

# Functional Analysis





Working here in France in my practice at our house. I see three different kind of people : Some people which come in order to learn about functional analysis, some foreigners, because of my trilingual life, and then all sorts of people which are in real trouble and sufferance. All kinds of different difficulties or pathologies from burn-out to deep depression or panicattacks , anxiety, anorexia, borderline structures. Basically all people which can no longer just be treated by the general practitioner.

Even though I was trained as body psychotherapist and trained in the discipline ( I was a former Radix Trainer ) the Verbal work was absolutely necessary, because many times in acute situations the jump from an agitated anxiety state and plenty of problems to lying down on the mat seemed often too far.

So i started out doing more verbal work than I first really wanted, but overtime found that it works very well , just as well and sometimes maybe even better ....!

To me now I see a „verbal body“ !

The inward movement on the mat and the inward movement during a talk ....!!!!

Classic psychotherapy works with the out stroke , encouraging people to express themselves ( in order to liberate themselves ??) , we do the opposite :

Inward movement, people are clear, then they will say it from their own perspective taking responsibility ( nonviolent communication)....

Examples :

Anxiety  
Francois G.  
Suicidal

# A first session gives us a lot of information if we just listen:

Most patients are coming because they are in a problematic life situation, they at the end of their own resources, they are tired and exhausted and barely in control .... might be a too bigger jump from a critical emotional situation onto a mat !

Clinical examples : Nicola ( body/mind)

Steph ( nobody home ) Benedict ( the other one is home)

Rag (shame and hiding)

France ( convinced herself to be free but is only free of herself , but not at all from others)

Talking ? Saying? Expressing? Accusing ? Thinking outloud? Asking ? Being overwhelmed ? (Lola)

Telling a story.....?

# Why Verbal Work ??

Exclusiveness will enhance the **body/mind split** , the vision that one has little to do with the other or the understanding that one is more important than the other !

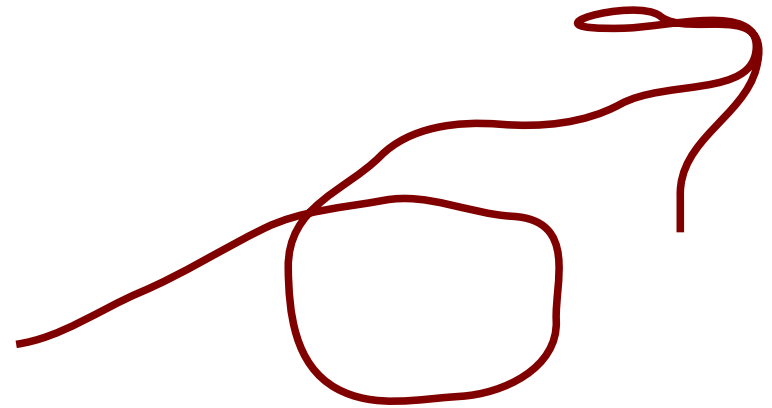
Since Freud..., Reich worked in the **ambulatory of a hospital** with a population which was far less broad and eloquent or capable of expressing their feelings... so it was him who discovered the „life energy“ and it's blocages.... Grandfather of the bodywork , since he wanted to put in scientific terms the libido, which Freud postulated but never researched in any palpable, clinical way.

So **psyche and soma are manifestations or symptoms of the underlying energetic process!**  
Basically or functionally speaking they are the same. So it does not matter whether we work with the soma or the psyche !!

The important part of the work is that it is **dynamic and then ( dynamic = force and work in greek )** we are within the process ( the latin = proceder= proceed) synonyms for process are progress, development etc....!

Lets look at the dynamics in theory and practice :

# Life – energy acc. to W.Reich



- pulsates
- moves forward in a spinning wave
- accumulates
- represents itself **functionally identical** (W.Reich)
- unites beyond the body/mind split!

# 1. **Life energy pulsates in many different superimposed rhythms within our organism...**

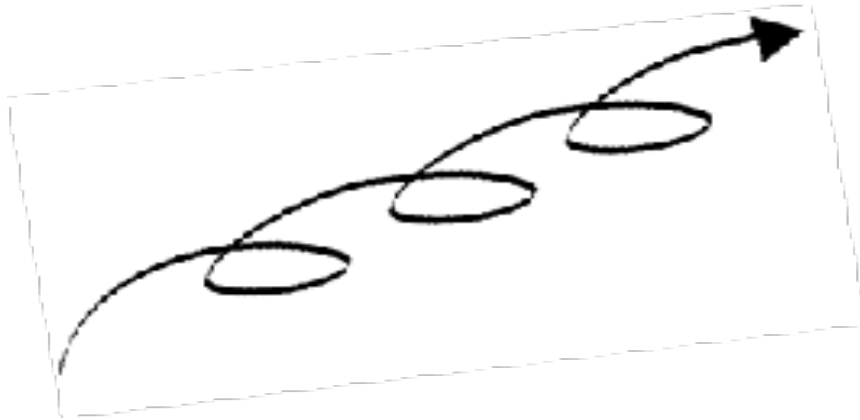
## **Instroke**

- **Inspiration.**
- Charging
- **Centering**
- Gathering
- **Condensation**
- **Comprehension**
- Taking-**apprendre**
- Being (still)

## **Outstroke**

- Expiration
- Discharge
- Expansion
- Dissipating
- Reverberation
- Expression
- Giving
- Doing

## 2. In time and space, the „spinning wave“ represents pulsation



The energy moves forward and ahead « of itself » - in a spiral movement - before it comes back « on itself » , gathers and centers before it reaches out and forward again in order to expand into a new cycle.

In nature an example is a flock of birds during migration

In human life we experience development in this way and we will have cycles of more inward movement or instroke emphasis as well as cycles of more outward movement or outstroke emphasis



the movement of a „spinning wave“ allows us to imagine that *becoming and being oneself* happens during the **instroke** !

**Desire**

exitement - movement forwards - discharge - expansion - relaxation - gathering - centering - integration

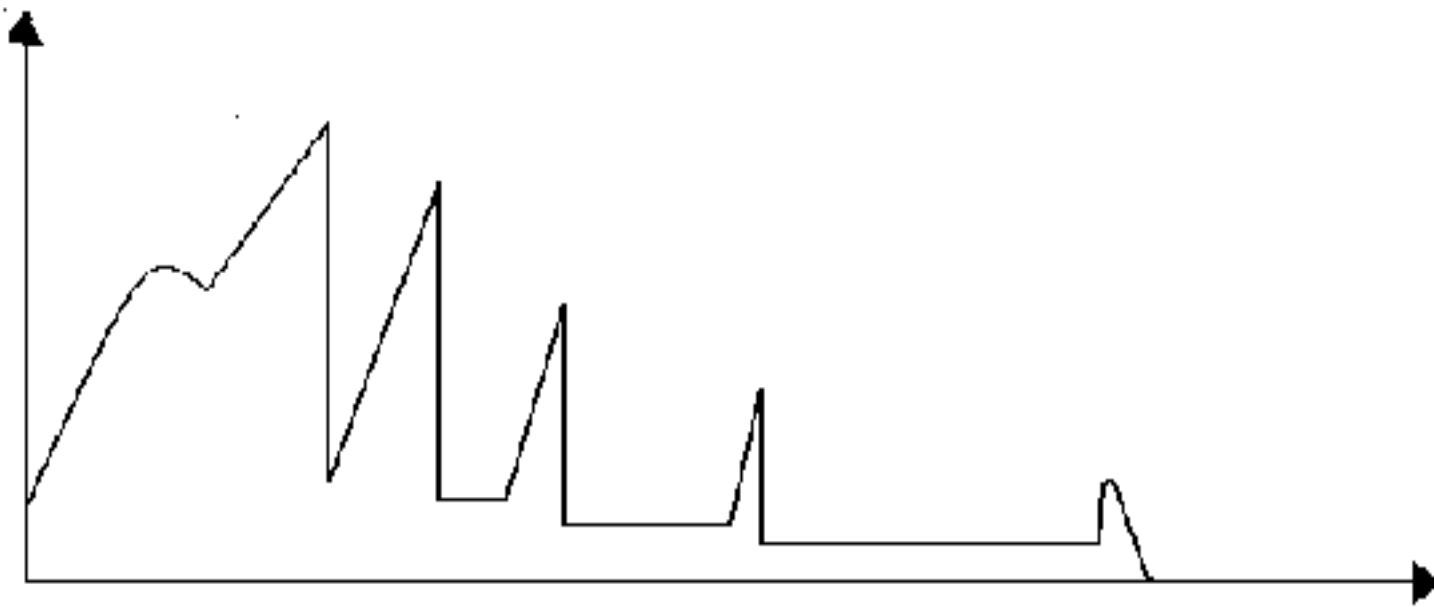


Cycles in life :Spinningwave  
instroke emphasis (baby)



Life cycle    Spinning wave :  
outstroke emphasis (mama)





Outstroke without instroke,  $\longrightarrow$

Movement up and forward without the turning in  
of the instroke,  $\longrightarrow$

moving forward without re-flexion,  $\longrightarrow$

leads to **disfunction, burnout (example F.G.)  
and depression !**

On a certain continuum **pulsation** leads to either a condensation and a **form-ing** of material or to an expansion beyond the physical limits towards creation of a field and **in-form-ation**

Attraction

Syntrophy

Concentration

Material

Form

Physical Form/Soma

Dispersion

Entrophy

Expansion

Im-material

In-Form-ation

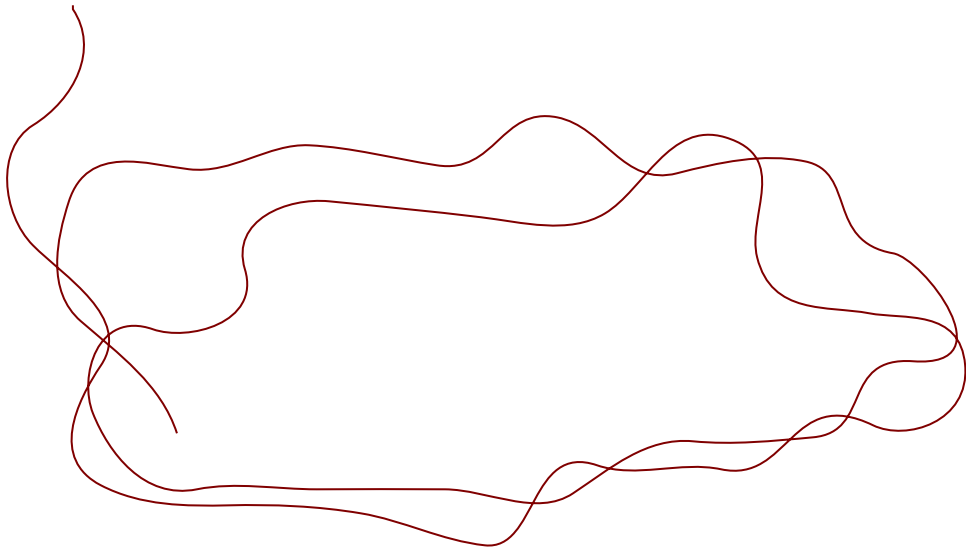
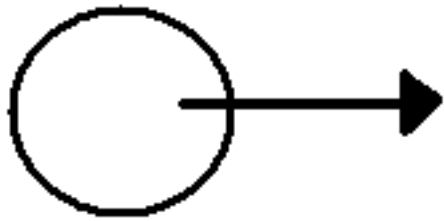
Psyche/Consciousness

3. Life energy **accumulates**  
and hereby creates structure and  
functioning

Soma and Psyche are manifestations,  
„symptoms“ of life energy functions:

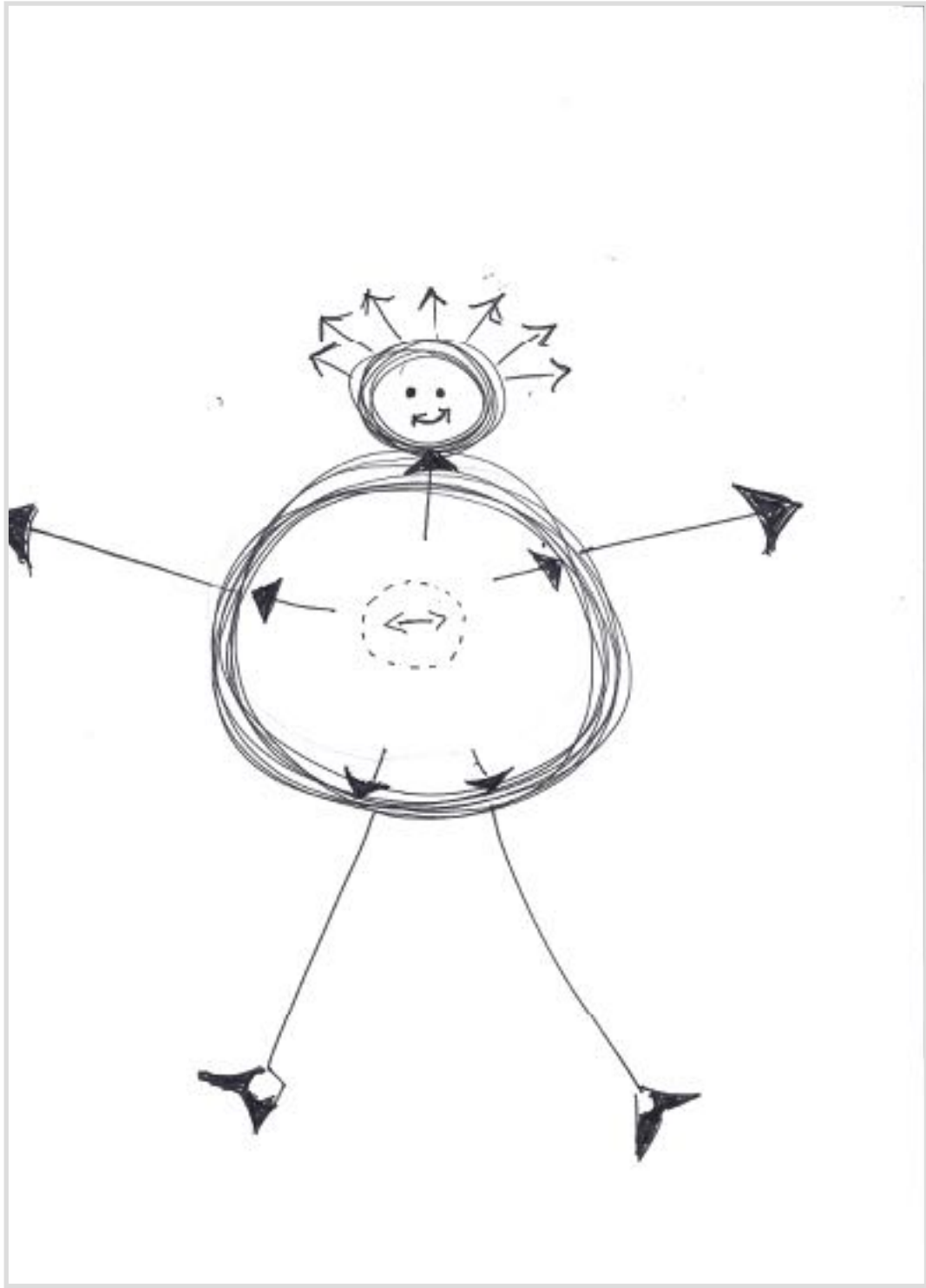
**Form follows the function !**

**Outstroke\_emphasis**  
leads to an **accumulation**  
or expansion of charge  
on or beyond the  
periphery and creates an  
imbalance/disfunctioning

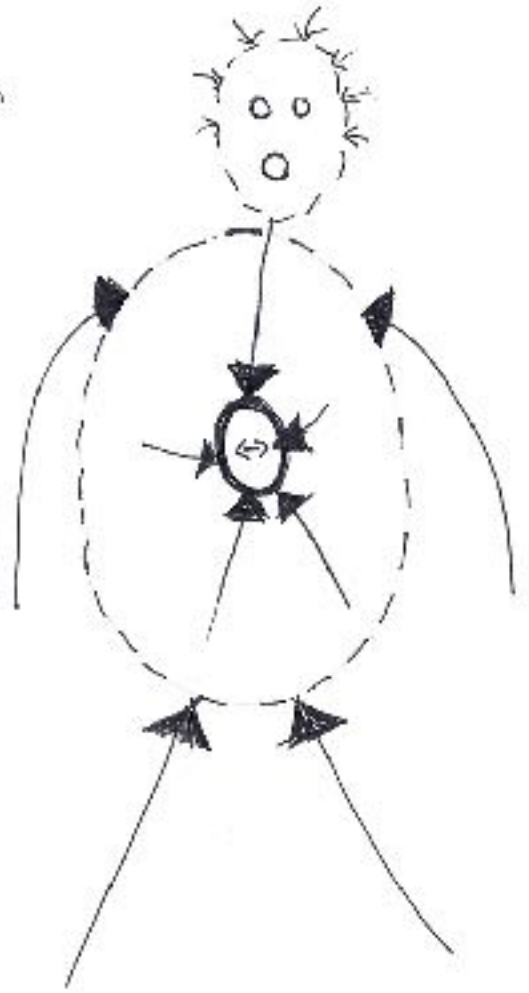


**Instroke\_emphasis** leads to an  
**accumulation** of charge towards  
or in the center and creates  
over time an imbalance /  
disfunctioning









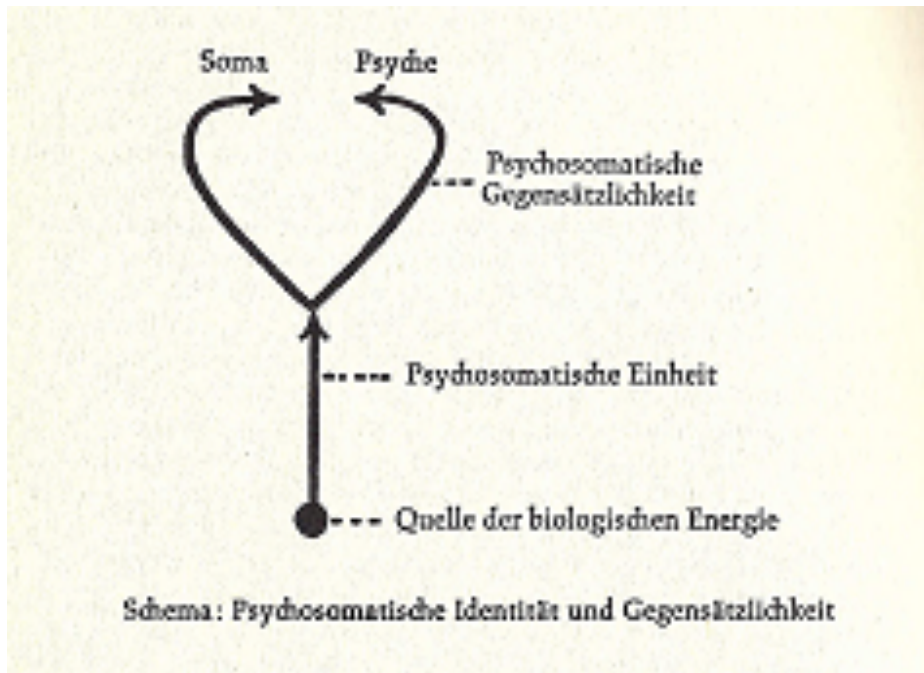
(with) Existence is Consciousness

The pulsatory movement of orgone energy within a membrane produces **consciousness**.

**Consciousness exists up and down the phylogenetic chain from amoeba to man before the brain evolves.** (Koopman J.O: Vol.20 1 May 1986)

Verbal work wants to enhance consciousness.

## 4. The **Functional Identity** of Psyche and Soma



« ...what was clear was only that the biological energy dominates the psychic as well as the somatic. There is a functional unity, identity . » ... (W. Reich in Function of the Orgasm, page 236)

The concept of functional identity means that muscular and character attitudes serve the same function as the psychic apparatus; they can influence and replace each other. Basically they can not be separated; in their function they are identical. ( F. O., 241 )

# Functionally identical

Good example is the analogy of  
ice, water and steam!

= three different forms of the same.

There is correlation/coherence between the  
somatic and psychic manifestation or  
symptoms!

They are the „same“ but present  
themselves in a different form...

ex: Anxiety and acceleration of heartbeat raising adrenaline level, etc. go  
together

# Co-relation and Coherence in Psychosomatic Processes

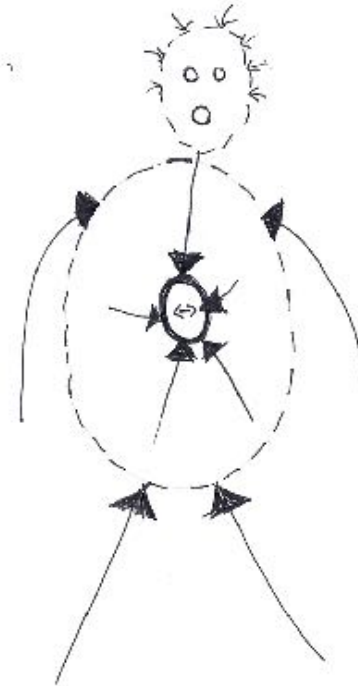
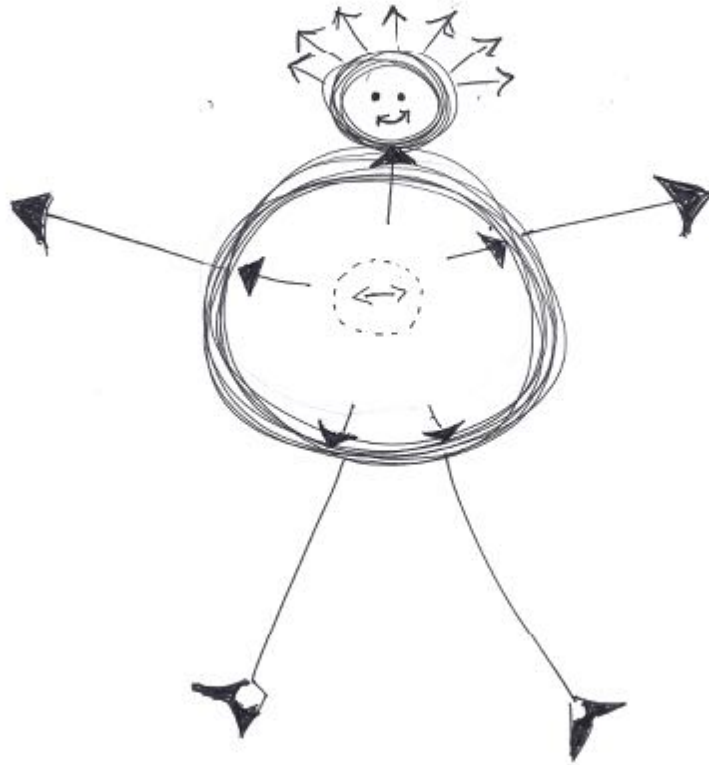
In fear ( emotional process) = breathing high chest, diaphragm blocked, heart rate will be accelerated, sweat, „malaise vagal“, circulation goes down....

As in cardiac coherence exercises: we know that when you breathe cycles of 5 seconds inspiration and equally the expiration for 5 minutes the heart rate will go down and anxiety will calm.

(It is the **heart which calms the brain not the other way** around !!!)

# Our functional identity is a fractal pattern (examples): « Selbst-ähnlichkeit »

Idens,identis,lat. means the same!



# Fractals in Nature



**Fractal = all the elements are identical with themselves - in form und function**



Fractal systems have many opportunities for growth, change and re-organization.

They are very robust and maintain their coherence, even under tough circumstances.

They are balanced between chaos and order.

They are simple yet very complex, (not complicated!)

Self-organizing critical systems are very good at connecting, both internally and to other surrounding systems.

Think of a tree ( shaking the branch, cutting a branch and branchlike patterns easily connect to other systems) as a literal **web of life !**



Example: Elen: anxiety, France

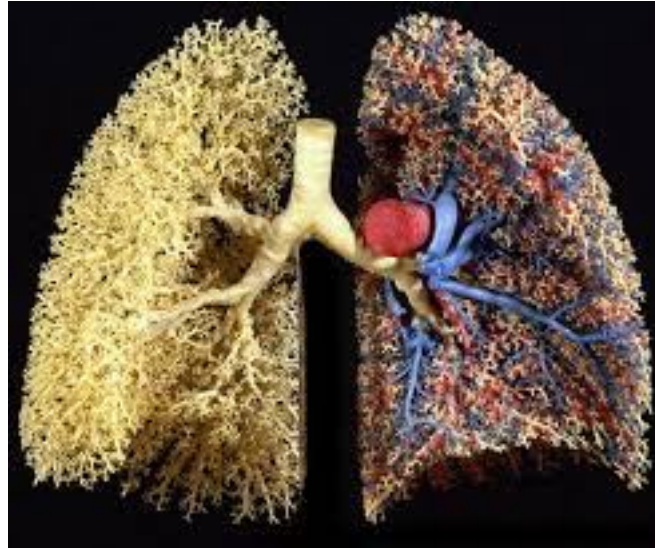
If we are able to change  
**ONE** function then all  
manifestations -  
psychic or somatic- will  
change also !

# More.....





In the human body: Neurons, respiratory system, the circulatory system and the brain etc. are organized this way



# Fractal Brains:Fractal Thoughts

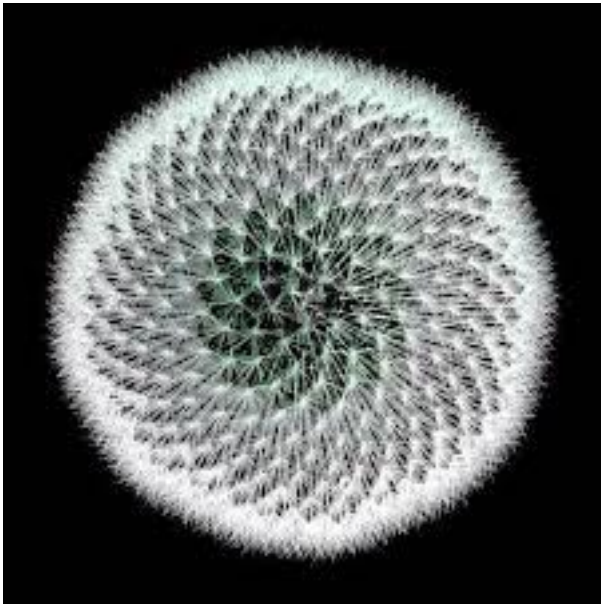




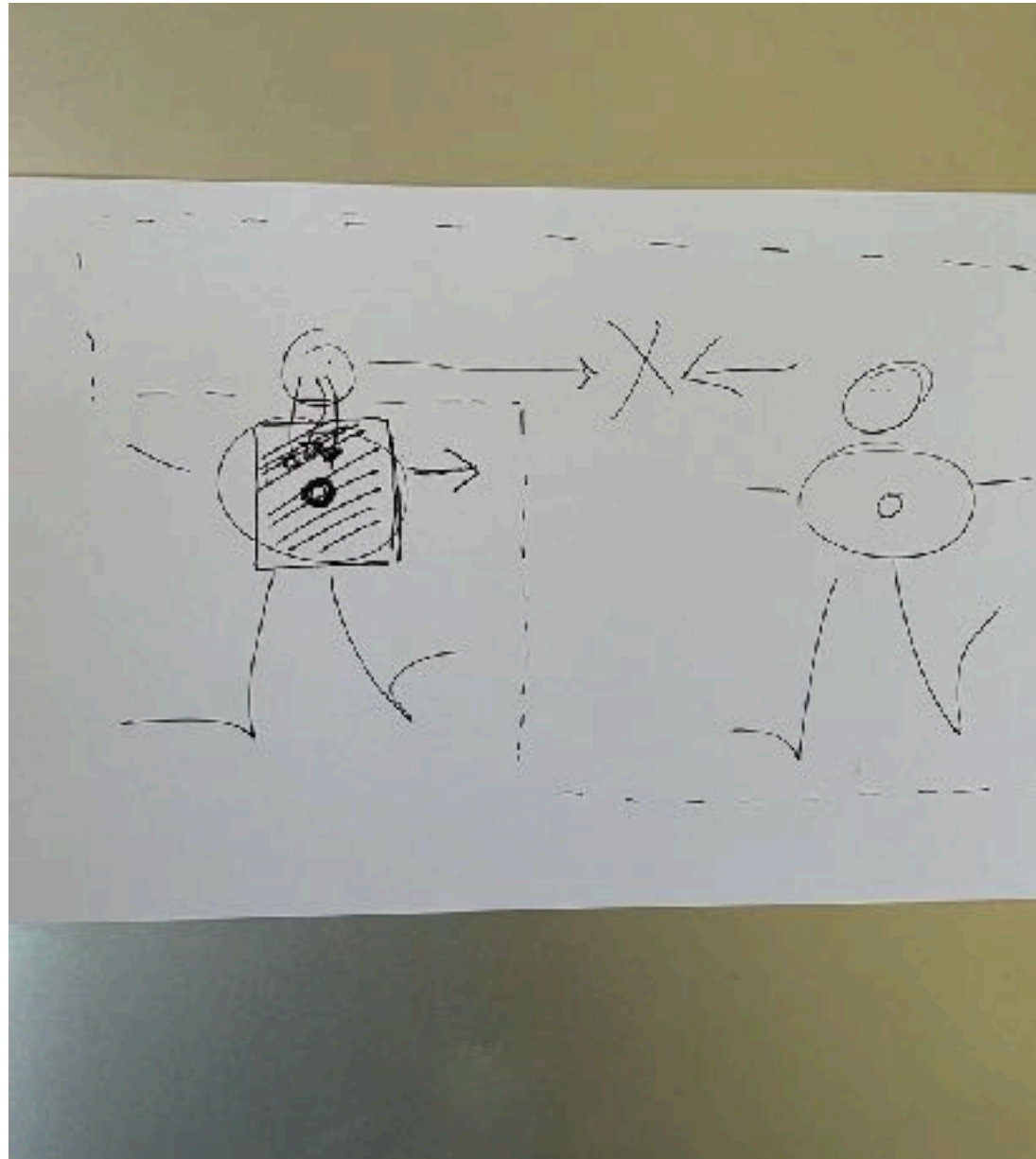
The Organism or the body-mind unit is a **temporal optimal structuralization** .

It is auto poietic, self referential and self organizing.

It is organized like all fractal systems. It can organize and re organize within the pulsatory dynamic of the life force. We use the **inward movement of the pulsation** in order to induce change.



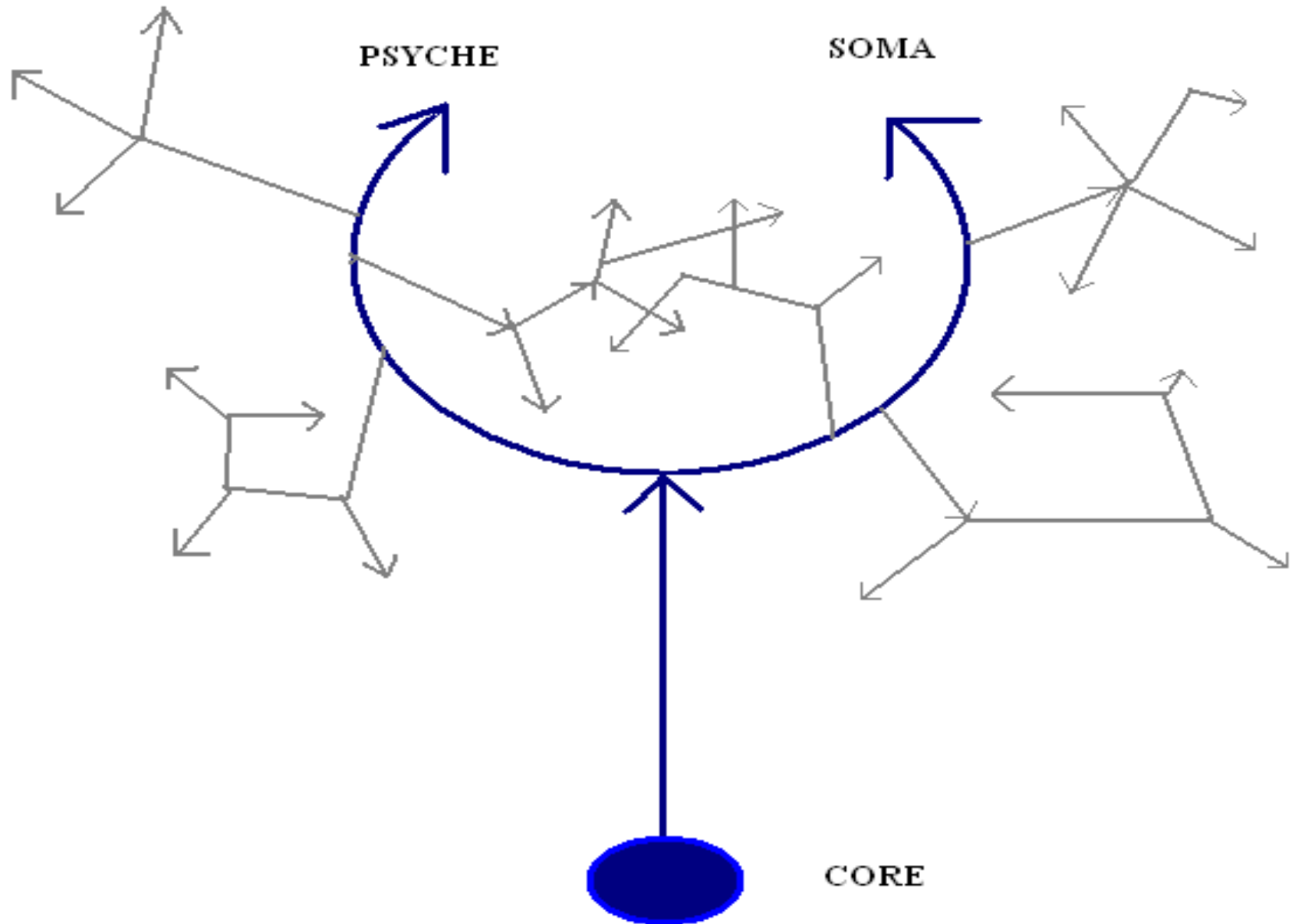
# Talking as intellectual exercise ?



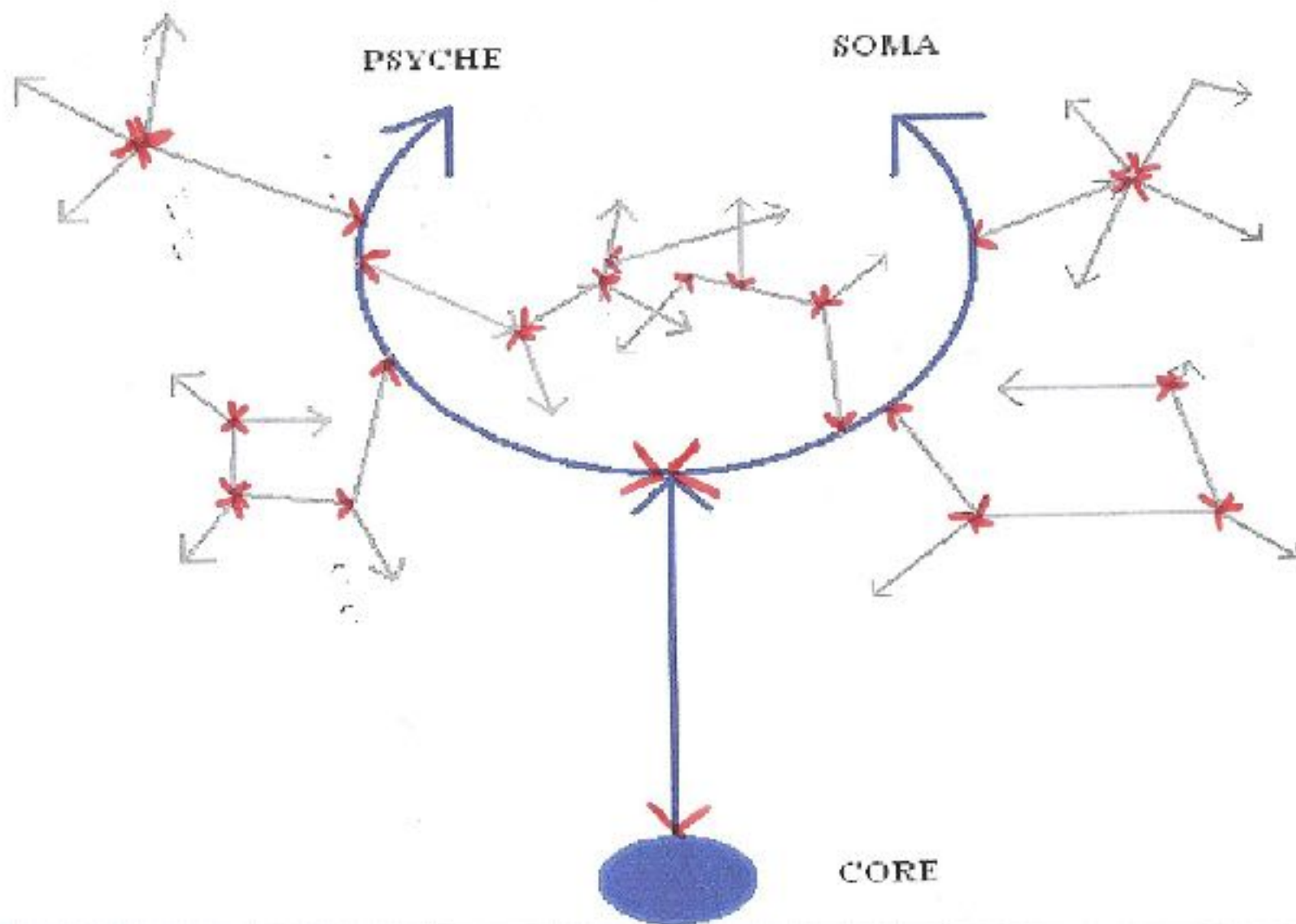
Where is the red thread ?



# A Representation of the „armor“(Reich) in Psyche and Soma





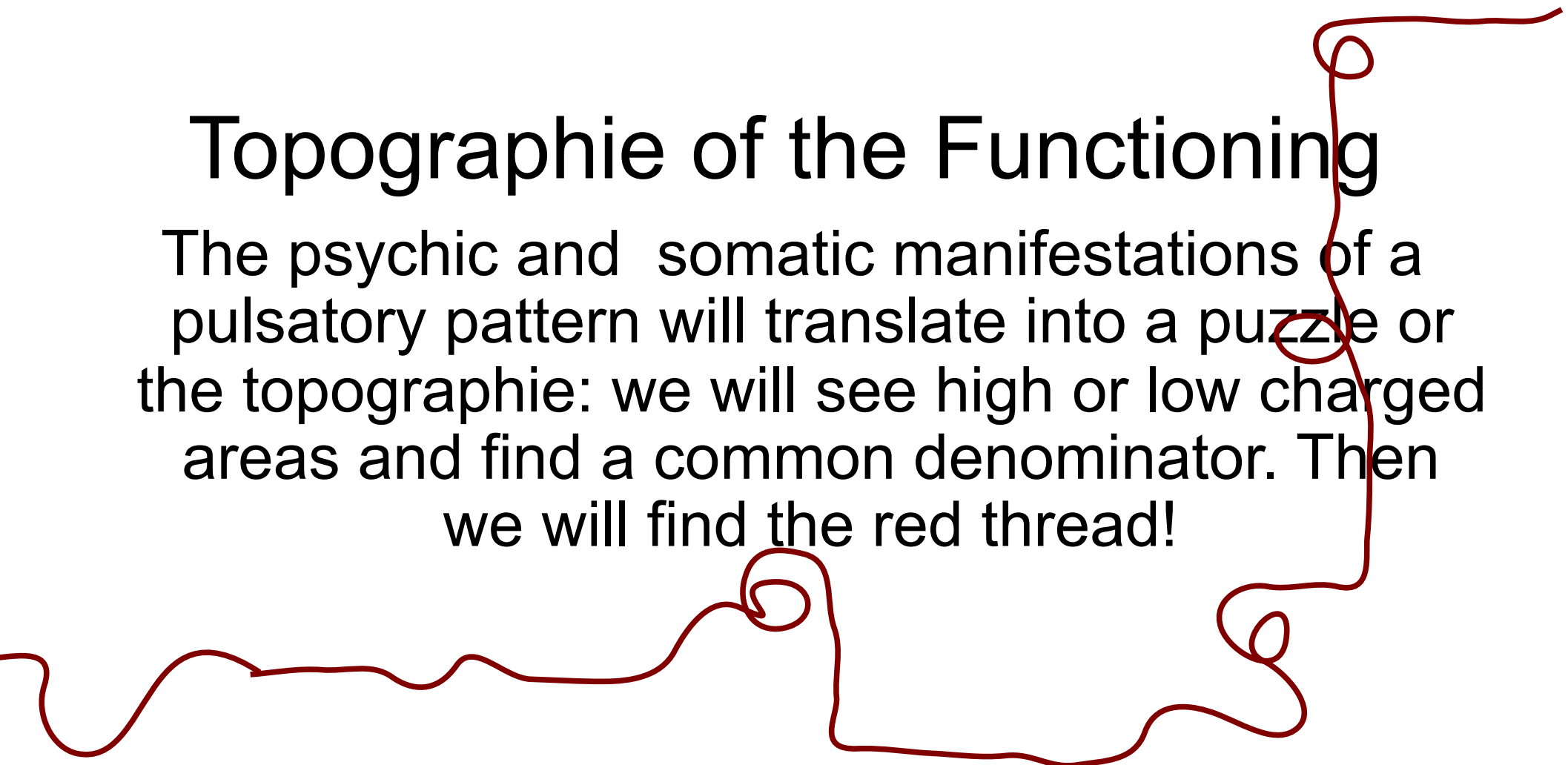


# Work approach: Instroke

- > working with pulsatory movement inward, working with what «is» present moment - including the defense system !
- > working for integration instead of further mobilization, using the « self healing forces of the organism!
- > the emphasis should be on everything which enhances more **inspiration, insight, acceptance, acknowledgement, identification, concentration, coordination, incorporation, re-flexion, „reconnaissance“, comprehension, integration!**
- > in order to move towards a **self to self** relationship

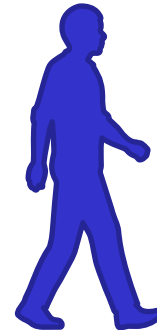
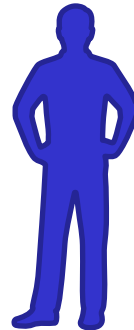
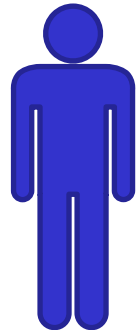
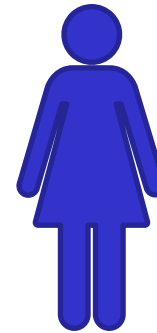
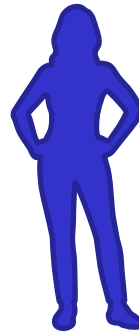
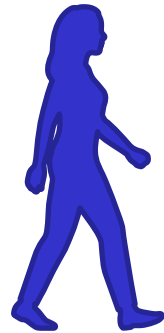
# Topographie of the Functioning

The psychic and somatic manifestations of a pulsatory pattern will translate into a puzzle or the topographie: we will see high or low charged areas and find a common denominator. Then we will find the red thread!



# Body, Charge, Posture, Movement ? (nic)

In contact with their body ?



# Contact ?

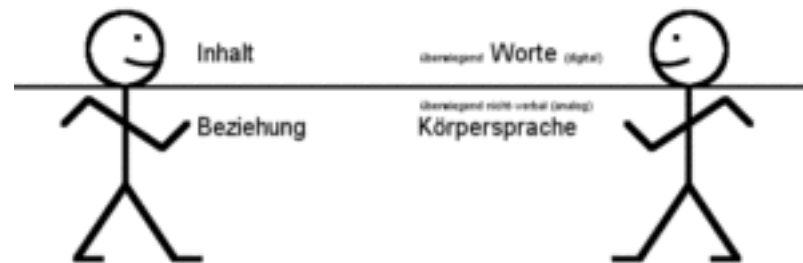
Are you in contact with yourself ? And the other?

The other has always priority ???



Me+my self and I      or:      me+myself and you ?

Is there a relationship between the content and the contact to themselves ?(France)



# Probing or to „Sound“ out

How do you know that this is you ?

Resonance or reverberation within ourselves helps to verify !

This feels right, feels like me ....

Even in paradoxical cases : I am anxious and it feels good to feel me including my fear !

# Feelings, Emotions or none ?

Fear and trust are experienced during the instroke  
Pain and Pleasure reduce or enhance the pulsatory amplitude  
Anger and Love are experienced during the out stroke  
(Ch. Kelley, The Algebra of emotions)

Are you aware of the sensations and emotions  
you have and do you express them ?





# The Problem ? Content, Context ?

What is the problem ? Is it them or is it me ? Many people ask when they are in conflict. Are they caught in the other, the problem or are they capable and „interested“ in themselves and their functioning ?

Interest and Curiosity is desire on a cognitive level, it **is the first „instroke“** we are looking for ! Then we will find the red thread...

What is the

????



# Functional Analysis

- Centering
- Silence
- Empathy with the patient and yourself
- Interest is cognitive desire and mobilizes the instroke
- Active listening, Paraphrasing...
- Understanding ? Clarifying ?
- Feeding back within con-tact and con-text including the body and its sensation ( „sondieren“)
- Working with integration : Congruence feels good !
- Creating an „intra-net“ within the body-mind unit, creates Consciousness !

# The Dynamics:

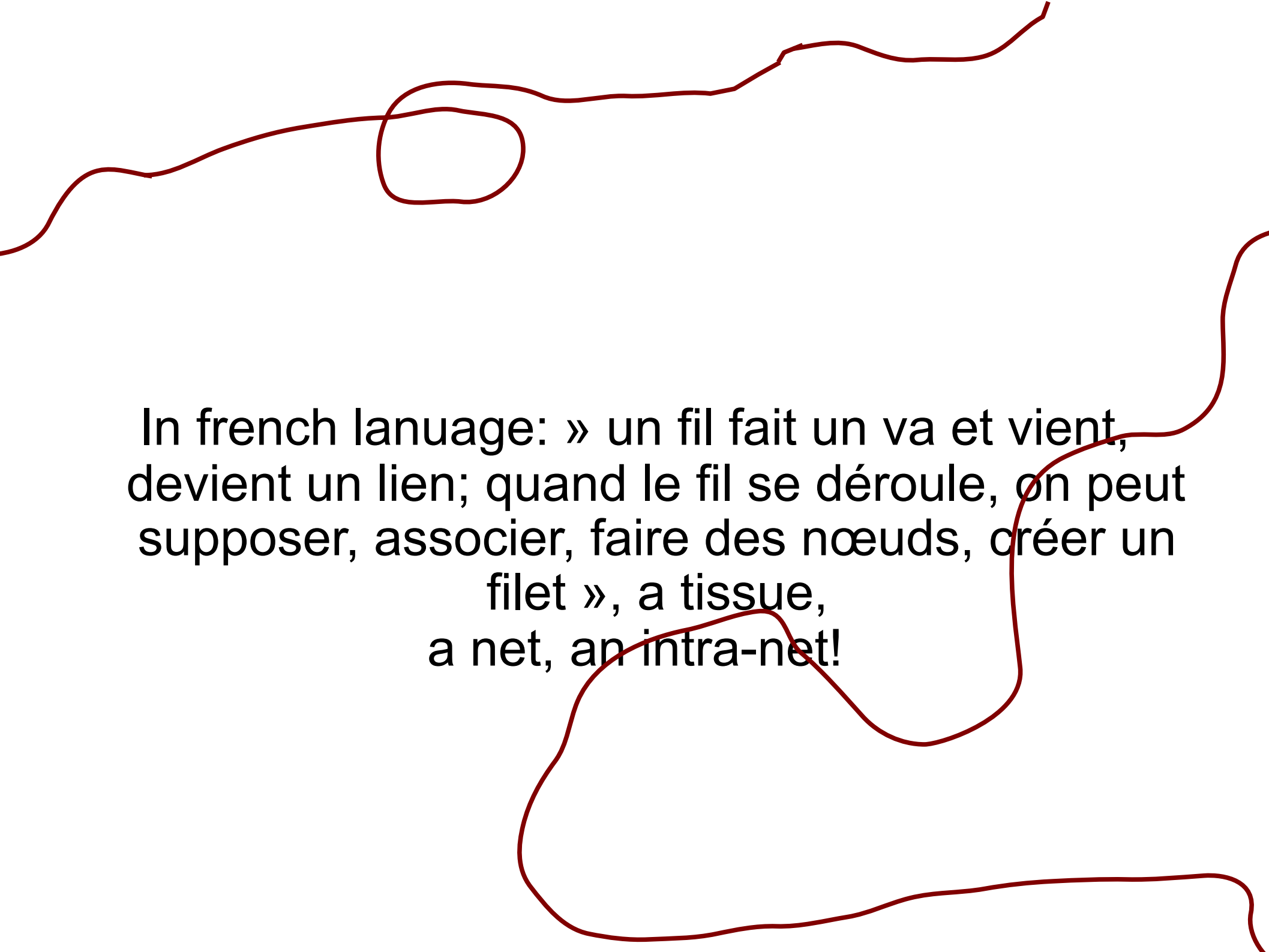
- Therapist

center, create an  
instroke field, which  
helps

- Client

to center and  
concentrate on his  
perception in order to  
rebuild trust into  
himself so that he can  
unravel his  
entanglement and  
find his red thread ...

ex: Gugg.

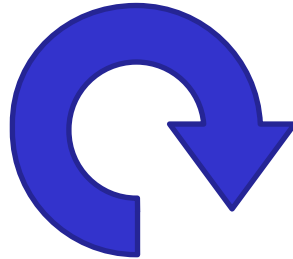


In french lanuage: » un fil fait un va et vient,  
devient un lien; quand le fil se déroule, on peut  
supposer, associer, faire des nœuds, créer un  
filet », a tissue,  
a net, an intra-net!

# Von der Entbindung aus der Verstrickung zur Bildung von lebendigem Gewebe

während der **Ent-wickl-ung** des roten Fadens können wir Fraktale eines funktionalen Musters oder anders ausgedrückt die **energetische Matrix** des psychischen, körperlichen und sozialen Binde – Gewebe eines Menschen erkennen.





The Instroke stimulates Re-flexion as energetic process, it creates better: it allows consciousness. This is not an intellectualization of the narrative. It is a creative process in the here and now (the how is important, not the why, it is not explicative).

So in a very simple and creative way:  
the self comes to mind !

# „The brain is a sentient, intentional being“

With the rediscovery of the embodied, instinctual brain- which must be constrained by the cognitive brain and its predictive modeling,... we are finally understanding the **the brain is not merely an information-processing device, but also a sentient, intentional being.** Our animal behaviors are not „just“ behaviors; in their primal affective forms they embody ancient mental processes that we share, at the very least with all other mammals. (The feeling brain, Panksepp)

## Mark Solms: The hard problem of consciousness

In the case of the body-mind problem, observation is reflexive...the subject is looking at itself mainly as an object...the body-as-subject represents itself as body-as-object...

Subjective consciousness arises from *being* the portion of reality that generates consciousness. The relationship between *seeing* that portion of reality- representing it visually as say, the innervations the centrecephalic regions- and *simultaneously feeling* it is not a causal relationship. They are two manifestations of the same thing.

It is no surprise... to find that the neural correlates of consciousness ( the so called generators of consciousness) are located in the upper *brainstem*, in close proximity and tight connection with those brainstem structures that monitor the state of the *visceral* body ( i.e. the subject)- the state of our internal milieu, of our vital functions. ( damasio, panksepp,) Solms, The feeling Brain, 2015, page191



# The endo self: the undamaged self, a place where all the facts are friendly

"The id knows more than the ego admits" Solms and Panksepp

Objective and subjective self

Objective self : past / future oriented = central nervous system, will and voluntary action = doing. ( out stroke of the pulsation)

Subjective self = regulated by the autonomous nervous system,  
present moment oriented, sensation = being ( in stroke of the pulsation)

Re-flection brings them in contact

States of coherence create self-consciousness, self confidence, the capacity to communicate !

Identity

# Language

Most philosophers and psychologists see an unbridgeable divide between the pre-verbal and verbal, not Loewald; he „regards the uses to which language is put as embodying and creating different forms of psychic life“ ( Mitchell, 2000,page 12)

According to Mitchell, a relational psychoanalyst , „Loewald suggests : she ( the mother) speaks with or to the infant, not with the expectation that he will grasp the words, but.. he is immersed, embedded in a flow of speech that is part and parcel of a global experience within the mother child field. While the mother utters words, the infant is ... bathed in sound and rhythm, etc. as accentuating ingredients of a global, dense, and undifferentiated experience....“( Mitchell, Language and Reality, 2000)

Researchers showed, the children who listened to stories or certain pieces of music in utero were capable of „recognizing“ them.....

Another phenomenon shows us that kids might do the same among themselves : close friends or siblings will „ invent“ their own language which only they can understand a so called „ Geheimsprache“, secret language, like turning words backwards.... Just like the „ Geheimschrift“, the secret writing which allows them to say or write things unobservable by adults .



They are not just semantic rules and regulations which in syntax abstract all senses of life....!

Words are creations of lallalation , as in the **onomonopia** ( cuckoo, sizzle, drizzle, babble, dizzy or the big bang.....)

and their function as **sense-„carriers“** of the subjective experience:

Brutal, cruel, boxing, fragile, ephemere, dreamy...:

Cruel, cruelle, grausam, grrr..., Grau, Grauen (Morgengraue = between the dark and the light) !!!

**They are built by and building an experience.**

The French have a word „ se defenestrer“ ( suicide by throwing oneself out of a window).

The Japanese have ca 90 words for „I“ , according to the circumstances in which they will to use the word, but they have no word for eye-contact.

While they see everything, they do not look each other directly in the eyes, it is not something ones does in their culture, so they use the english-ed „eye-contacto“.

# *Living words*

Words are creations , songs, “klang“ like music,  
reverberations of consciousness....

Different cultures, characters use different words for  
similar meaning : french apart-tenance, German:  
Zu-ge-hörigkeit, engl: be-long-ing !

Psychosomatic vocabulary: with a heavy heart,  
heartbreaking, I am pissed off, it knocked me off my  
socks to realize...

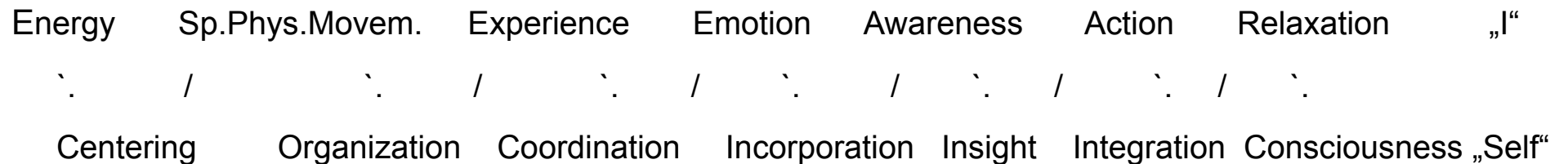
# Sound and Silence

Client-centred talking, which means I do also a lot of silence !

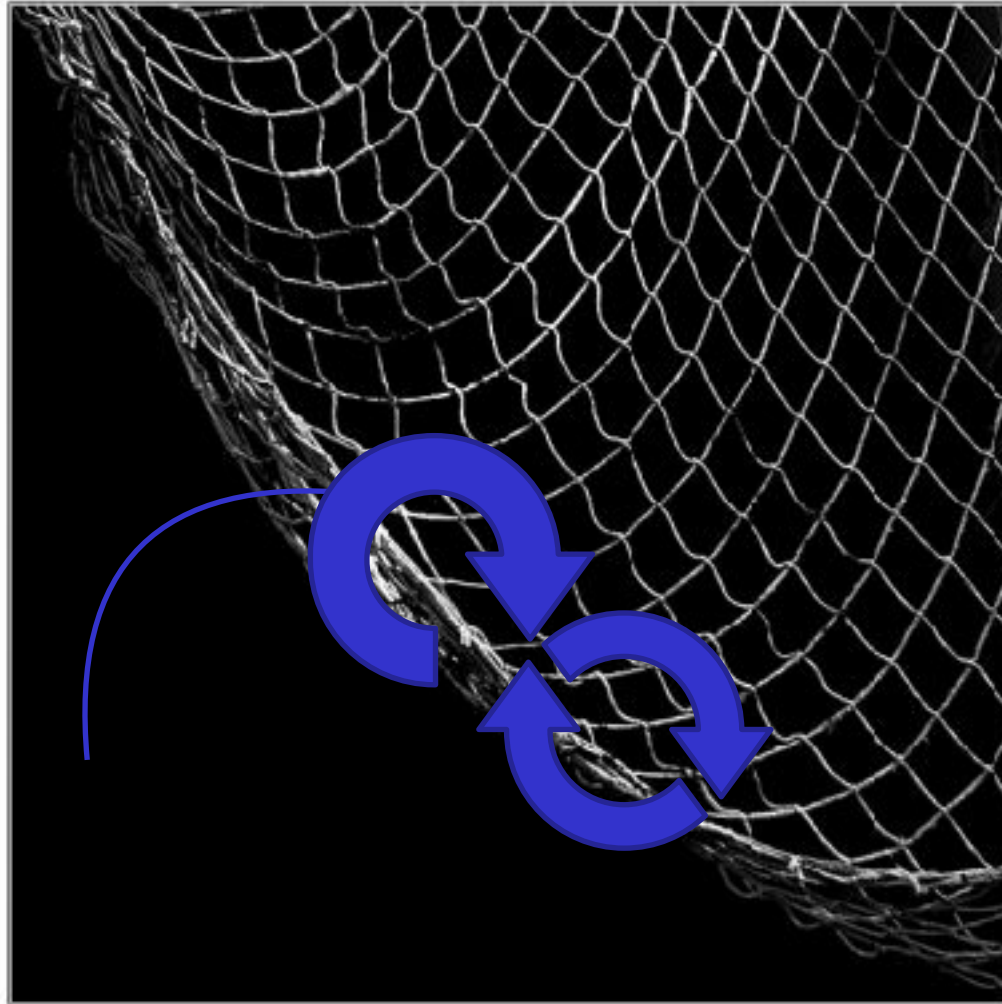
..... , ..... !

# The dynamic: by emphasizing the **Instroke** we will get an organismic movement: the Integration cycle:

From inward towards outward the cycle spins in the pulsatory thrusts....



Instroke as Re-Flection allow the surfing of the Intra- « Net »  
and the development of (self and other) Consciousness



Verbal work is self centered, self referential, we put experiences and insights and feelings, emotions „together“, we connect and therefor could call it „functional Synthesis“

Connection of Soma + Psyche creates Consciousness

In the present moment - field of Intersubjectivity :

Resonance

„ALL THE LIGHTS ARE ON !!“

Response-Ability

The self to self relationship generates the platform of the relationship with others.

Recognition

What has been said can be heard !



Consciousness allows us to feel safe and confident within ourselves, to be responsible and grow in the world !



# Working with verbal instroke

especially in the following cases:

patients in anxiety and/or with panic attacks

In crisis and/or suicidal tendency !

depression and burnout-syndrom

early disturbance,

narcisstic and schizoid structures,

psychosomatic symptoms

anorexia, bulimia and obesity

borderline and bi-polar disfunctioning.

# Dynamic : Lifeforce at work !

Energy/Life force transforms itself :

Energy — sp.Phys.movem. — Experience — Emotion — Awareness — Action — Relaxation

Truncated, Uncentered	Repetitive, life- less, unmoved.	mechanic, segmented, unconnected.	overwhelmed, unacceptable, „meaning“less.	un-present, unaware, judge-mental, no self-concept.	impotent, omnipotent, acting out, No self responsibility	nervous, driven, Insomniac
--------------------------	-------------------------------------	---	---	--	---	----------------------------------

W.Reich

Rolfing.

Feldenkrais.

Psychodrama.

Psychoanalysis.

Behaviorism. Autogen.Training

# Broadband Connectivity, a Study by Kitzbichler et.al. (2008)

The study of Kitzbichler et.al ( 2008) added much to prior research suggesting that the **brain exhibits fractal behavior.**

This makes the necessary link between the physical processes of the brain and each of the larger scale fractals we see in personality and social relationships. It is **clear that biological, psychological and social dynamics are interlinked.....this broadband connectivity** we share with the rest of the natural world... - from quantum to cosmic-,... **perhaps human consciousness is both simply and profoundly a portal through which such fractal connectivity flows.... that effect our growth and integration ... !**