

**Abstract:** The aim of this thesis is to introduce BMC approach in relation to other body-oriented psychotherapies, to characterise its principles and techniques, the format of therapy and to analyze and assess it from a point of view of the basic questions of scientific validity of a psychotherapeutic modality. Further in this thesis we summarize the bodily anchored experiencing theory. The empirical part of this thesis is a quantitative study of relation of body awareness, depressive experiencing and the satisfaction with life. We also studied a relationship among body awareness and socio-demographical characteristics of respondents. We ascertained some statistically significant correlations pointing towards a link between the ability of body awareness and depressive experiencing and also with satisfaction with life. The findings of this empirical study point towards the usefulness of further systematical developing of the body awareness construct.