CONFLICTS OF EMBODIMENT

in

Movement Analytic Therapy
When we move, we embody. Our invisible body is moving us.

The invisible body is the idea of our “self” - as a result of our relationships.
To move means to act in life and to ensure our existence.
Movement Analysis
(method Cary Rick)

sees movement not as

a symbol
spoken language
an expression
or behavior

but as

an individual act of the invisible body
only manifested in subjective experience,
intimately related to the sense of self.
The conception of the body, intimately related to the sense of self - THE INVISIBLE BODY - is in a constant process of CHANGE.
Conflicts of embodiment are resolved by adequate emotional insights about reality. The inability to experience the specific emotional conflict - this happens when movement resources to act effectively in his or her best interests are reduced or not existent - is an indication of illness.

Movement analytic process encourages to use movement resources which are unconsciously avoided, compensated or even not existent.
“Interpreting motoric evidence diagnostically as an aspect of embodiment, offers a movement approach to the way, body and person interrelate. The diagnosis is based on observational findings concerning the specific motoric alternatives that a patient/client unconsciously uses or avoids. This individual selection of motoric possibilities reveals embodiment to be a dynamic process of impulse, action and repression in which certain aspects of physical reality achieve a transitory or definitive dominance in the conception of the body, whereas others lose accessibility entirely. This diagnostic procedure offers fundamental insights that enable the interpretation of embodiment as a system of the self.” (Cary Rick, founder of the method)
The act of movement
- sensation - conception - intention
The Invisible Body

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ORAL PRESENTATION 365
Saturday August 27th 2011
14.15h – 14.30h

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