**BODY-LESS therapy**

Dear Colleagues,

The current Covid-19 crisis also represents an unprecedented challenge for our professional field. From one day to the next, we had to adapt our therapy sessions to telephone or online contacts.

What does this mean for the therapeutic relationship? Can the relation be maintained in a disembodied room? Or is the body not lost when a good therapeutic relationship has already been established? Questions over questions you can help with.

We ask for your expert reflection on the therapy units (currently permitted by the Ministry of Health) by telephone and on video online platforms.

You can design and write your contributions as you like, here as a suggestion a few possible points:

- Reactions of the clients and patients to the change

- Suitability or non-suitability for therapeutic treatment

- Difference between "face to face" and "disembodied" therapy via telephone and video online portals

- Difference between phone and video online portals

Reflections are particularly valuable to your

- perception of the relationship

- perception of the body

- Perception of transference and countertransference

- Perception of physical countertransference phenomena despite disembodied therapy

We hope for your numerous submissions and support for this psychotherapy science project. On the one hand, it can answer questions about the importance of the body in psychotherapy, and on the other hand, your feedback is very valuable for researching online therapy.

(Students receive 2 research points!)

Please send your contribution to [birgitta.schiller@sfu.ac.at](mailto:birgitta.schiller@sfu.ac.at)

We wish you continued good therapeutic work!

Sincerely yours,

the Institute for Psychosomatics at the Sigmund Freud Private University Vienna,

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