

## Q and A: “My Butoh practice and how I integrate it into my therapeutic work”

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About the movement:

- 1) Most Japanese Butoh-ists have utilized Noguchi Taiso (physical exercise originated by Michizo Noguchi) for the most economical way of movement, using the weight of the body or “listen to the god of gravity”.
- 2) Relaxation of the relevant body-parts is crucial (with due amount of tension in the necessary body parts), and the attempts to find out the best combination of passive movement with active one is one of the major purposes of Noguchi Taiso.
- 3) One of his ideas about the body is different from the ordinary anatomical one: “Human body is not solid but fluid like a water-filled leather bag in which bones, muscles and viscera are all floating”. (“Ne-Nyoro” is one of the exercises.)
- 4) Basic Butoh exercises based on Noguchi Taiso enhances the bodily perception and eventually deepens the body-mind exploration process due to its delicate body control and its deepened perception.
- 5) The enhanced ability to perceive one’s body-mind through these exercises turns out to be the ability to perceive what is going on the other’s body-mind.

About the body-mind:

- 1) One of the ideas about body-oriented psychology/psychotherapy is that the body reflects the contents of the subconscious. When the subconscious is allowed to lead one’s body, every movement appears to be influenced by unnoticed emotions or impulses.
- 2) In order to realize this mental situation, the ego-centric control of movement should be discarded somehow. In an authentic Butoh performance or training, various different states of consciousness are naturally experienced:  
\*Hijikata, the originator of Butoh, once said that “Butoh... is a dead man standing upright desperately”, which might be similar to the mental state of some schizophrenic people who often lives under absolute terror.  
\*“New Understandings of Butoh Creation and Creative Autopoietic Butoh – From the Hidden Observer in the Subconscious to Perturbation of the Body-Mind System” will be published in a couple of month as bulletin of my college, dealing with the theme above.
- 3) Butoh can be performed as an embodied “primary process” (dreaming while awake), and this mental state is utilized as the embodied process of “active imagination” (ex., by Jungian dance therapist Joan Chodorow).
- 4) Spasm, shivering, twitching, convulsion, etc. that occur in Butoh performance or training are often connected to suppressed memories or movements. These seemingly weird movements are safely contained in Butoh as normal autogenic release or as ultimate artistic performance.
- 5) In our Body-Learning Therapy based on Butoh, the sense of safety and security nurtured in deep relaxation exercises also works as the safe container of these reactions. Body-oriented psychotherapeutic process naturally starts developing through body-mind relaxation exercises.

\*Related papers and information available at <http://toshi-kasai.info>