

RESULTS
of
A DESCRIPTIVE STUDY ON THE DIFFERENCES BETWEEN BODY
PSYCHOTHERAPISTS AND TRADITIONAL COUNSELORS
by
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Need and Purpose of the Study

This research informs the literature about how counselors who seek training to work with the mind and body in therapy are different from those who do not. The limited empirical literature on body psychotherapy suggests that some traditionally licensed counselors seek additional methods to work with their clients (Ablack, 2000; Frank, 2000; Kubota, 2001; Kupfermann & Smaldino, 1987; May, 1998; Pettinati, 2002; Sella, 2003; Ventling, 2002). The purpose of this study was to understand the way in which professional counselors who were trained to use touch in counseling were different from those professional counselors who were not trained to use touch with regard to demographic variables and touch techniques used in counseling sessions were explored.

Results of Analysis

The results of all the analyses tested at a significance level of .01 to reduce the chance of a Type I error due to multiple tests. The analyses for each research question are presented as follows.

Research Question One

Are there differences in the demographics between traditional counselors and body psychotherapists?

- a. Is there a gender difference?
- b. Is there an ethnicity difference?
- c. Is there an educational level difference?

There was no significant difference in the percentage of female respondent of traditional counselors (66.7%) and body psychotherapists (69.9%), $\chi^2=.313$, $df=1$, $p=.58$). A chi-square analysis was not performed because of the small number of participants in all cells except for white participants. There was no significant difference in the percentage of traditional counselors and body psychotherapists by educational level ($\chi^2= 2.853$; $df= 1$; $p=.091$). The demographic characteristics of respondents are reported in Table 3. There were no statistical differences between counselor types with regard to demographics.

Table 3

Frequency and Percentage of Gender, Ethnicity, and Educational Level for Body Psychotherapists and Traditional Counselors

		<u>Body</u>		<u>Traditional</u>	
		<u>Psychotherapists</u>		<u>Counselors</u>	
		<u><i>n</i></u>	<u>%</u>	<u><i>n</i></u>	<u>%</u>
Gender	Male	56	30.1	33	33.3
	Female	130	69.9	66	66.7
Ethnicity	African American	1	0.5	7	7.1

	Asian	2	1.1	2	2.0
	Native American	0	.00	3	3.1
	Latin/Hispanic	2	1.1	4	4.1
	White	176	96.2	82	83.7
	Other	2	1.1	0	.00
Ed level	Masters	112	59.6	69	69.7
	Doctorate	76	40.4	30	30.3

Research Question Two

Are there differences in how traditional counselors and body psychotherapists go about caring for themselves with the type and frequency of physical experiences?

- a. Is there a difference in frequency with which they receive body work?
- b. Is there a difference in frequency with which they participate in physical activity for physical fitness?
- c. Is there a difference in frequency with which they participate in physical activity for awareness of self?

In Table 4 is shown a summary of the means and standard deviations for body work received, hours of fitness and hours of movement for awareness. Because some of the distributions were highly skewed, both the means and medians were reported. Both parametric and nonparametric statistics were calculated, but because both analyses gave the same results, only the parametric results are reported.

There was a significant difference ($t=-6.15$; $p<.01$) in the hours of body work received per year between the traditional counselors ($M=7.44$) and body psychotherapists ($M=29.73$). The effect size was medium ($g=.86$).

There was no difference ($t= -1.291$; $p>=.198$) in the physical activity for fitness per month with which traditional counselors ($M=13.6$) and body psychotherapists ($M=15.58$) participated in.

There was a significant difference ($t= -5.594$; $p<.01$) in the in physical activity for awareness of self per month between traditional counselors ($M=3.26$) and body psychotherapists ($M=9.33$). The effect size was medium ($g=.73$).

Table 4

Frequency, Means, Medians and Standard Deviations for Body Psychotherapists and Traditional Counselors to Receive Body Work, Frequency of Movement for Fitness and Frequency of Movement for Awareness

		<u>Type of Counselor</u>			
<u>Type of self care</u>		<u>n</u>	<u>M</u>	<u>Mdn</u>	<u>SD</u>
Hours of body work received/year	Traditional	93	7.44	78.39	15.62
	Body Psychotherapist	180	29.73	167.28	33.09
Fitness hours/month	Traditional	92	13.6	122.57	11.11
	Body psychotherapist	168	15.58	134.84	12.24
Movement for Awareness/month	Traditional	90	3.26	84.09	7.94
	Body psychotherapist	175	9.33	158.15	8.59

Note. Sample sizes varied because of missing data.

Research Question Three

What is the theoretical orientation for those counselors who use touch in counseling?

In the questionnaire, two questions addressed whether the counselors touched their clients. Question #13 addressed touching clients for social greetings. Question #14 addressed touching clients for therapeutic intervention. The participants who touched clients identified themselves as such on the questionnaire. In Table 5 is shown two frequency distributions of theoretical orientation of counselors who used touch for social greetings and therapeutic interventions.

In examining the distribution of counselors' theoretical orientation to touch for social greetings, respondents who touched but used no theory 27.7% ($n=77$) had the highest number of respondents. Counselors who used Neo Reichian theory 27.3 % ($n=76$) had the next highest number. Among counselors who touched for therapeutic interventions, 16% ($n= 36$) used no theory and 32% ($n=73$) used Neo Reichian theoretical orientation.

Table 5

Frequency and Percentages of Counselors Who Use Touch for Social Greetings and for Therapeutic Intervention

<u>Theoretical Orientation</u>	<u>Social Greetings</u>		<u>Therapeutic Intervention</u>	
	<u><i>n</i></u>	<u><i>%</i></u>	<u><i>n</i></u>	<u><i>%</i></u>
No Theory	77	27.7	36	15.9
Neo Reichian	76	27.3	73	32.2
Gestalt and Psychosomatic	26	9.4	25	11.0
Developmental approaches	11	4.0	11	4.8
Dance Therapy	4	1.4	3	1.3
Trauma	44	15.8	42	18.5
Integrative	39	14.0	36	15.9
Total	277	99.6	226	99.6

Research Question Four

Among counselors who touch clients, what is the frequency of touching body parts?

In Table 6 is shown a summary of the frequency and percentage of times that counselors touch body parts based on counselors who responded to this question

($N=275$). Of the respondents who reported that they touched, 85.7% reported that they touched hands the most often followed by 82.2% who reported they touched arms and shoulders and 79.4% touched the back. Forty three and two tenths percent touched the pelvis while 50.1% touched the abdomen and 54.7% touched the chest.

Table 6

Frequency and Percentage of Times of Touching Different Body Parts

<u>Body part</u>	<u>Never</u>		<u>Some-</u> <u>times</u>		<u>Occas-</u> <u>ionally</u>		<u>Most of the</u> <u>time</u>		<u>Every</u> <u>Time</u>		<u>Does not</u> <u>apply</u>	
	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
Hands	41	14.3	67	23.3	83	28.9	58	20.2	15	5.2	11	3.8
Arms and Shoulders	51	17.8	76	26.5	86	30.0	49	17.1	8	2.8	11	3.8
Back	59	20.6	81	28.2	77	26.8	40	13.9	9	3.1	11	3.8
Head	97	33.0	71	24.7	56	19.5	35	12.2	8	2.8	14	4.9
Chest	130	45.3	56	19.5	50	17.4	23	8.0	3	1.0	13	4.5
Abdomen	141	49.1	63	22.0	40	13.9	15	5.2	4	1.4	13	4.5
Hips and Pelvis	163	56.8	54	18.8	27	9.4	12	4.2	5	1.7	13	4.5

Research Question Five

Is there a difference between traditional counselors and body psychotherapists with regard to their level of training in:

- a. In Body psychotherapy?
- b. In Somatic training?

A summary of the frequency, means and standard deviations by type of counselor, body psychotherapy training and somatic training is shown in Table 7.

Because some of the distributions were highly skewed, both the means and medians were reported. Parametric and nonparametric statistics were calculated, but because both analyses gave the same results, only the parametric results were reported.

There was a significant difference ($t=-4.197; p<.01$) in the body psychotherapy training between traditional counselors ($M=52.49$) and body psychotherapists ($M=147.21$). The effect size was large ($g=.85$).

Similarly, there was a significant difference ($t= -4.197; p<.01$) in the somatic training between traditional counselors ($M=13.33$) and body psychotherapists ($M=134.86$). The effect size was small ($g=.96$).

Table 7

Frequency, Means, Medians and Standard Deviations of Hours of Training in Body Psychotherapy and Somatics for Traditional Counselors and Body Psychotherapists

<u>Type of training</u>	<u>Type of counselor</u>	<u>n</u>	<u>M</u>	<u>Mdn</u>	<u>SD</u>
Body Psychotherapy Training	Traditional counselor	89	42.98	52.49	321.03
	Body psychotherapist	126	384.25	147.21	462.23
Somatic training	Traditional counselor	90	13.33	59.98	54.32
	Body psychotherapist	112	319.46	134.86	449.75

Research Question Six

Is there a difference between traditional counselors and body psychotherapists in their frequency of touch in counseling sessions?

- a. For social greetings?
- b. Therapeutic intervention?

These results were summarized in Table 8 which gave the frequency of touch by type of counselor and type of touch. There was no difference ($\chi^2=9.845$; $df=4$; $p=.04$) in the percentage of traditional counselors and body psychotherapists in their frequency to use touch for social greetings. A chi-square analysis was not performed because two cells had expected frequencies less than 5. The analysis is too unstable when 20% of the cells have expected frequencies less than 5.

There was a significant difference ($\chi^2=9.845$; $df=4$; $p<.01$) in the percentage of traditional counselors and body psychotherapists in their frequency to use touch for therapeutic intervention such that body psychotherapists touched clients more than traditional counselors. A chi-square analysis was not conducted because four cells had expected frequencies less than 5. The analysis was too unstable because 33.3% of the cells had expected frequencies less than 5

Table 8

Frequency of Touch for Social Greetings and Therapeutic Intervention for Body Psychotherapists and Traditional Counselors

<u>Type of touch</u>	<u>Frequency</u>	<u>Traditional counselor</u>		<u>Body psychotherapist</u>	
		<u>n</u>	<u>%</u>	<u>n</u>	<u>%</u>
Social greetings	Never	3	3	1	1
	Sometimes	26	27	33	18
	Occasionally	21	21	52	28
	Most of the time	37	38	87	47
	Every time	11	11	11	6
Therapeutic intervention	Never	39	40	8	4
	Sometimes	33	34	39	21
	Occasionally	16	16	67	36
	Most of the time	5	5	60	32
	Every time	5	5	2	1

Research Question Seven

Is there a difference between traditional counselors and body psychotherapists in their resistance to using body work for therapeutic intervention with regard to:

- a. No resistance, body work is used for therapeutic intervention.

- b. Resistance because of lack of lack of training.
- c. Resistance because of a fear of doing something unethical.
- d. Resistance because no value is found in therapeutic intervention.

The summary of analyses for reasons to resist touch for therapeutic intervention and type of counselor are shown in Table 9. There was a significant difference in the percentage of traditional counselors and body psychotherapists in their frequency to use body work ($\chi^2= 70.866$; $df=1$; $p<.01$) such that body psychotherapists 56% ($n=104$) used body work 11 times more often than traditional counselors used body work 5% ($n=5$). Because it appeared abnormal for five traditional counselors to use body work, the data was reviewed again but the identifications for traditional counselor and body psychotherapist were correct based on the criteria of membership in a body psychotherapy organization.

There was a significant difference in the percentage of traditional counselors and body psychotherapists in their frequency to use body work ($\chi^2= 94.186$; $df=1$; $p<.01$) such that 63% ($n=63$) of traditional counselors compared to 9% ($n=17$) of body psychotherapists identified not using body work because of lack of training.

There was a significant difference in the percentage of traditional counselors and body psychotherapists in their frequency to resist using body work ($\chi^2= 39.1331$; $df=1$; $p<.01$) for ethical reasons, such that 68% ($n=68$) of traditional counselors identified the

conflict as a fear of doing something unethical compared to 5% ($n=9$) of body psychotherapists.

In examining differences between counselor types with respect to their resistance to use body psychotherapy because they found no value in it, a chi-square analysis was not performed because too many cells had expected frequencies less than 5. The analysis was too unstable because 50% of the cells had expected frequencies less than 5.

Table 9

Resistances to Touch for Social Greetings and for Therapeutic Intervention for Body Psychotherapist and Traditional Counselors

Type of resistance to touch	Traditional counselor		Body psychotherapist	
	<u>n</u>	<u>%</u>	<u>n</u>	<u>%</u>
Nothing, I use body work	5	5.0	104	56.0
Lack of training	63	63.0	17	9.0
Fear of doing something unethical	32	32.0	9	5.0
Find no value in it	5	5.0	1	0.5

Concluding Remarks

While body psychotherapy may seem to be a new trend it has been around since before Freud (Reich, 1972). It is an effective approach to treating the whole person. This research informs the literature about how counselors who seek training to work with the

mind and body in therapy are different from those who do not. The profiles of the respondents in this research were white, fit, educated females who were touching their clients. More counselors need to be exposed to body psychotherapy.

These findings show that body psychotherapists engage in self care more frequently than traditional counselors. More importantly, these findings showed traditional counselors touched their clients whether trained or not. Given that counselors touch their clients, and body psychotherapists take better care of themselves, traditional counseling programs have a responsibility to include information about body psychotherapy theories and competent professional body psychotherapy organizations. Adding this training to traditional counseling programs will enhance the overall competence of counselors. Clearly, continued research in the area of body psychotherapy is needed so that it finds a place in traditional counseling programs.