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Regine Armbruster-Heyer

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Registered Office:

France Kauffmann

29 Av. des Lauriers,

F-06610 La Gaude, France

Tel: +33 4 93.24.80.21

e.mail:France-

kauffmann@wanadoo.fr

Editor's Note.

Dear Reader

You will find in this Spring Edition 2007 answers to: What is new? What has changed? And what will change in the future?

But first of all : let me tell you that the last General Assembly of 2006 was a complete success and not only because most member societies participated, but we had also the pleasure of having IIBA president Hugo Steinmann and two Italian BA societies as well. The main topics of the GA were to find a new structure for the International Institute, an improved relation with the European Federation and an idea on how to integrate or participate. For more information about this GA meeting you can read the article of Francisco Garcia Esteban (SOMAB), EFBA-P President. There is also a contribution about ideas on how to restructure IIBA presented by Rainer Mahr (SGfBA).

Second: What is new?

In the enclosed timetable you will find an advertisement for three different conferences in Body-Psychotherapy where Bioenergetic Analysis will be present.

Third: What has changed?

During the GA meeting there was a very positive feedback about the experience to have the BASIC E-mail version in different national languages. But since this means a lot of extra work for the editor and the board of EFBA-P, we would like to have an active participation by our members in producing these different language versions.

Fourth: What will change in the future?

After being the editor of BASIC for the last five years I am planning on retiring from this job at the end of this year and therefore we are looking for a candidate. Who is willing to be **the next Editor in 2008**? Who is interested? Which national society would like to take up the responsibility during the next few years to produce the newsletter of EFBA-P? I can only recommend the job; it has given me lot of information, connections with societies and their members, satisfaction and a lot of creativity beyond work.

The Editor

Report on the November 2006 General Assembly of the Federation

The 2006 General Assembly of the Federation took place in Lisbon on November 14-16. The event was, by far, the more widely attended in recent years. Seventeen delegates from thirteen EFBA-P societies were present. Two Italian Societies (not members of the Federation), "Istituto Italiano di Formazione in Analisi Bioenergetica" and "Società Italiana di Analisi Bioenergetica", also sent delegates. Hugo Steinmann, President of IIBA, was present too. It seems that our efforts to motivate people to participate have been successful. Jaime C.F. da Silva, from the "Associação Portuguesa de Análise Bioenergética", took care of the operational organisation of the event that was perfect. I will summarise below some of the decisions made at the GA and information provided on several matters.

An important issue this year was the **reorganisation process under way in IIBA**. Hugo Steinmann volunteered to attend our GA to inform us in detail about this process, to answer questions, and to exchange points of views with delegates on this and other matters. The GA devoted an important amount of time to this issue and finally decided to support the principle of including regions, integrating the societies of their area, in the structure of IIBA. The details about the specific form of that inclusion will need to be worked out. It was communicated at the meeting that representatives from societies of the North American/New Zealand Region had just met the previous weekend and decided to become organised in a regional structure analogous to those currently existing for the European and South American regions.



Participants at the 2006 GA from left to right:

Rainer Mahr (SGfBA) – Victor Sarmiento Gonzales-Nieto (SAAB) - Jocelyne Moulet-Farget (SFABE) - Christa D. Ventling (SGBAT) Brigitte Berger (DOK) Heiner Steckel (NIBA-GER) Fina Pla I Vila (ACAB) – Dolores Boda (ACAB) – Hugo Steinmann (IIBA) – Annie Nissou (IABFS) – Guisepp Carzedda (IFAB) – Rosaria Filoni (SIAB) Francisco García Es teban (SOMAB) – Liane Maathuis (NIBA-NL) – Jaime Perez García (EHABE) – France Kauffmann (IABFS) – Claudia Ucros (SOBAB) – Regine Armbruster-Heyer (Sobab) – Emilia Gallardo Pérez (SOMAB)

There is currently a good atmosphere of communication and cooperation between the **Federation and IIBA**. IIBA has offered the Federation the possibility to organise events at the IIBA Conference in Seville. It was decided to participate in two such activities, one scientific (“The work with Bioenergetic Analysis: different accents, different paradigms?”) and other institutional (“Meeting with representatives of the European Federation – Goals for the future”).

The relation with the **European Association for Body Psychotherapy (EABP)** has continued to strengthen. An agreement has been reached with EABP, by which members of our respective organisations will be able to attend the congresses organised by the other institution at the reduced fee offered to members. Additional ways of cooperation will be explored in the future.

EFBA-P was present at the 2006 Congress of the **European Association for Psychotherapy (EAP)** with a workshop, a poster and a flyer about Bioenergetic Analysis. These resources are available to the societies

to be used as such, or as inspiration to develop analogous resources to be used on similar occasions. We are already present as a modality of psychotherapy in the web page of EAP. Ulrike Pschill, from the German-Austrian Society (DÖK), has accepted attending the EAP Vienna meetings representing EFBA-P.

Communication with members through **BASIC** has been improved. There are more articles translated to more languages. In addition to the printed edition there are electronic versions in different languages that can be saved and used in the computer.

Edith Liberman sent a report about **our web page**. Its design has continued to be improved and made more attractive. Its content has been updated. It was accepted to add new functionalities, which are currently under study, to make it even more useful to members and to the general public. Members will soon be able to place in the web page information about the activities they organise. An edited version of BASIC is also available on the web.

The possibility of creating different **EFBA-P fees** for members (depending on whether they are students, awaiting certification or CBTs) is being studied. It was considered that there was a need to know first the actual structure of societies regarding those categories before making a decision on that matter. That information would provide an estimate of the impact that such change would have on the EFBA-P budget.

The atmosphere of the GA was very relaxed and positive. I hope that all our endeavours help promote the diffusion of our modality in the general public and within our colleagues, foster the communication with and among our members and provide useful tools for our work. I expect that in the coming year we continue advancing in functionally structuring and integrating our institutions and in offering ever more practical resources to the members of our societies.

The minutes of the GA will soon be sent to societies. If you are interested in a more detailed report of the meeting please ask for them to the delegate of your society or to an EC member.

Francisco García Esteban
President of EFBA

In Spanish



Informe sobre la Asamblea General de la Federación Europea de Noviembre de 2006

(Por Francisco García, Presidente de la Federación)

La Asamblea General de 2006 de la Federación tuvo lugar en Lisboa del 14 al 16 de noviembre. El evento fue, con mucho, el que contó con una mayor asistencia de los últimos años. Diecisiete delegados de trece sociedades de la EFBA-P estuvieron presentes. Dos sociedades italianas (no miembros de la federación), "Istituto Italiano di Formazione in Analisi Bioenergetica" y "Società Italiana di Analisi Bioenergetica", enviaron también

delegados. Hugo Steinmann, Presidente del IIBA, también asistió. Parece que nuestros esfuerzos para motivar la participación han dado resultado. Jaime C.F. da Silva, de la "Associação Portuguesa de Análise Bioenergética", se ocupó de la organización operativa de la reunión, que resultó perfecta. Resumiré a continuación algunas de las decisiones que se tomaron en la AG así como información que se ofreció sobre temas diversos.



Un asunto importante este año era el proceso de **reorganización actualmente en marcha en el IIBA**. Hugo Steinmann se ofreció a asistir a nuestra AG para informarnos en detalle sobre este proceso, responder a preguntas, e intercambiar

puntos de vista con los delegados sobre éste y otros temas. La AG dedicó una cantidad considerable de tiempo a esta cuestión y finalmente decidió respaldar el principio de incluir



a las regiones, que integran a las sociedades de su área geográfica, en la estructura del IIBA. Habrá que concretar los detalles sobre la forma específica que tendría esa inclusión. Se comunicó en la reunión que representantes de sociedades de la región de Norteamérica/Nueva Zelanda se habían reunido el fin de semana anterior y habían decidido organizarse en una estructura regional análoga a las actualmente existentes en las regiones europea y sudamericana.

Actualmente existe una buena atmósfera de comunicación y cooperación entre la **Federación y el IIBA**. El IIBA ha ofrecido a la Federación la posibilidad de organizar eventos en el Congreso del IIBA en Sevilla. Se decidió participar con dos actividades, una científica ("El trabajo con Análisis Bioenergético. ¿Acentos diferentes o paradigmas diferentes?") y otra institucional ("Reunión con representantes de la Federación Europea - Objetivos para el futuro").

La relación con la **Asociación Europea para la Psicoterapia Corporal (EABP)** ha continuado fortaleciéndose. Se ha llegado a un acuerdo con la EABP, por el que los miembros de nuestras organizaciones respectivas podrán asistir a los congresos organizados por la otra institución, con los honorarios reducidos ofrecidos a miembros. Se explorará la posibilidad de otras formas de cooperación en el futuro.

La EFBA-P estuvo presente en el Congreso de 2006 de la **Asociación Europea para la Psicoterapia (EAP)** con un taller, un póster y un folleto sobre el análisis Bioenergético. Estos recursos están disponibles para ser usados como

tales, o simplemente como fuentes de inspiración para desarrollar recursos análogos que puedan ser utilizados por las sociedades en ocasiones similares. Ya estamos presentes en la página web de la EAP como una modalidad específica de psicoterapia. Ulrike Pschill, de la sociedad austriaco-alemana (DÖK), ha aceptado asistir a las reuniones de la EAP en Viena representando a la EFBA - P.



La comunicación mediante **BASIC** con los miembros ha sido mejorada. Hay más artículos traducido a más lenguas. Además de la edición impresa hay versiones electrónicas en idiomas diferentes que pueden ser guardadas y utilizadas en el ordenador.



Edith Liberman envió un informe sobre **nuestra página web**. Su diseño ha continuado mejorando y se ha hecho más atractivo. Su contenido ha sido actualizado. Se aceptó añadir nuevas funcionalidades, que están actualmente bajo desarrollo, para hacerla aun más útil a los miembros y al público en general. Los miembros podrán pronto colocar en la página web información sobre las actividades que organicen. Una versión editada de BASIC está también disponible en la red.



Se estudió la posibilidad de crear **cuotas diferentes de la EFBA-P** para distintas clases de miembros (dependiendo de si son estudiantes, aguardan la certificación o son CBTs). Se consideró que era necesario conocer la estructura real de las sociedades respecto a esas categorías antes de tomar una decisión sobre este tema. Esa información suministraría una estimación aproximada del impacto que tal cambio tendría sobre el presupuesto de la EFBA-P.



La atmósfera de la AG fue muy relajada y positiva. Espero que nuestros esfuerzos ayuden a promover la difusión de nuestra modalidad entre el público general y entre nuestros colegas, promuevan la comunicación con y entre nuestros miembros y generen herramientas útiles para nuestro trabajo. Confío en que en el próximo año continuaremos avanzando en la estructuración e integración funcional de nuestras instituciones y en el desarrollo de recursos cada vez más útiles para los miembros de nuestras sociedades.

Las actas de la AG serán pronto enviadas a las sociedades. Aquellas personas interesadas en un informe más detallado de la reunión pueden

solicitarlas al delegado de su sociedad o a los miembros del CE.

Francisco García Esteban
Presidente de la EFBA – P



EFBA-P creates a panel about basic bioenergetic issues at the IIBA - Conference in Seville

By Rainer Mahr

While developing further Bioenergetic Analysis by many of our colleagues its understanding will change too by the accentuation of different aspects of the bioenergetic concept. Therefore sometimes you are not sure whether you are talking of the same issue exchanging your experiences and ideas with colleagues. But there is no committee authorized to set a canon of what Bioenergetic Analysis will mean today and in the future. This can only be done by exchange and permanent communication.

Therefore the EFBA-P uses the opportunity at the Conference in Seville to organizes a special workshop discussing some basic assumptions of BA

It is supported by one moderator only. Four colleagues will make an input of a specific issue to start an exchange and discussion among the participants.

It is not a question of right or wrong but of different or common meanings. And perhaps we will discover important questions which can be studied in the next future.

Moderator:

Anja von der Schrieck – Junker

Presenters of inputs:

Angelika Schretter:

Charakterstructures

Christa Ventling:

Bodyreading

Claudia Ucros:

BA - a process of self regulation

Rainer Mahr:

The functional identity of body and mind

After the congress we will evaluate the experiences and try to establish similar discussions on the European or the national level. Such a work could foster our knowledge of different understanding of BA and the creative manner to work with.



In Deutsch:

Die EFBA–P entwickelt für die Konferenz in Sevilla ein Forum, um über grundlegende bioenergetische Konzepte zu diskutieren.

Von Rainer Mahr

Indem sich die Bioenergetische Analyse weiter entwickelt, ändert sich für viele Kolleginnen und Kollegen auch ihr Selbstverständnis durch die unterschiedliche Betonung verschiedener Aspekte des bioenergetischen Konzepts. Man kann deshalb nicht immer sicher sein, ob man wirklich noch das Gleiche meint, wenn man sich mit Kolleginnen und Kollegen über die Arbeit austauscht. Es gibt aber auch kein autorisiertes Gremium, das festlegen kann, was die Bioenergetische Analyse ist und in Zukunft sein soll. Ein gemeinsames Verständnis kann nur durch einen regelmäßigen Austausch erreicht werden.

Deshalb nutzt die EFBA – P die Konferenz in Sevilla für die Organisation eines speziellen Workshops, um solche Fragen zu diskutieren.

Geleitet wird der Workshop nur von einem Moderator. Vier Kolleginnen und Kollegen werden zu bestimmten Themen kurze Stellungnahmen geben, um eine Diskussion unter allen Teilnehmern anzuregen.

Es geht nicht um richtig oder falsch, sondern um die Erkundung unterschiedlicher und gemeinsamer

Vorstellungen. Vielleicht tauchen dabei wichtige Fragen auf, die wir dann in der Zukunft erörtern und bearbeiten können.

Moderator:

Anja van der Schrieck - Junker

Referenten:

Angelika Schretter:

Charakterstrukturen

Christa Ventling:

Körperlesen

Claudia Ucros :

BA - ein Prozess der Selbstregulation

Rainer Mahr:

Funktionale Identität vorn Körper, Seele Geist

Nach dem Kongress wollen wir die Erfahrungen auswerten und versuchen, ähnliche Diskussionen auf der europäischen oder nationalen Ebene zu entwickeln. So eine Arbeit könnte unser Wissen über unterschiedliche bioenergetische Vorstellungen und die kreativen Arbeitsweisen unserer Kolleginnen und Kollegen vertiefen.



NEWS FROM THE SOCIETIES

25th anniversary of the SGBAT(Swiss Society of Bioenergetic Analysis and Therapy)

By Suzanne Pellaux

In October SGBAT celebrated its 25th year of foundation and invited their members and interested persons to its two-day anniversary. In the seminar-hotel Schuetzen in Rheinfelden (Switzerland) therapists from different branches presented their therapeutic concepts. The theme of the event was: " The interrelation of symptoms and relationship" .This was discussed from different points of view. Additional workshops served for deeper understanding.

Thomas Ehrensperger produced some relaxed laughter in the audience when he presented his memories and fotos about the 25 years of SGBAT.



Rheinfelden /Switzerland

On the basis of an article of Angela Klopstech the body interventions in their different meaning for the therapeutically relationship were presented by Gisela **Worm**. She differentiated forms of a body - centered and relationship-or transference-centered the connected advantages and disadvantages of these points of departure.

The very personal philosophy of Hermann Schmitz and its use for psychosomatic was discussed by **Wolf Langewitz** and put into precise notes about pulsation (contraction and expansion).

Peter Schindler led through the extremely sensible initial time of an unborn and showed how pregnancy and childbirth influences the quality of pre- and perinatal attachment.

The stages of forming of therapeutic relation were demonstrated in her lecture by Ursula **Hermani**. After this concentrated theoretical input the corporeal pleasure was put into the center. In the salt-spring pool of the hotel the participants enjoyed the warm water and digested the lectures. Another climax of the anniversary was a dinner with several dishes and music to dance.

The second day was opened by **Marulla Hauswirth** with a very personal lecture about her development to a body-therapist.

Her conclusion was that a differentiated feeling of the body reacts on the therapeutic work.

Finally **Peter Peiser** gave an overview about the systemic perspectives.

The wide panel of lectures showed the vividness and many-sidedness of SGBAT activities after 25 years of its existence.

All lectures can be opened on www.sgbat.ch.

Translation into English: **Christa Keller**

In Deutsch:

25-jähriges Jubiläum der SGBAT (= Schweizerische Gesellschaft für bioenergetische Analyse und Therapie)

Von **Suzanne Pellaux**

Die SGBAT feierte im Oktober ihr 25-jähriges Bestehen und lud dazu ihre Mitglieder und Interessierte zu einer 2-tägigen Jubiläumsveranstaltung ein. Im Seminarhotel Schützen in Rheinfelden stellten Therapeuten und Therapeutinnen unterschiedlicher Ausrichtung ihre Therapiekonzepte vor. Aus verschiedenen Perspektiven wurde der Tagungstitel „im Wechselspiel vom Symptom und Beziehung“ beleuchtet und diskutiert. Anschliessende Workshops dienten der Vertiefung.

Heitere Lacher lockte **Thomas Ehrensperger** aus dem Publikum hervor, als er in alten Fotos und persönlichen Erinnerungen die 25 Jahre SGBAT nochmals auferstehen liess.

Gisela Worm stellte, ausgehend von einem Artikel von Angela Klopstech, die Körperinterventionen in ihrer unterschiedlichen Bedeutung für die therapeutische Beziehung dar. Sie unterschied dabei Formen eines körperselbstzentrierten Ansatzes und einen beziehungs- oder übertragungszentrierten Ansatz und zeigte auf, welche Vor- und Nachteile diese unterschiedlichen Zugänge haben.

Die Leibphilosophie von Hermann Schmitz und ihr Nutzen für die Psychosomatik wurde von **Wolf Langewitz** ausgeführt und mit den Begriffen der Engung und Schwellung konkretisiert.

Peter Schindler führte durch die extrem sensible Anfangszeit eines entstehenden Lebewesens und zeigte auf, wie Schwangerschaft und Geburt die Qualität der prä- und perinatalen Bindungsbeziehung beeinflussen können.

Ursula Hermani zeigte in ihrem Referat die Formungsstadien der therapeutischen Beziehung auf.

Nach diesem geballten theoretischen Input rückte zum Glück das leibliche Wohl in den Vordergrund. Im angrenzenden Solbad konnte man im angenehm warmen Wasser planschend die Referate verdauen. Das mehrgängige Jubiläumsdinner und

die anschliessende Tanzmusik waren ein weiterer Höhepunkt.

Den zweiten Tag eröffnete **Marulla Hauswirth** mit einem sehr persönlich gehaltenen Referat, das ihre Entwicklung als Körperpsychotherapeutin reflektierte. Ein verändertes Körpergefühl, so ihr Fazit, wirkt auf die therapeutische Arbeitsweise zurück.

Den Abschluss schliesslich bildete **Peter Peiser** mit einem Überblick über die systemischen Perspektiven.

Die breite Palette der Beiträge zeigte die Lebendigkeit und Vielseitigkeit der SGBAT nach 25 Jahren Bestehen. Alle Referate sind einsehbar auf www.sgbat.ch.



News from the NIBA-The Netherlands

NIBA celebrates 25th anniversary!

By Jacqueline van Driel

Saturday 18th of November 2006, the Dutch society NIBA celebrated her 25th anniversary. More than 60 members of NIBA and introduces were welcomed by the so called Lustrum-commission in a former monastery in the country side right in the middle of The Netherlands.

The overall theme of the day was 'Connection'. Through this theme the executive committee wanted members feeling more connected to oneself and to each other, both within educational groups as well between members of different groups. Members also were given the opportunity to contribute to the celebration as a way to express their own way feeling connected with colleagues.

The program of the day was quite varied. The day started with a ceremony to gave express to the theme 'Connection'. After this, Jan Ponne, one of the 'founding fathers' of NIBA gave a speech, through with members were deeply touched. Thereafter Jan also played an impressive piece of music, The Elegie van Serge Rachmaninoff, again members were touched.

Thereafter, the members of NIBA that have died over the years were also remembered through a ceremony of calling their names whilst lightening candles, all of this guided by the lovely music of Vicky Brown.

After this, June McDonach held the speech that David Campbell was supposed to give. Unfortunately, David was not able to join in the celebration, due to a serious knee-infection. Through the words June spoke, everybody felt deeply connected with David, his spirit was around.

At the end of the morning, NIBA-members Helena Kwaaitaal and Greetje Salomons became certified Bio-energetic Therapists and they received their certificates. Lovely speeches were held and flowers and gifts were given to them.

In the afternoon, a music-workshop was given by Lieneke Molag and Maurice Willems, both voice-therapists from outside NIBA. Everybody joined this lovely workshop and through the singing joy and happiness were created. Thereafter, the newly started educational group 9 invited all people for a ceremony with the 'NIBAlloons' as a way to think over the future. Wishes people had written down were fixed to balloons and released; beautifully the balloons flew away against a blue sky.

After this, three different workshops were held at the same time, people had to enrol for one to attend. Elly Meyles and Willem Poppeliers of NIBA and June McDonach gave workshops and all attendees were very satisfied and touched by the work.

Before a lovely dinner, Regina Axt, a former president of NIBA, gave a beautiful performance. She was guided by a violist and a pianist and sang a cantata of the aria "angenehmer Zephyrus". After diner it was time to relax whilst listening to calm music sang by Karin Menken, a woman who worked at the conference-center. At the end of this people were ready for a tango-workshop, given by a student of NIBA and her husband. The theme 'Connection' was beautiful demonstrated by them and through the tango-exercises participants felt the power of the tango!

A disco thereafter gave people opportunity to dance freely, a lot of joy and pleasure was shared.

At the end of the day, all participants felt very satisfied and deeply connected with each other.

There are two other highlights that need to be mentioned. One is the start of a new training group, the 9th, in September 2006. A lot of activities were undertaken and many NIBA-members were involved in this. Secondly, Tanja Mars, the first student of training group 8, received her certificate and became a CBT.



News from the Belgian Society

In French

Nouvelles de la Sobab (société belge d'Analyse Bioénergétique) :

En commençant cet article, je me suis demandé ce que je pourrais bien vous écrire. Et j'ai pensé alors que ce qui peut intéresser c'est bien évidemment ce que nous faisons et qui donne de l'énergie à la société. Alors voilà :

Le travail (toujours bénévole pour la société), qui au départ et pendant bien longtemps reposait sur peu d'épaules, est aujourd'hui partagé entre beaucoup de membres. C'est le résultat de l'augmentation du nombre de membres d'une part, et de la condition qui se trouve dans nos statuts de l'obligation d'être « actif » dans la société.

Cette répartition du travail nous permet d'avoir pour la partie gestion: un bon conseil d'administration, une Commission de Formation, un petit groupe qui gère notre site et une Commission d'Éthique. Pour la partie formation continuée, nous avons deux groupes de « praticiens » (les CBT d'une part et les membres en voie de certification d'autre part) et un groupe de superviseurs. Les participants à ces groupes se réunissent entre 6 et 8 fois par an pour travailler ensemble.

Les membres des groupes de « Praticiens » partagent leur travail en rapport avec des « cas » (plus ou moins difficiles) et échangent sur des sujets importants concernant la thérapie. Les membres du groupe des superviseurs s'entraînent

à la supervision, échangent à ce sujet et sur la théorie, et vont approfondir leurs connaissances durant deux week-ends de travail placés fin 2007 et fin 2008.

Une dizaine de membres de notre société vient d'assister à deux week-ends de formation animés par le Dr. Vita Heinrich-Clauer et le Dr. Jörg Clauer, centrés sur l'apprentissage du travail thérapeutique en Analyse Bioénergétique avec des couples. Ces week-ends ont été passionnants tant niveau connaissance de la technique que du travail personnel, avec beaucoup de rires en prime !!

Le groupe Sobab 8 termine sa formation, le groupe Sobab 9 termine sa deuxième année de formation, et nous entamons la sélection du groupe qui sera Sobab 10 !

Voilà, tout ceci pour vous dire que nous allons vraiment bien pour le moment... et vous souhaitons de même.

Colette Maskens



PREVIEW

DÖK – CONFERENCE in Hinterstoder,
Upper Austria
Sept. 28th – 30th - 2007

Walking on the Ridge – Working on the
Spine

With the concepts of Bioenergetic Analysis we will deal with topics like balance, backing, posture, getting upright and achieving an overview.

„Nature itself and thus also human being is the center for conservation, change and development in organisations, societies and groups.“

Waldefried Pechtl

Friday, Sept.28th**Balance, Backing and Support**

8.00 Pre-Workshop Brigitte Berger/Michael Bilic

Hike to the „Schrocken“

Saturday, Sept.29th**Posture**

Between heaven and earth

7.00 – 7.30

exercises Joachim Nagele

9.00 Lecture

Georg Wögerbauer

10.15 – 12.30

workshops I

Getting Upright

15.00 Lecture

Waldemar Kufner

Developmental steps concerning aggression and eros in bioenergetic analysis

16.00 – 18.30 workshops II

21.0 Dance

Sunday, Sept. 30th**Overview and Balance**

7.00 – 7.30 exercises Joachim Nagele

9.00 Lecture Susanna Schenk/Joachim

Nagele The concept of love in the psychotherapeutic work

10.00 – 12.00 workshops III

12.30 – 13.00 closure

Short description of lectures, workshops and contributions:**Friday, Sept.28th Balance, Backing and Support****Pre-Workshop: Brigitte Berger/Michael Bilic Mountain hike to the „Schrocken“**

We approach the mountain ridge. A hike in nature with analogies and psychological tasks.

Hiking clothes (-shoes) necessary.

Hanspeter Eisendle:**Walking on the ridge, from the view of a mountain guide**

Main profession: mountain guide. He spent most of his time in the mountains all over the world and became an excellent and experienced

mountaineerer and climber. He climbs in order to avoid falling. He is sure that life outside is better than indoors. His philosophy: if I cannot do as I like, I like the way I can do.

Eva Kammerer-Pinck**Backing and support:****Lecture**

Leaders are used to face and overcome crises in a decisive way. In describing a complex coaching process it becomes obvious, how the leader of an organisation, after loosing the backing of his organisation and in the consequence – after the breakdown of his own support system – in using the character structures, manages to activate his resources and to get back to his upright position.

Workshop

A demonstration of body interventions, which promote back support.

Silvia Bengesser, Eva Maria Plank, Sabine Prewein**Exhibition**

Thoughts on the European ways of life as emotional support for bioenergetic concepts.

Backing and supports. Body, soul, mind, psyche and soma – an old song, a beautiful song.

Cabaret Michael Bilic/Michael Schorr**The ridge-hiking spine**

Brandnew scientific ideas from the fields of psychotherapy, emerging from our brain- and bodystorming workshop in the light of the global political situation.

Georg Wögerbauer

Lecture and workshop

Between heaven and earth**Homo erectus – auto-mobil?**

Taking the spine as an example, I will show ways to diagnosis and treat from the view of bioenergetic analysis and general medicine. Back pain problems are frequently combined with so called „new“ diseases – such as stress, burn out, fatigue syndrome, fear, depression, and sleeping disorder. The concept of character structures of bioenergetic analysis and the numerous possibilities of body therapy to work on getting upright, on the expression, on the movement and in consequence on the development of man are presented, and the necessity of an integrative concept of treatment will be demonstrated.

Brigitte Pototschnig/Dominik Pesendorfer
Workshop

Posture in life and work

The culture of an organisation – individually and collectively – determines our behaviour, our feelings, our thought patterns, and our values. How does it express itself in individual postures? Where can we see analogies, abysses and heights in the context of the individual and the organisation?

A bioenergetic-analytic discovery of the body worlds of your own work and organisation.

Hubert Feurstein – workshop

Running and getting upright

Getting upright has a direction. To get upright means adjusting to the ground, in relation to gravity and the body. In this workshop we will try out and reflect on different aspects of getting upright by the means of body exercises and outdoor running.

Please bring along comfortable clothes and running shoes.

Waldemar Kufner –

Lecture and workshop

Developmental steps concerning aggression and eros in bioenergetic analysis

In the therapeutic relationship we meet forces, which tend to extend the limits of contact continuously towards pleasurable encounter and ecstasy. In finding examples in the fields of visual arts, we have the opportunity of getting authentic information and a view of the crazy realities of eros, which, in every day life, we are (unfortunately!) bound to get back to normal.

Wolfgang Schmetterer

Workshop

Bioenergetic analysis in organisations

Application of bioenergetic-analytical principles in practical work with organisations will be presented, and the opportunity to experience it will be offered in this workshop.

The balance between fixed structures and mobility, the values of conservation and development will become visible. The main topic in this workshop will be the value of sincerity (being upright) in organisations and keeping up certain basic values.

Christine Pechtl/Michael Schorr

Workshop

Borderline walk on the back

A frame will be provided to enable the approach to our own borderline structures and strategies.

There is a saying that the body does not lie. Is our body sincere?

We will work on the manifestations of borderline defence mechanisms on the spine, concerning the problems of getting upright and keeping balance.

Susanna Schenk/Joachim Nagele

Lecture

The concept of love in the psychotherapeutic work

This lecture is comparable with a balancing act, between ethics and methodology, between abstaining and finding the truth. The concept of love is frequently mentioned in the fields of culture, spirituality and history. In the psychotherapeutic/bioenergetic-analytical work we find it in the concepts of „being able to love“ as a goal of therapy, and in transference.

Workshop

Characterstructure and dynamics of relationship – love stories

Participants of this workshop get the opportunity to explore their own concepts of love, in the presence of their relationships. The model of character structures of bioenergetic analysis will be related to these experiences.

Carola Kaltenbach

Workshop

To be alive – upright and well balanced

Balance – stability – movement

The spine gives stability. In the history of human evolution, the spine is the symbol of our upright position, in the history of the individual it is a symbol of identity. Distortion of the spine often goes back to severe traumatic experiences. Touch, working with posture and movement will help to feel different qualities of balance, and to realise how to get back support and how to connect our head with the ground by using the spine.

Renate Schwenk/Hubert Feurstein

Workshop

Between you and me – what does contact mean?

Contact is like walking on a tightrope. In this workshop we will bring together Martin Buber's concept of „Begegnung“ (encounter) with the concept of „Kontakt“ (contact) in bioenergetic analysis. The nature in and around Hinterstoder will be our experimental field.

Please bring along hiking shoes (or sneakers) and waterproof clothes.

Gert Hock

Workshop

Running and biography

I am just running – meaninglessly – the path is not the goal. But it is wonderful to feel the rhythm; it is slowly overflowing my whole body. The rhythm is overcoming this meaninglessness, and somewhere in my body I notice a little man`s voice. It whispers very softly, and by and by the voice gets louder and more comprehensible, and it makes me understand the sense of my running. Listen to the voice, try to remember these sentences, they may come somewhere out of your biography.

Please bring along running shoes and rain coat (jacket).

Agnes Neuenschwander Tarozzo

Workshop

Mobility of the spine and breathing

We will try out movement, breath, voice, alone, in couples or in the group. We move, observe breathing and flexibility in the back, and we learn to treat ourselves with love and respect. With motivation, joy and discipline we can take responsibility for our health and prevent ourselves from loss of flexibility in the back.

DÖK – Tagung in Hinterstoder,**Oberösterreich****Sept. 28. – 30. September 2007****GRATWANDERUNG**

*“Im Mittelpunkt für Beibehaltung,
Veränderung und Entwicklung in
Organisationen, Gesellschaften,
Gruppen steht die Natur an sich und somit
auch der Mensch.”*

Waldefried Pechtl



Hinterstoder Ortsdurchfahrt in Oberösterreich

Tagungsübersicht**Freitag, 28.9.2007****8.00 Pre-Workshop**

Brigitte Berger/Michael Bilic

Wanderung zum Schrocken**16.30 Eröffnung**

Brigitte Berger

16.40 Einstimmung

Hanspeter Eisendle

**Die Gratwanderung aus
handwerklicher Sicht****17.15 Einführungsvortrag**

Eva Kammerer-Pinck

Rückhalt**anschl. Ausstellungseröffnung**

Silvia Bengesser

21.00 Kabarett

Michael Bilic/Michael Schorr

Das gratwandernde Rückgrat**Samstag, 29.9.2007****7.00-7.30 Körperübungen**

Joachim Nagele

9.00 Vortrag

Georg Wögerbauer

Zwischen Himmel und Erde

10.15-12.30 Workshops I

15.00 Vortrag

Waldemar Kufner

**Entwicklungsschritte von
Aggression und Eros****16.00-18.30 Workshops II****21.00 Tanz****Sonntag, 30.9.2007****7.00-7.30 Körperübungen**

Joachim Nagele

9.00 Vortrag

Susanna Schenk/J. Nagele

**Assoziationen zum Begriff der
Liebe in der
psychotherapeutischen
Arbeit**

10.00-12.00 Workshops III

12.30-13.00 Abschluss



The new CBT's

From The Netherlands -NIBA:

Tanja Mars

Helena Kwaaitaal

Greetje Salomons

From Belgium: SOBAB

Anne-Marie Flamand

BIOENERGETIC JOURNALS

Forum der Bioenergetischen Analyse

Volume 1/2006

NIBA+GBA+IBAR+SgfBA+MGBA+DVBA

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Sollmann – Karl-Erich Pönitz - Moses Steinvorth-
Rainer Mahr

**Le corps et l'analyse Revue des sociétés
francophones d'analyse bioénergétique
SFABE + IAB-FS + SOBAB**

Volume 7 - Numéro 1 - Printemps 2006

Auteurs :

Annie Nissou – Jean Constantin Coletto – Daniel
Ramirez- GRABERA- Jeanne Vaillant – Philip
Dannreuther – Lucienne Spindler – Pierre
Echinard – Michel Géraud – Frédéric Clavere –
Françoise Mercadier

**Le corps et l'analyse Revue des sociétés
francophones d'analyse bioénergétique**

Volume 7 - Numéro 2 - Automne 2006

Auteurs :

Annie Nissou - Pierre Rothschild - Jacques
Tosquellas – Jaime Juan Pérez Garcia – Laurence
Trilles – Martine Vigier – Lyn Mayo – Virginia
Winck Hilton – Maria Goretti Da Costa Pereira
Coelho –Jean-Luc Emeraud

<http://www.analyse-bioenergetique.com>

**The European Journal of Bioenergetic
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First Edition - Volume 3 · December 2004

Editorial office: Dr.Regina Axt

axtmr@knmg.nl

www.bioenergetic-journal.net

Verschiedene Modelle der IIBA- Struktur in Beziehung zu den Föderationen

Rainer Mahr

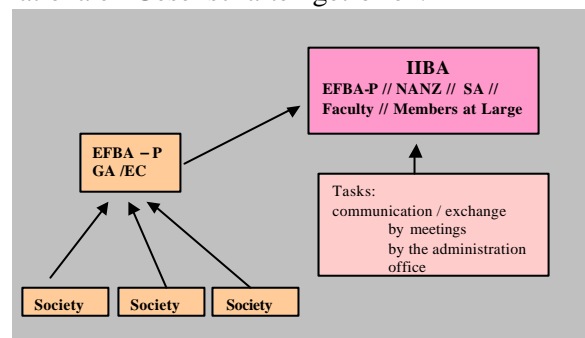
Mehr Macht, Aufgaben und Verantwortung zur Basis zu bringen, ist das wichtigste Ziel für die Umstrukturierung des IIBA. Die Kosten und die Beiträge zu begrenzen, sollte ein weiteres Ziel dieses Prozesses sein. Es muss geprüft werden, welche Struktur diese Ziele fördert.

Modell 1

Die nationalen Gesellschaften delegieren Mitglieder in die Mitgliederversammlung der Föderationen (EFBA-P, Europa // NANZ, Nordamerika and Neu Zealand // Südamerika // Faculty // Members at Large).

Das IIBA wird eine Dachorganisation der kontinentalen Föderationen. Jede Föderation entsendet einen Delegierten.

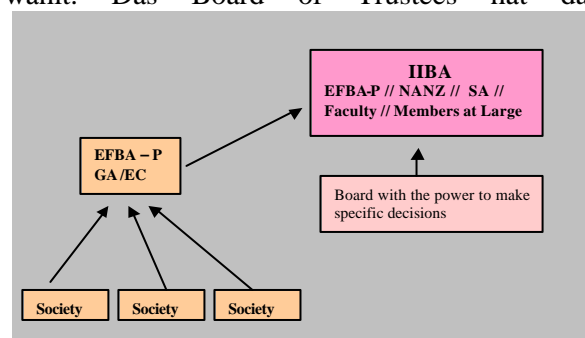
Die Kommunikation wird aufrecht erhalten durch Treffen (jährlich oder alle 2 Jahre), durch Emails, Telefonkonferenzen, ein Sekretariat und eine gut verlinkte Website. Alle Entscheidungen werden auf der Ebene der Föderationen oder der nationalen Gesellschaften getroffen.



Die Members at large entwickeln einen eigenen Prozess, um Delegierte in die Dachorganisation des IIBA zu wählen.

Modell 2

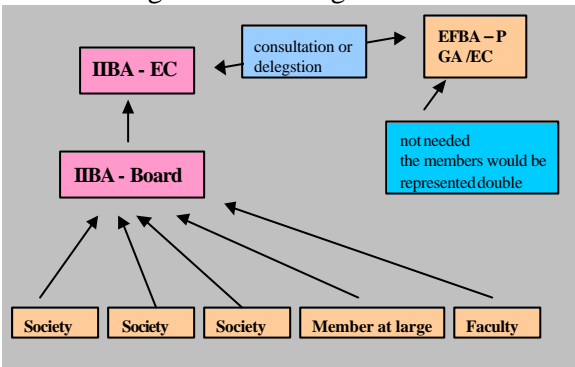
Die nationalen Gesellschaften delegieren Mitglieder in die Mitgliederversammlung und in den Vorstand der Föderationen (EFBA-P, Europa // NANZ, Nordamerika and Neu Zealand // Südamerika // Faculty // Members at Large). Jede Föderation delegiert ein Mitglied in das Board of Trustees, das dann den Vorstand des IIBA wählt. Das Board of Trustees hat das



Entscheidungsrecht für das gesamte IIBA.
 Es muss geklärt werden, welche Angelegenheiten auf der Ebene des IIBA, der Föderationen und den nationalen Gesellschaften getroffen werden sollen.

Modell 3

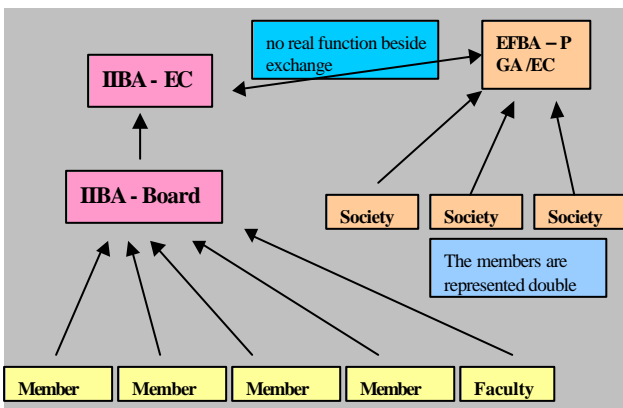
Die nationalen Gesellschaften, die Members at large und die Faculty delegieren Mitglieder in das Board of Trustees, das dann den Vorstand wählt. Das Board of Trustees hat das Entscheidungsrecht für das gesamte IIBA.



Dazu müssen die nationalen Gesellschaften erst ordentliche Mitglieder des IIBA werden. Die Föderationen bekommen einen Konsultations- und Kooperationsstatus. Sie werden nicht Teil der IIBA – Struktur selbst.

Modell 4

Die Mitglieder selbst wählen Delegierte in das Board of Trustees, das dann den Vorstand wählt. Das Board of Trustees hat das Entscheidungsrecht für das gesamte IIBA. Die nationalen Gesellschaften und die Föderationen werden nicht Teil der IIBA – Struktur selbst. Sie bekommen einen Konsultations- und Kooperationsstatus



Die Integration der Föderationen in die IIBA – Struktur würde keinen Sinn machen, denn die Mitglieder würden auf zwei unterschiedlichen Wegen im IIBA vertreten werden: durch die Delegierten, die von den Mitgliedern selbst gewählt werden und durch die Delegierten der

Gesellschaften in der Föderation, die dann wiederum Delegierte in das Board of Trustees des IIBA schickt.

Different models of the structure of the IIBA related to the federation

By Rainer Mahr

Bringing more power, tasks and responsibility to the basis is the most important goal for the restructuring of the IIBA.

Restricting the costs and the fees should be another goal of this process. It must be tested which structure promotes these goals.

Model 1

The national societies delegate members into the board of the federations:

(EFBA-P, Europe // NANZ, North America and New Zealand // South America // Faculty // Members at Large).

The IIBA becomes an umbrella organisation of the continental federations. Every federation delegates a member into the Board of Trustees that then chooses the EC of the IIBA. The communication is upheld by meetings (annually or every 2 years), through emails, telephone-conferences, a secretariat and a well linked web site. All decisions are made on the level of the federations or the national societies.

The Members at large develop an independent process in order to pick delegates into the umbrella - organization of the IIBA

Model 2

The national societies delegate members into the board of the federations.

(EFBA-P, Europe // NANZ, North America and New Zealand // South America // Faculty // Members at Large)

Every federation delegates a member into the Board of Trustees, that then chooses the EC of the IIBA.

The board of Trustees has the right for all decisions of the IIBA.

It must be clarified, which issues should be decided on the level of the IIBA, the federations and the national societies.

Model 3

The national societies, Members at large and the Faculty delegate members into the board of Trustees, that then chooses the EC. The Board of Trustees has the right for all decisions of the IIBA.

The national societies must become first real members of the IIBA.

The federations get a status of consultation and cooperation. They don't become part of the IIBA structure.

Model 4

The members themselves elect the delegates into the Board of Trustees, that then chooses the EC.

The board of Trustees has the right for all decisions of the IIBA.

The national societies and the federations don't become part of the IIBA structure. They get a status of consultation and cooperation.

The integration of the federations into the IIBA structure would not make any sense for the members would be represented twice: by the delegates elected by the members themselves and by the delegates of the societies as members of the federations, which delegates a member into the Board of Trustees of the IIBA.



News from the NIBA-The Netherland

On page 7-8

NIBA celebrates 25th anniversary!



NIBA celebrates 25th anniversary! The Dutch Society on the 18th of November 2006 News from the NIBA-NL



**EUROPEAN FEDERATION FOR
BIOENERGETIC ANALYSIS PSYCHOTHERAPY**

Austria - Belgium - France - Germany - Netherlands - Norway - Portugal - Spain - Switzerland
Integrated by Societies members of IIBA

www.bioenergeticanalysis.net

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Regine Armbruster-Heyer (SOBAB-Belgium) 4th member: France Kauffmann (IABFS-France)**

Web site of EFBA-P Coordinated by Edith Liberman



eliberman@va.com

<u>Events- Conferences</u>	<u>Place-Time</u>	<u>Trainer - Society</u>	<u>Costs</u>	<u>Information</u>
SELF & COMMUNITY – Creating connections in broken times	May, 2 - 6 .2007 Pre conferences May 1, Sevilla (Spain)	IIBA International Conference	210 / 270 € Students 415 / 470 Euro	iiba.schweiz@bluewin.ch www.bioenergetic-therapy.com
„De la Survie à l’expression de Soi, se découvrir notre corps et sa dynamique comme un allié important »	7.-10. June 2007 Paris/France Stage residentiel:	IABFS-Posttraining- Workshop With Heiner Steckel	Not yet determined	IABFS Pascale Robelin
Humor in Psychotherapy and other strategies to survive emotional crisis	14-17 of June 2007 Firenze Italy	EAP + Federazione Italiana delle Associazioni di Psicoterapia	Look at the website Prize categories	Fiap-eap 2007 @promoleader.com
The Connection Between Emotional States And The Body	June 22. –24. 2007 Stuttgart-Germany	SgfBA Stuttgarter Gesellschaft Wera Fauser	200 €	Rainer Mahr rmahr@t-online.de www.sgfba.com
Selbstregulation Körper´Gefühl-Denken	20.-23.09.2007 Freie Universität Berlin	3.Kongress der Deutsche Gesellschaft für Körpertherapie	200.-/290.- €	CTW Thomas Wiese www.ctw-congress.de/dgk
DÖK TAGUNG GRATWANDERUNG In German	28-30 Sept 2007 Austria	DÖK - AUSTRIA	220 €	tagung@ bioenergetische- analyse.org .
Journées Francophones 2007 (In French language) De l attachement au lien	06 / 07 Oct 2007 Paris Au CISP 12 ième	SOBAB + IABFS + SFABE	Not yet determined	Serge Cueille SFABE.sfabe@wanadoo.fr
General Assembly Meeting EFBA-P 2007	23 – 25 November. 2007 Brussel -Belgium	EFBA-P	Not yet determined	Regine Armbruster-Heyer rarmbruster@brutele.be
Rencontres Internationales de Thérapie Psycho-Corporelle	8 11 Novembre 2008 Paris	AIP &CSI + EABP	Not yet determined	François LEWIN francois@psychologie- biodynamique.com

Your contributions for the next issue “ BASIC 15 “

Please send them before 15th October 2007