



The authors in our special **War Trauma** section, each in their own way, shine a light into the pervasive darkness that is war.

- **Courtenay Young**, in his article *Why War?* asks if it possible to make sense of war. The human animal is possibly the only species on the planet who conducts sustained aggression against its own. Courtenay traces the evolutionary development of war, and gives us a pragmatic container for how to think about it.
- **Eduardo Pera** shares his twenty years of experience working with war trauma in post-emergency missions in the Middle East. His thrilling article, *Contemporary Reichian Analysis and War Trauma*, explores how Reichian Analysis makes sense of war trauma.
- **Hanna Kemp**, a Ukrainian body-mind therapist and childbirth educator specializing in the postpartum rehabilitation and health of Ukrainian women gave **Christina Bogdanova** a deeply moving and insightful interview. Hanna shares her extensive experience with pregnant women, women in labor, and women with little children in war zones and refugee camps where life and death interweave. Hanna gives us first-hand knowledge of what it's like to flee war, leave home, family, and friends. In *Giving Birth in a War Environment*, Hanna expands our understanding of the challenges faced by people in the midst of an active war and how to best support them.
- We are grateful to **Maggie Kline** for her outstanding article, *Empowering Children and Caregivers Impacted by the Atrocities of War*, in which she shares her work on the psychological effects of war on children. In this article, Maggie presents the core of her work: The Resilience Roadmap and the Eight Essentials of secure attachment.
- **Sally E. Watson**, an expert in conflict resolution presents *Transgenerational Trauma: The Role of Warrior Talk*, drawing on fifty years of warlike discourse in Northern Ireland and Belfast, to show how the new generation of young people are drawn into sectarian conflict. Her article argues for greater emphasis on somatic approaches to postwar trauma, demonstrating how warrior talk keeps adversity active and is instrumental in transmitting animosity through the generations.

- We close our war trauma section with an article by Melissa Sinclair. *Organizing a Rapid Response to War Trauma Lessons from the Somatic Experiencing Ukraine Task Force (SEUTF)* is an in-depth demonstration of the course of action used to organize an effective worldwide emergency response to collective trauma as it unfolds. The SEUTF success shows how we can move out of the isolation of our consulting rooms to organize effective outreach to the real-time needs of those in the midst of collective trauma.

In our ongoing rubrics:

- In *Interdisciplinary Approach*, Antigone Oreopoulou and Aline LaPierre talk with Harvard neurobiologist Ioannis Gampierakis about his research. *Exploring the Connections Between the Microbiome and the Brain*.
- In *Research*, Courtenay Young draws our attention to the importance of case studies and their role in outcome research. To further the goal of establishing a scientific basis for body psychotherapy and somatic psychology, Courtenay is planning, with Herbert Grassman, a second volume to *Body Psychotherapy Case Studies*.
- In *Clinical Practice From WWII with Compassion* by Anita Blanchard introduces the work of Pethő Sándor, a Hungarian physician who worked in refugee camps for the Red Cross during WWII. She gives us an in-depth introduction to Calatonia, the somatic approach Sándor developed working with the wounded. Practitioners who use touch will find this article powerfully valuable.
- In *Psychotherapy Around the World*, José Martín Amenabar Beitia introduces us to *Body Psychotherapy in Spain*. He reviews major historical body psychotherapy milestones, and draws attention to Character-Analytic Psychotherapy in Spain, one of the country's most influential modalities.
- *Personal Viewpoint* continues to build on the theme of war with *Fragments of War* by Natasha Kuhn, a refugee from the Bosnian war who now lives in Seattle. Appropriately for our troubled times, Antigone Oreopoulou leads us in the discovery of the world of volunteering. At a time when so many are in need of help, *Volunteering: A Healing Process and Training in Awareness* introduces us to a way of life independent of political parties and ideologies, a world of people who readily offer their knowledge, time, and experience to better our world.

Whether you live away from social and political conflict or in an active war zone, whether you offer support to refugees or are a refugee yourself, it can be difficult to know when it is appropriate to take action, give significant support, have faith and offer hope, or simply listen deeply.

We hope that you will find inspiration and incentive in this issue.