

Somatic Psychology Family Tree

Leaves

Awareness of sensation
Movement/Breath
Touch
Kinesthetic empathy
Nonverbal communication

Branches

Trauma

Levine - Somatic Experiencing
Ogden - Sensorimotor Psychotherapy
Rothschild - Somatic Trauma Therapy

(Education)

ISMETA modalities
Selver - Sensory Awareness
Ayres - Sensory Integration

Developmental

Aposhyan - Body/Mind Psychotherapy
Marcher - Bodydynamics
Frank - Developmental Somatic
Psychotherapy

Movement

Dance/Movement Therapy
Authentic Movement
Pesso Boyden
Phoenix Rising Yoga Therapy

Humanistic

Gendlin - Focusing
Kepner - Gestalt Body Process
Kurtz - Hakomi
Rubenfeld - Rubenfeld Synergy
Rosenberg - Integrative Body Psychotherapy

Psychoanalytic

Reich - Vegetotherapy /Orgonomy
Lowen - Bioenergetics
Pierrakos - Core Energetics
Jung - Active Imagination
Mindell - Process Work
Boyesen - Biodynamics
Boadella - Biosynthesis

Roots

Body/Mind/Spirit as functional unity
Body as unconscious
Body as metaphor
Body as source of memory
Body as source of emotion
Body as energy processor