

# THE INVISIBLE BODY



## 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

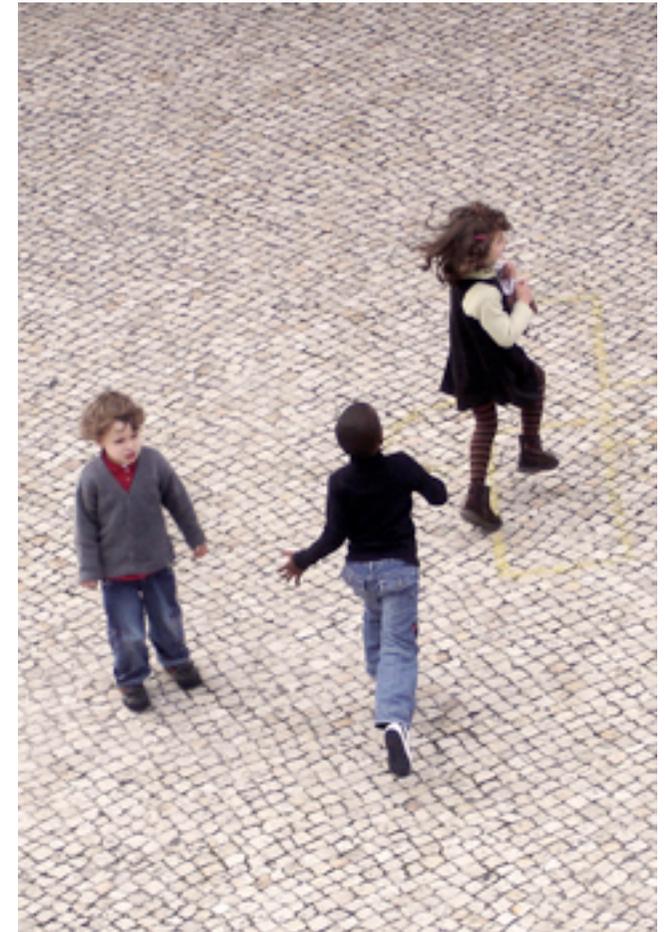
a symbol  
spoken language  
an expression  
or behavior

but as

an **individual act** of the **invisible body**

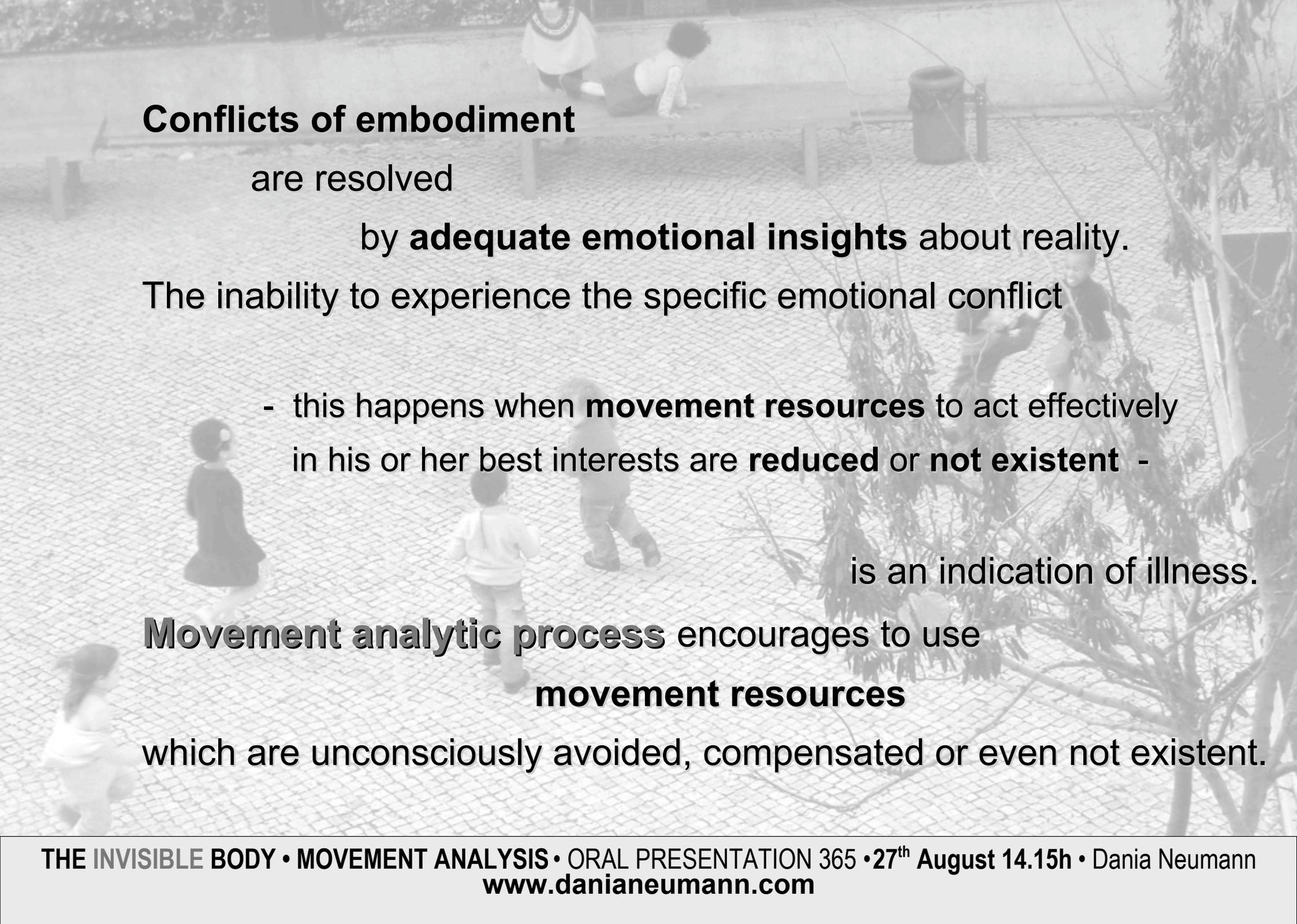
only manifested in **subjective** experience,

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.

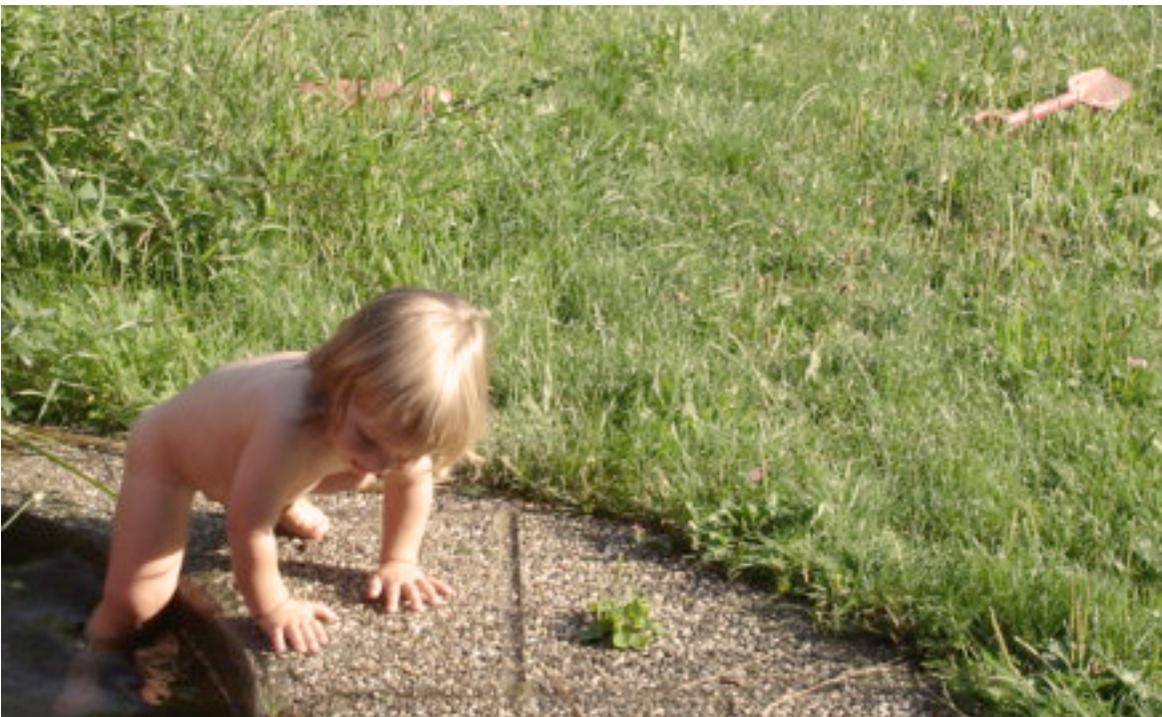
# Movement Analysis

“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 • MOVEMENT ANALYSIS • ORAL PRESENTATION 365 • 27<sup>th</sup> August 14.15h • Dania Neumann**  
**[www.danianeumann.com](http://www.danianeumann.com)**

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in  
Movement Analytic Therapy

ORAL PRESENTATION 365

Saturday August 27th 2011

14.15h – 14.30h

[www.danianeumann.com](http://www.danianeumann.com)