



# Playing With the Body

*Brasilda Rocha*

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## **Playing With the Body** Brasilda Rocha

Brasilda dos Santos Rocha, body psychotherapist of children and adolescents. She graduated as Psychologist by the “Paulista Julio de Mesquita Filho” State University. For the past thirty-three years she has dedicated her fulltime to the clinical practice and to a systematic research of body psychotherapy. She has done that dealing with children and adolescents, teaching and preparing new psychotherapists in the coordination at the “Nucleo de Estudos Neo-Reichianos”, and in the spreading the theory and practice of her work throughout other states in Brazil and abroad. Her contribution is on transmitting the live technique of the neo-reichian therapists (Gerda Boyesen, David Boadella, Alexander Lowen and Stanley Keleman), while associating the psychoanalytic reading and psychodrama to the language of the toy. We utilize the concept of “intermediate object” given to us by reading of Winnicott and the use of the live therapist technique, in search of an energetic flow, as given by the reading of Reich the necessity to propitiate a repeating of the identity matrix, as provided through the psychodrama the various playing correspond to the development of the child, according to Aberastury. Its major contribution is on identifying and evaluating the toys that correspond to the type of blocked energy within the psychic and body development of the child. We come to the conclusion that “the toy symbolizes the body of the child and it can be utilized as an interpretation and/or intervention, without interrupting the energetic circuit.” Our job is changed into a task of studying the prophylaxis of the neurosis, or let us say, to accompany the babies until they enter the adolescence phase jointly with the parents, since the identification of the armors and the need for us to work on the therapeutic and pedagogical function of the toy, in the prevention of the armors. Therefore, we systematize the types of toys that do correspond to the energetic flow of development of the child, to enable us to amplify this internal space, and to avoid the patterns of emotional tensions. This work reflects the day-to-day of the children, their search for pleasure and the need to become creative, breaking the rules of the games, building their own rules, being faithful, their pains, their anguishes, their fears their lives which is so close to their somatic memories of their conception, to this conducting wire of the energetic pulsation.

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