

By Nancy Eichhorn, PhD

I focus my reviews on prepublication manuscripts and "hotoff-the-press" texts. Because I'm a small niche publication, I try to offer readers material they cannot get else where.

But I started to wonder about revised and second editions. All things considered, it can take years for people to write and publish their work. The time, the turmoil, the tears. It takes a toll. Combine joy, release, and celebration to that mix? You just might create a tsunami of emotional and/or physical impact on one's body and soul.

The question nudging my brain awake at 2 am was: Why do authors go through that ordeal with the same material? Isn't once done, good enough?

I can see writing a new book. It's like parents having another child. Each birth (and the resultant person) is a totally miraculous event. But to rework the same stuff? It's not a breeze.

The decision alone causes many stalwart authors to pause and ponder the enormity of what they are about to consider. First and foremost, they have to evaluate the ramifications of going at it again.

Two prime questions must be addressed: Will the new material significantly benefit readers who bought the first



edition? And is the central theme still viable at its core existence?

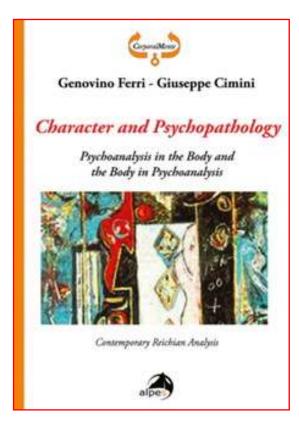
When it comes to books that detail specific clinical approaches, updates and insights are warranted to keep pace with new research, client experiences, reader feedback, and author reflections. Over the life span of a book, people write reviews, they ask questions, they want more (or, at times, less). Authors evolve. They read their book and think, this sounds awkward, or this isn't quite right. Maybe something feels poorly written, or references are outdated. Advances trigger new approaches. What was, is no longer. Many books have staying power despite their age, "the classics", but for books to reach new readers, authors have to align their work with advances in the field to match current knowledge and clinical experience.



Next comes the choice: revision or new edition? They are not the same although both still require a new ISBN and other time-consuming details related to publication.

If an author dabbles a bit, makes a few changes, updates some information, then it's considered a revised edition. It behooves the author to note on the book cover that: The revised edition includes new . . . whatever it is that is new and why

people will want to buy it even if they have the original. This is all part of marketing, bringing the "old" book forward, back into public consciousness with an earmark as to why it warrants another look. If substantial changes are made including a new or revised title, then the book becomes a second edition.



At this point, rather than talk about this process in general, I opted to talk with Dr. Genovino Ferri as he and his co-author Giuseppe Cimini recently announced the publication of the English language translation of their second edition of their e-book for Amazon Kindle. The original publication, released in May of 2018, was titled: *Psychopathology and Character. Psychoanalysis in the Body and the Body in Psychoanalysis. Reichian Analysis*.

The new release?

Character and Psychopathology: Psychoanalysis in the Body and the Body in Psychoanalysis. Contemporary Reichian Analysis.

Note the shift in terms so the significance changes from psychopathology to

character and from Reichian in general to a more contemporary approach.

Dr. Ferri notes: "The title has been changed from the First edition to reflect and underline the fact that psychopathology arises from beyond-threshold character trait, the roots of which are sunk deeply into the person's life story and the marks incised by their relationships onto very precise bodily areas."

It was not an easy decision for either author to rework the material. They are both full time clinicians, educators, and family members. Yet, their work matters at a deep personal level, so resonant that they felt compelled to respond to reader comments, to personal considerations, to new advances in the field.

Although the language used is still complex, Dr. Ferri believes there is now greater clarity and ease of reading. Certain concepts, symptoms and fundamental syndromes have been elucidated with tables and more descriptive figures.

Dr. Ferri explained, "Certain illustrative tables, for example, were not present in the first edition which indicate the correlation between the main syndromes (from psychosis to depression and neurosis) both in terms of the peripheral bodily levels marked by relational imprintings during the evolutive stages and in terms of the brain areas reached and, themselves, marked by those same relational imprintings through the sensory periphery.

"Tables on the main cerebral neuromediators have also been added, which contribute to the clarification of the relationship between symptoms (such as anxiety, angst, panic, delusion and hallucinations) and the specific relational bodily areas which received dysfunctional imprintings during the evolutive stages.

"A further addition is a table which illustrates the 'tree of fear', showing situational phobias, claustrophobia, social phobias and so on, indicating where they are situated along the bottom-up arrow of time in very precise 'apartment-areas' in the 'building' representing personality."

Further, he notes, neuroscientific and psychoanalytical correlations with central and peripheral bodily interfaces (the associated brain areas and relational bodily levels) have been added. For instance, relational bodily levels that represent portals through which appropriate psychocorporeal activations can access the dysfunctional areas of a person's incorporated ontogenetic evolution. According to Dr. Ferri, "these relational bodily levels are sections of the body which have received incised marks (the word 'character' itself is derived from a root meaning 'incised mark') from the story of that person's ontogenetic development over time. It is sufficient to think of the range of developmental experiences possible during feeding and breast-feeding. The nature of the experience during a specific time-period of development is therefore 'marked' on the body itself in precise peripheral areas and that time is actually represented by the significant imprintings received during the associated evolutive stages."

Building on the previous example of feeding and breast feeding, Dr. Ferri notes that one way, when used appropriately in the psychotherapy setting, to carefully access the bodily unconscious (represented by psycho-corporeal activations that are neurologically stratified bodily movements, common to all individuals) is to act directly on the person's relational bodily areas, e.g., mimic the sucking action of the mouth during feeding.

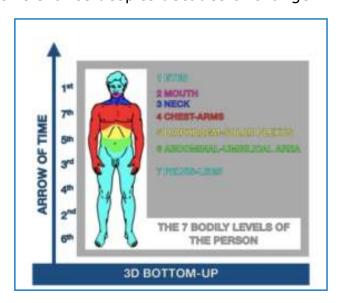
"These bodily activations reveal the analytically useful life-experiences which have been deposited in the various areas, or 'apartments', which

together represent the 'construction' of our personality," Dr. Ferri said. "We have dwelt in one or more of these bodily apartments ever since our intrauterine life, and they can reveal themselves to be precious therapeutic afferents for psychotherapy."

In this light, Dr. Ferri shared that the English language edition of "Body Time", dedicated to the correct use of Bodily Activations in Psychotherapy in Modern Reichian Analysis, will be published in the next year.

From Dr. Ferri's perspective and approach he believes that "psychopathology becomes more human and less alienated. It becomes comprehensible. Above all, it becomes possible to make real therapeutic contact, respecting the situation's inherent intelligence and, thus, treating the other as "person" rather than just 'patient'."

The new book also details development of Contemporary Reichian Analysis. Dr. Ferri explained that they continue to seek appropriateness tailored to the needs of the individual in the analytical-therapeutic project in the setting, through its three active principles - the analytical-therapeutic relationship, psychocorporeal activations and psychopharmacotherapy. It is not always easy to take a founding principle/theory and grow forward and yet Reich's work was instrumental in many body psychotherapy approaches and maintains relevance despite decades of change.



While readers are on the hunt for what is new, Dr. Ferri shares that the section dedicated to the mutation of the emotional plague found in the modern "liquid" society, which represents a precise snapshot of the world as we see it today, remains largely unchanged.

Looking at the overall changes and considering the process Dr. Ferri and Dr. Cimini went through a second time, I asked Dr. Ferri to talk a little about why he wanted to do another edition, what flowed smoothly and what presented challenges.

Dr. Ferri was candid in his response:

"It has been difficult to contain my passion for body psychotherapy and psychopathology, so one way of expressing it is to try, more simply, to bring the reader to discovery and greater comprehension of the masked, underlying, bodily intelligence in psychopathology.

"There was the wish to make it more difficult for stigma to remain and

create distance, the wish to break down the diffidence and fear which alienates and there was the wish to facilitate inclusion and shared research, by offering concrete, evidence-based, scientific means for interventions in body psychotherapy and to create dialogue with psychopharmacological interventions which become ever more appropriate to the real life-story and character of the person."

The authentic wish is to inspire the reader to look beyond the limit where we would often stop, leaving the other in incomprehensible suffering, stimulating their interest in a body-sense, in a body-code and in body-time, so as to bring them closer to the still *complex* world of psychopathology as the beyond-threshold expression of a character trait.

Genovino Ferri is a Psychiatrist e Reichian Analyst. He is a Member of the New York Academy of Sciences (N.Y.A.S.) and Director of the Italian School of Reichian Analysis (S.I.A.R.).

Photo credits:

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Arrow of time chart: Genovino Ferri



In case you missed Dr. Ferri's interview with Madlen Algafari, entitled, Intercorporeity and Intersubjectivity A Conversation with Genovino Ferri, in the *International Body Psychotherapy Journal 20*(2) Fall/Winter 2021/2022 (pg13), we wanted to let you know so you can be sure to check it out.

The interview begins: How did you move from psychiatry to body psychotherapy?

If you don't mind, I would like to turn the question around and tell you how I went from body psychotherapy to psychiatry, which was actually the journey I really made. I went into analysis when I was 23 and a student of medicine. I had a thousand questions, but I had or received only a few answers. My doctor, to whom I would ask all these questions and reveal my concerns, very politely suggested that I speak with a friend of his, a well-known professor and psychiatrist. He in turn proposed a course of analysis, as I was an "intelligent" young man with significant questions. He assured me that a course of analysis would certainly be beneficial. That is how I came to meet my first analyst, who had studied Adler but was also training in body psychotherapy. The first six months were only verbal psychotherapy, which was "nice" – a word I often use to say that a therapeutic element certainly doesn't hurt, yet neither is it significantly effective.