

# Alexander Lowen

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Alexander Lowen

2021-01-15

## Body) - Goodreads

Alexander Lowen (December 23, 1910 – October 28, 2008) was an American physician and psychotherapist. A student of Wilhelm Reich in the 1940s and early '50s in New York, Lowen developed bioenergetic analysis, a form of mind-body psychotherapy, with his then-colleague, John Pierrakos (February 8, 1921 – February 1, 2001).

*Alexander Lowen - Wikipedia*

Who we are / The Alexander Lowen Foundation is dedicated to preserving and expanding the work of Alexander Lowen, M.D. and Bioenergetic Analysis. Learn More

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*Alexander Lowen - Wikipedia*

[About Alexander Lowen | Lowen Foundation](#)

Bioenergetics is a way of understanding personality in terms of the body and its energetic processes. A pioneer in this field, Alexander Lowen, M.D. developed Bioenergetics as a therapeutic technique to help people get back together with the body and enjoy the life of the body to the fullest degree possible. BA starts with essential functions.

## The BioEnergetic Character Types of Alexander Lowen

Jan 24, 2022 · Bioenergetic analysis was developed by Alexander Lowen, M.D. in the 1950s. Lowen was a student of Wilhelm Reich, a psychoanalyst who believed that physical ailments were rooted in unconscious psychic conflict. Lowen expanded on this idea, to include the notion that chronic stress could also lead to mental health issues.

71 quotes from Alexander Lowen: 'It is a grave injustice to a child or adult to insist that they stop crying. One can comfort a person who is crying which enables him to relax and makes further crying unnecessary; but to humiliate a crying child is to increase his pain, and augment his rigidity.'

[Alexander Lowen \(Author of Narcissism\) - Goodreads](#)

Sep 29, 2016 · Alexander Lowen, long-time student of psychoanalyst Wilhelm Reich, developed bioenergetic analysis in the 1950s after splitting from Wilhelm Reich. Bioenergetic analysis is Lowen's own.

*What is Bioenergetics? | Lowen Foundation*

Alexander Lowen, M.D. (December 23, 1910 – October 28, 2008) was an American psychotherapist and father of Bioenergetics. A student of Wilhelm Reich, he developed Bioenergetic Analysis with John Pierrakos, and founded the International Institute for Bioenergetic Analysis (IIBA).

*What Is Bioenergetic Therapy? - Verywell Mind*

Oct 28, 2008 · Alexander Lowen (1910–2008) was an American physician and psychotherapist. The story of his life is a story of how he honored the body and healed his mind-body split. It is also the story of how, along the way, he helped mankind.

[Bioenergetic Analysis - GoodTherapy](#)

Alexander Lowen (1910-2008) was a student of Wilhelm Reich (1897-1957) in the 1940's and 1950's and developed a classification system of the human body/mind that is unmatched in the entire world of self-awareness. Both a physician as well as a psychotherapist, Lowen utilized his training with Reich and his own uncanny.

## About the Foundation | The Alexander Lowen Foundation

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## Alexander Lowen Quotes (Author of Spirituality of the