



*European Federation for Bioenergetic Analysis-Psychotherapy*  
**EFBA-P**

**EFBA-P Workshop in Athens/Greece**  
**13. - 15. April 2018**

**Heiner Steckel, IIBA Faculty**

**Lowen essentials**  
**From Survival Contraction to expressive and self-regulated expansion**

This is what I experienced as Dr. Lowen's main interest and focus in the therapeutic process: How to move from our survival contraction towards self-regulated expansion and emotional expression.

I share his deep conviction, that the royal road for this journey of self-discovery is rooted in the re-connection to our basic biological resources of dealing with and releasing survival tension patterns e.g. through the vibratory response and involuntary movements.

In my work this means, that I want to encourage the organism to increase his tolerance for energetic charge and human contact to experience this as a secure base for feelings to be felt, expressed and contained (self-regulated).

In this workshop bioenergetic tools, interventions and corresponding experiences can be explored and refined to elicit their "opening and integrative potential".

When physical and emotional impulses can be perceived, expressed and regulated - we can regain trust in ourselves and our potential for psycho-physical re-organization.

The workshop is designed self-experiential as well as didactic.

## Heiner Steckel



International Trainer for Bioenergetic Analysis since 1990. He is a co-founder of the 'North German Institute for Bioenergetic Analysis'.

He constantly worked with Dr. Lowen for more than 20 years and assisted him in three international Conferences of Psychotherapy.

He works as a psychotherapist and supervisor in private praxis and coordinates various IIBA training programs in Germany, France, Spain, Brasil, Colombia, Russia, Poland, et.al.

His main interest is connected to the energetic factor - and interventions in the therapeutic process.

He sometimes calls the 'bioenergetic stool' his 'couch' and is looking at 'basic bioenergetic work' from the perspective of recent research and findings in the field of 'emotion research' and 'neurobiology'.

In the past 10 years he became very interested in the body-oriented work with trauma and co-operates with Dr. David Berceli in this field. He became a TRE® Certification Trainer as well and is actively training in various countries.



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- Date:** Friday, 13.04.2018 4pm - Sunday, 15.04. 2pm
- Place:** The city of Athens, exact location will be announced later
- Fee:** 280.-€ including dinner Fr., lunch & dinner Sat.,  
without accommodation

**For registration please write to:**

Olaf Trapp  
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**and transfer 280,00 € to the EFBA-P account**

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