

# Tepsinteza - YU Training School of BodyPsyntesis

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## *School history*

Dr Ljiljana Klisic founded TePsyntesis in 1976 in Belgrade, Yugoslavia. TePsyntesis has evolved from 40 years of research by Dr. Klisic into drives development and the relationship between life force and consciousness.

## *Basic theory and concepts*

TePsyntesis is a scientifically-based body-psychotherapy approach which combines systematic work with the body and the mind-psyche (and in some cases spirit) to help reduce psychological and psychosomatic suffering and to help people achieve integration on the somatic, emotional and spiritual level as well as higher levels of development.

TePsyntesis is an Integrative Body-Psychotherapy, that combines and synthesizes:

1. Radix (Charles Kelley)
2. Psychodynamic Psychotherapy
3. Transpersonal Psychotherapy

This combination builds in to a holistic and Humanistic Psychology approach that works very well, combining several Radix (body-psychotherapy) techniques with some of the human development and transferential (& counter-transferential) aspects of Psychodynamic Psychotherapy and the therapeutic relationship within a wider Transpersonal Psychotherapy framework of personal growth and spiritual development.

1. The most influential source of the TePsyntesis is **Radix** work, founded by Charles Kelly who was a student of Wilhelm Reich. Radix is a Body Psychotherapy studies and improves interactions between the client/patient's body and mind. It has a DEVELOPMENTAL MODEL, a theory of personality, and character typology which relates to the origins of any disturbances, as well as using a rich variety of diagnostic and therapeutic techniques within the context of the therapeutic relationship. There have been several research projects on outcomes and character types. Radix sits within the field of Humanistic Psychotherapy and has several distinct characteristics.

Charles Kelley, a student of Reich's in the early 1950s, developed a style of work which synthesized Reichian techniques with methods from various humanistic and growth work approaches. Kelley defines Radix like re-education in feelings and purpose. He developed ways of working in groups to enable people to recover conscious purposiveness and reconnect with the deep feelings which are blocked by armouring (Kelley 1974). 'Radix' is Kelley's equivalent for life energy, or what Reich called 'orgone'. He stressed that Radix work is 'education' rather than psychotherapy, although many of his followers no longer make this point. Kelley pays particular attention to developing Reich's work on the eyes, synthesizing it with the Bates Method and emphasizing the importance of dissolving 'ocular armouring' - tensions in and around the eyes which block not only clear vision, but also good contact and thinking (Kelley 1976). **Contact** is one of the most central concepts in Radix work and the concept that makes this work so powerful.

Radix is still taught and practised around the world, but like several other psychotherapy schools it has fallen out with its own founder, who now works independently. In many ways it is a very traditional form of humanistic Reichian work, but with its own set of terms, techniques and emphases. In particular, it focuses on the distinction between the energetic 'instroke' and 'outstroke', and divides neurotic structure into three types: the blocked instroke (organized around the emotional polarity of fear/trust), blocked outstroke (anger/love), and blocked pulsation (pain/pleasure). Out of this basic, TePsyntesis has grown into an depth psychological method with all the general characteristics of body-psychotherapy work – a functional and structural approach working with character structures, vegetative, pulsation and subtle energy processes.

2. The integration with many aspects of **Psychodynamic** Psychotherapy helps to enable reparation work on early deficits. Other aspects of psychodynamic work that are used include ego psychotherapy for deeper analysis and early relationships that appear again in the transferential aspects of the therapeutic relationship. This early 'developmental' work enables us to repair, more successfully and more easily, early schemas of disturbed or distorted contact which have been uncovered through the application of Radix Body-Psychotherapy techniques.

3. **Transpersonal** psychology and psychotherapy is the 'fourth force' in psychology and enables us to expand our theoretical model into a wider framework of further human development. We do not, at this moment in time in our school, practically apply any techniques from the various modalities within Transpersonal Psychotherapy, but we are developing our theoretical model in this direction. Furthermore this connects with and is in accordance with the developmental aspects of Maslow's Humanistic Psychology.

TePsyntesis thus combines theoretical approaches and some practical applications from psychotherapies of the Body (Radix), Mind (Psychodynamic) and Spirit (Transpersonal) into a coherent Humanistic whole and which is in accordance with recent developments and thinking in some of the new sciences.

## **New concepts – Heart Primacy**

After the experiences the school has gone through in the last forty years in Yugoslavia, new theoretical concepts have also started to emerge based on these older concepts. TePsyntesis studies and researches the **evolution of the basic human instinctual drives**: the instinct for self-preservation (aggression), and the instinct for procreation of the species (sexuality). It helps people in this evolution using both verbal and nonverbal methods and not only on a psychological level. It is only through the unity of mind and body that a spiritual dimension opens up and the whole scope of evolution can be approached. Firstly there is the evolution of primitive aggression and destruction towards mature power integrated with a developed value system, to Non-dual Universal Power. Secondly there is the evolution of primitive sexuality towards Bliss and supreme Joy.

On the basis of the holographic paradigm and quantum physics, and in cooperation with the Faculty of Electrical Engineering at the University of Belgrade, TePsyntesis is continuing to develop the Psychoanalytic theory of psychosexual development. Dr. Ljiljana Klisic has also developed the theories of **Orgasm Development** and **The Function of Bliss**. She has introduced new terms for different orgasms as a model for the development of consciousness and a new model for human development.

Bliss is seen by Te-Psynthesis as the most intense positive psychological experience, which has an important function. The bliss taboo is deeper and more hidden than the sex taboo. The goal of orgasm development is to increase the degree of freedom in decision-making, which happens, step by step, at each subsequent level of orgasm development. Orgasms are classified as primitive, immature, perverse, neurotic, blocked, mature, extended, ecstatic, blissful and non-dual. In order to develop orgasm further, a person must learn to increase the degree of his/her freedom in decision-making. If successful, the reward is ecstasy. If a deeper and more complex degree is reached there is a divine reward - bliss.

Dr Klisic has also proposed the theory of **Power Development**. In the process of development from primitive aggression to mature power and towards ultimate non-dual power, it is necessary to learn to postpone (not to block, suppress or repress) reactions in order to increase the degree of freedom in decision-making. In this process blocking or impulsivity often happens, the most difficult being integrating surrender with control and cognition.

**Agrasms** (a new term suggested by Dr Klisic) are classified as instinctive, primitively aggressive, destructive, manipulative, passive, assertive, truly powerful, non-dual universal powerful. In her opinion, investigation into orgasms and agrasms in Power or Bliss development gives us a good model to start the exploration of consciousness and human development.

On the basis of research into instinctual drives development, Dr. Klisic has proposed the *continuation of the psychoanalytic theory of psychosexual development*. She sees the concept of maturity in psychotherapy as being under-developed and too dependent on the biological model. In her opinion, psychoanalysis has connected maturity to genital primacy and the genital character structure while it is only the beginning of maturity. After oral, anal, phallic and genital primacy - well-known Reichian concepts - development has to continue on **to heart and non dual primacy**.

Dr. Klisic has also put forward a continuation of the **Character Development Theory**. To the oral, anal, phallic and genital character structures she adds **heart and non-character**. She has connected the genital character to the beginning of maturity and the ability to surrender to the orgasm reflex, meaning a freedom from the main blockages. Heart character means giving primacy to heart reactions, where all decisions are made from the heart. This is the principle of love, meaning at a higher level of consciousness. As with previous character structures, some neurotic tendencies remain. The heart character is more developed and discovers Bliss that is often the result of love actions. The most developed character structure is resolved character: no-character. In this structure there are no more frozen functions, the flow of energy is complete. There is unity with the whole universe, total freedom from blockages and from character armour, the ability to be in joy and bliss, to radiate it, to become the love principle, pure consciousness, the only reality there is, ourselves connected with the (*divine*) *no-character*. But Awareness is dominant.

The above are theoretical considerations, which place the training work in a wider conceptual framework. TePsynthesis uses an organized system of methods in treatment. It is a systematic application of defined body-psychotherapy methods with some innovations. (Dr Klisic is still working on the methods, which are best for each stage of Power and Bliss Development.) The approach to each trainee is individual and accepting, with a lot of support for the stage he or she is at. This attitude, together with awareness opens the next stages of development more easily, bringing more pleasure, joy and bliss.