Integral Transpersonal Journal

of arts, sciences and technologies

Biotransenergetics

Epistemology, case studies and clinical research

Contributors:

Giovanna Calabrese
Claudia Cornali
Regina Ursula Hess

Matteo Hu
Pier Luigi Lattuada
Giuliana Rasi

INTEGRAL
TRANSPERSONAL
INSTITUTE
Integral Transpersonal Journal

of arts, sciences and technologies
EDITORIAL INFORMATION

SCIENTIFIC DIRECTOR  Pier Luigi Lattuada

EDITORIAL STAFF
Giovanna Calabrese, editor director
Ilaria Cislaghi, editor and graphics
Patrizia Rita Pinoli, consulting editor
Eleonora Prazzoli, consulting editor
Silvia Lodrini, consulting editor
Claudia Castiglioni, graphical project

SCIENTIFIC BOARD
Ingo Benjamin Jahrsetz, Germany
Jure Biechonsky, Estonia
Bernardette Blin-Lery, France
Gennady Brevde, Russia
Steven Schmitz, USA
Ingrida Indane, Latvia
Dietrich Franke, Germany
Magda Sole, Spain
Lyudmila Scortesca, Moldova
BOARD OF REVIEWERS

REVIEWERS
Regina U. Hess, Germany - chief
Lindy McMullin, Greece
Rona Newmark, South Africa
Elena Piccoli, Italy
Luciano Ghisoni, Italy

TRANSLATORS
Timoty M. Perazzoli
Valentina D. M. Lattuada
### Editorial

**GIOVANNA CALABRESE, M.D., Ph.D.**

10

### Contributions

Towards an Organismic-Dynamic Epistemology and Research Methodology: The Further Mode of Knowing of Inner Experiences of States of Consciousness  
**P. L. LATTUADA, M.D., Ph.D., REGINA U. HESS, Ph.D.**  
12

The Therapeutic Effect of Biotransenergetics (BTE) Explored In A Clinical Study Using Heuristic Methodology  
**GIOVANNA CALABRESE, M.D., Ph.D.**  
49

Therapy As A Personal and Transpersonal Evolutionary Process. The Experience Of Four Patients, Treated According To The BTE Method, Within A Research Developed Following The Narrative Method  
**GIULIANA RASI, Ph.D.**  
70

Experimental Demonstration Of The Effect Of BTE Practices On Stress Parameters  
**MATTEO HU, Ph.D.**  
90

“Below as Above”. A Transpersonal Psychologist in Afghanistan  
**CLAUDIA CORNALI, Ph.D.**  
105
Reading Proposals

Biotransenergetics e-book by P.L. Lattuada 121

Authors’ instructions

Authors’ Instructions Text Format 122
Information about ITI 124
Notice to subscribers 125
The seventh issue of the Integral Transpersonal Journal is the first one of a series of thematic issues focused on a particular transpersonal method. We all know that there are many different transpersonal methodologies and methods applied with therapeutic purposes, still a rigorous description of many of them is lacking. As editorial board we decided to give space to therapists to describe their methods, having special thematic issues.
Here we present how a multidisciplinary research approach, including philosophical discussion, quantitative approach and different qualitative methodologies have been used to describe
Biotransenergetics, a transpersonal method founded by Pier Luigi Lattuada and Marlene Silvera in the 80s and further developed by Lattuada.

Pier Luigi Lattuada and Regina Hess in their article discuss the epistemological basis of BTE. Clinical application of BTE is described with two different approaches. Giovanna Calabrese presents a clinical study in which the heuristic method described by Moustakas has been originally applied to explore the experience of Transe during the therapeutic session, considering different psychotherapists and patients. Giuliana Rasi used a narrative approach to give an account of the psychotherapeutic process as a life changing experience. Matteo Hu mixed quantitative and qualitative methods to explore how BTE psycho-corporal practice influences the body and the mind in a sample of volunteer subjects. Claudia Cornali, a psychotherapist expert in emergency psychology, gives her personal account on how BTE helped her during the mission in Afghanistan.

As editorial board, we hope that our readers will find this issue of interest and will read it as an inspiration of what is needed to transpersonal psychotherapy to break through.
All text must be written either in Italian or in English, submitted by e-mail at the following address: biotransenergetica@gmail.com.

On a separate file, list authors’ name, title, the session in which the text has to be published (Transpersonal forum, research or clinical report, comment, EUROTAS report or transpersonal report) and contact information.

On a second file submit the article with title, abstract (250 words) and keywords.

Text submitted for transpersonal forum should not exceed 5500 words. Text for research or clinical report should not exceed 2500 words. Text submitted for comment on papers or books, eurotas report or transpersonal report should not exceed 1500 words.

All text submitted for publication will be evaluated by the editorial board and text submitted for transpersonal forum and research or clinical reports are subject to a peer review process.

Bibliographic references should be listed according to APA style:


Upon approval for publication authors will be asked to provide a short biography of first author (250 words).

**Publication policy**

Text submitted for publication in any of the session must be original, not published or under consideration for publication, in any format. Submission of a manuscript irrevocably grants explicit permission by the author for it to be published in ITJ. For articles to be published in the research or clinical report author must state that he/she has complied fully with BPS/APA ethical standards in the treatment of humans or animals studied and will have data available for examination for up to 5 years past the date of publication.
INTEGRAL TRANSPERSONAL INSTITUTE
AND
OM – ASSOCIAZIONE PER LA MEDICINA E LA PSICOLOGIA TRANSPERSONALE

PRESENT COURSES IN:

TRANSPERSONAL PSYCHOTHERAPY
Scuola di Formazione in Psicoterapia Transpersonale
Transpersonal Psychotherapy School
Four years post-graduation for Medical Doctor and Psychologist
(Full Accreditate by MIUR D.M. 2002 May 30)

TRANSPERSONAL COUNSELING
Four year Training - Full Accreditate by FAIP Counseling

FOR FURTHER INFORMATION:
Om Association - Via Villapizzone 26 - 20156 Milano (Italy)
telephone: +39 02 8393306
e-mail: biotransenergetica@gmail.com

INTEGRAL TRANSPERSONAL INSTITUTE
publishing house.

ITI publishes books concerning the following fields:

• Transpersonal
• Spirituality
• Holistic approach

ITI would be pleased to view any unpublished materials on the above topics. If you are interested please send your writings to:

Integral Transpersonal Institute
Via Villapizzone 26
20156 Milano (Italy)
info@integraltranspersonal.com
NOTICE TO SUBSCRIBERS

Integral Transpersonal Journal semiannual beginning with No. 0. 2010

CURRENT YEAR SUBSCRIPTIONS:
- paper edition: 30 € + delivery charges
- online edition: 20 €

ALL ORDER INFORMATION ARE AVAILABLE AT:
Integral Transpersonal Institute
Via Villapizzone 26
20156 Milano
transpersonal@fastwebnet.it
www.integraltranspersonal.com

TO SUBSCRIBE TO
SCIENTIFIC TRANSPERSONAL JOURNAL

• please send this coupon to the following fax number:
  0039 0287084230

• refer to www.integraltranspersonal.com, click on the Integral Transpersonal Journal section and fill in the form
COUPON TO SUBSCRIBE TO THE INTEGRAL TRANSPERSONAL JOURNAL

Name __________________________________________
Surname _______________________________________
Address _________________________________________
E-mail __________________________________________

TYPE OF SUBSCRIPTION:

• annual paper edition (30€ + delivery charges)
• annual online edition (20€)
• bi-annual paper edition (60€ + delivery charges)
• bi-annual online edition (40€)

HOW DO YOU WANT TO PAY?

• Credit card
• Cash on delivery
• Bank transfer

Send this coupon to fax number: 0039 0287084230