



**FEELING WHAT IS.
THE TRANSMISSION OF SOMATIC AWARENESS
BETWEEN CLIENT AND THERAPIST
LIVE IN PERSON**

Amanda Arena-Miller
April 27, 2025, 11am-2pm EDT
Course Number: 361 (3.0 contact hours)

Bibliography

Bowlby J. On knowing what you are not supposed to know and feeling what you are not supposed to feel. *Can J Psychiatry*. 1979 Aug;24(5):403-8. doi: 10.1177/070674377902400506. PMID: 487334.

Descartes, R. (1985). The philosophical writings of Descartes.
<https://doi.org/10.1017/cbo9780511805042>

Dimen, M. (2000). The Body as Rorschach. *Studies in Gender and Sexuality*, 1(1), 9–39.
<https://doi.org/10.1080/15240650109349144>

Gabriele, E., Spooner, R., Brewer, R., & Murphy, J. (2022). Dissociations between self-reported interoceptive accuracy and attention: Evidence from the interoceptive attention scale. *Biological Psychology*, 168, 108243.
<https://doi.org/10.1016/j.biopsycho.2021.108243>

Murphy, J., Catmur, C., & Bird, G. (2019). Classifying individual differences in interoception: Implications for the measurement of Interoceptive Awareness. *Psychonomic Bulletin & Review*, 26(5), 1467–1471. <https://doi.org/10.3758/s13423-019-01632-7>

Peyer, J. de. (2022). Skating on thin ice: Clinical dilemmas with the uncanny. *Psychotherapy Section Review*, 1(67), 62–77.
<https://doi.org/10.53841/bpspsr.2022.1.67.62>

Schandry, R. (1981). Heart beat perception and emotional experience. *Psychophysiology*, 18(4), 483–488. <https://doi.org/10.1111/j.1469-8986.1981.tb02486.x>

Bibliography– FEELING WHAT IS. THE TRANSMISSION OF
SOMATIC AWARENESS BETWEEN CLIENT AND THERAPIST

Course: 361 Presented by Amanda Arena-Miller

Zamariola, G., Cardini, F., Mian, E., Serino, A., & Tsakiris, M. (2017). Can you feel the body that you see? on the relationship between interoceptive accuracy and body image. *Body Image*, 20, 130–136. <https://doi.org/10.1016/j.bodyim.2017.01.005>

Zamariola, G., Maurage, P., Luminet, O., & Corneille, O. (2018). Interoceptive accuracy scores from the heartbeat counting task are problematic: Evidence from simple bivariate correlations. *Biological Psychology*, 137, 12–17.
<https://doi.org/10.1016/j.biopsycho.2018.06.006>

Zamariola, Giorgia, et al. "Relationship between Interoception and Emotion Regulation: New Evidence from Mixed Methods." *Journal of Affective Disorders*, vol. 246, 1 Mar. 2019, pp. 480–485, www.sciencedirect.com/science/article/abs/pii/S0165032718323723, <https://doi.org/10.1016/j.jad.2018.12.101>. Accessed 24 Feb. 2020.