ter a tensão , e como se houvesse qualquer coisa ser libertada, que tivesse com essa zona do corpo e aquilo tinha ficado amplificado, aquelas dores nas costas entre algumas sessões pioraram, ficou assim superforte depois melhorou, alivio bastante...

(I): Experimentaste algo novo durante este tempo?

(P3) Epa, foi tudo novo.

(I): Quer dizer, sentiu algo novo no corpo?

(P3) ahh (*a pensar*)... boa pergunta. hmm. epá meu corpo esta diferente mas também devido o trabalho que fiz no Core eu fui procurar um treinar mais o corpo, treino fisico, para fortalecer as partes que estavam fragilizadas, percebes, importante sinto-me mais fortalecida, sinto-me mais directa, minhas costas mais curvadas , mais desvitalizadas, estou com mais forza no corpo, e pronto tem feito este trabalho desde Outubro que comecei a fazer treino de musculação como nunca fiz, nunca tive forza nem vontade nem coragem tipo,,, isto custa muito e tal... e quando eu percebi que havia essa relação e que a falta da forza nos braços, porque eu não tinha forza, qualquer coisa que N mandava fazer com os braços era horrível, e depois percebi isso nos 5 ritmos ‘também, tipo andamos dançar com os braços em cima,, ai vou morrer

(I): Então foi uma nova tomada de consciência ou...?

(P3) ah uma tomada e consciência completamente nova e diferente, isso sem duvida. Então o que que aconteceu? Comecei a fazer o treino de ginásio e acompanhada não e, e fortalecer tudo que eu tinha tudo mole, os braços sem forza...

(I): Mas quando diz "mole "o que que experienciaste durante a terapia? Ou seja ganhaste essa consciência durante a terapia?

(P3) sim, dos braços sobre tudo de não ter força nos braços, sim mais directo foram os braços, tipo o N. pedir de me expressar e eu ter as ancas fortes, pernas forte, tudo tas a ver? e os braços pendurados... e então os braços? Eu sei la , não me apetece mexer... Percebes? Este foi muito evidente, sempre, os braços estavam sempre abandonados, e trazer essa informação trouxe-me a consciência de, por exemplo nas aulas de zumba, nos 5 ritmos, estar a fazer movimentos com os braços e não estar assim estar tipo, a insistir, e eu... fogo! Isto custa, tipo pá poe força nos braços, agarra o que tu queres na vida, sempre a fazer essa ligação, ok fortalece e vai buscar. E isto trouxe-me muita força, percebes esta relação fortalecer os braços, fortalecer o rabo ,as costas, manter a verticalidade, mas sempre quanto estou a fazer o treino, e a dance e tudo, sempre com consciência porque eu estou a fazer aquilo.

(I): Podes dizer que essa experiencia trouxe-te consciência? Esta consciência ou já tinhas anteriormente?

(P3) Não tinha, a primeira vez que eu relacionei isso e percebi foi no workshop que foi fazer do N. do ano passado em Fev da Psicologia corporal, do Corpo em Psicoterapia, e foi quando ele passou esses ensinamentos todos do Core. E vivenciamos e eu uau! Que é isso?

(I): E que vivenciaste mais? No workshop.

(P3) Epá no workshop, foi a relação, sabes ... das estruturas de carácter, de perceber como os corpos ficam moldados 'e vitalizados ou desvitalizados conforme cada fase e aquilo que aconteceu ou não aconteceu naquela fase e depois como que aquilo esta relacionado com os teus padrões comportamentais ...

(I): Tiveste alguma experiencia corporal? (...) mais impactante...

(P3) Deixa-me ver o que fixemos. (*pensar*) Fizemos ai uma cena interessante sobre as mascaras, os 3 tipos de mascaras, essa cena foi impactante de perceber em que mascara eu me identificava mais e aquelas que irritava-me, era o poder, o amor e a paz, São de três estruturas duma fulana, já não me lembro o nome, depois perceber o que nos irritava mais nos outros e as frases identificar, ele colocou la em cada estrutura de carácter, colocou quais sao as frases típicas de *Lower Self* e nos passarmos e lermos e perceber quais delas estavam mais forte em nos e ter quele padrão... Foi muito revelador, aquela cena do, tive a trabalhar com efeito da aquela ferida do oral, foi o que trabalhamos basicamente mais, e foi aquela coisa de eu não preciso de ninguém, eu não estou a dar, vais ver agora já não estou para ti... Eu assim olhar meu Deus eu tenho sido assim a vida toda. O que que eu senti com essa experiencia, essa tomada de consciência... foi meus Deus, o estrago

que eu tenho andada a fazer nê? E a mesma. Nem sei como chamar isto, a mesma coisa que aconteceu quando comecei a questionar se o trabalho terapêutico que eu fazia afinal não era chamamento de alma e sim uma carência psicológica... Foi do tipo haaa então isto que eu verbalizo como uma virtude, afinal e o trauma. Epá e sentir.me mal, sentir.me mal no sentido , epá afinal eu nao sou assim tao boa como eu imaginava que era sobre tudo neste traço que ... epá tive esse traço muito forte, eu não preciso de ninguém eu não preciso de ajuda, eu não preciso de ninguém, eu sou muita forte e isto era muito... Quer dizer se for falar com os meus pais, com os meus irmãos, eu às vezes digo a minha irmã, a minha irmã diz-me assim: epá mas, ah mas tu não tens problemas. eu: sim, eu sou insegura. Tuu? seja, eles nem conseguem perceber que eu que sempre mamaendurone e forte e mandava vir e tarara tenha fragilidade e seja carente, para eles e inconcebível percebes? Então foi muito forte para mim perceber que afinal essa força que eu punha ca para fora, eu nao preciso de ninguém! Ahh por amor de Deus, era exactamente a fragilidade o ponta que me fazia esconder o oposto que era dependência, carência, aquele foi assim superforte, tipo... epá que merda, afinal eu sou pior do que realmente achava que era. Mas ao mesmo tempo revelador.

(I): O que te trouxe mais, essa experiencia para alem de tomada de consciência?

(P3) Epa, em cima de tudo uma grande revelação ehmm...epá e quase uma puxada para baixo , para tipo tens que ser mais humilde, tirar os dos pedestal ilusório de acharmos que somos um espectáculo, uma queda, ou uma desilusão...

(I): Este é uma experiencia vivida como? Esta desilusão?

(P3) Epá e assim um bocado choque, primeiro impacto e de choque, pff não acredito! Pá mas depois ao mesmo tempo para mim e sempre como eu vou aprofundar as coisas, e do tipo uau a serio? Deixa-me investigar mais, importante trazia-me sempre a vontade de saber mais, perceber? Era uma desilusão que não deixava deprimida, percebes, deixava uma curiosidade, uau a serio, então deixa-me saber mais. Puder conhecer-me melhor em cima do tudo e dar a volta a isto... Foi isso que depois me levou a querer fazer sessões com N... Depois do workshop, foi logo a seguir ao workshop, foram essas... eu uau a serio, really? Epá, então... iá e depois ele explicava aqui nesta personalidade, nesta estrutura de caracter epa... pessoas de repente abandonam projectos, abandonam coisas, e eu... pfffogo, ia eu faco isso imenso! Epá afinal, eu achava que abandonava

porque epá minha alma estava me dizer que tinha que parar, sabes? depois vai buscar toda...epá afinal nao, era um problema. então nao era sempre, pronto...

(I): aprendeste muito durante esse processo...

(P3) sim

(I): O que experienciaste, qual foi a experiencia durante a terapia que (algumas já falaste), foi “life changing”? Quais foram as intervenções que mais experienciaste como importante no processo? Se vem mais outras?

(P3) e que fizemos sempre tanta coisa, e foi sempre tudo tao forte e tao importante percebes, acho que nao consigo ter uma assim que diga pfff

(I): quer dizer em termos gerais...

(P3) foi assim se calhar, epá este trabalho que fizemos muito, este trabalho de fortalecer os braços, nao e e lembro de uma... Fizemos isto uma vez ou duas, fizemos mais do que uma, de ele estar de pé a simbolizar a minha mãe e eu trapear por ele assim mas só com os braços, sem usar as pernas e pedir esse colo, essa a atenção, pá esta cena foi assim bleah... eu vou fazer porque tu me tas a pedir mas eu não tinha vontade nenhuma porque eu não queria pedir nada a minha mae... se ela nao quer dar, não da! Era esta sensação, e tentar subir com os braços, sentindo ao mesmo tempo revolta porque não me apetecia estar a fazer isso... mas depois no final estar ali e dar o abraço e sentir a conexão que eu mais queria, epá foi assim

(I): Percebo que foi importante, sinto que foi forte. E qual foi a importância de ter tido essa experiencia?

(P3) Essa experiencia, o mais importante foi esta consciência de eu pedir aquilo que preciso

(I): Expressar?

(P3) Expressar, expressar não espera que me dêem, ir atras de que quero, do que preciso e não me ficar queta a espera que essa coisa chega, que era o que eu fazia sempre.

(I): sim tinhas falado...

(P3) e um padrão, tipo... e tal se e para ser será, se e para ser vira, percebes, para projectos e tudo, e eu não era proactiva e não ia atras do que queria... E perceber que pronto, eu tinha começar a

faze-lo sobre tudo pedir o que preciso, pedir o que eu quero,, pá vulnerabilizar-me não é? E pronto isso acabou por me dar mais força, mais foco... e mais sim mais decisão, mais decisão sem duvida... Do tipo mesmo agora que estou numa fase outra vez, epá eu... há qualquer coisa que ainda não ta encaixar bem. Mas antigamente o que que eu faria? pá recolhia-me um mês, fazia nada... e ficava aaaa... e agora, pa deixa-me integrar a coisa do workshop não ter arrancado epá gerir essa frustração...o workshop do sábado... mas já estou a recuperar, foram 3 dias, foram 3 dias, dizer ok, deixa-me ver que outra data eu tenho aqui para apontar a marcar, eu não fazia isto... eu desistia

(I): E como tu estas a experiencia a ti própria antes de ter tido essa experiencia com Core, durante e depois?

(P3) sim, nesta questão, neste ponto, acho que há vários, este foi mais trabalhado não é?, de sair da vitimização não é? e torna-me mais proactiva; então o antes esta terapia as coisas se não aconteciam eu tentava ir uma vez e se as coisas não funcionavam eu desistia, e agora não. Agora não, ok não funcionou, fui-me abaixo fiquei `triste, senti que não me estava a me valorizar, voltou toda cena da infância, percebes? Ok a minha mãe não me esta ouvir, não me esta valorizar tipo epá... Não me houve não me liguem, não se inscrevem, não valorizam o trabalho. E que aconteceu mais forte em Novembro quando também tive também a tentar a fazer arrancar, e foi mais forte a sensação e lembro-me que tivemos falado quando tiveste ca e falamos sobre isso e também me ajudou muito porque estava vir o de cima; agora não, agora foi epá esta merda é boa! Tipo, fogo! Esta cena é fixe, eu divirto-me, eu gosto da para voltar fazer outra data vou lançar noutra data e muito mais suave e não desistência, tipo não, vou voltar a tentar

(I): Qual será uma palavra para esta não desistência... só?

(P3) epá mais proactiva acho eu, proactiva, decidida

(I): Antes parece que é diferente de que anteriormente a terapia, ou foi a terapia que te?

(P3) sim, sim, sim; agora vamos focar na terapia. Agora acho que aqui também houve um outro ponto forte porque enquanto eu comecei o grupo dos 5 ritmos em Junho eu acabei a terapia em Julho, e os 5 ritmos me trouxeram também muita coisa disto percebes, porque eu já estava la mexer o corpo, já com consciência, importante há muita coisa que também trabalhei nos 5 ritmos

(I): Os 5 ritmos também traz-te uma experiencia similar com Core?

(P3) sim, sim sim muito similar; os 5 ritmos em registo trabalho de fim-de-semana intensivo como tem feito, não são os 5 ritmos da Wave de 2h 1/2. Isso não. É o outro trabalho onde exploramos e aprofundamos e fizemos algumas dinâmicas que não tinham haver só com a dança e partilhávamos e assim ficou muito explícito muita coisa, percebes, em cada ritmo o tipo, esta com o medo de avançar, o precisar de uma energia mais yang mais stacatto, de haver dinâmicas de enfrentar medo, e eu perceber como que reagia ao medo através do corpo não é? expressão através do corpo trouxe-me muita consciência também e...

(I): Qual?

(P3) dos 5 ritmos também, sim os 5 ritmos

(I): ah igualmente na Core?

(P3) sim, também foi muito forte. Claro que eu acho que os 5 ritmos acaba por ser bastante forte porque eu já trazia informação do Core Energetics. Eu já sabia quais eram os problemas que eu tinha. Então quando experienciei os 5 ritmos, já estou a experienciar sabendo quais são as minhas carências e os meus problemas. Já tinha experiência corporal e foi muito mais fácil e trouxe-me algo muito valioso que também se tinha trabalhado, mas ali nas sessões não era assim... não se podia fazer tanto não é? Que é esta coragem de me expressar. Percebes?

(I): ah, nas sessões?

(P3) nas sessões, Não t... Pronto era uma coisa diferente agora quando estas ali num grupo e estas a dançar e pedem-te para estar todos de um lado e tu tens que fazer a sala toda, expressar o movimento e estar todos olharem para ti e tu tens que ser tu própria e vencer aquela. Foi. aquilo tem-me reforçado muito, o estar perante o grupo, afirmando-te através do corpo como te apetece...

(I): pois, é um trabalho diferente em grupo

(P3) sim, em grupo exactamente, da afirmação perante o outro, que era algo que também me faltava do tipo, epá esta sou eu, eu sou assim, e...

(I): este foi uma experiência que não tiveste na Core?

(P3) Não, não, não. Porque era tudo mais intimista era diferente, Não é? 1 to 1 é outra coisa, não é? Importante, extrapolação depois para o grupo do fortalecimento, do quem eu sou perante o grupo e ter coragem para o assumir e para o expressar e houve aí momentos, foram altamente

desafiantes, no início foram tipo, meu Deus... Quando me lembro no primeiro fim-de-semana eu diz, pá. Isto não esta a acontecer! Foi no segundo, tirávamos umas cartas, uns cartões com uma palavra então nos tínhamos que atravessar a sala com todo os outros olhar para nos e expressar através do corpo aquela palavra. Epá, e não sabias o que te ia sair, epá... e eu disse fogo isto, era incrível, não é? Então uma delas foi *freedom*, que era uma das coisas que eu andava tipo... pá sempre contida, tinha que me libertar, ate ai tudo bem, pá quando me sai a segunda eu disse, tive uma dificuldade tao grande, saio-me *playfulness*, eu disse fogo era exactamente isto que se tinha falado, percebes? Tipo, eu não consegui, eu não sei! Como que vou expressar playfulness??... Fogo esse é difícil, eu iaa... já que N me tinha dito, é por aqui que tenho que ir, eu não sei fazer aquilo percebes? Mas é aquilo que me vai libertar. Então percebes`, as coisas foram casando, ee epá exponenciarem muito não e?

(I): Também há uma palavra que esta a surgir na terapia Core, ou nem por isso. Não sei se igual com..., pronto catarse é outro conceito

(P3) Não sei se foi com catarse, mas sim essa libertação da infância essa libertação do perfeccionismo, do ser direitinha, do ser , de fazer tudo bem da obrigação, epá . e lembro-me fazer isso com N. e foi muita difícil, diz epá pega nas bolas que estão aqui, joga faz tipo o que te apetece, brinca! Eu há!? Brinca? Epá, e aquilo custa-me horrores, era muito mais fácil chorar e bater em almofadas e pendurar-me e mata-lo, isso eu faco

(I): estas foram técnicas ou experiencias que tiveste durante sessão?

(P3) Sim, durante a sessão, e houve uma sessão que foi tipo epá brinca, diverte-te, ri, como uma criança... epá custou-me horrores, tipo sentia-me envergonhada, Não consegui fazer aquilo, e eu fogo não sei fazer isto! E pronto, depois as coisas iam casando uma com as outras e foi um ano assim muito, acabou por ser 2018 todo muito revelador, e com trabalho corporal essencialmente com trabalho corporal. Depois fiz mais algumas sessões com N. via online também... e também foi interessante.

(I): Como que foi experiencia online?

(P3) epá, foi. eu tava assim um bocadinho, nao e? mas foi interessante porque houve ai um dia que tive ai a bater, pronto eu tava aqui, depois pus o computador, prono virei o computador para aquele sofá. Epá e fiquei ali a bater, a bater a bater a bater... e no inicio pensei fogo, isso vai ser muito estanho, mas depois percebi que era mais fácil... foi mais fazer fazer isso com ele assim online do que presencialmente. Olha, mas funcionou, foi bom, foi bom. Pensei que não ia ser assim tao bom

mas funcionou, claro que havia depois as outras coisas que mexiam muito comigo também que me espoletava uma sensação de carência forte, que era quando ele tocava nas minhas costas

(I): Então o toque é uma experiência importante.

(P3) o toque sim, o toque foi... a parte do maxilar, das costas quando ele vinha, assim! ok, eu as vezes não conseguia fazer algum movimento alguma coisa, ele vinha apoiava e eu, ai tao bom agora ja consigo, aquele apoio das costas para mim era tipo pfff isso depois percebia, isto online não há, nao é?

(I): Acho que já chegamos ao fim de uma hora, e foi uma caminhada muito profunda para mim, ou muito agradecida por ter oportunidade saber mais sobre a tua experiência

(P3) boa, espero que seja útil não é para...

(I): Tens mais alguma coisa que querias acrescentar, em relação a tua experiência com Core?

(P3) eu para mim, pronto como te disse foi altamente revelador, altamente libertador e epá de uma importância extrema, uma das coisas mais importantes que já fiz ate hoje, sem duvida, as coisas mais importante e que marca, marca um paredo, eu antes do Core fazia isto assim assim e depois já sou diferente, e isto é brutal porque nem todas as coisas que a gente faz tem esse marco, não é? Ah foi bom, foi importante mas não foi assim um grande marco. Mas o Core, o trabalho com Core Energetics sim fez um marco sem dúvida! E espero continuo a fazer porque sinto que é importante a fazer aquilo... o processo ainda não esta finalizado, acho u nunca vais estar não e?

ANNEX H - Interview transcript P4

(I): I would like to thank you for being here and for accepting this invitation. As I mentioned this interview, the data collected will be used for my thesis and I would like to have your official confirmation for this tapping.

(P4): Yes, I agree with your interview.

(I): Thank you. It will take approx. 1 hr but feel free to interrupt at any time, if you need to. And having into account that this is an interview that foresees to collect the data related to the experience that you are having with Core, I would invite you to refer to what you have experienced in this form of therapy. So, related exactly to the experience and not theoretical or. Just what you feel free of course, to share.

(I): And just very briefly, I would like to learn from you, just a short introduction of how old you are and if would like to talk about what do you do, in brief, not detailed.

(P4): Yes! I am 51 years old and I am IT officer, I work with computers, so help-desk system engineer, and programming, everything you can imagine about IT. That's what I do. That's what I do my whole life, since I was 20.

(I): Ok, thank you.

(I): Could you describe what is your experience with Core Energetics?

(P4): It's very deep therapy you have to deal with emotions, they called great feeling... you feel anger or joy, or... what do we have more? ah. fear, anger, joy, yeah, those emotions ...(...)

(facing some technical difficulties due to internet connection)

(P4): (...)... big emotions...

(I): I lost because there are bits when the camera is frozen and I cannot hear so you were mentioning related to your experience...How do you reached to have this experience? How did you arrive to Core Energetics?

(P4): Why I chose CE, you mean? Yeah? It was very long time ago, it was in early 90's when I felt that I couldn't feel a lot of emotions. I was always numb. So, this came along. I heard it from a friend, he told me why you don't go to. In those years was called Bioenergetics, and it was

specialised on the body, on your body, on your how do you call it? Yeah body. So, you work with the body a lot. You try to be present in your body and the body is a kind of language who talks to you, who sense the things. From the childhood on you get experiences which have an impact on your body, so they try to get in contact with your body, to feel your heart, and your belly, and you feel life. I feel a lot of life flowing into my arms, you get also they call it tinkling, it's... and you feel a lot of emotions in your body. So, you don't think about them, you feel it, and that's the big experience with Core Energetics. So, you really feel your anger and you get in contact with it, so it's more from yourself, it's yours, it's your anger, it's your grief, it's your pain, it's your joy.

(I): So, you are experiencing into the body?

(P4): Yeah, yeah, the emotions.

(I): May I ask...I have this doubt, you mentioned you contacted in 1990 and that before it was Bioenergetics and after it was Core Energetics. What is the difference is there any difference?

(P4): Yeah, the difference is, first of all, Bioenergetics it was only your body and Core Energetics gets the Core of your Self, of your being it's much more than only your body, it's also your spirit, your soul. It's a higher level, in contact with God, in contact with something higher than you. There is also a dimension like that, that you get a feeling of something more than just life.

(I): How do experience this "something more" that you describe?

(P4): It's a kind of *trans* when you are in total contact with yourself and emotion, you feel it flowing in your body, you feel it completely aware of everything, completely present in your body and then gives a nice feeling, so there is also a feeling of something more than just going to work, eating drinking, sleeping, it's something extra. it's also the fact that is done together. I also do CE with the group, so you share your emotions and it's a feeling of connection, connection to the world, to other people, but also with something higher than yourself.

(I): So, this connection that you are mentioning to something bigger is given by the experience you are having with CE?

(P4): Yeah.

(I): Ok. But also, you mentioned the group; so it's also. all included?

(P4): Yeah, it's not that you are alone in the world, you feel connected to other people, because you are experiencing the same thing, but you can now share it, it's a sharing thing. It's a sharing of deep emotions but also joy and this sharing is very important. You can live it all by yourself alone but the feeling that you have in the group is this extra, it's fulfilling. It's fulfilling feeling. So, it's more like CE it's something that makes you really happy. It's really getting in contact in what you need. What do I need, what is my longing, where do I long for? It's not only money, it's also friendship, love, connecting, not only with your parents, with your brothers and sisters, or with some good friends, but with everybody; also, people that you don't even like, where there is no connection, where you are too much different that you don't like each other, that happens. Is not that I like everyone in the room, they were a lot, also people I don't like but this connection about being human that makes it fulfilling. So, you also get a perspective of life, not so grey but optimistic; it's not a pessimistic view anymore.

(I): And all this is given by the experience you are having with Core?

(P4): Yeah, it's not only in the mind that you think everybody is good, it's not a mental. It's really a feeling. It's physical.

(I): So, you really feel it in your body?

(P4): Yeah! yeah.

(I): May I ask, well I know you started in 90s, but roughly how many sessions of therapy can you count for all these? I mean, you have had all along until today or (?)

(P4): No, in 1998 I stopped, I had a period of... (it was alright). I know that I stopped because it was fear. You always get this barrier, this wall of fear, fear of getting in to contact. Because you are always are afraid, in my case, when I was a child I always got neglected. I always got jilt when I tried to get in contact with my parents; They neglected me, or they didn't get me what I want. So, there was always a reaction in my body that when, I reached out to another person to say "I need you", there was rejection and, this is so nestled in your body, that every time the movement goes out to reach out to a person and he rejects you, because he says I have no time, I am busy or come back later... the reaction in the body gets locked. And this is the fear. And this can be an issue, so you stop with it, you say it's enough...

(I): So, this happened when you stopped in 1998? So, you had 8 years' experience with (when actually) Core Energetics entered into your life? Because, (as mentioned) before was Bioenergetics.

(P4): Yeah, after 1998 I started again in 2011. So, I had 13 years I did nothing and in 2011 I started again, and it was Core Energetics.

(I): In group, or individual?

(P4): I first started individual, it always was an easiest step in. Because the therapy, if you are safe environment, you have to build up a relationship with safeness. Because, you don't really, there is always this issue about "Am I safe with you?", "Are you going to hurt me?" - in the group session. But let's say that the sessions individually you can take as many as you like, you can go every week, I went every month.

(I): Ok, so it was monthly

(P4): Yeah, so for me it was about 8 sessions a year, individually. And in the group, you make much more, take in for 20 sessions in a year. So, you make a long-term relationship. You commit yourself to a certain amount of sessions.

(I): Ah, you have to commit to number of sessions; is not that one session counts for 20 individuals? Ok, I got it wrong.

(P4): Yeah. So, in the group is much more, because you go into contact with other people, 8 till 10 people. So, they want much more commitment of you, because you got sometime into a process. It is not black or white, because if you get scared or you cannot pay anymore, I go to relapse. I can go away, but the desire that you make a long-term relationship.

(I): Like a commitment?

(P4): Yeah, commitment. Yeah. So, and you also have different groups: only men, you have only women and also altogether. That's your choice what kind of issue do you want to have(?) In Coe Energetics it's the rule that men first have to get in contact with other men and it's bounding. From an old cultural thing, in old societies you had men group and the women group, and the men went to hunting and the women, it had much more this rule. So, a man, when you want to become

emotional a grownup you have to contact with men to bound with them, to feel safe. If that's fulfilled, then it's time that you can go to the women.

(I): So, this was your experience? Or your talking about the concept?

(P4): Yeah, but also a concept. It's both!

(I): Ok, so you experienced this concept within CE?

(P4): Yeah, and especially it's also, I don't say is with every man the same, but most men share this experience and share this idea. Is important for men to bound themselves with men, to gather more, we call it "Grounding" in CE. Grounding is very important.

(I): Would you tell me more how do you experience the CE therapy? If you can give more details from the experience itself, you mentioned the emotions and some other concepts.

(P4): yeah, it always starts in a circle hold hands, little song and then closing your eyes and go inside. So, you close your eyes and put your consciousness, you go "here" (showing the body) not in there (showing outside).

(I): So, you are talking about your experience? About what you feel?

(P4): Yeah. So, the object goes inside, I have to focus on myself, focus is on what do I feel, tension? Do I go into my head? Do I think a lot? Or can I feel my feet(?), and this is for everybody is a choice. You can do whatever you like, if you want to think the whole day, you do that, but try to. So, you have to breath slowly, breathe deeply, always (*haaa-showing the deep inhale with mouth wide open*). So, it's emphasis on the breathing, and emphasis on your feet and on the... "Äspanung" (in German), tranquillity focus on, let the jaw down.... it's getting in a so movement, putting the energy not up into your head.

Because we often, we go into our head with all our consciousness, all our emotions here (showing the head), we try to control everything from here (the head). So, it's the object is to go down, and if you do that, you do it often you feel that you are going inside, you feel that you are getting home, you feel that everything falls down, get totally relaxed, so relaxation, I try to find that word.

(I): The way you describe it's the experience it's the same you are having in the individual sessions as in the group? Or there are differences?

(P4): (nodding the head) No, it's always the same, it's always the begging, it's always... this is the focus. Then so, we always call it "charging"- discharging"; We charge and then we have to discharge.

(I): How you experience this charging"? It's a technique I understand?

(P4): Yeah. So, charging is, like getting a cushion, getting a bat and hitting (*demonstrating the movement united hands above the head going down in a systematic movement*) open your chest and hit. So, it's very physical exercise and you have to shout a lot also. This has the role to open, then you have to discharge or better you charge. Because feeling how becoming angry or becoming (*thinking*) crying, it's charging. You get a lot of emotions, you built this with big emotions and the discharging is that you fall over, you bend over with your arms to the ground, letting your legs to carry you. So, you have to always focus on your legs, your legs are very strong, they can hold you. So, this is charging and discharging. And discharging is the emotion, so can you understand me?

(I): Yeah, I mean you are describing your experience regarding he techniques that are used, right?

(P4): Yeah.

(P4): Yes. But these are the techniques but when I have an issue, when I want to talk about something like... there are days that I feel so scared that I can't even go shopping, or go to work, or... I have always, I always have these fights with my wife... Why? We don't understand each other, every time. It's a job that you talk about something, talk about I don't feel happy with myself or I have a bad relationship with my mother, or I always hate my father, or I am the black sheep in the family...

(I): What this experience brings you when you have the space to talk about this right?

(P4): Yeah. Then they always start with energising yourself.

(I): When you say "they"? "They" who?

(P4): The therapist, yeah. If you are single you have only one and in group, you have two.

(I): Ok.

(P4): You have to be with two, because the group is too big. They always have one to keep the group and focus, because some stories are so heavy that all the group goes into turmoil, so we always have to stay in control. What experience you have or what story to tell, they always try to find something where they can energise it.

(I): Can you describe this energising, how you experience it?

(P4): Yeah, it's always a black emotion; an emotion you don't want to feel, an emotion you don't want to have, and which is not allowed, like (*thinking*) when I have parents who never acknowledge me. I always demand from, especially the therapist, like: "You have to see me!", "You have to acknowledge me!", "I need you to say that I am good". But this is not something I say because I have a bad experience with. So, it's a feeling I have, but I don't say it. I suppress it. So, the therapist asks you "to put the shit on the table", to put your dark issues on the table, you have to speak them out, so you have to make them bigger. So, you have to energise it with force, with shouting, with hitting, like "I hate you!", to speak it out. Because, when you get in contact with the feeling of hate, you get annoyed, you feel it, you feel hate and you get confronted. You don't push it away anymore, it becomes your friend, the hate and then becomes normal. And when hate, when the feeling of hate is normal, for me, I can take it. I can hold it. I get control of it instead of that it controls me. So, the experience is "I feel hate" and is OK! I don't have to project it anymore on someone else.

(I): Like the therapist for instance?

(P4): Yeah! Or, what we do on everyday society: we project it on the government, on the EU, etc. So, you get more in contact is your hate, it is my hate! I keep it with me. So, I don't see other people no more with hate but with loving eyes.

(I): So, it's sort of (I don't know is my interpretation) but is like taking responsibility for your feelings?

(P4): Yes! That's it! Yeah, exactly! That is the whole thing. With the body level.

(I): Ok. So, is really embedded experience that you are having, the way you are describing?

(P4): Yes.

(I): So, do you consider thru this experience that there were some moments more significant for your process? Could you describe?

(P4): The thing is that you re-live every day the same experience is always hate, but is on a different level. On a first level is very big and heavy and you feel ashamed and guilt, and that's very focused when your parents... and then, is much more subtle. With every layer you tore apart, like... call it like a bandage on a wound, you have a big wound on an arm and every time you out a little blister, is like an onion, you take away the shelf of the onion and every shelf you take away it becomes more delicate. So, the experience of anger and hate is smaller and smaller and more delicate and more closer to your core. The Core Energetics: the core comes every time more out. And the more you are taking out, you take more responsibility on your life. So, you become more fruitful person, a fruitful human being, you become more, you get a more fulfilling life also at work but also in relationships with my wife, with my friends, with my parents, there is much more love. I always have love, love, love... I feel love, it's much more fulfilling. Yeah. So, it's delicate.

(I): Ok. So, I see that when I asked about significant changes, it was actually related to changes you already mentioned. That, this was a change in your life and not only one aspect but more aspects of your life(?)

(P4): Yeah, yeah.

(I): And it's a permanent change as you look at it? This experience brought you a permanent change?

(P4): Yeah! But, there is something I have to say, because I had this experience of a lot of years not with Core Energetics, but with Bioenergetics. You can fall back to your old, you can fall back, if you don't... it's like fixing a car. You have to do it every year. If you don't do it anymore, if I don't go to the CE I lose it.

(I): How do you experience? When you say you are lose it?

(P4): Because you get more. ahh ... you realise that I became angry again! About some aspects in my life that I didn't like. Not, I didn't fall totally back. But, you always fall a little back than I realized, oh I get angry again with my father, I thought it was done! But no! I still have some issues with him. That's what I mean, is delicate.

(I): You mean, the same issues or I mean, is not to go into details, but just to understand if you are going, as you are saying, into the onion, you are going into different more delicate experience, is that?

(P4): Not totally back to the old issues, but some. It's like splinting your hand, I thought I got it out, but another one. I still have this splint on, it's another one, but it still hurts. I thought it was... and of course the pain in your heart. So, you don't fall totally back. But it's a personal choice, for me I like it to do it, because I see where it takes me, what brings me. So, for me it's a bonus, it's a gift for my life. Because, it gives me much more deep connection with other people but also with myself

(I): Yeah, you mentioned. From the context of therapy have you experienced during the process with CE any that was more important for what you experienced?

(P4): Yeah. It's always like I say, the confidence and the connection with other people is deepening. So, every therapeutic session with something I brought into it, because you don't do it every week. It's when you feel it, you don't always bring yourself totally in it; because there are 10 people and only 2 can work.

(I): But from your experience really, along this time, years that you went into CE therapy what was more important, what you experienced as important?

(P4): I had one session with a therapist where I projected my father on him, but a positive father. He was a positive father for me; He (the therapist) was a father which I never had and there was moment that I totally broke; I really broke in his arms, I fell in his arms and I really let go, I let go a lot of pain. It was moment when I really could give myself over to my father in a moment of total relaxation, where I really fell down and he picked me up. He told me it's good, you can surrender. That was a really important moment for me! It was a shift in trust and there was very recently the shift that I (...). Because there was an issue that I wanted to work on, one was my father another was my mother. And I really felt for the first time in my life the pain when I was 4 years old. When I was four or five years old, the pain I had at that moment, which I couldn't cope with because I was still young; And I felt it now, two weeks ago. And for the first time, I really shout to my fellow members the deep pain I had, and I throw it all out.

(I): So, I hear your experience was quite intense. You were few seconds off (*internet connection issues*). Sorry, I couldn't follow you because the video was frozen. I was asking in that experience that you were mentioning, re-enacting your 4 years old child, you mentioned that was important that the therapist was holding you, right? And I would like to ask related to this aspect to the conduction of the session/the therapist what did you experienced also as important from the side of the therapist, what was important?

(P4): What was important for me?

(I): Yeah, more than the holding, other aspects that you would remember.

(P4): The trust, the trust I felt (*thinking*), letting go of the pain, really letting go, it was really going away, the pain went away. Being with myself, really feeling myself, being totally with myself and everything was ok; everything was alright.

(I): The environment of trust that the therapist is providing, that's one important aspect?

(P4): Yes

(I): So, what else you experience from the therapist, what is important for your process?

(P4): His presences. He was present. Is really important that you can feel it when you get further on the work, you feel that therapist is totally present.

(I): How you experience this therapist being totally present?

(P4): It's a state, it's a state of energy, it's a neutral energy. You feel that he doesn't need anything from you.

(I): So, you feel it bodily or?

(P4): Emotionally, yeah, you feel it emotionally that he is totally fine with himself. That he has no interest in you, you can do anything, he is there for you but is not interested in you. And at the same time, he is totally present. It's energy that he gives to me, you are totally fine.

(I): So, a sort of unconditional support?

(P4): Yes, unconditional love. It's unconditional love. It's a love which parents would have for their children but if you are unlucky and you have parents that who needs himself totally unconditional love, he projects on you as a child. I have to love my parents(?). No, they have to

love me as a child. And that's the shift, the twist, yeah. So, you get totally twists environment as a child. As you always feel that hmm my parents need me, they don't love me, the need me! I am there for them, they are not there for me! So, you get this twist idea when you are older you always have to give something to the others. You always have to give yourself away, in your relationship in your work, so you are never whole.

(I): Ok, so is... you may say this experience with the therapist brings you the awareness of this, what you are describing?

(P4): Yes. So, I can take it with me. I can also be present in the moment, and just being with myself, if I want to have contact with somebody else like with my wife, I go neutrally to her, I don't need something.

(I): So, this experience also brings a change in you. And is it life changing, I mean it stays with you?

(P4): Yes, is life changing! But you have to always, like the onion`, you have to practice it, practice it.

(I): Ok, you mentioned that it requires to experience.

(P4): Yeah, so you don't do it once and you say well I am done. You have to practice it again and again. Until it's an automatic reaction. That's what happens now with me. I am there, there is an automatic reaction always to be with myself, always being focused and grounded in my body.

(I): This is what you experience now after how long, how much time of?

(P4): 8 years now.

(I): So, going further, related to the body, how do you experience your body in the session? In the context of therapy? You have something specific you can refer to?

(P4): That's also always different because, I cannot control emotions, they come, and they go. They (emotions) pass thru my body and sometimes I feel joy, some time I feel anxious. But you are feeling it in your body and there are layers in your body, maybe you can see it. Can you see my body?

(I): Right now?

(P4): Yeah.

(I): I can only see you up to (*Upper part of the chest*)

(P4): Do you see this one? (*the lower part of the chest*). There are here, there are lines which are blocks, and it's important that you make them free.

(I): So, this is what you experience in the session?

(P4): Yeah. So, it's important that in your session you breathe and make this open, it's opening your chest. So, it's lot of energetic, CE session, are focused on opening this ...

(I): The chest you mean?

(P4): Yep. This, yeah.

(I): The front part of the body, the trunk?

(P4): Yeah, you are opening yourself, the front of your body. You do this (*folding-in the front of the body*) because you are afraid of the hurt of the heart.

(I): So, what this experience brings you or instance?

(P4): That you can open yourself more. I can be opened to the world (or) to other person.

(I): Yeah, like you mentioned also for the connection to other people, right?

(P4): Yeah, and you have to train it. It's like you want to become a very good soccer player, you have to practice a lot. But this is the practising part. You have to breath a lot, have to open your throat, you have to shout, to open your, that you can go out, because you go always inside, closed.

(I): This was you experience before CE? When you mentioned closing the body... Is there any related to before contacting this kind of therapy? Is there any difference you experience after you started the Bioenergetics and specifically CE?

(P4): Oh, Yes!

(I): Related to your body, how did you feel your body before and after?

(P4): Ok, before I was always cramped, I was closed. I had a lot of hurt in my body. It really hurt. But I was so closed, that I could not feel that I was hurt. Because I felt nothing! I really felt nothing,

I was totally closed. The only thing that I was doing, I was always thinking (*showing his head*). I was always in my mind, thinking. Thinking, if I say A, he says B then he says C.

(I): So, it was very mental?

(P4): Yeah. It was like I was an acting player. I was always creating acting scenes to attack somebody or tell somebody.

(I): And after you experience the body therapy what were the major changes. Were there any changes?

(P4): Yes! I never think anymore!

(I): oh!

(P4): I don't think anymore, I just wait for inspiration. I sense, and then there comes a movement and an idea of... Oh! I have to go shopping! I am never thinking about I go shopping, it just happens! I always, I never get really angry of my work also. I just wait, and work comes to me. I don't have to search for work, or be stressed, or think that I can't cope I always cope, I am never stressful anymore. I feel stress, but I let it go. It goes naturally away. I don't have to do anything.

(I): And the body, bodily changes? Now you are referring to states, or how you experience your life. But bodily, are there any changes that you can refer to?

(P4): I see, I am sure that my skin is younger than ... I am really sure that I don't look like 51, I look younger. My body gets more, better height, better colour, it's fresh, I stand more adjust! More straight.

(I): The posture you mean?

(P4): Yeah. I am much more (*straightening his spine*)

(I): Vertical?

(P4): Yeah, more like this. I always looked like this (*curving his spine*). Now, I look like this (*more aligned*). Little bit still, but much more straight. And everything is more balanced. I feel better.

(I): Before contacting with therapy, the body intervention from CE you had other type of therapy?

(P4): Yes, I had Gestalt.

(I): Ok. And was involving the body as well?

(P4): No. Only talk.

(I): So, how was overall your experience going in such a therapy using the body?

(P4): For me it was life changing. Because I always wanted to know things. If know why my father is like he is, then I can fix it. But now, I don't want to fix it anymore, I want to love him!

(I): So, it feels to me that you are more in contact to yourself and to your emotions?

(P4): Yes exactly. Simply said how it is, Yes!

(I): So, well we are coming to, very close to our time, and would you have something specific to add to everything that you have shared so far? Related to CE?

(P4): Yes, I think that I can now talk about it, I would recommend you or invite you to do it sometimes. Because then you can see and feel it.

(I): Yes, I thank you so much for your recommendation. I was, apart from this, I was interested if you have something more to share in general, beyond my questions let's say, in the benefit of what was important or well, I am not asking any questions (*laughing*). If you have something else to add regarding CE. How you feel about it?

(P4): Yes. For me is, I think the most important thing in life. Because it really gives you the feeling, the real feeling that I live! That I really live. That I am alive! I think that's the reason, for me is for living! Feeling that you are alive.

(I): Well it seems it brings a lot!

(P4): Yes, Really a lot! Yeah. It's a great gift. I would recommend to anybody. To everyone!

(I): Everyone? OK. Well, I am grateful for your sharing and it was a real pleasure to get to know you. Thank you for being so open to me during this interview. I will contact you if I may by email and via online to send you the form to sign for the consent of this interview, also to have official let's say for both of us. Would be ok with you?

(P4): Yes. Thank you very much.

(I): And if you are interested, I can also share the results after I will finish my thesis. That will be a pleasure.

(P4): Thank you.

ANNEX I: Phenomenological method

Table 12 - Delineating the units of the psychological meaning P1

Data analysis			
I. Interview transcript	II. Delimitating unit of meaning	III. Units of a psychological significance	Psychological meaning
<p>I: How would you describe the experience you are having with Core Energetics?</p> <p>(P1): . I am now in the 2nd year and /before I started this training I did some other group works and also individual trainings in Core Energetics and other body-oriented psychiatry. And I think now for almost 5 or 6 years I am doing this, and / for me it's also a different approach after my study, psychology, very cognitive study, and (yeah), it didn't really help me further in my life / <i>until I found Core Energetics, then there was suddenly all things shaking up in my life and / I was really feeling that it helped me on a deeper level and so I was sort of hooked by</i></p>	<p>1st psychological meaning unit related to the immediate significant and positive impact Core Energetics had in her life.</p>	<p>P1 experienced immediate significant and positive impact of Core Energetics experience / P2 perceive CE as an intense, transformative and profound helpful experience</p>	<p>CE, intense, positive, profound and significant life experience</p>
<p>(P1): Yeah... At first not, because the first group I was in I actually hated <i>it (...) I really struggled because I felt not part of the group and I felt rejected and I felt not seen.</i> And, I felt stuff came up there. (...) <i>the first year I only felt pain</i></p>	<p>2nd psychological meaning unit related to P1's challenging experience during the first year of Core Energetics group, feeling stressful emotions</p>	<p>P1 experienced elevated intensity dissonant emotional state and dysfunctional patterns of thinking during the first year within the Core energetics group therapy experience /</p>	<p>Ambivalent / dissonant feelings</p>

<p>(..), / I really struggled because I felt not part of the group and I felt rejected and I felt not seen. And, I felt stuff came up there.</p>		<p>P1 struggled with dissonant feelings during the initial period of the therapy, in the group, where she had difficulties to adapt and feel welcome</p>	
<p>(P1): So, I really had to move on to another therapist and did some individual sessions to really feel that I could also to benefit of it. (..) And after that I also felt ok (..) So, that took me I think almost a year to experience that.</p>	<p>3rd psychological meaning unit – there was a change in the psychological significance related positive and beneficial experience of Core energetics individual therapy</p>	<p>The experience of individual sessions, after distressful experience of group therapy felt more adequate and P1 could feel the benefit of the therapy, however it was work done thru 1-year period. / P1 experienced positive and beneficial impact of individual Core energetics therapy</p>	<p>Beneficial experience / positive after adaptation to it</p>
<p>(P1): So, then I did more work and... in between the burnout came (..) And when I was at home, with this burnout, one of my therapists told me: “why don’t you start the professional training?” And at first, I was thinking, no that’s not something I can do, but... yeah. It was also really a thing that feed it me as a person, so yeah.</p>	<p>4th psychological meaning unit related to P1’s perception of Core energetic as beneficial for defeating burnout which influenced the decision as well to start the Core energetics professional training</p>	<p>P1 felt CE was a positive experience and trusted to engage for Core experience in a more specific distressful condition as burnout / P1 perceived as beneficial to receive Core energetics therapy for burnout</p>	<p>Trust in the CE to overcome specific burnout condition</p>
<p>(..) So, I decided when I had the burnout to do that with a Core therapist, so I really had the treatment for the burnout also with a Core therapist.</p>			
<p>I: (..) what was your motivation to choose this specific therapy? (P1): (..) that was because we wanted therapy as a couple (..) we were looking for something more</p>	<p>5th psychological meaning unit related to unexpected feelings P1 had on the first time Core energetics experience</p>	<p>P1 looked for a different psychotherapy model which would engage more than verbal association and Core experienced was unexpected and had an “immediate” impact, perceived as a “cold shower”</p>	<p>The unanticipated impact of CE intervention</p>

<p>that only cognitive therapy, but not specific Core. I hadn't heard of it until then. (..) And <i>we came here, and I never, ever could have think about how would happen... So, it was really... like a cold shower...</i>(..) I: So, you entered into this experience without knowing what was about.</p>			
<p>(P1): So, <i>I was really amazed and shocked</i>, but I <i>also, I really, I loved it immediately</i> and <i>I also I hated it because it also brought up a lot.</i></p>	<p>6th psychological meaning unit – there was a change in the psychological significance related to perception of ambivalent feelings towards the initial Core Energetics experience</p>	<p>P1 experienced love-hate feelings, being surprised by the initial impact of Core energetics, which felt challenging, for experiencing sudden intense feelings but ultimately perceived as positive</p>	<p>Ambivalent feelings created by the surprise of sudden connection with own feelings</p>
<p>I: How did you experience it? (P1): I really experienced... positive. Yeah! I was curious, mainly because of a lot of movement and not only sitting and talking. (..) So, that made me very curious about the work and... I wanted to know everything about it when I saw it...</p>	<p>7th psychological meaning unit related to the perceived positive experience with Core Energetics and P1's interest to acquire more information on its practical content, which was perceived different from other therapeutic interventions.</p>	<p>P1 experiences curiosity about Core energetics work because of the movement component which is not common to other therapeutic interventions</p>	<p>Positive experience going beyond verbal expression / causing interest due to its movement component</p>
<p>I: What you say about the experience that you are having with Core? (..) during all these sessions? (P1): Oh yeah, what I experienced is that I feel my body more. (..) I can really feel what's happening instead of knowing what's happening by my head.</p>	<p>8th psychological meaning unit – there was a change in the psychological significance related to the increased perception of bodily sensations</p>	<p>During the CE sessions, P1 could experience her body more and be more in the present moment, feeling the experience rather than thinking about it, which made a great difference. / P1 experienced more feelings in her body, feeling what is happening instead of</p>	<p>Enhanced body sensations / body-awareness</p>

<p>Yeah, I could really feel and experienced that really makes a difference for me, yeah...</p>		<p>thinking about it / engaging mental activity, which makes an important difference in her life.</p>	
<p>(P1): Things really changed in my life because of doing this... It really had an impact, yeah (..) And it changed also the relationship with my parents and it changed the way how I live. So, it makes very deep changes...</p>	<p>9th psychological meaning unit – there was a change in the psychological significance related to perception of the adjustment in the rapport with siblings and the way of living</p>	<p>P1 experienced profound changes in her life and in the relationship with her siblings, by the work she had done with Core energetics</p>	<p>Improved relationship with others / profound changes</p>
<p>I: When you relate to a deep change, what would be on experience of deep change? (P1): <i>I mainly feel more (...) I can really feel that I am connected in the world, to other people</i> and I, before I started this I really had a sort of a deep feeling of being alone. And, yeah, not connected to anyone. Now, <i>I really can feel that I am connected to them, and it makes a real difference for me.</i> I: When you say <u>feel</u> is related to something specific? (..) In the experience of the therapy, like during the session you feel more, or? (P1): No. It's in my life.</p>	<p>10th psychological meaning unit -there was a change in the psychological significance related to increased perception of feelings and its impact on the quality of self-connection, connection with the world and the others</p>	<p>P1 perceives enhanced feelings and can feel is part of the world being able to establish deeper connection with other people. Before the experience with Core energetics, P1 was often experiencing feelings of isolation, and such perceptions had changed after initiating the work. Now P1 can feel the connection with people which makes a real difference in P1's life. Generally, P1 experiences an enhanced emotional literacy</p>	<p>CE promotes improved emotional state, deeper connection with the world and others / change the dissonant emotional state and dysfunctional patterns of thinking / feeling more in life / deeper connection with life</p>
<p>I: How did you experience life before? (Core energetics therapy) (P1): sometimes at one point in the therapy, I sort of found my soul back. (..) I really lost it somewhere in</p>	<p>11th psychological meaning unit -there was a change in the psychological significance related to the experience of re-connection with the soul</p>	<p>During Core energetics therapy, P1 reconnected to her soul after a prolonged disconnection back in her youth.</p>	<p>Finding a deeper sense of Self / unity</p>

my youth (..) Or lost the connection with it.			
<p>I: Bringing back your soul. What was the experience like?</p> <p>(P1): Yeah, it was also shocking and painful. It was very painful, but it was also making me more whole. (..) after that, I could really feel something was changed and I could feel ok. I belong somewhere, and I am part of a bigger thing.</p>	12th psychological meaning unit -there was a change in the psychological significance related to the perception of increased awareness / a sense of feeling complete after soul reconnection	The unexpected experience of reconnection with her soul was distressful, becoming aware of own disconnection but enhanced the sense of her Self. P1 perceived a deep positive change with this experience which promoted an enhanced sense of belonging, as part of something bigger / enhanced connection with the world.	Finding wholeness / unity / Enhanced sense of belonging/ Part of something deeper
<p>I: So, is what Core brought you into the experience before you were kind of...?</p> <p>(P1): Disconnected.</p>	13th psychological meaning unit – there was a change in the psychological significance related to perception of withdrawal prior to the Core energetics experience	Thus, P1 realized that before Core energetics experience she was disconnected	Overcoming previous withdrawal / disconnection
<p>(P1): And before that, I could sometimes have feelings like: “What do I do here?”, and “I don’t want to live” and, that sort of (..) So, it’s really life changing for me!</p>	14th psychological meaning unit – there was a change in the psychological significance related to altering the previous negative or irrational thinking patterns	The disconnection felt before CE experience, could have contributed to her existential crisis of self-inquiry and negative perception towards life, thus the reconnection with her Self is life changing	Overcoming negative patterns of thinking towards life is lifechanging
<p>I: How you experienced (..) a Core Energetic session?</p> <p>(P1): In the session, I could kick with my hands, feet and I could scream and (..) I could just go full into my power, into what I wanted to do at</p>	15th psychological meaning unit – there was a change in the psychological significance related to the experience of release of a	During the CE session, the lived experience P1 had the possibility to fully express her strength thru physical movements and loud verbal expression, giving full expression to her impulses. P1 felt this experience was liberating and	The full free expression of old suppressed feelings promotes release of emotional blocks which can be

that moment; as I could follow my impulse and just go in this flow. And <i>I could feel that was really liberating me and that this feeling of being suffocated it was changing, yeah</i>	deep-rooted emotion	disruptive	could release irrational emotional distressful feelings manifested at physical level	liberating and change distressful physical symptoms
I: Do you mean, physically? (P1): Yeah, I could really feel that was something coming out of my chest and that my breath gets deeper and better...	16th psychological meaning unit – there was a change in the psychological significance related to the perception of breathing deepening following to a bodily release		P1 experienced physical level and experienced her breath deeper and better after having expressed fully, in her body, the emotions	Liberation of distressful physical symptoms promoted improved breathing / enhanced consciousness
(P1): Suddenly after that, I got some dreams during the night about being a bird flying above things. So, <i>I could really feel there are more possibilities in life</i> than only the things I knew	17th psychological meaning unit – there was a change in the psychological significance related to increased perception of life potential		P1, experienced boosted consciousness, visioning thru subconscious mind a higher self-potential / perceiving more possibilities in life and overcoming /transforming an old belief system / her limited vision over life	Intense physical and emotional expression promotes higher consciousness/ promotes positive, optimistic thinking
I: How did you experience this session into your life, what came out of it? (P1): It was mainly for me opening to really make choices for myself (...) <i>And this made me chose more from within</i> (what I want, what I need) (...) So, freedom for myself made me, really make choices out of my comfort zone, so to say..	18th psychological meaning unit – there was a change in the psychological significance related to increased assertiveness towards fulfilling own true needs		The experience of free full expression of her emotions, opened more choices for P1 as she could align more with what she really needed and wished for, giving herself the freedom to choose in accordance with that, taking risks for unfamiliar choices	Transposing the freedom of expression experienced in the session, in life: thru enhanced assertiveness towards real needs / Learning thru experience of Core energetics

<p>I: Would you have some other (life changing) events that you could think of, you experienced thru this therapy?</p> <p>(P1): then I had maybe like 10 sessions when I only laid down on a mattress and (..) I just breathed. And that was also very good for me because <i>I really had the experience of just being and just breathing and that's enough!</i> (...) that was (..) very helpful because now in life I am, I can better accept where I am and that I just can be with whatever that is, and I really learned from that!</p>	<p>19th psychological meaning unit – there was a change in the psychological significance connected to the self-sufficiency experience which enabled P1 to improve the emotional self-regulation in relation with any kind of life circumstances and boosted self-awareness and self-acceptance.</p>	<p>A life changing experience during the session, was for P1 the experience of breathing in the presence of the therapist, where she felt fully received and then could adapt such feeling to her own life, accepting easier where she stands in her life, can easily adapt to the life circumstances</p>	<p>Transposing the lived unconditional acceptance by therapist in the session, into own life: thru enhanced self-acceptance and improved response to life circumstances /Learning thru experience of Core energetics</p>
<p>I: You have other moments that you feel (..), experienced as significant change in your life?</p> <p>(P1): Yeah, also for me <i>the group work was very healthy, being part of the group. Was very hard for me (..) in groups I felt alone. And, when I was a longer time in a group, I could really feel a part of the group</i></p>	<p>20th psychological meaning unit related to the experience in group perceived as a positive experience</p>	<p>P1 experienced the therapy in group as positive experience, being part of the group was an important experience although at times was challenging. IN the beginning, she could experience feelings of loneliness which altered in time and then could feel integrated in the group</p>	<p>Group therapy, challenging but positive experience /Altering old distressful, dysfunctional or inefficient patterns of behaviour and enhancing efficient, functional new patterns</p>
<p>(P1): <i>and.. (..) I could feel that when I am in the group session</i>, that I could feel my own feelings and at the same time also see and hear other people at the same time. So, before that I was mainly focusing on the other</p>	<p>21st psychological meaning unit – there was a change in the psychological significance related to perception of the enhanced self-awareness while in</p>	<p>The group core energetics experience allowed P1 to practice feeling / affirming own feelings while in connection with her peers, which helped her to improve self-connection and awareness of her feelings while was in connection with others</p>	<p>Group therapy changed self-perception / the rapport with significant others enhances self-awareness</p>

<p>person and I didn't really feel that I was feeling something at the same time.</p>	<p>relationship with significant peers.</p>		
<p>(P1): So, (..) the other part is also feeling supported by other people. Really being seen in whatever there is and accepted. It's also very, yeah, life changing for me!</p>	<p>22nd psychological meaning unit related to the experience of feeling seen and accepted in the relationship with the peers</p>	<p>Other significant changes, life changing events were experienced by P1 when felt seen and fully, unconditionally accepted by her peers</p>	<p>The unconditional acceptance and positive bond with significant others have a life changing impact</p>
<p>I: Have you experienced any aspects, as being important in your process? (P1): Maybe the biggest thing I, for me is very good is that everything that is, is good; so that's <i>acceptance</i>. (P1): (...) <i>the therapist always helps you to, just listens to whatever there is and to do something with that.</i></p>	<p>23rd psychological meaning unit related to the perception of acceptance from the significant others and therapist unconditional presence, acceptance and support.</p>	<p>The most significant aspect of Core experience perceived by P1 is acceptance / unconditional acceptance and support of the therapist</p>	<p>The unconditional acceptance and support of the therapist</p>
<p>(P1): <i>And what really helps me also in my daily life because I am also able to deal more with the things that are.</i></p>	<p>24th psychological meaning unit – there was a change in the psychological significance related to the perception of self-reliance / autonomy in daily life</p>	<p>The acceptance lived experienced during the Core energetics therapy, helped P1 in daily life as it feels more competent dealing with all life circumstances as given</p>	<p>Transposing lived experience of unconditional acceptance in into own life: thru improved fitness towards given life circumstances</p>
<p>I: (..) I hear that this important aspect you experience is (..) “acceptance” that you receive from the therapist and (..) you bring this in your life. (P1): Yeah, I also hear that from other people (..) they always told</p>	<p>25th psychological meaning unit – there was a change in the psychological significance related to enhanced self-acceptance and sense of appreciation, acknowledged by others</p>	<p>Being acknowledged / receiving feedback, in her personal growth, puts a positive mark on P1's transformative experience with Core energetics</p>	<p>Receiving feedback towards self-progress / development gives a sense of self-appreciation/the transformative</p>

<p>me, ah you are so accepting and everything its ok with you! Oh, is really nice to hear because that was never the case, / I was very. I was also very judgemental.</p>	<p>(changed connected to the experience of therapist's unconditional presence, acceptance and support)</p>		<p>experience with Core energetics</p>
<p>I: What other important aspects (..) you experienced in CE? (talked about the therapist acceptance) (P1): the movement also is important for me (..) I can feel more, to move around and do something with it (..) with the body and with the emotions and to really act on it.</p>	<p>26th psychological meaning unit related to the positive perception of the movement and expression of emotions in the therapeutic setting</p>	<p>P1 can feel more using movement which allows her expressing consciously her emotions thru the body in the present moment / The experience of movement, using the space, is helping P1 to feel more / body-awareness, and take conscious actions towards own feelings / conscious expression of feelings / emotional literacy</p>	<p>Body movement promotes conscious expression of lived emotions in the present moment/Promotes emotional literacy?</p>
<p>(P1): So, in CE when I am angry I can really go to that feeling, I can really feel it in my body, where it is in my body, what it does to my body and I can act on it, I can say why that is. So, then I feel that is liberating. (..) when I can, really, experience it in the moment, (...) that really work with whatever comes up in the moment and you really do something with it.</p>	<p>27th psychological meaning unit related to the helpful experience of being able expressing, in the moment, intense feelings in the therapeutic setting</p>	<p>During CE session, P1 can identify and fully express her feelings, having the awareness of their origin, how it affects her body. Having the awareness of own feelings allows her to consciously act upon it in the moment, which feels liberating.</p>	<p>Possibility to recognize, feel, express and act consciously upon the present feelings is a liberating experience in Core energetics</p>
<p>I: How do you experience the body in the course of the therapy? (P1): I can really feel that my body is more firm or something (...)</p>	<p>28th psychological meaning unit related to the positive experience of feeling the body more firm and grounded</p>	<p>P1 experiences a sense of grounded body, steadier / present during the therapy session</p>	<p>A grounded body during the therapy promotes a sense of safety</p>

<p>More on the ground, more grounded; and that's a difference.</p>	<p>29th psychological meaning unit - there was a change in the psychological significance related to enhanced body awareness /presence which enhanced self-confidence.</p>	<p>Before P1 was more mind-focused and Core therapy taught P1 to ground her thoughts (energy) in the body, which helped her feel more confident</p>	<p>A grounded body promotes trust and self-confidence</p>
<p>I: What do you experience, when you use the body in the therapy? (P1): (...) Can be in all different ways. Can be really touching and emotional but can also be quiet (..) I can feel what's going on in my body. I can feel that I am tired or whatever emotions there are and yeah. <i>I can really feel it and not just think about it.</i> (..) is really an awareness of what's going on. (...)Its more the experience and less the thinking of how it would be</p>	<p>30th psychological meaning unit related to the experience of awareness of own feelings and presence in the body in Core energetics process.</p>	<p>The experience of feeling the body / being aware of the body / having body-awareness can promote diverse poignant feelings – gives a sense of awareness of what is happening in the moment / promotes experiencing the present moment</p>	<p>Body-awareness promotes greater self-awareness in the lived experience</p>
<p>I: Have you experienced something as new during all this time in the body? (P1): Yeah, I feel what is new is a feeling of sort of peacefulness. I feel more quiet and peaceful in my body. Because before that I could feel a sort of a rush, I could also hear a sound in my ears and I was easily agitated. (...) it's also a different... tempo... in life</p>	<p>31st psychological meaning unit - there was a change in the psychological significance related to an enhanced sense of positive emotional and physical state which influenced the “life tempo”</p>	<p>P1 experiences an enhanced feeling of quietness, peace in her body. Which contrasts with previous restless state of mind and gives P1 a different quieter tempo in life</p>	<p>Being present /grounded in the body promotes peaceful state of mind</p>

<p>(P1): I think also very important to feel that is also I think because of feeling more in myself, I can really feel more my boundaries and I can feel where my energy is in my body, what things do to me. (...) I can really feel the impact of things in life on me, so I can also better feel where my boundaries are. (..) more aware and I can see the signs ... of this experience before it happens.</p>	<p>32nd psychological meaning unit - there was a change in the psychological significance related to increasing sense of body awareness which contributed to strengthening of own boundaries</p>	<p>P1 feels important the fact she can feel more and be more aware of her energy, which allows her to identify easier the circumstances which have a strong impact in her life, giving her the possibility to act consciously and establish healthier boundaries, that is assuming a different attitude towards life / taking more accountability</p>	<p>Self-awareness at body, emotional and energy level promotes healthier attitudes towards life / accountability/self-love</p>
<p>I: So, in this process any kind of intervention that (..) you experienced as an important intervention of CE?</p> <p>(P1): I had some good interventions where my mother and father were also in the setup in the session, so I could really work things out.</p>	<p>33rd psychological meaning unit related to the positive experience of specific Core energetics therapeutic intervention.</p>	<p>P1 could sort things out during Core energetics intervention when her parents were represented in the therapeutic session</p>	<p>Representation of paternal / maternal figures in the therapeutic setting promotes changes</p>
<p>(P1): (...) represented by other people and that really helped to break old patterns and that also really helped in the relationship with my parents now, so (...) I could really tell them with my own voice, and with my emotion (...) I could really energize that in the moment, so that I could really solve something...</p>	<p>34th psychological meaning unit - there was a change in the psychological significance related to improved rapport with the siblings, after altering ineffective old patterns of behaviour within Core energetics helpful intervention</p>	<p>P1 could energize and express, safely, hidden feelings towards the representation of her parents which promoted release and change of old ineffective relational patterns</p>	<p>Expression of hidden suppressed feelings in a safe setting promotes change of old ineffective relational patterns</p>

(P1): (...) and also, once I really had the desire to just jump into the arms of a man and I could real do that with a therapist (...) I could really, feel the acceptance from a man, the father figure... and I really felt carried and seen. So, when I think back that was a strong desire I had for a while and now it's gone. So, it helped to do that, it solved something yeah.

35th psychological meaning unit related to the experience of being received as adequate or suitable by a fatherly figure, within Core energetics helpful intervention

Table 13 - Delineating the units of the psychological meaning P2

Data analysis P2			
I. Interview transcript	II. Delimitating unit of meaning	III. Units of a psychological significance	Psychological meaning
<p>I: How are you describing the experience you are having with CE?</p> <p>(P2): CE that (yeah) it gives me tools to liberate the energy inside of me, all the while understanding what's going on. (..) I really feel how it's helping me understand myself better thru bodywork, because it's a lot of bodywork! So, thru really moving my energy and my body.</p> <p>(...) so, moving the energy in the body, brings up a lot of feelings and emotions and insights I would say also.</p> <p>(...) And then giving words and understanding to all of the energy, that's being be moved, for me <i>it has been a very powerful experience connecting more to myself.</i></p>	<p>1st psychological meaning unit - there was a change in the psychological significance related to the enhanced self-connection</p>	<p>P2 benefits of CE tools / techniques, which helps her to liberate / release the excess of energy / tension in her body.</p> <p>Using CE techniques (bodywork), helps P2 to enhance self-awareness. Also, moving the energy in the body promotes many feelings, emotions and insights. Furthermore, giving words / understanding the deeper meaning of the process promotes enhanced self-connection and is perceived as powerful experience.</p>	<p>CE experience is powerful / intense and promotes liberation of the energy thru bodywork; Movement and other CE techniques boost the awareness on own feelings, emotions and vision. / self-understanding</p> <p>/Emotional literacy</p> <p>CE techniques liberate excess tension in the body and enhance self-awareness thru movement of the energy in the body.</p> <p>/</p> <p>Movement brings consciousness.</p> <p>/</p> <p>Conscious movement promotes conscious and enhanced self-connection.</p>
<p>(P2): (...) when I entered Core, <i>what I really experienced was about grounding</i>; not just grounding</p>	<p>2nd psychological meaning unit -there was a change in the psychological</p>	<p>P3 experiences grounding thru feeling the feet on the ground but also experiences a sense of</p>	<p>The experience of moving the energy, the feelings and emotions promotes enhanced</p>

<p>my feet on the ground, but also <i>grounding the experience of moving the energy, the feelings and the emotions and really anchor them into the body.</i> (...) <i>So, that's what Core is bringing me to really be in my body all the while still moving my energy.</i></p>	<p>significance related to the perception of enhanced body-awareness and of the body energy movement experienced with Core energetics</p>	<p>embodiment of the emotions, feelings and energy thru <i>grounding.</i> Such technique benefits of movement of the body, energy, feelings and emotions, which boosted P2 body-awareness.</p>	<p>presence in the body / body-awareness</p>
<p>I: And how was your life previously, before entering this therapy?</p> <p>(P2): (..) what Core it's bringing me, it's to really come more grounding. (...) My life was more... <i>I was only in my head, but I had no consciousness around that. I need to (...) find a way to express, to let my body express itself, so I entered Core. / And, so what Core it's bringing me is, to really ground all that beautiful energies and all that insights.</i> And, so I would say that's really the before and after.</p> <p>(..), I feel now, before my burnout I was living in my head disconnected from my body but without any consciousness</p>	<p>3rd psychological meaning unit -there was a change in the psychological significance related to enhanced body-awareness acquired thru Core energetics <i>bodywork</i> and enhanced self-awareness after initiation of Core energetics practice</p>	<p>Prior to CE, P2 was more mind-focused although was not aware of it.</p> <p>So, she became aware of her need to express thru the body and looked for new teachings on how to enhance the awareness on her body, when she found Core.</p> <p>The CE experience helped P2 realize / become aware / raise her consciousness about her previous state of disconnection (from Self)</p>	<p>CE experience promote self-consciousness and enhanced body-awareness</p>
<p>(P2): (..) I felt so, I was breathing again! In fact, that I was</p>	<p>4th psychological meaning unit -there was a change in</p>	<p>P2 felt alive again while being able to connect to a deeper</p>	<p>CE promotes a deeper / conscious self-connection</p>

connecting to that deeper part of me, I felt like...now I am breathing again...	the psychological significance related to enhanced perception of self-awareness	part of herself / become more conscious of her own breath	
And Core (..) <i>it's bringing me more in the here and now</i> , thru the bodywork, thru really feeling my body thru the breathing into my body	5 th psychological meaning unit -there was a change in the psychological significance related to the enhanced perception of present moment , thru bodywork and breathing.	The experience of feeling the body, breathing into the body helps P2 to experience the present moment, living more in the "here and now"	CE promotes conscious present experience thru breathing, bodywork and self-awareness
(P2): But, what I like and what I love is, that I don't have to let go of all my spirituality and all of my connection to my bigger self, in my energy field. No! I can have that too! But <i>Core is helping me embody it more and really bringing in the here and now</i>	6 th psychological meaning unit -there was a change in the psychological significance related to the perceived experience of enhanced embodied spirituality , in the present moment	CE helps P2 to experience enhanced connection with her higher self, bringing it more in the present moment	CE promotes enhanced connection with her higher self
I: Do you consider that having this experience that you describe, there were significant moments? (P2): the confrontation (..) that's where I grew the most	7 th psychological meaning unit related to the perceived significant experience of personal growth during to the confrontation during Core energetics therapy	The experience of personal growth was mostly perceived as acquired thru confrontation	Confrontation is a significant experience in CE which promotes personal growth
(P2): (..) for me, <i>Core it's very confrontive!</i> And every time I have been confronted is where when, well a	8 th psychological meaning unit related to the perception of a confrontative experience	P2 experienced Core as mostly confronted while she did not perceive her own truth in the present moment (was not	CE is confrontive, thus promoting disclosure of hidden patterns

therapist or a teacher has confronted me <i>with not being in my truth in the moment (...)</i>	during Core energetics process	connected to the present moment, in the body)	
(P2): for me is that's what Core is bringing: the truth in the moment.	9th psychological meaning unit related to the perceived experience of living the truth in the moment in the Core energetics process	Core energetics helps P2 acknowledge the truth in the moment / helps her be in the moment / connect with the present moment / experience the “here and now” reality	CE discloses the truth in the moment / promotes disclosure of hidden traits or dysfunctional patterns
(P2): it's brought a lot of.. / Well it was very uncomfortable, but I could feel that a truth was spoken, and every time it took me awhile after that confrontation happened to (well I would say) digest it.	10th psychological meaning unit related to the perceived experience of discomfort due to the confrontation during Core energetics process	P2 could experience the truth during the moments of confrontations during Core interventions, which were perceived as uncomfortable and needed time to be accepted.	CE experience of self-disclosure brings discomfort but promotes clarity and self-acceptance
(P2): (..) for me Core is about (..) it's going deeper and deeper every time.	11th psychological meaning unit related to the perception of the deep experience during each of the Core energetics intervention	Core allows P2 to go deeper into the experience	CE stand for a profound experience
(P2): That's what those confrontations were to bring me deeper into accepting my truth. (...), I could really grow out of it, so for me those moments where really key, and are still key in my process.	12th psychological meaning unit -there was a change in the psychological significance related to the enhanced perception of own truth, thru the experience of confrontation, which	The experience of profound / unconditional self-acceptance was promoted by the confrontation, which is perceived as key element in the personal development process with Core energetics	Confrontation is a significant experience in CE which promotes self-acceptance and personal growth

	although uncomfortable, leads to enhanced self-acceptance and personal growth		
I: Have you experienced any aspects during all this time with CE as being important in your process? (P2): it's using touch. For me it's been, (so in therapy sessions) it's been very (...) it brought me a lot of information. (..) using the touch in different settings (...) It's brought so much information, so much feelings, so much fears, so much!	13th psychological meaning unit related to the experience of touch in the therapy sessions, perceived as important aspect of Core Energetics, which triggered important information and many feelings	P connected with a wide range of emotional state thru touch, which promoted insights and enhanced awareness of unconscious irrational emotions	Touch is an important aspect of CE techniques / Touch promotes insights and enhanced realization of unconscious suppressed emotional state
(P2): intervention I would say just touch and so breathing thru. That and, also associating, but not too much! Not to be in my head, really to stay in my body but associating / Ok, what you feel, know, so really putting words on the experience, it's been very very helpful in my process	14th psychological meaning unit related to the experience of touch, breathing and verbal association, perceived as important aspects during the experience of Core energetics	The experience of being in the body is promoted by breathing, touch and verbal association (at times). P2 experiences the correlation of mind-body awareness as helpful	Breathing, and touch/at times verbal association, are important/helpful aspects/techniques of CE which promote body-awareness
(P2): what's helping me also is to use the space, in the room, in the therapy room (...) moving with my body in the space, to really feel what is going on in the moment, in relation to my therapist, that's been very, that's	15th psychological meaning unit related to the experience of using the space in the therapy room, expression of movement in rapport with the therapist,	The experience of using the space in the therapy room, moving the body in the space, during Core energetics session and in relationship with the therapist,	Using the space in the therapy room, expression of movement in rapport with the therapist* promote self-awareness and realization of dysfunctional personality traits

also brought me a lot of information about how I am functioning.	which are perceived as helpful aspect of Core energetics	promoted self-awareness and understanding of personality traits	<i>*helpful aspects</i>
(P2): (...) as soon as I was moving my body in the room, so really moving my energy, I would go out of my head (...) I would feel my body, and so I would feel more complete.	16th psychological meaning unit -there was a change in the psychological significance related to the experience of moving the body in the room , which would move the energy during Core energetics session, which would enhance P2 self-awareness / feeling more complete	The experience of moving her body, using the therapeutic space, is promoting enhanced body-awareness and wholeness	Movement in the therapeutic setting, using the space promote* enhanced body-awareness and unity <i>*helpful aspects</i>
(P2): And then, another that's coming out now (...) just her instructions, to check in with my body, help me feel that really (...) is really consciousness of my body (...) always in relation to my therapist. (..), if someone in front of me ..., it really brings me (you know) into connection, my whole self, like my body and my mind. (...) for me that's really bringing consciousness of the body, and what's happening in the body or what's not happening in the body	17th psychological meaning unit -there was a change in the psychological significance related to enhanced body awareness and consciousness of body-mind connection , experienced by the mindful presence and therapist's directives	P2 experiences full consciousness of the body / body-awareness / while in relationship with the therapist, who gives her guided instructions instant complete self-awareness, as promoted by the mindful instructions of the therapist	Verbal directives* given by therapist promotes enhanced consciousness, mindfulness, enhanced body-awareness <i>*helpful aspect</i>
I: Was there anything that you experienced helpful related in	18th psychological meaning unit related to the experience of being	P2 feels touched by the therapist self-disclosure, which	The relationship with the therapist /

<p>the conduction of the session or the therapist, both?</p> <p>(P2): (..) on top of all what I have said, is the relationship with the therapist.</p> <p>I: How do you experience the relationship with your therapist?</p> <p>(P2): (..) she is willing to take risks... Is to really (hmm) bringing themselves into the session.</p> <p>I: So, how do you experience this (...)?</p> <p>(P2): <i>I feel touched!</i> Because I see she is revealing herself. And so, <i>I really feel how it opens my heart to receive her but, also to give of myself. And so, it helps opening up I would say.</i></p>	<p>vulnerable and open in relationship with a therapist, who is willing to take risks and reveal him/herself during the therapeutic relationship, fact that is perceived as helpful aspect of Core energetics.</p>	<p>encourages / helps her to be also vulnerable</p>	<p>Therapist's self-disclosure promotes client's self-disclosure / openness</p>
<p>I: And in the process, with the therapist? Could you describe any experience you found helpful?</p> <p>(P2): very helpful is what she mirrors back to me, what she sees and feels...yeah! (...) <i>I felt seen</i>, and ... is like she shows me a part of myself that if she was not showing it to me I would not feel it.</p>	<p>19th psychological meaning unit related to the experience of being seen / validated by the therapist, by mirroring back, contribute to increasing the self-awareness</p>	<p>P2 feels seen and acknowledged in the rapport with her therapist, which enhanced self-awareness</p>	<p>Therapist rapport with the client promotes self-awareness</p>
<p>(P2): So, when she is describing what she is seeing and how she feels maybe in relation to it, I can have the experience in myself about what she is describing about me.</p>	<p>20th psychological meaning unit related to the experience of perceived recognition, in the rapport with the therapist.</p>	<p>P2 experience enhanced awareness promoted by the feedback given by her therapist during the Core therapy</p>	<p>Rapport, Feedback are helpful tools enhancing client's self-awareness</p>

<p>(...) I: Would you have a word for this experience? (P2): Well, recognition.</p>	
<p>I: Did you experience any significant moments that you consider they were life changing in your process? (P2): (...) it's about the community (..) and is really part of the CE, not just therapy but to be part of the community. What's life changing it's to be able to have that experience of internal growth in relationship with other people. (...) I had just said recognition is because I am in a relationship with someone you know my therapist, my classmates, my teachers so a community, I am seen, I am recognised in everything I am.</p>	<p>21st psychological meaning unit related to the experience of full recognition in relationship with other people, in rapport with the whole Core energetics community.</p> <p>The experience of being seen and recognized by the significant others / acknowledged in the personal development process / receiving feedback from the therapist and significant others</p> <p>The process of internal growth in relationship with other people / being acknowledged / recognition from therapist and significant others</p>
<p>I: (..) what you experienced as life changing? (P2): for me it's the journey that's life changing it's not one thing. (..) So, I would just repeat what I said because that is life changing to be part of a community, to be mirrored and to be supported, going into my body and being reminded again and again in individual therapy sessions to go back to my body, to feel my body, to be in my body in presence of someone,</p>	<p>CE it's a life changing journey / each step sums to a transformative/Human evolutionary process</p>

being confronted also, to be led into my truth whatever that is in the moment, all of That is life changing.

I: What about the experience in your body? describe your experience into your body, when... you are undergoing the CE therapy?

(P2): *I feel flow.* When my body is moving, when I have consciousness, *when I bring consciousness into my body and I move it*, so it's again energy and consciousness, *I feel flow. I feel pleasure*, I feel ahmmm yeah, I was gone say flexibility. So, I feel my body is moving in itself... so that gives pleasure because. And also, curiousness, because I don't know where is going because it's free to mooove, ahmm (thinking). Yeah! *I also feel a sense of awe.* Like admiration in a sense "awe

22nd psychological meaning unit related to the **experience of perceived consciousness of own feelings of flow, pleasure, flexibility and a sense of awe** during body experience in Core energetics therapy

P2 experiences more consciousness of the body / enhanced body-awareness, which promotes feelings of flow and spontaneity giving a sense pleasure and awe and curiousness in the moment, while undergoing conscious movement of the body during Core energetics therapy.

Conscious body movement in CE promotes *flow*, enhanced body-awareness, flexibility, spontaneity and curiousness, a sense of awe

I: Related to the body also, have you experienced any changes in your body since you are undertaking this modality in therapy?

(P2): *I feel much more aware rapidly when I feel stressed*, so when I feel tension in my body; so for me stress is ahmm so when I feel stressed I feel a lot of tension in my body, so

23rd psychological meaning unit -there was a change in the psychological significance related to **increased body-awareness, higher consciousness related to stress condition symptoms**

P2 can feel more rapidly distressful feelings in the body, thus is experiencing greater physical consciousness / body-awareness

Enhanced body awareness promotes improved realization of stress triggers

<p>especially in my back and also in my shoulders and in my neck</p>	<p>(P2): (...) working with my body in therapy has helped me gain consciousness around what's happening in my body; also, <i>to be more aware also when I feel pleasure and to let it expand more in my body.</i></p>	<p>24th psychological meaning unit -there was a change in the psychological significance related to enhanced body awareness and experience of pleasure in the body</p>	<p>P2 enhanced her consciousness of what's happening in the body, distressful or pleasurable feelings are perceived easier which allows her to take conscious actions</p>	<p>Working with the body in CE boosts the body awareness, which promotes enhanced self-consciousness</p>
<p>I: Any of the body interventions that were more relevant as you experienced as more relevant in your process?</p> <p>(P2): I mean yeah touch of course but discharging for me has been well let's say life changing. (..) is what Core brought me as awareness is that I have a lot of charge in body without even knowing it. Now, I know more about it.(..) , I would say the excess energy in my body</p>	<p>25th psychological meaning unit -there was a change in the psychological significance related to significant advanced awareness regarding the excess of energy in the body.</p>	<p>From the body interventions used in Core, most relevant for P2 was discharging – which increased her awareness on her characterological energy traits</p>	<p>CE boost awareness on specific characterological energy traits</p>	
<p>(P2): (..) when I have excess energy hmm I don't have the same flexibility that I was describing earlier (...) when I start to move my body and so, that's been very helpful for me, and whenever I discharge I feel so, so good! And that's very, for me, that's very very specific to Core energetics.</p>	<p>26th psychological meaning unit -there was a change in the psychological significance related to enhanced awareness of explicit physical needs (?)</p>	<p>P2 learnt that when she experiences excess energy, her body is not as flexible but as soon as uses movement / charging and discharging feels better</p>	<p>Movement, charging and discharging promotes flexibility in the body</p>	
<p>I: So, discharging is one of the interventions that was very, you</p>	<p>27th psychological meaning unit related to the experience of perception</p>	<p>P2 experienced discharging as liberating and</p>	<p>Discharging promotes release liberating and promoting</p>	

<p>experienced as very important. How you experience discharging? (P2): I would say it's coming back to freedom in my body... to liberate something (...) the experience of it is just freeing, for me it's really liberating! and then, I retrieve more flexibility and more movement in my body, more freedom yeah!</p>	<p>of physical freedom and body movement after releasing the physical tensions (?)</p>	<p>promoting freedom in her body, enhanced flexibility</p>	<p>freedom in her body, enhanced flexibility</p>
<p>I: We reached the end of our interview (...). If you feel you have something else to say, to close, you are welcome! (P2): it's been for me an experience of finding myself, on different levels, so on a finding wholeness in a way, I find that in Core I am the more complete.</p>	<p>28th psychological meaning unit related to the experience of feeling complete (perceived unity) due to Core Energetics</p>	<p>P2 experienced CE as realization of her unity</p>	<p>CE experience promotes personal growth and unity</p>

Table 14 - Delineating the units of the psychological meaning P3

Data analysis P3			
I. Interview transcript	II. Delimitating unit of meaning	III. Units of a psychological significance	Psychological meaning
<p>I: Poderias falar sobre tua experiencia com Core? (P3): Das ultimas sessões (...) onde falamos mais do que normal e houve, e fizemos algumas técnicas, mas depois ali me fazia perguntas e como que tu te sentes? e repara que tem haver com isto e tem haver com aquilo <i>e houve ai um insight brutalissimo</i> que foi do meu processo de infância (..) (..) foi <i>tomada de consciência durante as sessões da Core.</i></p>	<p>1st psychological meaning unit – there was a change in the psychological significance related to sudden enhanced awareness / insight about childhood related experiences</p>	<p>P3 experienced during the session verbal enhanced the awareness / consciousness during Core energetics experience</p>	<p>CE promotes enhanced awareness / insights connected to early childhood memory</p>
<p>I: Como que experienciaste Core Energetics, mesmo por ser primeira vez? (P3): para mim foi fundamental a confiança que eu senti no terapeuta, portanto reconheci-lhe o valor e a competência e senti-me muito segura nas mãos dele (..)</p>	<p>2nd psychological meaning unit related to the (important) experience of feeling safe in the therapeutic setting and perceived trust in the aptitudes and competence of the therapist</p>	<p>Trust and competence of the therapist was fundamental for P3 to be able to feel safe and open in the therapeutic process.</p>	<p>Therapist grounded attitude and recognized competence is fundamental for the safe therapeutic setting</p>
<p>(P3): (..) importante foi, pá foi essencialmente muito libertador, era duro..</p>	<p>3rd psychological meaning unit related to the experience of</p>	<p>Core energetics is both challenging and liberating</p>	<p>Core energetics experience is a liberating experience but challenging</p>

	perception of release / freedom / discharge		
I: Como foi essa experiência, quando diz que era duro? (P3): experiência era forte, e acontecia tanta coisa naquela hora era duro no sentido, epá as vezes <i>era forte fisicamente</i> ou seja quando tinha que mexer pernas ou braços e bater epá!	4 th psychological meaning unit related to the perceived intensity and physical exigence experienced during Core energetics therapy	P3 experienced the intensity of the specific body interventions, which at times, was perceived as extremely physically demanding	Specific CE body interventions may be very physically demanding
(P3): (...) era muito duro, depois de expulsava a emoção (...) mas ao mesmo tempo vinham o insight, as imagens (..) relacionadas com isso.. e era sempre tudo muito claro.	5 th psychological meaning unit related to the experience of discharging the emotion and the awareness of the interconnected insights	P3 experienced clarity in the Core energetics challenging process of emotional liberation, which promoted insights and enhanced awareness	CE process of emotional liberation promotes insights and enhanced awareness
(...) que eu adorei no processo foi: havia processo físico, processo emocional mas depois havia clareza mental.	6 th psychological meaning unit related to the experience of perceived interconnection of body, emotion and mind	What P3 loved in the CE process was the physical process, emotional process followed by mental clarity	CE process interrelates process of body, emotion, mind promoting awareness
(...) saber o que que eu tinha que fazer com o corpo, exacto para puder a desbloquear aquilo, então era tudo muito claro, e depois eu ficava, ficava mesmo com clareza do que que tinha a ver com que que tinha a ver não	7 th psychological meaning unit – there was a change in the psychological significance related to improved awareness at physical level and understanding of the body-mind and emotion interrelation	P3 experiences clarity while having the understanding on how to use her body in the therapy to release the emotional charge, fact that promoted enhanced clarity / awareness	Awareness on how to use the body in therapy promotes greater awareness
(...) E depois durante aquela semana de intervalo, ate	8 th psychological meaning unit – there was a change in the	In between the sessions, P3 experienced increased	CE promotes enhanced awareness / revelation of old patterns

<p>próxima sessão epá acontecia muita coisa, muitas sincronicidades, muita tomada de consciência, mais padrões, mais coisas acontecer a chegarem, e com clareza, muita clareza, tipo aaaa! aaaa! Uau! Pois! Incrível</p>	<p>psychological significance awareness regarding old patterns related to enhanced awareness about old patterns of behaviour.</p>		
<p>I: Então com que essa experiencia, quais são momentos considerados significativos? (P3): sim, foram bastante significativos e como se houver mudança efectiva de comportamento e de estados emocionais..(..) e eu fiquei muito mais forte, importante, fiquei muito mais confiante, muito mais confiante em mim, muito mais assertiva, muito mais assertiva. (..) importante houve mudança efectiva quer dizer.</p>	<p>9th psychological meaning unit – there was a change in the psychological significance related to effective and positive lasting transformation of deep-rooted patterns of behavior and emotional states</p>	<p>P3 experienced several significant moments during Core therapy, related to the effective change of old patterns of behaviour and emotional states, reflected in self-confidence, assertiveness.</p>	<p>CE promotes effective significant change of old dysfunctional patterns of behaviour and emotional states</p>
<p>I: Houve outras partes da terapia que foram importantes ou significantes para tua experiencia? (P3): a questão de ser vivenciado, que trazia transformação era um bocado isso, era era eu conseguir libertar-me emocionalmente</p>	<p>10th psychological meaning unit related to the experience of the emotional liberation through bodily experience leading to self-transformation</p>	<p>The experiential component of Core was perceived as fundamental by P3 in her emotional release/discharge process performed by expression /movement of the body</p>	<p>Core experience promotes change by using full expression of the emotion in the body / Transformative process</p>

<p>efectivamente daquilo que surgia por estar utilizar o corpo..</p>		<p>P3 was able to effectively release the emotional charge by using the body and expressing what was there in the moment, which was perceived as transformational</p>	
<p>I: Podes descrever alguma experiencia que tem este... “experienciar emoções”? (P3): pfff foram tantas (...) o que se calhar foi mais forte e fiquei a perceber um bocado esta coisa da desvitalização (..) falta de força que eu sentia também emocional e mental e foi muito interessante perceber através do corpo, perceber como é que isso activava também internamente essa força psicológica</p>	<p>11th psychological meaning unit – there was a change in the psychological significance related to enhanced physical awareness and greater understanding of the interrelation between body emotion and psyche. (body, mind, soul and spirit)</p>	<p>For P3, it was very interesting to gain self-awareness through body work exercises, gaining more understanding related to mental schemes or related psychological traits and experiencing the interconnectedness of the physical-mental-psychological dimensions.</p>	<p>CE body work promotes self-awareness / revelation of old patterns & related psychological traits / During CE experience the physical-mental-psychological dimensions intersect</p>
<p>(P3): (..) fizemos muita coisa (...) para mim foi muito forte; (..) forte no sentido de ter impacto e de me custar imenso..</p>	<p>12th psychological meaning unit related to the perception of the intense experiences during Core energetics interventions and their impact</p>		<p>Core energetics experience is challenging/ intense experience</p>
<p>(P3): (...) foram exercícios que me.. depois gerar uma catarse muito forte (..) e sentia a libertação</p>	<p>13th psychological meaning unit related to the experience of catharsis or an intense emotional liberation after performing specific physical</p>	<p>Some specific physical exercises promoted releasing, and thereby providing relief from, strong or repressed emotions.</p>	<p>CE carry out some specific exercises which help release repressed emotions</p>

exercises during Core energetics therapy			
<p>(P3): (.) Ou conseguia conectar com a dor da minha criança e vivenciar isso e perceber ok, esta cena vem daqui.</p>	<p>14th psychological meaning unit – there was a change in the psychological significance related to increased awareness of childhood associated significant painful emotions</p>	<p>P3 was able to connect with old pain as experienced in the childhood and gain awareness on its origins</p>	<p>CE bring awareness on re-enacted childhood unresolved wounds</p>
<p>(P3): (...)ahhha uma coisa! e isso, aquele toque despoletara-me uma catarse, e depois dessa catarse vinham mais imagens e vinham mais informação e no final sentia-me extremamente liberta, depois isto ficava tudo relaxado.</p>	<p>15th psychological meaning unit related to the experience of touch in the therapy sessions, perceived as significant, which triggered important information and physical liberation / relaxation</p>	<p>During her process, P3 experienced touch as a factor for catharsis, which conveyed her more insights and enhanced awareness, which felt extremely liberated and relaxed.</p>	<p>Touch was a contributor factor to catharsis, in CE experience, which promoted insights and emotional release</p>
<p>I: O que realmente ficou como importante e mais significativo realmente da experiencia que tiveste? (P3): foi a tomada de consciência dos meus padrões. (..) e perceber qual era tendência padrões que eu tenho e que tive sempre</p>	<p>16th psychological meaning unit - there was a change in the psychological significance related to the perception of enhanced the awareness of old patterns of behaviour and its tendency</p>	<p>P3 considers that the most important aspect of her experience with CE was the perception of enhanced the awareness of old patterns of behaviour and its tendency</p>	<p>CE promotes awareness of old patterns of behaviour and its tendency</p>
<p>(P3): (...) e houve ai uma sessão que tivemos a mexer nisto e o que ele me diz foi este foi muito forte para mim, Epá e quando ele me diz isto, isto foi assim tipo... eu</p>	<p>17th psychological meaning unit related to the experience of new consciousness / perception of old mental schemes / the old faulty believe system, prompted by</p>	<p>P3, “started putting the pieces together” increasing her awareness on old ineffective patterns (isolation - victimization)</p>	

<p>iaaa começou, a fazer as ligações (na mente)</p>	<p>the therapist during the Core energetics therapy session</p>		
<p>(P3): isto foi muito revelador, e realmente comecei a procurar todas as outras questões do trabalho com corpo e com a dança e comecei a perceber que realmente eu me expandia muito mais e conseguia sair do estado negativo com uma facilidade e uma rapidez tremenda coisa que a meditação e o isolamento não me traz.</p>	<p>18th psychological meaning unit - there was a change in the psychological significance related to enhanced awareness related to new patterns of behaviour to efficiently replace or inefficient ones</p>	<p>Thru gaining the awareness of such old ineffective patterns, P3 was able to take up her accountability for changing the enactment of ineffective negative childhood patterns</p>	<p>CE experience helps reveal old ineffective negative childhood patterns and re-enact positive new patterns</p>
<p>I: O que mais relacionado, durante a terapia, no movimento do corpo, o que foi realmente útil para ti?</p>	<p>19th psychological meaning unit related to the experience of perceived awareness of the interrelation between body, emotion and mind.</p>	<p>P3 perceives the CE experience helpful thru the relationship it creates during the process between body - emotions and - mind</p>	<p>CE interconnects body, mind and emotion.</p>
<p>(P3): ... já tirando tudo que disse, quer dizer, a relação entre aquilo que estava acontecer no corpo e o que que acontecia nas minhas emoções e na minha mente. (..)essa ligação foi sempre maravilhosa (..) foi tipo epá em quase tudo que vivenciávamos</p>			
<p>(P3): eu perceber que eu estava com energia mais nas pernas, ou que tinha energia mais em certos sítios (mostrar as maxilárias) e depois isso me</p>	<p>20th psychological meaning unit - there was a change in the psychological significance related to enhanced understanding on the energy</p>	<p>The CE exercises helped P3 increase her awareness on the blocked energy in some specific parts of her body and how this body energy patterns</p>	

<p>fazia desencadear certos padrões mentais emocionais que estavam relacionados com o corpo</p>	<p>patterns expressed in the body, which brought awareness on other specific emotional-mental patterns associated with the body</p>	<p>were influencing specific emotional-mental patterns</p>	
<p>(P3): depois perceber também e sentir quase essa escapatória, essa ferramenta, isso uau, então se eu for libertar o corpo eu facilmente,</p>	<p>21st psychological meaning unit - there was a change in the psychological significance related to enhanced response of bodily (energy) release / discharge or liberation due to enhanced self-awareness of - old patterns inefficient- escapes</p>	<p>P3 felt enthusiast with having the awareness of the body as a tool of emotional liberation</p>	<p>Body as a tool of emotional liberation</p>
<p>(P3): (...) comecei a fazer para usar o corpo mais o que sentí foi ali que através do corpo era muito mais fácil para mim tirar os noos emocionais e mentais do que faze-la através da outras técnicas que eu ja conhecia, mais mentais, não e? e mais emocionais, era mais directo, mais rápido, e mais imediato, o trabalho através do corpo.</p>	<p>22nd psychological meaning unit - there was a change in the psychological significance related to perception of the enhanced release of emotional and mental patterns by means of the physical exercises / Core energetics interventions</p>	<p>P3 became aware that the use of the body promoted her an enhanced connection to her repressed emotions and unconscious mental patterns</p>	<p>Bodywork promotes enhanced connection to repressed emotions and unconscious mental patterns</p>
<p>(P3): (..) É duradouro. Sim, é a mudança efectiva, percebes? Uma coisa tipo, a eu vou la a sessão, sai de la sintome mais aliviada mas na semana seguinte estou igual. Não! Havia melhorias! E</p>	<p>23rd psychological meaning unit - there was a change in the psychological significance related to perception effective change of old patterns and actual improvement during Core energetic therapeutic process</p>	<p>P3 experienced, during CE therapy, effective emotional liberation and positive transformation of old ineffective patterns.</p>	<p>CE promotes emotional liberation and positive transformation of old ineffective patterns.</p>

<p>havia melhorias, e havia melhorias.</p>			
<p>(P3): (...) já deixei de fazer não é? E ainda não estou curada e há coisas por exemplo o maxilar.. o maxilar é uma treta.. o maxilar está outra vez, hrrr, a língua o maxilar, esta rigidez ...</p>	<p>24th psychological meaning unit - there was a change in the psychological significance related to the enhanced perception of body-awareness and release of specific body tensions</p>	<p>P3 ended the therapy and now is more aware of the physical tensions previously was not connected to.</p>	<p>CE promotes enhanced body-awareness and relief of intense parts of the body</p>
<p>I: Então podes dizer que durante a experiencia Core, corpo estava diferente?</p> <p>(P3): sim estava diferente, o maxilar alivio muito e (...) importante houve altura que aconteceu também, o oposto, tipo ter a tensão , e como se houvesse qualquer coisa ser libertada, que tivesse com essa zona do corpo e aquilo tinha ficado amplificado, aquelas dores nas costas entre algumas sessões pioraram, ficou assim superforte depois melhorou, alivio bastante..</p>	<p>25th psychological meaning unit related to the experience of the exacerbate physical tensions</p>	<p>P3 experienced changes in the body during her process with Core energetics.</p> <ul style="list-style-type: none"> - Physical tensions relief (“the jaw was very relieved, the back, the shoulders”) - Strengthen weak parts of the body (the arms) <p>In some sessions, P3 experienced amplified body tension, increasing the pain of tense areas of the body that worsened with therapy, and throughout sessions improved, which was experienced by P3 as a relief.</p>	
<p>I: Experienciaste algo novo no corpo?</p> <p>(P3): (..) epá meu corpo esta diferente sinto-me mais fortalecida, sinto-me mais directa</p>	<p>26th psychological meaning unit - there was a change in the psychological significance related to perception of a positive experience of feeling</p>	<p>P3 perceives her body different since she experienced CE; she feels empowered, improved her body posture and feels her body strengthen.</p>	<p>CE promotes an enhanced awareness at many levels which promotes change in self-responsibility</p> <p style="text-align: center;">/</p>

<p>minhas costas mais curvadas estou com mais força no corpo, e pronto tem feito este trabalho desde Outubro que comecei a fazer treino de musculação como nunca fiz, nunca tive força nem vontade nem coragem tipo eu percebi que havia essa relação e que a falta da força nos braços.. (...) uma tomada e consciência completamente nova e diferente.</p>	<p>the body reinforced, an improved posture</p> <p>27th psychological meaning unit - there was a change in the psychological significance related to improved awareness on necessity of new effective habits and factual actions towards maintenance and strengthening of own body</p>	<p>After CE therapy, P3 became more aware of the connection of her body patterns to her personality inefficient traits, which helped her to assume more accountability in her life.</p>	<p>Understanding of CE process permits new choices / assuming accountability towards change</p>
<p>I: Tiveste alguma experiencia corporal? (..) mais impactante..</p> <p>(P3): foi impactante de perceber em que mascara eu me identificava mais e aquelas que irritava-me, era o poder, o amor e a paz (...) Foi muito revelador (...) O que que eu senti com essa experiencia, essa tomada de consciência (...)</p> <p>Então foi muito forte para mim perceber que afinal essa força que eu punha ca para fora, eu não preciso de ninguém! Ahh por amor de Deus, era exactamente a fragilidade.</p>	<p>28th psychological meaning unit - there was a change in the psychological significance related to enhanced awareness of hidden personality traits</p>	<p>Understanding and experiencing the Core model had a great impact in P3 enhancing her awareness on her defense mechanisms she was using to hide psychological traits</p>	<p>Understanding and experiencing the Core model enhance awareness on defense mechanisms and associated ineffective psychological traits</p>

<p>I: O que te trouxe mais, essa experiencia para alem de tomada de consciencia?</p> <p>(P3): (..)em cima de tudo uma grande revelação. (...) deixava uma curiosidade... então deixa-me saber mais. (..) Puder conhecer-me melhor em cima do tudo e dar a volta a isto..</p>	<p>29th psychological meaning unit related to the experience of perceived extensive revelation during Core energetics experience and strong desire to know or learn more and enhance self-awareness.</p>	<p>P3 experienced self-disclosure, which promoted curiosity to learn more about the work in order to know herself better / enhance self-awareness</p>	<p>CE experience promotes self-disclosure and desire to enhance self-awareness</p>
<p>I: Quais foram as intervenções que mais experienciaste como importante no processo?</p> <p>(P3): (..) fizemos sempre tanta coisa, e foi sempre tudo tao forte e tao importante. (...) fizemos mais do que uma, de ele estar de pé a simbolizar a minha mãe (...) Essa experiencia, <i>o mais importante foi esta consciencia de eu pedir aquilo que preciso.</i> (...) eu não era proactiva e não ia atras do que queria</p>	<p>30th psychological meaning unit - there was a change in the psychological significance related to enhanced self-awareness while expressing and claiming own needs and being received by the therapist as adequate, within Core energetics intervention, which contributed to altering the ineffective associated old patterns of behaviour</p>	<p>P3 perceived CE as elaborated intervention, intense and relevant to her growth process. P3 refers to an important intervention when she experienced the therapist representing her mother figure. Such experience allowed her to affirm her needs and had an impact on old inefficient patterns of behaviour</p>	<p>The representations of the mother figure in the therapeutic session and possibility to express real needs promotes real changes in the ineffective old patterns of behaviour</p>
<p>(P3): E perceber que pronto, eu tinha começar a fazelo sobre tudo pedir o que preciso</p> <p>pá vulnerabilizar-me (...)</p> <p>E pronto, isso acabou por me dar mais força, mais foco.. e</p>	<p>31st psychological meaning unit - there was a change in the psychological significance related to greater assertiveness, determination and focus while moving towards more effective patterns of behaviour</p>	<p>P3 was able to experience new positive patterns, opening herself to new possibilities thru being open and vulnerable, affirming her needs fact that influenced her behaviour in</p>	<p>Transposing the freedom of expression experienced in the session, in life: thru enhanced assertiveness towards real needs / Re-enactment of old patterns during CE experience promotes</p>

mais sim mais decisão, mais decisão sem duvida.		life, becoming more assertive, more focused	new positive and effective permanent changes
<p>I: E como tu estas a experienciar a ti própria antes de ter tido essa experiencia com Core, durante e depois?</p> <p>(P3): (...) neste ponto, acho que há vários (...) de <i>sair da vitimização</i>, e <i>torna-me mais proactiva</i>; então, o antes se as coisas não funcionavam eu desistia, e agora não (...) Tipo não, vou voltar a tentar..</p>	32 nd psychological meaning unit - there was a change in the psychological significance related to enhanced self-accountability / personal accountability and changing the perspective of victimization / assuming a proactive and determined behaviour	P3 acknowledges various changes had occurred in her life due to CE experience, and one of them reflects change of old patterns, for example coming out of victimization, and becoming more proactive;	CE experience boost self-awareness which promotes change of old ineffective patterns of behaviour: such victimization / Promotes changing perspective of self-victimization and enhances personal accountability
<p>(P3): (...) expressão através do corpo trouxe me muita consciência (...) foi muito mais fácil e trouxe-me algo muito valioso que também se tinha trabalhado..</p>	33 rd psychological meaning unit - there was a change in the psychological significance related to enhanced body-awareness	For P3 the emotional expression thru the body was very important, and boosted her self-awareness and understanding	CE emotional expression through the body is a valuable intervention which promotes enhanced awareness
<p>(P3): (...), extrapolação, depois para o grupo do fortalecimento...(...) percebes`, as coisas foram casando, e epá exponenciarem muito não é?</p>	34 th psychological meaning unit related to the experience of positive perception of extrapolation of Core work into other group related activities, which was helpful in the consolidation of expression and authentic connection in a group / community	Extrapolation of individual CE lived experience improved exponentially P3 experience in other group work circumstances	CE promotes consolidation of Self-expression and authentic connection in a group / community
<p>(P3): (...) da afirmação perante o outro, que também me faltava</p>	35 th psychological meaning unit related to the experience of perceived absence of	P3 felt the absence of self-affirming and recognition in	The individual Core energetics therapy does not provide self-

	affirmation in rapport with significant others during individual Core energetics therapy	rapport with a community or other significant peers	affirmation in rapport with significant others / community
(P3): (...) libertação da infância essa libertação do perfeccionismo	36 th psychological meaning unit related to the experience of overcoming (liberation/release) the negative childhood experiences and connected patterns during Core Energetics experience	P3 perceived liberation from old ineffective patterns / behaviour or traits of perfectionism	CE experience boost self-awareness which promotes change of old ineffective patterns of behaviour: such perfectionism
(P3): (...) E pronto, depois as coisas iam casando uma com as outras e foi todo muito revelador (...) e com trabalho corporal essencialmente com trabalho corporal.	37 th psychological meaning unit related to the experience of perceived revelation during Core energetics experience, mostly due to the bodywork	P3 experience with CE was revealing essentially thru bodywork	CE bodywork promoted enhanced self-awareness / self-disclosure
(..) I: estas foram técnicas ou experiencias que tiveste durante sessão? (P3): Sim, durante a sessão, e houve uma sessão que foi tipo epá brinca, diverte-te, ri, como uma criança.. epá custou-me horrores, tipo sentia-me envergonhada, Não consegui fazer aquilo, e eu fogo não sei fazer isto!	38 th psychological meaning unit related to the perceived difficult unpleasant self-conscious feelings triggered by specific Core energetics techniques, which were interpreted by own beliefs of being or doing something disreputable/ ridiculous (ashamed)	P3 felt embarrassed to perform certain specific techniques	Ambivalent/dissonant feelings towards certain specific techniques in CE
(P3): (...) Depois fiz mais algumas sessões via online também.. e também foi interessante. (..) era mais fácil..	39 th psychological meaning unit related to the perceived positive feelings towards online Core energetics sessions and	P3 felt the efficiency of CE interventions also online, however could perceive the importance of touch in her	Touch in CE

<p>foi mais fazer fazer isso com ele assim online do que presencialmente. Olha, mas funcionou, foi bom, foi bom claro que havia depois as outras coisas que mexiam muito comigo também que me espoletava uma sensação de carência forte, que era quanto ele tocava nas minhas costas</p>	<p>also the perceived absence of touch, which was perceived as important during presencial therapy session</p>	<p>process, which boosted the awareness on her childhood not met needs</p>
<p>I: Tens mais alguma coisa que querias acrescentar, em relação a tua experiencia com Core? (P3): pronto como te disse foi altamente revelador, altamente libertador e epá de uma importância extrema, uma das coisas mais importantes que já fiz ate hoje, sem duvida, as coisas mais importante e que marca, marca um paredo, eu antes do Core fazia isto assim assim e depois já sou diferente, e isto é brutal porque nem todas as coisas que a gente faz tem esse marco, não é? Ah foi bom, foi importante mas não foi assim um grande marco</p>	<p>40th psychological meaning unit related to the extremely positive and important perceived experience with Core energetics, considered as a milestone in the personal development with remarkable achievements.</p>	<p>P3 perceives her experience with CE highly revealing, liberating and of great importance in her self-development, promoted effective changes in her life</p>
<p>CE experience is a milestone in the personal development with remarkable achievements</p>		

Table 15 - Delineating the units of the psychological meaning P4

Data analysis P4			
I. Interview transcript	II. Delimitating unit of meaning	III. Units of a psychological significance	Psychological meaning
<p>I: Could you describe what is your experience with Core Energetics?</p> <p>(P4): It's very deep therapy you have to deal with emotions, they called great feeling, ... you feel anger or joy, or... what do we have more? ah. fear, anger, joy, yeah, those emotions. (..)</p>	No psychological meaning unit	P4 describes CE as “very deep” / profound therapy which deals with all spectrum of emotions (anger, joy, fear.) ... which seem to be intensely experienced by P4	
<p>I: How do you reached to have this experience? How did you arrive to Core Energetics?</p> <p>(P4): Why I chose CE, you mean? Yeah? It was very long time ago, it was in early 90's when I felt that I couldn't feel a lot of emotions. I was always numb. So, this came along. I heard it from a friend, he told me why you don't go to. In those years was called Bioenergetics, and it was specialized on the body, on your body, on your how do you call it? Yeah body. So, you work with the body a lot. You try to be present in your</p>	1 st psychological meaning unit - there was a change in the psychological significance related to “moving from numb to perception of feelings/flow in the body/arms;	<p>P4 motivation to undertake CE therapy was back in 1990 when he realized, he was feeling emotionally numb – he became aware he was detached from his emotions for the most of his life.</p> <p>So, he looked for a modality to work thru therapy his body and gain more awareness of his emotions, enhancing his connection with the body.</p> <p>The moment he contacted with Bioenergetics, such psychotherapy focus on the body, allowed him to feel more</p>	Enhanced body and emotional awareness

body and the body is a kind of language who talks to you, who sense the things. From the childhood on you get experiences which have an impact on your body, so they try to get in contact with your body, to feel your heart, and your belly, and you feel life. **I feel a lot of life flowing into my arms, you get also they call it tinkling, it's... and you feel a lot of emotions in your body.** So, you don't think about them, you feel it, and that's the big experience with Core Energetics. **So, you really feel your anger and you get in contact with it,** so it's more from yourself, it's yours, it's your anger, it's your grief, it's your pain, it's your joy.

the energy in his body and get in touch with his emotions (anger, grief, joy, pain etc)/bodily sensations (“tinkling”)

I: What is the difference of Bioenergetics and Core Energetics?

(P4): Yeah, the difference is, first of all, Bioenergetics it was only your body and Core Energetics gets the Core of your Self, of your being it's much more than only your body, it's also your spirit, your soul. It's a higher level, in contact with God, in contact with something higher

No psychological meaning unit – conceptualization of the method

P4 perceives Core Energetics as a modality which works more than the level of the body, which has a spiritual component (including the spirit, the soul- a higher dimension, which goes beyond the concept of life)

<p>than you. There is also a dimension like that, that you get a feeling of something more than just life.</p>		
<p>I: How do experience this "something more" that you describe? (P4): . it's also the fact that is done together. I also do CE with the group, so you share your emotions and it's a feeling of connection, connection to the world, to other people, but also with something higher than yourself.</p>	<p>No psychological meaning unit</p>	<p>P4 benefited of CE group therapy where he experienced connection with other people, being able to share his feelings in a common therapeutic setting, experience which gave him the feeling of a more profound connection, to the world.</p>
<p>I: So, this connection that you are mentioning to something bigger is given by the experience you are having with CE? (P4): Yeah.</p>	<p>No psychological meaning unit</p>	
<p>I: Ok. But also, you mentioned the group; so, it's also, all included? (P4): Yeah, it's not that you are alone in the world, you feel connected to other people, because you are experiencing the same thing, but you can now share it, it's a sharing thing. It's a sharing of deep emotions but also joy and this sharing is very important. You can live it all by</p>	<p>No psychological meaning unit</p>	<p>One of the experiences in the CE group, is sharing the same emotions with his peers, fact that contributes to a deeper connection, which creates a sense of individual fulfilment in P4.</p> <p>Thus, P4 describes Core energetics group therapy as a valence to open feelings of satisfaction, while fulfilling</p>

yourself alone but the feeling that you have in the group is this extra, it's fulfilling. It's fulfilling feeling. So, it's more like CE it's something that makes you really happy. It's really getting in contact in what you need. What do I need, what is my longing, where do I long for? It's not only money, it's also friendship, love, connecting, not only with your parents, with your brothers and sisters, or with some good friends, but with everybody; also, people that you don't even like, where there is no connection, where you are too much different that you don't like each other, that happens. Is not that I like everyone in the room, they were a lot, also people I don't like but this connection about being human that makes it fulfilling. So, you also get a perspective of life, not so grey but optimistic; it's not a pessimistic view anymore.

ones' needs and working thru own longings, which enables the practice of an optimistic attitude while connecting with others and the world from the core.

Increasing the awareness thru CE processes regarding own needs seem to bring P4 an elevated level of self-satisfaction as well a high level of connection with himself, others and the world.

P4 convey CE an optimistic view perspective towards all life's dimensions

I: And all this is given by the experience you are having with Core?

(P4): Yeah, it's not only in the mind that you think everybody is good, it's not a

No psychological meaning unit

P4 describes the sense of embodied feelings

<p>mental. It's really a feeling. It's physical.</p>	<p>No psychological meaning unit</p>	<p>P4 describes his therapeutic history</p>
<p>I: So, you really feel it in your body? (P4): Yeah! yeah.</p>	<p>No psychological meaning unit</p>	
<p>I: May I ask, well I know you started in 90s, but roughly how many sessions of therapy can you count for all these? I mean, you have had all along until today or (?) (P4): No, in 1998 I stopped, I had a period of... (it was alright). I know that I stopped because it was fear. You always get this barrier, this wall of fear, fear of getting in to contact. Because you are always are afraid, in my case, when I was a child I always got neglected. I always got jilt when I tried to get in contact with my parents; They neglected me, or they didn't get me what I want. So, there was always a reaction in my body that when, I reached out to another person to say "I need you", there was rejection and, this is so nestled in your body, that every time the movement goes out to reach out to a person and he rejects you, because he says I have no time, I am busy or come</p>	<p>No psychological meaning unit</p>	<p>P4 describes his therapeutic history</p>

back later.. the reaction in the body gets locked. And this is the fear. And this can be an issue, so you stop with it, you say it's enough...

I: So, this happened when you stopped in 1998? So, you had 8 years' experience with (when actually) Core Energetics entered your life? Because, (as mentioned) before was Bioenergetics.

(P4): Yeah, after 1998 I started again in 2011. So, I had 13 years I did nothing and in 2011 I started again, and it was Core Energetics.

No psychological meaning unit

P4 describes his therapeutic history

I: In group, or individual?

(P4): I first started individual, it always was an easiest step in. Because the therapy, if you are safe environment, you have to build up a relationship with safeness. Because, you don't really, there is always this issue about "Am I safe with you?", "Are you going to hurt me?" - in the group session. But let's say that the sessions individually you can take as many as you like, you can

No psychological meaning unit

P4 re-started therapy after 13 years with CE modality in 2011 taking individual sessions, on monthly basis.

He chose individual sessions over group sessions therapy as he could approach differently the issues he experienced around safety. He felt the need to build a sense of safety in an individual relationship rather than in a group setting

<p>go every week, I went every month.</p>		
<p>I: Ok, so it was monthly? (P4): Yeah, so for me it was about 8 sessions a year, individually. And in the group, you make much more, take in for 20 sessions in a year. So, you make a long-term relationship. You commit yourself to a certain amount of sessions.</p>		<p>P4 had experienced CE therapy on a monthly basis, a total of 8 sessions per year.</p>
<p>I: Ah, you have to commit to number of sessions; is not that one session counts for 20 individuals? Ok, I got it wrong. (P4): Yeah. So, in the group is much more, because you go into contact with other people, 8 till 10 people. So, they want much more commitment of you, because you got sometime into a process. It is not black or white, because if you get scared or you cannot pay anymore, I go to relapse. I can go away, but the desire that you make a long-term relationship.</p>	<p>No psychological meaning unit</p>	<p>P4 describes the requirements of group therapeutic approach in CE</p>
<p>I: Like a commitment? (P4): Yeah, commitment. Yeah. So, and you also have different groups: only men, you</p>	<p>No psychological meaning unit</p>	<p>P4 refers to his experience to Core therapy group, mentioning bonding with men was necessary from the</p>

<p>have only women and also altogether. That's your choice what kind of issue do you want to have(?) In Core Energetics it's the rule that men first have to get in contact with other men and it's bounding. From an old cultural thing, in old societies you had men group and the women group, and the men went to hunting and the women, it had much more this rule. So, a man, when you want to become emotional a grownup you have to contact with men to bound with them, to feel safe. If that's fulfilled, then it's time that you can go to the women.</p>	<p>perspective of Core energetics conceptual practice before going into connection with female, male had to strengthen the self-bonding within male community and with male peers, fact which was considered self-growth and emotional development</p>
<p>I: So, this was your experience? Or your talking about the concept? (P4): Yeah, but also a concept. It's both!</p>	<p>No psychological meaning unit</p>
<p>I: Ok, so you experienced this concept within CE? (P4): Yeah, and especially it's also, I don't say is with every man the same, but most men share this experience and share this idea. Is important for men to bound themselves with men, to gather more, we call it</p>	<p>No psychological meaning unit P1 refers to the conceptual practice, interactive and experiential process with men in the CE group therapy setting and associated therapeutic interventions.</p>

<p>"Grounding" in CE. Grounding is very important.</p>		
<p>I: Would you tell me more how do you experience the CE therapy? If you can give more details from the experience itself? (you mentioned the emotions and some other concepts)</p> <p>(P4): yeah, it always starts in a circle hold hands, little song and then closing your eyes and go inside. So, you close your eyes and put your consciousness, you go "here" (showing the body) not in there (showing outside).</p>	<p>No psychological meaning unit</p>	<p>Describing the experience within a CE session, P4 describes the steps taken for the connection with the self, the group in the present moment, which requires consciousness (awareness/mindfulness)</p>
<p>I: So, you are talking about your experience? About what you feel?</p> <p>(P4): Yeah. So, the object goes inside, I have to focus on myself, focus is on what do I feel, tension? Do I go into my head? Do I think a lot? Or can I feel my feet(?), and this is for everybody is a choice. You can do whatever you like, if you want to think the whole day, you do that, but try to. So, you have to breath slowly, breathe deeply, always (<i>haaa-showing the deep inhale with mouth wide open</i>). So, it's emphasis on the breathing, and</p>	<p>No psychological meaning unit</p>	<p>In the process of phase, in the beginning of the therapy session, P4 builds awareness towards his body by means of self-questioning, connecting mentally with parts of his body while accentuating a deep, slow breathing, fact which contributes to distribution of the energy in the whole body, helping him to be fully present in his body (not only in his head).</p> <p>The way P4 describes his experience of full presence in</p>

emphasis on your feet and on the... “*espanung*” (in German), tranquillity focus on, let the jaw down... it's getting in a so movement, putting the energy not up into your head.

Because we often, we go into our head with all our consciousness, all our emotions here (showing the head), we try to control everything from here (the head). So, it's the object is to go down, and if you do that, you do it often you feel that you are going inside, **you feel that you are getting home**, you feel that everything falls down, get totally relaxed, so relaxation, I try to find that word

his body describes feeling of deep sense of comfort (feeling getting at home, totally relaxed, etc)

I: The way you describe it's the experience it's the same you are having in the individual sessions as in the group? Or there are differences?

(P4): (nodding the head)
No, it's always the same, it's always the beginning, it's always... this is the focus. Then so, we always call it "charging"-discharging"; We charge and then we have to discharge.

No psychological meaning unit

P4 experienced the sensations described for the initial phase of the therapy equally during individual and group therapy. During CE therapy, it P4 experiences ‘charge and discharge’, specific techniques applied in the CE modality (and Bioenergetics)

<p>I: How you experience this charging"? It's a technique I understand?</p> <p>(P4): Yeah. So, charging is, like getting a cushion, getting a bat and hitting (<i>demonstrating the movement united hands above the head going down in a systematic movement</i>) open your chest and hit. So, it's very physical exercise and you have to shout a lot also. This has the role to open, then you have to discharge or better you charge. Because feeling how becoming angry or becoming (<i>thinking</i>) crying, it's charging. You get a lot of emotions, you built this with big emotions and the discharging is that you fall over, you bend over with your arms to the ground, letting your legs to carry you. So, you have to always focus on your legs, your legs are very strong, they can hold you. So, this is charging and discharging. And discharging is the emotion, so can you understand me?</p>	<p>No psychological meaning unit</p>	<p>P4 describes the practical way of charging and discharging and the role of other specific techniques used during CE therapy, as well as how does it affect him(?) while using these techniques.</p> <p>Other techniques experienced during the session as described:</p> <ul style="list-style-type: none"> - Strenuous physical exercises - Shouting - Systematic body movements with the scope to open the frontal upper part of the body <p>P4 describes the consequences of using these techniques:</p> <ul style="list-style-type: none"> - Intense feelings of anger - Crying (sadness) - And other intense feelings <p>Still narration is</p>
<p>I: Yeah, I mean you are describing your experience regarding the techniques that are used, right?</p>	<p>No psychological meaning unit</p>	<p>P4 refers that apart the described techniques, verbal communication of personal</p>

<p>(P4): Yeah.</p> <p>(P4): Yes. But these are the techniques. But when I have an issue, when I want to talk about something like... there are days that I feel so scared that I can't even go shopping, or go to work, or... I have always, I always have these fights with my wife... Why? We don't understand each other, every time. It's a job that you talk about something, talk about I don't feel happy with myself or I have a bad relationship with my mother, or I always hate my father, or I am the black sheep in the family...</p>		<p>issues are reflected by CE interventions.</p>
<p>I: What this experience brings you when you have the space to talk about this right?</p> <p>(P4): Yeah. Then they always start with energising yourself.</p>	<p>No psychological meaning unit</p>	<p>P4 refers to the technique therapists always use in the beginning of CE session - "energising"</p>
<p>I: When you say "they"? "They" who?</p> <p>(P4): The therapist, yeah. If you are single you have only one and in group, you have two.</p> <p>I: Ok</p> <p>(P4): You have to be with two, because the group is too big. They always have one to</p>	<p>No psychological meaning unit</p>	<p>P4 mentions that in the group therapy there are usually 2 therapists for a group size of 8 to 10 people.</p>

keep the group and focus, because some stories are so heavy that all the group goes into turmoil, so we always have to stay in control. What experience you have or what story to tell, they always try to find something where they can energise it.

I: Can you describe this energising, how you experience it?

(P4): Yeah, **it's always a black emotion**; an emotion you don't want to feel, an emotion you don't want to have, and which is not allowed, like (*thinking*) when I have parents who never acknowledge me. I always demand from, especially the therapist, like: "You have to see me!", "You have to acknowledge me!", "I need you to say that I am good". **But this is not something I say because I have a bad experience with. So, it's a feeling I have, but I don't say it. I suppress it.** So, the therapist asks you "to put the shit on the table", to put your dark issues on the table, you have to speak them out, so you have to make them bigger. So, you have to energise it with force, with

No psychological meaning unit

P4 describes a specific CE technique, called "energising" as practical process in the therapy session when he experiences a negative emotion, which he usually does not express because it is connected to a previous traumatic experience. Thus, P4 experiences negative thoughts towards the therapist which does not address, instead he suppresses his feelings. During the therapy session, while this issue was present, P4 was confronted by the therapist to reveal his real feelings and encouraged to increase its intensity even: this was part of the "energising" process, which would include a physical component but also intense verbal expressions.

shouting, with hitting, like "I hate you!", to speak it out. Because, when you get in contact with the feeling of hate, you get annoyed, you feel it, you feel hate and you get confronted. You don't push it away anymore, it becomes your friend, the hate and then becomes normal. And when hate, when the feeling of hate is normal, for me, I can take it. I can hold it. I get control of it instead of that it controls me. **So, the experience is "I feel hate" and is OK! I don't have to project it anymore on someone else**

During the expression of these hidden feelings, P4 contacts with real emotions which are then confronted by the therapist. In this process, P4 achieves a sense of acceptance towards his "so perceived negative" feelings, which become "ordinary".

Thus, for P4 being acknowledged and witnessed while expressing his real/intense feelings, having the chance to go fully into their expression in the therapy setting, while confronted by the therapist, helped him to come at "peace" with his feelings, which eventually increased his acceptance towards such intense emotions taking the responsibility towards having them

I: Like the therapist for instance?

(P4): Yeah! Or, what we do on everyday society: we project it on the government, on the EU, etc. So, you get more in contact is your hate, it is my hate! I keep it with me. So, I don't see

No psychological meaning unit

Thus, in the process of acknowledging and accepting his own feelings (of hate) in the CE work, P4 increased his tolerance towards negative emotions and he can undertake responsibility of his feelings (more positive emotional adjustment)

<p>other people no more with hate but with loving eyes.</p>		
<p>I: So, it's sort of (I don't know is my interpretation) but is like taking responsibility for your feelings?</p> <p>(P4): Yes! That's it! Yeah, exactly! That is the whole thing. With the body level.</p>	<p>No psychological meaning unit</p>	<p>P4 can fully take the responsibility of own feelings, at body level.</p>
<p>I: Ok. So, is really embedded experience that you are having, the way you are describing?</p> <p>(P4): Yes.</p>	<p>No psychological meaning unit</p>	
<p>I: So, do you consider thru this experience that there were some moments more significant for your process? Could you describe?</p> <p>(P4): The thing is that you re-live every day the same experience is always hate but is on a different level. On a first level is very big and heavy and you feel ashamed and guilt, and that's very focused when your parents... and then, is much more subtle. With every layer you tore apart, like... call it like a bandage on a wound, you have a big wound on an arm and every time</p>	<p>No psychological meaning unit</p>	<p>P4 refers to the moments of expression of negative emotions as very significant, for allowing the transformation of old negative subtle patterns to layers of increased self-awareness. As consequence to CE systematic work, P4 feels more connected to himself and his core (essence) being able to take more responsibility of his own life. P4 describes himself as a fulfilled human being, experiencing abundance while experiencing fulfilling and openhearted relationships with the significant loved ones.</p>

you out a little blister, is like an onion, you take away the shelf of the onion and every shelf you take away it becomes more delicate. So, the experience of anger and hate is smaller and smaller and more delicate and more closer to your core. The Core Energetics: the core comes every time more out. And the more you are taking out, you take more responsibility on your life. So, you become more fruitful person, a fruitful human being, you become more, you get a more fulfilling life also at work but also in relationships with my wife, with my friends, with my parents, there is much more love. I always have love, love, love.. I feel love, it's much more fulfilling. Yeah. So, it's delicate.

I: Ok. So, I see that when I asked about significant changes, it was actually related to changes you already mentioned. That, this was a change in your life and not only one aspect but more aspects of your life(?)

(P4): Yeah, yeah.

No psychological meaning unit

The experiences P4 described his previous therapeutic process within the body therapy techniques of bioenergetics.

<p>I: And it's a permanent change as you look at it? This experience brought you a permanent change?</p> <p>(P4): Yeah! But, there is something I have to say, because I had this experience of a lot of years not with Core Energetics, but with Bioenergetics. You can fall back to your old, you can fall back, if you don't... it's like fixing a car. You have to do it every year. If you don't do it anymore, if I don't go to the CE, I lose it.</p>		<p>According to P4's experience, is necessary to follow a "maintenance"</p>
<p>I: How do you experience? When you say you are loose it?</p> <p>(P4): Because you get more. ahh ... you realise that I became angry again! About some aspects in my life that I didn't like. Not, I didn't fall totally back. But, you always fall a little back than I realized, oh I get angry again with my father, I thought it was done! But no! I still have some issues with him. That's what I mean, is delicate.</p>	<p>No psychological meaning unit</p>	<p>P4 experiences subtle reoccurrence of old patterns, thus his belief is that if therapy is not consistently followed, then its effects are lost.</p>
<p>I: You mean, the same issues or I mean, is not to go</p>	<p>No psychological meaning unit</p>	<p>P4 experiences CE as "a gift for life", while he is increasing</p>

into details, but just to understand if you are going, as you are saying, into the onion, you are going into different more delicate experience, it that?

(P4): Not totally back to the old issues, but some. It's like splinting your hand, I thought I got it out, but another one. I still have this splint on, it's another one, but it still hurts. I thought it was... and of course the pain in your heart. So, you don't fall totally back. But it's a personal choice, for me I like it to do it, because I see where it takes me, what brings me. So, for me it's a bonus, it's a gift for my life. Because, it gives me much more deep connection with other people but also with myself

his capacity of Self deep connection and with others.

I: From the context of therapy have you experienced during the process with CE any that was more important for what you experienced?

(P4): Yeah. It's always like I say, **the confidence and the connection with other people is deepening**. So, every therapeutic session with

2nd psychological meaning unit – there was a change in the psychological significance related to deepening of connection to others

In the context of (group) CE promotes a deeper / conscious connection with others with other people as deepening.

something I brought into it, because you don't do it every week. It's when you feel it, you don't always bring yourself totally in it; because there are 10 people and only 2 can work.

I: But from your experience really, along this time, years that you went into CE therapy what was more important, what you experienced as important?

(P4): I had one session with a therapist where I projected my father on him, but a positive father. He was a positive father for me; He (the therapist) was a father which I never had and there was moment that I totally broke; I really broke in his arms, I fell in his arms and I really let go, I let go a lot of pain. It was moment when I really could give myself over to my father in a moment of total relaxation, where I really fell down and he picked me up. He told me it's good, you can surrender. That was a really important moment for me! It was a shift in trust and there was very recently the shift that I(...). Because there was an issue that I

3rd psychological meaning unit related to the (important) experience of feeling safe in the therapeutic setting and perceived trust in the aptitudes and competence of the therapist

An important process experienced by P4 during CE therapy was the role-play of the therapist, who represented a good enough father, the one P4 had not experienced in real life. Such experience allowed P4 to release pain while surrendering his longing towards having such a father.

P4 experienced this intense moment in the therapy as very important, where it was for the first time he could open an old pain expressing it and being witnessed and supported by the therapist and his peers.

This experience brought him a shift in trust; the holding by the therapist, being assured of his safety in the moment were important for P4, thus he could totally relax and surrender while receiving the support

The importance perspectives of the role-play intervention, unconditional acceptance and support of the therapist

Representation of paternal figure in the therapeutic setting promotes relief of pain and changes

wanted to work on, one was my father another was my mother. And I really felt for the first time in my life the pain when I was 4 years old. When I was four or five years old, the pain I had at that moment, which I couldn't cope with because I was still young; And I felt it now, two weeks ago. And for the first time, I really shout to my fellow members the deep pain I had, and I throw it all out.

I: So, I hear your experience was quite intense. You were few seconds off (*internet connection issues*). Sorry, I couldn't follow you because the video was frozen. I was asking in that experience that you were mentioning, re-enacting your 4 years old child, you mentioned that was important that the therapist was holding you, right? And I would like to ask related to this aspect to the conduction of the session/the therapist what did you experienced also as important from the side of the therapist, what was important?

No psychological meaning unit

The trust in the therapist was important for P4 during the CE intervention.

<p>(P4): What was important for me?</p> <p>I: Yeah, more than the holding, other aspects that you would remember.</p> <p>(P4): The trust, the trust I felt (<i>thinking</i>), letting go of the pain, really letting go, it was really going away, the pain went away. Being with myself, really feeling myself, being totally with myself and everything was ok; everything was alright.</p>	
<p>I: The environment of trust that the therapist is providing, that's one important aspect?</p> <p>(P4): Yes</p>	<p>No psychological meaning unit</p>
<p>I: So, what else you experience from the therapist, what is important for your process?</p> <p>(P4): His presences. He was present. Is really important that you can feel it when you get further on the work, you feel that therapist is totally present.</p>	<p>No psychological meaning unit</p> <p>P4 experiences the total presence of the therapist as important</p> <p>The experience of full presence of the therapist is perceived as a state of energy, a unbiassed attitude, an absolute presence</p>

I: How you experience this therapist being totally present?

(P4): It's a state, it's a state of energy, it's a neutral energy. You feel that he doesn't need anything from you.

I: So, you feel it bodily or?

(P4): Emotionally, yeah, you feel it emotionally that he is totally fine with himself. That he has no interest in you, you can do anything, he is there for you but is not interested in you. And at the same time, he is totally present. It's energy that he gives to me, you are totally fine.

I: So, a sort of unconditional support?

(P4): Yes, unconditional love. It's unconditional love. It's a love which parents would have for their children but if you are unlucky and you have parents that who needs himself totally unconditionally love, he projects on you as a child. I have to love my parents(?). No, they have to love me as a child. And that's the shift, the twist, yeah. So, you get

P4 perceives the absolute presence of the therapist as unconditional love, where the therapist is in total service to his client

totally twists environment as a child. As you always feel that hmm my parents need me, they don't love me, they need me! I am there for them, they are not there for me! So, you get this twist idea when you are older you always have to give something to the others. You always have to give yourself away, in your relationship in your work, so you are never whole.

I: Ok, so is... you may say this experience with the therapist brings you the awareness of this, what you are describing?

(P4): Yes. So, I can take it with me. I can also be present in the moment, and just being with myself, if I want to have contact with somebody else like with my wife, I go neutrally to her, I don't need something.

I: So, this experience also brings a change in you. And is it life changing, I mean it stays with you?

(P4): Yes, is life changing! But you have to

No psychological meaning unit

P4 experiences the attitude of his therapist as ???

No psychological meaning unit

<p>always, like the onion`, you have to practice it, practice it.</p>		
<p>I: Ok, you mentioned that it requires to experience.</p> <p>(P4): Yeah, so you don't do it once and you say well I am done. You have to practice it again and again. Until it's an automatic reaction. That's what happens now with me. I am there, there is an automatic reaction always to be with myself, always being focused and grounded in my body.</p>	<p>4th psychological meaning unit – there was a change in the psychological significance related to enhanced self-awareness and the presence in own body</p>	<p>P4 declares he achieved self-awareness thru a systematic process in CE therapy, which allowed him to be more conscious of own reactions and apply the learnt techniques (to focus, to be present, to stay grounded in the body) such way avoiding falling into old patterns of behaviour.</p> <p>Enhanced self-awareness thru a systematic process in CE therapy</p>
<p>I: This is what you experience now after how long, how much time of?</p> <p>(P4): 8 years now.</p>	<p>No psychological meaning unit</p>	<p>Such change was achieved in 8 years of body psychotherapy</p>
<p>I: So, going further, related to the body, how do you experience your body in the session? In the context of therapy? You have something specific you can refer to?</p> <p>(P4): That's also always different because, I cannot control emotions, they come, and they go. They (emotions) pass thru my body and sometimes I</p>	<p>No psychological meaning unit</p>	

feel joy, sometimes I feel anxious. But you are feeling it in your body and there are layers in your body, maybe you can see it.

(P4): Can you see my body? No psychological meaning unit

I: Right now?

(P4): Yeah.

I: I can only see you up to (*Upper part of the chest*)

(P4): Do you see this one? (*the lower part of the chest*). There are here, there are lines which are blocks, and it's important that you make them free.

I: So, this is what you experience in the session?

(P4): Yeah. So, it's important that in your session you breathe and make this open, it's opening your chest. So, it's lot of energetic, CE session, are focused on opening this ..

I: The chest you mean?

(P4): Yep. This, yeah.

I: The front part of the body, the trunk?

(P4): Yeah, you are opening yourself, the front of

<p>your body. You do this (<i>folding-in the front of the body</i>) because you are afraid of the hurt of the heart.</p>		
<p>I: So, what this experience brings you or instance?</p> <p>(P4): That you can open yourself more. I can be opened to the world (or) to other person.</p>	<p>5th psychological meaning unit – there was a change in the psychological significance related to enhanced connection to the world and others.</p>	<p>Enhanced connection with the self, world and others</p>
<p>I: Yeah, like you mentioned also for the connection to other people, right?</p> <p>(P4): Yeah, and you have to train it. It's like you want to become a very good soccer player, you have to practice a lot. But this is the practising part. You have to breath a lot, have to open your throat, you have to shout, to open your, that you can go out, because you go always inside, closed.</p>	<p>No psychological meaning unit</p>	
<p>I: This was you experience before CE? When you mentioned closing the body... Is there any related to before contacting this kind of therapy? Is there any difference you experience after</p>	<p>No psychological meaning unit</p>	

<p>you started the Bioenergetics and specifically CE?</p> <p>(P4): Oh, Yes!</p>		
<p>I: Related to your body, how did you feel your body before and after?</p> <p>(P4): Ok, before I was always cramped, I was closed. I had a lot of hurt in my body. It really hurt. But I was so closed, that I could not feel that I was hurt. Because I felt nothing! I really felt nothing, I was totally closed. The only thing that I was doing, I was always thinking (<i>showing his head</i>). I was always in my mind, thinking. Thinking, if I say A, he says B then he says C.</p>	<p>No psychological meaning unit</p>	<p>Before the body psychotherapy, P4 was perceiving his body most of the time tensed and closed, which was painful. Yet, his body awareness was very limited thus he could not perceive the pain of his tensed body. P4 describes himself as being very much in his head, constantly thinking and being engaged in logical thinking model ?</p>
<p>I: So, it was very mental?</p> <p>(P4): Yeah. It was like I was an acting player. I was always creating acting scenes to attack somebody or tell somebody.</p>	<p>No psychological meaning unit</p>	
<p>I: And after you experience the body therapy what were the major changes. Were there any changes?</p>	<p>6th psychological meaning unit – there was a change in the psychological significance related to changing in thinking patterns and stress coping mechanisms</p>	<p>P4 experienced a major change following undertaking the body psychotherapy</p> <p>Changing in thinking patterns and stress coping mechanisms</p>

(P4): Yes! I never think anymore!

I: oh!

(P4): I don't think anymore, I just wait for inspiration. I sense, and then there comes a movement and an idea of... Oh! I have to go shopping! I am never thinking about I go shopping, it just happens! I always, I never get really angry of my work also. I just wait, and work comes to me. I don't have to search for work, or be stressed, or think that I can't cope I always cope, I am never stressful anymore. I feel stress, but I let it go. It goes naturally away. I don't have to do anything.

I: And the body, bodily changes? Now you are referring to states, or how you experience your life. But bodily, are there any changes that you can refer to?

(P4): I see, I am sure that my skin is younger than ... I am really sure that I don't look like 51, I look younger. My body gets more, better height, better

No psychological meaning unit

Bodily changes are perceived by P4 in the quality of his skin, a better aligned body posture, feeling a general feeling of healthy and balanced body

<p>colour, it's fresh, I stand more adjust! More straight.</p>			
<p>I: The posture you mean?</p> <p>(P4): Yeah. I am much more (<i>straightening his spine</i>)</p> <p>I: Vertical?</p> <p>(P4): Yeah, more like this. I always looked like this (<i>curving his spine</i>). Now, I look like this (<i>more aligned</i>). Little bit still, but much more straight. And everything is more balanced. I feel better.</p>	<p>No psychological meaning unit</p>		
<p>I: Before contacting with therapy, the body intervention from CE you had other type of therapy?</p> <p>(P4): Yes, I had Gestalt.</p> <p>I: Ok. And was involving the body as well?</p> <p>(P4): No. Only talk.</p>	<p>No psychological meaning unit</p>	<p>P4 had previous experience with Gestalt therapy, which did not include the body</p>	
<p>I: So, how was overall your experience going in such a therapy using the body?</p> <p>(P4): For me it was life changing. Because I always wanted to know things (<i>by the head</i>). If know why my father is</p>	<p>7th psychological meaning unit – there was a change in the psychological significance as consequence of the therapy, concerning the way of relating to the significant ones</p>	<p>P4 acknowledges that using the body in the therapy was life changing for him, changing completely his attitude towards life and significant others, where his emotional side is prevailing over the</p>	<p>Adopting more positive ways to relate to significant ones</p>

<p>like he is, then I can fix it. But now, I don't want to fix it anymore, I want to love him!</p>		<p>rational side allowing him to connect from a wholehearted place</p>
<p>I: So, it feels to me that you are more in contact to yourself and to your emotions?</p> <p>(P4): Yes exactly. Simply said how it is, Yes!</p>	<p>No psychological meaning unit</p>	<p>P4 feels more connected with his emotions and himself after undertaking CE therapy</p>
<p>I: So, well we are coming to, very close to our time, and would you have something specific to add to everything that you have shared so far? Related to CE?</p> <p>(P4): Yes, I think that I can now talk about it, I would recommend you or invite you to do it sometimes. Because then you can see and feel it.</p>	<p>No psychological meaning unit</p>	<p>In P4's perspective the best way to experience the effects of CE is to practice it, experience it.</p>
<p>I: Yes, I thank you so much for your recommendation. I was, apart from this, I was interested if you have something more to share in general, beyond my questions let's say, in the benefit of what was important or well, I am not asking any questions (<i>laughing</i>). If you have something else to add</p>	<p>8th psychological meaning unit – there was a change in the psychological significance of enhanced emotional competencies</p>	<p>CE gives P4 the feeling of being fully alive, and P4 feels CE was/is a great gift for him</p> <p>The feelings P4 is now aware of gives him a better reason to live(?)</p>
<p>Achieving enhanced emotional competencies</p>		

regarding CE. How you feel about it?

(P4): Yes. For me is, I think the most important thing in life. Because it really gives you the feeling, the real feeling that I live! That I really live. That I am alive! I think that's the reason, for me is for living! Feeling that you are alive.

I: Well it seems it brings a lot!

No psychological meaning unit

(P4): Yes, Really a lot! Yeah. It's a great gift. I would recommend to anybody. To everyone!

I: Everyone? OK. Well, I am grateful for your sharing and it was a real pleasure to get to know you. Thank you for being so open to me during this interview. I will contact you if I may by email and via online to send you the form to sign for the consent of this interview, also to have official let's say for both of us. Would be ok with you?

No psychological meaning unit

(P4): Yes. Thank you very much.

I: And if you are interested, I can also share the results after I will

finish my thesis. That will be a
pleasure.

(P4): Thank you.

Table 16 - Empirical variations of the Essential constituents

Essential constituents of the Core energetics experience	Empirical variations			
	P1	P2	P3	P4
1. The experience of therapy 1.1 Liberating 1.2 Challenging – physically & emotionally- intense experience 1.3 Profound, life-changing experience 1.4 Ambivalent/dissonant feelings concerning certain interventions	1.1 The possibility to recognize, feel, “experience it in the moment”, express and act upon the feelings was a liberating experience	1.1 CE offered tools and techniques to liberate, release the excess of energy and tension in the body	1.1 CE experience was liberating but challenging	1.1 - x
	1.2 CE experience caused initial discordant feelings in the context of CE group therapy	1.2 Core energetics “brought a lot of (...) truth”, which “was very uncomfortable”	1.2 CE experience felt “physically” extremely demanding	1.2 CE connected with “deep emotions”
	1.3 CE experience had an immediate significant and positive impact, “that helped on a deeper level”	1.3 CE promoted growth endorsed by carrying “so much information, so much feelings, so much fears, so much! (...)”	1.3 The experiential way of CE “brought transformation”	1.3 CE experience brought aliveness, “a feeling of truly being alive!”
	1.4 CE experience felt like “a cold shower”, led to ambivalent feelings for having “brought a lot”; created “very deep changes”	1.4 “Core it's very confrontive!”	1.4 At times, the experience of “expelling the emotion” was hard but at the same time was interconnected with “insights” and clarity	1.4 - x

<p>2. Changes experienced during the therapy</p> <p>2.1 Enhanced body & Self-awareness</p> <p>2.2 Enhanced self-connection, world and others</p> <p>2.3 Interconnection between body, mind (cognition) and emotion</p> <p>2.4 Effective change of cognitive, emotional and behavioral dysfunctional patterns</p>	<p>2.1 CE contributed to “feeling the body more”, sensing the feeling “in the body” and realize what it “does to the body”, to have the “awareness of what’s going on”.</p>	<p>2.1 CE promotes the “here and now” experience thru breathing, bodywork & self-awareness</p>	<p>2.1 CE experience brought awareness; the “most important” of all was the consciousness and expression of own needs.</p>	<p>2.1 CE practice contributes to building up the reflex of being always “focused and grounded in body”.</p>
	<p>2.2 CE helped to “really feel connected in the world, to other people”.</p>	<p>2.2 CE was a “powerful experience” helping to “connect more “to oneself.</p>	<p>2.2 CE helped to connect to old emotional states and integrate it.</p>	<p>2.2 In the context of CE group therapy “the confidence and the connection with other people is deepening”</p>
	<p>2.3 The fact “of feeling more” helped to distinguish, be “more aware” of own boundaries, and “feel the impact of things in life”</p>	<p>CE was “very helpful” by giving a bodily experience on what was felt, known, and by “putting words on the experience”; It brought connection, of “whole self, like body and mind”</p>	<p>2.3 CE had always facilitated “a wonderful” connection between “what was happening in the body”, the emotion and the mind.</p>	<p>2.3 Feeling the emotions in the body, instead of thinking of them, “that’s the big experience with Core Energetics!”</p>
	<p>2.4 CE “really helped to break old patterns” and that also really helped in the relationship with my parents”.</p>	<p>2.4 Thru CE bodywork enhanced the awareness on the body which brought consciousness on the predominance of mind-state.</p>	<p>2.4 CE triggered “certain emotional mental patterns that were related to the body”, fact that helped the “actual change in behaviour and emotional states”</p>	<p>2.4 CE promoted changing from the excessive thinking to sensing the moment of “inspiration” and “waiting for the movement of the idea”.</p>

<p>3. Most impactful / important / helpful / life changing constituents of the experience</p> <p>3.1 Spontaneous expression of the emotions</p> <p>3.2 Working with the body / Conscious movement of the body</p> <p>3.3 Self-confrontation/personal responsibility/changing the perspective of victimization</p> <p>3.4 Safe therapeutic setting and confidence in the therapist</p>	<p>3.1 The possibility to really express suppressed feelings and voicing emotions brought change.</p>	<p>3.1 The “movement of the energy in the body” brought many feelings and emotions and insights.</p>	<p>3.1 The emotional expression thru the body was very important, boosted self-awareness and understanding.</p>	<p>3.1 CE allowed the “true deep expression” of old suppressed emotions in the presence of the therapist.</p>
	<p>3.2 In CE, client can express and live the emotion in the body in the moment; the body movement promotes conscious expression of lived emotions in the present moment.</p>	<p>3.2 CE experience brought “real “presence in the “body all the while still moving my energy”.</p>	<p>3.2 CE showed how to unlock the body and helped to “understand through the body” how to overcome the “lack of strength “and to activate the “psychological force”.</p>	<p>3.2 The CE systematic work helped to remain “focused and grounded in the body”; CE gives “the most important thing (...) gives you the feeling that you are alive!”</p>
	<p>3.3 CE experience helped to “better feel” and contributed to self-affirming healthier “boundaries”</p>	<p>3.3 The confrontation was one of the “key moments in CE”, which led to a deeper meaning of truth and acceptance of it;</p>	<p>3.3 Core work facilitated stepping into personal responsibility and changing the perspective of victimization by assuming a more “proactive and assertive attitude”.</p>	<p>3.3 CE work confronted with “feelings of old pain”, which were received by the peers and helped the release of childhood distressful emotions.</p>
	<p>3.4 Being seen and adequately received by the embodied paternal figure played by CE therapist in the safe therapeutic setting</p>	<p>3.4 Therapist’s presence, directives and truthful bond relationship contributed to the enhanced self-consciousness and a</p>	<p>3.4 “Trust in the therapist” was “fundamental” in the process of feeling safe in the therapeutic setting and open to the CE work process.</p>	<p>3.4 CE experience brought a shift in trust; the holding by the therapist, being assured of the safety in the moment were important and opened</p>

	changed old ineffective relational problems	deeper mind-body connection.		a safe space to surrender and receiving support
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