



Bioenergetic Analysis, based on the premise of continuity between body and mind and on an understanding of the vital energy of the organism as a whole, with levels that are closely interrelated – the psychic, somatic, emotional, cognitive and expressive levels – is a form of psychosomatic psychotherapy, with roots in the work of Wilhelm Reich and was founded by Alexander Lowen in 1956; it is currently recognised by the EAP (European Association for Psychotherapy).

Individual psychotherapy is not limited to reducing symptoms. The tools I propose are aimed at stimulating and refining self-awareness, freeing up breathing, mobilising bodily energy, intensifying the sense of being present and grounded, and promoting self-regulation, whilst also developing emotional expression, spontaneous movement and creativity.

I support the individual in their process of reclaiming their body and inhabiting it with greater vitality. Breathing, posture, movement, expression and attachment style are the vocabulary to be embraced through active listening. I help the individual to build an understanding of themselves within the context of their history, how this is reflected in their body, their attachment style and mode of expression, and in their creative capacity to respond to life's situations.