



In French

CHERE LECTRICE, CHER LECTEUR

Ce numéro spécial de témoignages pour honorer Alexander Lowen est un juste retour des choses, un hommage, que nous devions à ce Grand Homme précurseur et innovateur dans le monde de la Psychothérapie qu'il a été.

Il a passé sa vie à démontrer les bienfaits de l'Analyse Bioénergétique sur l'être humain.

Il a été mon ainé au même titre que Sigmund Freud et Françoise Dolto. Tous trois m'ont donné l'énergie de continuer à travailler et de ne pas baisser les bras quand cela devenait trop difficile. Et c'est comme cela que je l'ai intégré.

Il faut savoir qu'être Analyste Bioénergéticienne dans un Hôpital Public français, pourtant Universitaire, n'est pas une mince affaire, la rigidité institutionnelle est toujours présente avec de surcroit, la méfiance face à des techniques originales, comme nous le savons le changement est toujours difficile. Il faut s'accrocher, eux n'ont jamais laissé tomber.

Il a donc fallu que j'impose ma façon de travailler, ce qui par la suite, a été plutôt bien accueilli notamment par mes collègues Psychologues Hospitaliers qui se sont prêtés à expérimenter l'Analyse Bioénergétiques dans des ateliers que nous avons menés en commun.

C'est en ce sens qu'Alexander a été ma colonne vertébrale et mon enracinement dans ma vie aussi bien professionnelle que personnelle. Lorsque je l'ai rencontré lors d'un Atelier expérimentiel, une phrase tinte toujours en moi alors que j'attendais son approbation pour travailler, il me répondit: « *Qu'est-ce que tu attends ? Fais-le !* ».

C'est ce qui me revient et me pousse dans mes moments d'indécisions...et puis avec un tel regard, ...comment ne pas se sentir soutenu ?

Un immense « *Merci à toi Alexander* ».

Je vous souhaite une très bonne lecture.

Registered Office:
France Kauffmann
29 Av. Des LAuriers
F – 06610 La Gaude,
Tel: +33 4 39 24 80 21
Email: France-kauffmann@wanadoo.fr



DEAR READERS,

This special issue of testimonies to Alexander Lowen is a just reward, a homage, to this Great Man who was both a precursor and an innovator in the world of Psychotherapy.

Throughout his life, he demonstrated the benefits of Bioenergetic Analysis for the human being.

I considered him my mentor in the same way I do Sigmund Freud and Francoise Dolto. All three have given me the energy to continue my work and not give up when things are too difficult. This is what he has left me.

We must know that being a Bioenergetic Analyst in a French Public Hospital, even a University Hospital, is not an easy task given the rigid nature of the institution and the suspicion caused by any original technique. We all know that change is difficult. One has to push on, as the others never give up.

For these reasons, I have had to impose my way of working, which was eventually well-accepted by my Psychologist Colleagues at the Hospital. They have agreed to try out Bioenergetic Analysis in workshops we have led together.

Thus Alexander Lowen has been the backbone and the foundation of my professional and personal life. Since meeting him in an experiential workshop, a phrase of his has stayed with me. I was waiting for his approval before beginning to work and he said « *What are you waiting for? Just do it!* »

This is what I remember and what pushes me forward in moments of indecision...and with such a look... how could one not feel supported?

An immense « *Thank you* » to you, Alexander Lowen!

I wish you a really nice reading.

*Annie Nissou
BASIC's Editor
Institut d'Analyse
Bioénergétique
France Sud (LABFS)
Translator : Maureen Field*

VILLE DE NEW YORK - AOUT 1997 - 35°CENTIGRADE¹

JE N'AI JAMAIS RENCONTRE AL LOWEN

Il n'y a pas la clim' au Martha Washington Hostel et la fenêtre à guillotine, coincée par un cintre tordu, laisse entrer les lourdes humeurs et la sourde rumeur de la ville. Les stores vénitiens rayent la façade noire et rouge foncé de l'immeuble voisin, ses escaliers de sécurité et les réservoirs sur les toits, grosses poires pour la soif des incendies.

Les voitures de police, de pompiers et autres ambulances foncent en hurlant sur la voie centrale des chaussées défoncées, poursuivant sans merci les livreurs cyclistes qui s'époumonent le sifflet à la bouche et le mors aux dents, destriers d'un autre monde où le temps vaudrait plus que la vie : l'urgence est dans la rue, huit étages plus bas et la voisine se douche toute télé allumée.

Le plan de ville est clair et implacablement précis. Trois blocs de rues et quatre blocs d'avenues : le siège de l'IIBA, 144 East 36th Street, c'est bien East, je vérifie. Dans ce monde hostile, il me suffit d'y aller, je vais trouver l'IIBA.

J'imagine un havre kitsch avec sa secrétaire accorte, grasse ouillette et choucroutée, manucurée rose vif, regard bleu papillonnant derrière des lunettes elles-mêmes papillonnées, dorées et diamantées, très occupée au standard, débordée, mais souriante et avenante, même, impeccable, et cependant strictement formelle : le Docteur Lowen n'est pas là, et d'ailleurs il ne reçoit pas sans rendez-vous, et à quoi peut-elle m'aider.

J'ai préparé quelques questions et phrases formulables avec deux cents mots de vocabulaire, sur les ouvrages et revues en consultation à la bibliothèque de l'IIBA, d'éventuelles traductions en français des

ouvrages de Lowen introuvables en Europe, ...les manifestations prévues par l'IIBA pendant les quatre jours qui me restent à NYC, histoire de gagner quelques minutes à squatter l'accueil de l'IIBA, repérer les portes et la disposition des bureaux, bref, le temps pour moi de déjouer cette infernale et efficace poupée Barbie qui protège indiscutablement à longueur de journée Alexander Lowen de tous ces gens qui veulent le rencontrer.

Et elle répète qu'il n'est pas là, mais il est là, c'est sûr. C'est parfois pratique de ne pas comprendre, j'attendrai, et elle va bien finir par m'installer un moment et me laisser une chance, soit de ce standard, soit de la bibliothèque, de l'entrevoir quand il sortira de son bureau, lui-même, en personne, pressé, bien sûr, mais étonné de ma présence en ces lieux, et moi de m'introduire moi-même : « *Etudante SFABE V, bé oui, le « kicking » m'aide beaucoup merci, je fais de la bio en attendant le métro les genoux fléchis, et vous ça va ?* »

Tout ça sur le chemin qui m'y mène : trois blocs de rues, quatre blocs d'avenues. J'y suis : 144 East Street. Pas d'escalier majestueux, mais un coquet dais protège le seuil. Je passe une première porte pour pénétrer dans ce lieu mythique, et me trouve dans le petit tambour d'entrée de l'immeuble qui isole le hall de la rue. Hall que je contemple frémissant à travers une seconde porte à carreaux biseautés : plantes vertes, fauteuils et banquettes plutôt Restoration, appliques et lustres allumés, portes d'ascenseurs ripolinées astiquées, mais porte close. Dans le tambour, le mur de gauche est tapissé d'une série de boîtes à lettres d'un autre siècle, fentes cuivrées et serrures rutilantes, encadrées de montants de laiton aux angles adoucis par les ans. AL IIBA : 1A c'est bien ici. Et sur le mur d'en face du tambour

¹ Published in the Internal Bulletin of SFABE: « *InfoSFABE* » in 1998.

vide et de plus en plus étranger à mes rêves, un gros téléphone des années 50, antique interphone au fil tire-bouchonné et lourd combiné cuivre et bois que j'ose saisir. Dans un silence abyssal, j'appuie sur la touche 1A... Un flash de mémoire et j'ai quatre ans, à la maternelle, le rang s'arrête dans un couloir sombre, et, dans un instant suspendu, j'ose poser un petit doigt boudiné sur la porte de la Directrice de *toute* l'école... sans rien provoquer.

Personne, rien, pas un cliquetis ni une sonorité dans ce joujou d'opérette, personne vraiment, je redonne un coup de sonnette puis repose le combiné. La porte est vraiment bloquée, les plantes vertes n'ont pas cillé, les carreaux sont toujours biseautés, les ascenseurs n'ont pas fonctionné, le hall est resté déserté, les boîtes à lettres sont toujours bouclées.

La grosse secrétaire choucroutée maigrit, s'étoile et disparaît. Je déchiffre machinalement le certificat apposé sur les boîtes à lettres, gravé dans leur cadre en laiton : « *conformes aux normes de la poste de l'Etat.* » Contente pour elles. Un coup d'œil au hasard sur les noms des autres boîtes, je digère.

Tout à coup, dans mon dos, la porte aux carreaux biseautés s'arrache, je sursaute, le diaphragme remonté aux amygdales. Rien vu arriver, juste le temps d'éviter un yaourt à boire qui me passe au-dessus de la tête, un type de 2m juché sur des roller-slides me lance un « *d'mornin* » à la façon des poissons dans Le sens de la vie, je n'ai pas le temps de répondre à son salut, le géant sportif disparaît... La porte à carreaux biseautés se reclaque, ça m'ébranle, pas le réflexe de la retenir. La porte sur la rue se referme, et je m'entends susurrer un « *hello-o* »étranglé aux boîtes aux lettres devant lesquelles je suis restée plantée.

Ce n'était pas Lowen, et ça fait un quart d'heure que j'ai oublié de respirer.

*JEANNE VAILLANT
SOCIETE FRANÇAISE D'ANALYSE BIOENERGETIQUE (SFABE)*

NEW YORK CITY – AUGUST 1997 – 95° FARENHEIT¹

I NEVER MET AL LOWEN

There's no air con at the Martha Washington Hostel and the sash window, jammed by a twisted cord, lets the heavy mood and dull sound of the town into the room. The venetian blinds make stripes on the dark black and red façade of the building opposite, its fire escapes and the water tanks on the roofs, big reservoirs for the thirsty fires.

The police cars, fire engines and other ambulances screech along the central lanes of the damaged roads, mercilessly chasing the panting cycle couriers, a whistle at their lips and the bit between their teeth, chargers from another world where time is worth more than life: urgency prevails on the street eight floors below, and the neighbor takes her shower with the television on.

The town plan is clear and uncompromisingly defined. A grid of three blocks of streets and four blocks of avenues: the headquarters of the IIBA, 144 East 36th Street, definitely East, I check again. In this hostile world, I only have to go there, I will find the IIBA.

I imagine a haven of kitsch with its comely secretary, plump with a French pleat, bright pink nails, blue fluttering eyelids behind gold and diamante, butterfly-framed glasses, busy with the switchboard, snowed under, but smiling and welcoming, immaculate but still strictly formal : Doctor Lowen isn't here, and he doesn't accept visits without an appointment, and how can she help me. With my two hundred words of vocabulary, I have prepared a few questions and phrase book sentences about the articles and reviews available for consultation at the IIBA library, about possible French translations of Lowen's works which can't be found in Europe ...

any events planned by the IIBA during my last four days in New York, just so I could stay a few minutes longer at the IIBA reception, work out the position of the doors and offices, in short, just enough time to outsmart the impossibly efficient Barbie doll who protects Alexander Lowen, without question, all day and every day from all those who want to meet him.

So she repeats that he is not here, but he is, I know. Sometimes it is useful to not understand. I will wait and she will have to leave me somewhere for a moment giving me my chance to catch a glimpse of him in person, either from the reception or from the library, as he leaves his office, in a hurry obviously, but surprised to see me here and I will introduce myself, « *Student at SFABE V, oh yes, «kicking» helps me a lot, thanks, I'm standing with bend knees waiting for the metro, thank you for that too. And you? How are you? »* »

That was on the way there: three blocks of streets and four blocks of avenues. Now I'm here : 144 East Street. No grand staircase, but a stylish canopy protects the entrance. I go through a first door into this mythical place, and find myself in the tiny entrance which separates the hall from the street. A hall which I study, trembling, through a second door with chamfered glass panes: green plants, early 19th century armchairs and banquettes, wall lights and lamps lit, high gloss lift doors, but the door is closed. The right hand wall of the entrance is covered with old fashioned letter boxes, with copper openings and gleaming locks, framed by brass with the corners softened by the years. AL IIBA: 1A it's definitely here. On the opposite wall, even less like I had imagined it, a big 1950's telephone, an antique interphone with a spiral cord and heavy copper and wood handset that I dare to pick up. In the deafening silence, I press the button 1A ... A flash back and I'm 4 years old, at primary school, at the end of the group crocodile file, in a gloomy corridor, and, in a moment of suspense, I dare to touch the door of the Head mistress of the **whole** school with my podgy little finger ... nothing happens.

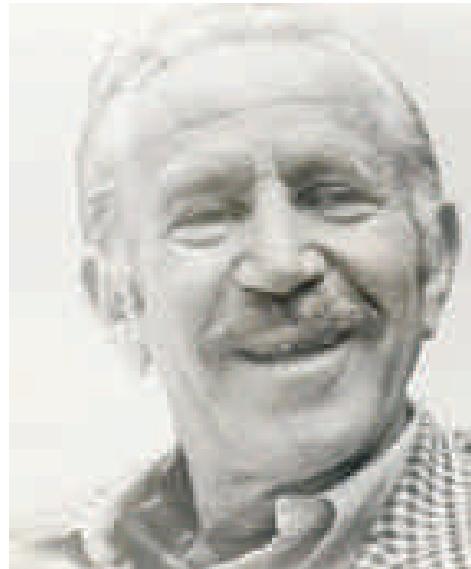
¹ Published in the Internal Bulletin of SFABE: « *InfoSFABE* » in 1998.

No-one, nothing, not a click nor a buzz from this theatre prop phone, absolutely no-one, I press the button again and hang up. The door is really locked, the green plants haven't even quivered, the door panes are still chamfered, the lifts haven't moved, the hall remains deserted, the letter boxes still locked. The fat secretary with the French pleat gets thinner, fades and disappears. Mechanically I scan the writing stuck on the letter boxes, engraved on their brass plates: « *conforming to the norms of the State postal service* ». Happy for them. A glance at the names on the other letter boxes, I take it all in.

Suddenly, behind me, the glass-paned door is jerked open, I jump, my heart in my mouth. I hadn't seen a thing, I just had the time to avoid a drinking yoghurt which passes over my head, a guy about 2m tall on roller blades grunts a « *d'morning* » like the fish from « *the meaning of life* » there's no time to reply to his greeting and the giant disappears ... The glass-paned door slams shut, it shakes me, no reflex to stop it. The door to the street shuts and I find myself standing frozen in front of the letter boxes whispering a strangled « *hello-o* » to them.

It wasn't Lowen, and I haven't taken a breath for a quarter of an hour.

JEANNE VAILLANT
SOCIETE FRANÇAISE D'ANALYSE
BIOENERGETIQUE (SFABE)
TRANSLATER: A-L PINON



In German

REMINISZENZ AN ALEXANDER LOWEN

Es war im Mai 2005 während der Konferenz des Internationalen Instituts für Bioenergetische Analyse (IIBA) in Cap Code. Der Vorstand hatte geplant, während dieser Konferenz das fünfzigjährige Bestehen des IIBA zu feiern und Al Lowen persönlich dazu einzuladen. Die Konferenz tagte nicht allzu weit weg vom Wohnort des Begründers der Bioenergetischen Analyse, sodass Fred Lowen seinen Vater zum Konferenzort fliegen konnte. Im Vorfeld gab es innerhalb des Vorstandes Diskussionen, in welchem Rahmen Al Lowen zu den KonferenzteilnehmerInnen sprechen solle. Es war bekannt, dass Al Lowens Gedächtnis zu diesem Zeitpunkt Lücken aufweisen konnte und sein Wort nicht mehr die Prägnanz früherer Zeiten hatte. Eine öffentliche Blossenstellung wollte der Vorstand vermeiden.

Während eines Hauptvortrages betrat Al Lowen unerwartet, den Versammlungsort. Die Anwesenden erhoben sich voll Freude und spendeten Al Lowen spontan Applaus - den sprechenden Referenten so allerdings unterbrechend. Auf Abend war die Jubiläumsfeier geplant. Al Lowen sass mit Sohn Fred und der inzwischen verstorbenen, liebenswürdigen Miki Frank an meinem Tisch. Wir stiessen auf das Wohl des Instituts, auf dessen und unsere Zukunft an und sangen Refrains, wie die Bioenergetik doch unser Leben verändert habe. Mehrmals wollte Al Lowen das Wort ergreifen, aber das Mikrofon wurde ihm nicht gewährt. Ich war bemüht, Al Lowen Gehör zu verschaffen, aber auch mir entzog sich der Versammlungsleiter. Jemand musste wohl den Versammlungsleiter angewiesen haben, Al nicht öffentlich sprechen zu lassen. Ich war beschämmt, Al und sein Sohn Fred zu Recht gekränkt. Sie zogen sich früh von der Jubiläumsfeier zurück.

Morgens frühstückten Al und Fred schweigend. Ich setzte mich an deren Tisch, suchte das Gespräch, aber weder Al noch Fred wollten mir antworten. Schliesslich vertraute mir Ben Shapiro, der am gleichen Tisch sass, an, dass die Gäste sofort abreisen wollten. Mit dem Angebot, dass Al zu Beginn des Tages,

noch vor dem Hauptvortrag, zu den Versammelten sprechen könne, konnte die vorzeitige Abreise vermieden werden. (*Das Photo zeigt Al im Kreise einiger Konferenzteilnehmer nach seiner Rede im Auditorium an diesem Morgen - das letzte Mal, wo er unter uns war*) Aber lasst mich nun vom anschliessenden Dialog während des Frühstucks berichten. Al war entmutigt und sagte: «*Bioenergetik wird nicht überleben*». Ich widersprach und berichtete ihm von David Bercelis Workshop, der Bioenergetik und Traumaarbeit so vortrefflich miteinander verband. Al antwortete: «*Ich bin mir bewusst, ich werde geschätzt, weil ich den Körper in die Psychotherapie einführe. Aber Bioenergetik, das ist mehr als das*.»

Ich war berührt, dass Al die Situation so wahrnahm. Seither treibt mich die Frage um: Worin besteht das spezifisch Bioenergetische? Was gehört zu Reich, was zu Lowen? Was ist Al Lowens spezifischer Beitrag? Ich hoffe, ich kann gelegentlich über die Ergebnisse meiner Studie berichten.

**HUGO STEINMANN
PRÄSIDENT IIBA 2002 - 2008
SCHWEIZERISCHE GESELLSCHAFT
FÜR BIOENERGETISCHE ANALYSE
UND THERAPIE
(SGBAT)**



A PERSONAL REMINISCENCE OF ALEXANDER LOWEN

In May 2005 the traditional International Institute for Bioenergetic Analysis (IIBA) Conference took place in Cape Cod. The board of the IIBA had planned to celebrate the 50-years' existence of Bioenergetics at this Conference and had invited Al Lowen to join. Al Lowen's residence was not far from the Conference place and his son Fred was able and willing to bring him. The board earlier had been discussing the details of Al's visit, most of all the planned Conference speech, because Al's memory lapses were known and the board members wanted to avoid a possible painful and compromising situation.

During one of the key speeches at the Conference, Al suddenly entered the room and being recognized with great joy by the audience was greeted with a standing ovation, interrupting the speaker. The celebration dinner was to take place that same evening. Al sat at my table with his son Fred and with the charming but in the meantime deceased Miki Frank. We drank to the health of the Institute and that of the leaders and praised Bioenergetics which changed everybody's life so very much. Al made several efforts to speak but was not given the microphone and even my interfering in this matter did not help. I got disturbed and anticipated that the party organizer had purposely acted to prevent Al from talking publicly. I felt ashamed. Al and Fred were clearly hurt, and they left the party rather soon thereafter.

The next morning as I entered the breakfast room, I saw Al and Fred sitting there already, in silence. I joined them and asked a few questions but got no answer. Ben Shapiro who was also sitting at this table signaled to me that our two guests wanted to depart immediately. I managed to convince them to stay by promising a chance to open today's program with a speech (*the picture included here was taken after his speech – actually it was to be the very last time Al was with us*), and thus we continued our breakfast and talked. At one point Al said, rather discouraged, that he did not believe that Bioenergetics would survive and added: « *it goes down* ». Contradicting I enthusiastically reported about an impressive workshop given by David Berceli on

trauma and its resolution by means of bioenergetics. Al replied: « *I know, they respect me because I introduced the body into psychotherapy. But Bioenergetics is more than that* ».

I was touched and moved by Al's recognition of the situation. Since then I keep thinking and searching about what he said. What is it that is specifically bioenergetical? What belongs to Reich, and what to Lowen? What is really Al's specific contribution? I hope that eventually I find the answers and can report back to you.

HUGO STEINMANN
PRESIDENT IIBA 2002-2008
**SCHWEIZERISCHE GESELLSCHAFT FÜR BIO-
ENERGETISCHE ANALYSE UND THERAPIE
(SGBAT)**



Alexander Lowen Memorial

«Dear Al...I am happy and grateful for the connection we had and to feel you so present in me and my work »

To be able to feel your feelings, to express them and to be able to contain – was the triad Al Lowen claimed for a solid body based identity. And that is, what his work was about. Let me see if I will be able to balance the three in the next 15 minutes, talking about this man, who was so important for me.

I met Al Lowen first in 1976, attending a workshop he gave in Germany. I was 23 years old – still in university – he was at the age of 66 where people usually retire in Germany. And here was the «old man», considering my age, who seemed to me more alive and vital than myself. I was a young intellectual - and I wanted to loose my head, as we said in those days. In that workshop he certainly helped me to «*loose my head*» for some moments. My head as a controlling and emotion inhibiting instance, okay ... but, on the same hand this man, was functioning absolutely superb in his head and he could explain all the time what he was doing and why ...and more important could help me and others experience and understand our selves deeper .

Between the first encounter and my last visit in New Canaan, in December 2006 – spreads out a period of 30 years, where I saw Al Lowen regularly. In many individual sessions and workshops - and later travelling with him, when he had asked me to help him at International Conferences. And I remember waking up in the morning by these dull rhythmic beats, when Al was kicking in the hotel-room next door. And every evening I had to get the stool back to his room, so he could use it in the morning. Al practised what he was suggesting to others.

Let me share with you one of many anecdotes from these 30 years, which are more than anecdotes for me.

A therapeutic moment:

Here I was on the stool – and my chest wasn't moving too much. He: « You need to cry»....me: « I know» and he: « So why don't you cry then; to whom you don't want to show your tears» and here was the experienced patient: « To my mother»... Al: « I don't see your mother in this room – and I am asking myself how long you want to bring her here , in order not to be alive».

He did relate and he understood transference. More than that, he deeply understood how relational experiences of our childhood left the marks in our physiology, shaped our body and can rule and ruin our relationships here and now. These incorporations are the base for negative self-concepts and became the base for repetition patterns and transferential hang-ups. As Al liked to say, the protective castle of the child turns into the prison of the adult. I always found this such a simple and true metaphor for the concept of character structure. I knew the theory and I am so grateful having experienced Al Lowen many times – relating to me and others from his deep faith in the biological resources of the human animal, from his deep understanding of the vulnerable wounded human animal, from his deep conviction in life and passion for life, and from his trust in the energetic processes, with which we can restore our bodily-self and heal. You must find and re-connect to your animal nature to be fully human. This was his credo I heard many times. And for him this was at the core of humanity. And for me this is at the core of my bioenergetic understanding and practice.



I would not be true to myself and to my relationship to Al, not to mention the difficult moments I shared with him, when he suffered from the disrespect he felt from his own school, when he witnessed a movement away from what he considered the center and base of bioenergetic work. He himself had the courage to question the characterology he had developed as being over-systematised and in danger of being misused to categorise people instead of being seen as a tool for deeper understanding of the individual's dynamic. I was shocked and argued with him. For me it felt like as if he wanted to take a backbone out, or take the scale out, on which all the melodies are built. At the same time many colleagues in the Institute felt the need to integrate more of a psychodynamic point of view. This was not an easy moat to bridge. Probably because of personal issues involved on both sides it seemed incompatible. It certainly became a wound to him – not easy to heal. I witnessed that Al could see and own his part in it. He expressed this in several personal conversations we had. In certain moments he even regretted that he had founded a school and organization. I strongly opposed to this kind of consequence, because I wouldn't be here today, if there hadn't been a school. And I wish for us, who are engaged in this school, that in our maturation and differentiation, we can stay deeply connected to the roots and honouring them, no matter on which branches of the bioenergetic tree we may be.

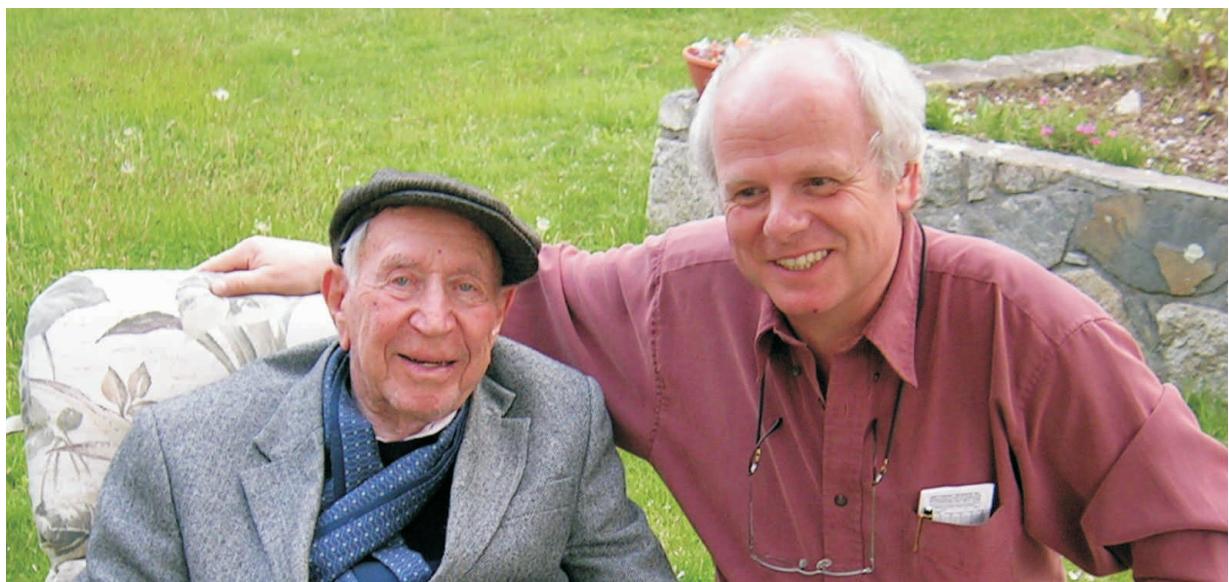
Al Lowen trusted that we can take care of ourselves, when we reconnect and refer to our organismic being and by this to our self-healing forces and capacities. This, for me is at the core of Al's, it's in the core of my bioenergetic understanding and practice.

Al loved Greece, Greek wine, Metaxas, its music and dance. And the last very special dance we had was when I was sitting next to him, - the last time I saw him - and Monica and Fred put on Greek music and his vitality and joy was there with the rhythm and the movements, which were still possible.

Dear Al, I miss you with all I have mentioned and more ... Thank you

HEINER STECKEL¹
INTERNATIONAL TRAINER
NORDDEUTSCHES INSTITUT FÜR
BIOENERGETISCHE ANALYSE E.V.
(NIBA-EV)

¹ This text was read at the Alexander Lowen Memorial, New York, April 5th, 2009.



In German

Alexander Lowen Memorial

„Lieber Al ... ich bin glücklich und dankbar über unsere Beziehung und ich spüre deine Gegenwart in mir und in meiner Arbeit“

Gefühle wahrzunehmen, auszudrücken und zu halten war der Dreiklang, den Al Lowen für eine solide, körperorientierte Identität forderte, und dies prägte seine Arbeit grundlegend. Ich will versuchen, in den nächsten 15 Minuten diese drei Aspekte zusammen zu bringen, wenn ich über den Mann spreche, der für mich so wichtig war.

Zum ersten Mal habe ich Al 1976 bei einem Workshop getroffen, den er in Deutschland gab. Ich war 23 Jahre alt, noch Student, er war 66, ein Alter, mit dem man in Deutschland in den Ruhestand geht. Und hier war der „alte Mann“, der mir lebendiger schien als ich es war. Ich war ein junger Intellektueller, der seinen Kopf loslassen wollte, wie man damals zu sagen pflegte. In diesem Workshop hat er mir auch geholfen, meinen Kopf für einige Momente loszulassen. Gut, mein Kopf war eine Instanz, die Gefühle kontrolliert und zurückhält... aber gleichzeitig funktionierte sein Kopf hervorragend, und er konnte immer genau erklären, was und warum er etwas tat. Noch wichtiger war aber, dass er mir und den anderen helfen konnte, unser Selbst tiefer zu erfahren und zu verstehen.

Zwischen dieser ersten Begegnung und meinem letzten Besuch in New Canaan, im Dezember 2006, liegen 30 Jahre, in denen ich Al Lowen regelmäßig getroffen habe. Es waren viele Einzelsitzungen und Workshops. Später bin ich mit ihm zu internationalen Konferenzen

gefährten, wenn er mich bat, ihm zu helfen. Ich erinnere mich, morgens von diesen dumpfen, rhythmischen Schlägen geweckt zu werden, wenn AL im Zimmer neben mir mit Kicken beschäftigt war. Jeden Abend bat er mich, den Atemschemel in sein Zimmer zu bringen, um ihn am nächsten Morgen zu benutzen. Was Al anderen zu tun vorgeschlagen hat, hat er auch selbst getan.

Lassen sie mich eine von vielen Geschichten aus diesen 30 Jahren erzählen, die für mich mehr sind als bloße Anekdoten.

Eine therapeutische Situation :

Ich liege über dem Atemschemel, mein Brustkorb bewegt sich kaum. Er: „Du musst weinen“ ... Ich: „Ich weiß.“ Und er: „Und warum weinst du dann nicht? Wem willst du deine Tränen nicht zeigen?“ Dann kommt der erfahrene Patient: „Meiner Mutter“.... Al: „Ich sehe deine Mutter nicht in diesem Raum – und ich frage mich, wie lange du sie noch mit hierher bringen willst, um nicht lebendig zu werden“

Er hat sich auf Übertragungen bezogen und sie verstanden. Mehr noch. Er hat sehr tief verstanden, wie Beziehungserfahrungen aus unserer Kindheit unsere Physiologie prägen, unsere Körper formen und unsere Beziehungen hier und jetzt beherrschen und ruinieren können. Diese Verkörperungen sind die Basis für negative Selbstkonzepte und führen zur Wiederholung von entsprechenden Verhaltensmustern und Übertragungen. Al pflegte zu sagen, dass die Schutzburg des Kindes zum Gefängnis des Erwachsenen wird. Dies ist ein so einfaches . Dies ist ein so einfaches und wahres Bild für das Konzept der Charakterstrukturen und wah-

Charakterstrukturen. Ich kannte die Theorie und ich bin so dankbar, sie erfahren zu haben. Al sprach oft über seinen tiefen Glauben an die biologischen Quellen im Menschentier, von seinem tiefen Verständnis des verwundbaren und verwundeten Menschentiers, von seiner tiefen Überzeugung in das Leben und die Leidenschaft danach. Er sprach von seinem Vertrauen in die energetischen Prozesse, mit denen wir das körperliche Selbst wiederherstellen und heil werden können. Um ganz Mensch werden zu können, musst du deine animalische Natur wieder entdecken und sie integrieren. Dieses, sein Credo, habe ich oft gehört. Und für ihn lag hier der Kern der Humanität. Für mich ist dies der Kern meines bioenergetischen Selbstverständnisses und meiner Arbeit.

Ich wäre mir und meiner Beziehung zu Al nicht treu, würde ich nicht auch die schwierigen Momente erwähnen, die ich mit ihm teilte. Als er unter der Respektlosigkeit litt, die er von seiner Schule erfahren musste und als er die Strebungen bemerkte, die sich vom Kern und der Basis seiner bioenergetischen Arbeit entfernte. Er selbst hatte den Mut, das von ihm entwickelte Charakterstrukturkonzept kritisch zu hinterfragen. Ist es nicht zu sehr strukturiert und in Gefahr, missbraucht zu werden, indem es Menschen in Kategorien einteilt, anstatt es zu nutzen, um Menschen tiefer in ihrer individuellen Dynamik zu verstehen? Ich war geschockt und begann, mit ihm zu diskutieren. Es kam mir so vor, als wollte er das Rückgrat herausnehmen und die Tonleiter abschaffen, auf der alle Melodien aufbauten. Es war die Zeit, in der viele Kolleginnen und Kollegen im

Institut versucht haben, den psychodynamischen Standpunkt stärker zu integrieren. Das war kein leicht zu überbrückender Graben. Vielleicht waren es persönliche Themen auf beiden Seiten, die dies unmöglich erscheinen ließen. Dies wurde sicher zu einer starken Verletzung für ihn, die nicht leicht zu heilen war. Ich habe wahr genommen, dass Al durchaus seinen Anteil an der Entwicklung sehen konnte. Er hat es in mehreren persönlichen Gesprächen erwähnt. Manchmal hat er bereut, eine Schule und eine Organisation gegründet zu haben. Dieser Schlussfolgerung habe ich entschieden widersprochen. Gäbe es diese Schule nicht, würde ich jetzt nicht hier stehen. Ich wünsche uns, die wir uns für diese Schule engagieren, dass wir in unserem Reifungs- und Differenzierungsprozess, mit den Wurzeln tief verbunden bleiben können und diese wertschätzen, unabhängig davon, zu welchem Ast am bioenergetischen Baum wir gehören.

Enden möchte ich mit dem Blick auf einen sehr konkreten Teil seines Vermächtnisses: Schaue ich auf Al's Schriften, sehe ich eine nahtlose Verbindung zur modernen Neurobiologie, zur Emotions- und Traumaforschung. Al konnte auf eine Art und Weise schreiben, die viele Menschen erreicht, menschliche Körper berührt und für viele sehr wichtig geworden ist. Ich selbst schaue immer wieder in seine Bücher und finde sie immer wieder anregend, bereichernd und überzeugend. Dieses Erbe ist ein Schatz, eine Goldmine, die immer noch nicht ganz ausgeschöpft ist.

Kern von Al's Verständnis der bioenergetischen Analyse, und es ist auch meins.

Al liebte Griechenland, griechischen Wein, Metaxa, die Musik und den Tanz. Den letzten Tanz hatten wir miteinander, als ich bei meiner letzten Begegnung neben ihm saß und Monika und Fred griechische Musik anstellten. Da war mit dem Rhythmus und den noch möglichen Bewegungen seine Vitalität und Freude spürbar.

Lieber Al, ich vermisste dich mit allem, was ich erwähnt habe und mit noch viel mehr... Ich danke dir.

HEINER STECKEL¹

INTERNATIONALER TRAINER

NORDDEUTSCHES INSTITUT FÜR BIOENERGETISCHE ANALYSE E.V.(NIBA-EV)

ÜBERSETZUNG: RAINER MAHR

¹ Dieser gekürzte Text wurde an der Gedenkfeier für Al Lowen vorgetragen, New York, April 5th, 2009.

A KEY THERAPEUTIC EXPERIENCE WITH ALEXANDER LOWEN

I experienced Al as a healing presence during the period I saw him for therapy. In one particular session, I made the unexpected discovery of the experience of self-respect. I no longer remember the content of the session. I remember suddenly becoming quiet, just standing in the room with Al, who was sitting in the chair beside me. Probably I had been on the stool, maybe crying. I was aware of Al's supportive and unobtrusive presence. Then I got it. I was me, just myself. All the terrible self-judgments and shameful self-attributions fell away, and for a moment disappeared. Here I was, «*just*» in my body, with all my sorrows, faults, and pain, but I had myself with – and, in my mind, there is only one word for it– self-respect.

I was never inclined to use the term «*self-esteem*», which has a psychological cast to it, as if I were, in my mind, esteeming my-self mentally as another object. What I experienced felt like a simpler state and a deeper one, a bodily way of being. In that state of being I could tolerate the terrible affects that had assailed me, the shame, the humiliation, and the deep agonies of loss and abandonment. A year or so later (1984), I «*found myself*» giving a paper on «*Sex and Self-Respect*» at one of the conferences, and, never suspecting the concept of self-respect would become a life-long companion, published a book some years later using the term in the title (*Helfaer, 1998, 2006, Bioenergetics Press.*).

How was I able to reach this healing experience in my work with Al at this particular moment? I found it in myself, of course; it emerged from my work. I believe, however, the experience was enabled by Al's presence. If he were not somehow in a state to enable or be with it, I doubt that it would have happened. For one thing, he didn't get too busy with me too quickly to allow for the time for the feeling experience to emerge and form. I felt from him an empathy for my suffering, I felt seen by him, and I experienced him as a positive presence, a companion in my aloneness.

I believe there was also another more specific element in his way of being with me which I would identify as a kind of *respect for me as a living body*. I feel that this kind of respect and feel for the living body is quite rare. For him, «*I am my body*», had a real meaning. That meaning and that respect had registered within me, and at that moment I had my own experience of those states of being, and that experience fostered my healing path.

**PHILIP M. HELFAER ,PH.D.
INTERNATIONAL TRAINER
ISRAELI SOCIETY FOR BIOENERGETIC
ANALYSIS (ISBA)**



TRIBUTE

The first time I met Al Lowen in 1975, I immediately thought of my beloved grandfather: same size, same voluntary chin, same mischievous eyes. I was seduced, moved, enthusiastic.

Many years after, Al invited me to spend time with him in his Guilford summerhouse. I was flattered. I never knew why he asked me—probably just for fun. «*Just for fun*» is a kind of philosophy of pleasure, which made me smile.

Al liked to enjoy company, to dance, to drink Metaxas, to walk around freely, to listen to Edith Piaf and French romantic female singers, to swim before breakfast.

Holding back and letting go: a natural hedonism, the rhythm of the body music.

In Guilford we never spoke about the Institute's business, of people both of us knew. We sailed, we cooked—Al and Maine lobsters were a poem!—we went to the local theater (*ah! James Dean!*), we did nothing.

To say it briefly, we lived in poetry, serenity and mutual affection: moments of indescribable happiness.

Since then, I have Al embodied in me. I regularly dream about him. I particularly learned from him a way of observing and seeing which are usually invisible, a sort of kind lucidity when looking at someone, (*except for those he considered « weird »*). I learned a way of mobilizing the body to make it more alive, more vibrating, more respectful of others and of the planet.

A la vie, à la mort,
To life and to death
Je t'aime, Al.
I love you. Al.

***JEAN-MARC GUILLERME
INTERNATIONAL TRAINER***

MY ENCOUNTERS WITH ALEXANDER LOWEN

Among the several encounters I had with Al Lowen, there are two moments, two memories that stand out on top of the others, I could say a sour one and a sweet one and with the years, the second one is the one that has remained.

The first memory I have, happened during one of the Lagonissi workshops in Greece. I was a third year trainee and Al was such an immense idealized figure to me. I wanted to work with the great Al Lowen.

It was quite a big group, between forty and fifty people. I wanted to go in front of the group and work and was so afraid at the same time, afraid of not liking him, of not being a good enough patient. Finally, I found the way to express my desire, I asked to work, he agreed and I took off my clothes and placed myself in the center of the group. He asked me to lie on the stool and say «*oh God*». This sentence was the last one I could think of saying at that moment. I was raised in a Spanish catholic family and got very critical with catholic religion in my university years where I felt close to left, Marxist and feminist groups and

saw the negative impact of catholic religion on sexuality and on women. I felt by no means close to implore God, as this was the meaning for me. I felt completely blocked and couldn't say a word. I felt I could not respond to what was asked from me and at the same time, could not express my difficulty. After some time, I think he got impatient and told me that if I was not connected, better to finish. I felt he kicked me out, my great expectations of working with the great man finished abruptly. I was astonished and couldn't react. I felt rejected, ignored, puzzled and later so angry!. It was not until some years later that I could think of the possibility that it was his way of handling the situation, provoking me. And for sure he made me connect with an immense rage. In the afternoon, I went to Anna Miller who helped and soothed the unfinished issues. There, I hit with the racket and shouted till I was exhausted, expressing my anger towards Lowen and behind him towards my father, who had died too soon and had left me alone.



FINA PLA AND AL

The second important memory and a very sweet one occurred in his house in Connecticut. I happened to have to go to New York for a training course I had decided to take and I thought it would be a good opportunity to work with him in some private sessions. I called him and we agreed for two sessions. I went there, had the sessions and I met another man, much more human, closer and warm. He introduced me to his wife, showed me his pets, invited me to one of Leslie's exercise classes and he worked with me and I felt him available and present with my pain. But the better was yet to come. I had told him that after the session I had a date in New York with a man I had met at a previous course. The session finished, I said goodbye to him, feeling reconciled and in peace. I was waiting outside his house for the taxi but the taxi was not coming and I was going to miss the train and the date. Suddenly I saw the parking doors open and there he was, driving his car and telling me to go in. I couldn't believe that, Lowen was there taking me to the station! I was so grateful for his sensitivity! I thanked him, took the train and arrived on time. He left me with such a wonderful present. Such a simple action but so important for me. It is for things like this one that I think he was a great man, full of light and shadows and so a human being. This was the last time I saw him and I understood what a different man he could be when he was not under the stress of being in front of a group, when he did not have to demonstrate how much he knew and he could simply be the great therapist he was.

Thanks Al for leaving us such a powerful therapeutic approach.

FINA PLA
SUPERVISOR
ASSOCIACIÓ CATALANA EN L'ANÀLISI
BIOENERGETICA (ACAB)



In English

MEMORIES OF AL LOWEN

My memories of Al Lowen go back a long time, and I remember the early ones very clearly, although they happened in the 1960s. Back then I was a young, rather orthodox, psychoanalyst. However, at that time I had a lot of unanswered questions. Freud's idea that sexual frustration was at the bottom of everything and Wilhelm Reich's idea that the orgasmic reflex in the body should be the centre of the sexual experience were complementary. Freud believed that therapy should be aimed at uncovering the early frustrations. Reich believed the focus of therapy should be aimed at resurrecting the lost orgasmic reflex and this meant in therapy he did a lot of work with breathing and body movement. He felt that inhibitions formed in early childhood and that you couldn't reach them unless you worked with the body. His idea was that the loss of the orgasmic reflex was at the centre of neuroses and that to cure the patient you needed to recover this reflex.

Around this time other people were looking at the same problems and an important new theory emerged: the concept of Self. This involved the whole person, not just their sexuality, but their ability to make relationships. And this of course took the focus back to early childhood as it became self-evident that this is where the capacity to make relationships starts.

Of course the history of psychotherapy involves a lot of theories. As Goethe said «*All theory, dear friend, is gray, but the golden tree of life springs ever green*». One of the most interesting developments coming out of those theories was that the early psychoanalysts began to look at what actually happened in childhood. One of the foremost of these was Melanie Klein who believed that babies were full of rage and that understanding how this affected the personality was the basis of therapy.

Al Lowen was deeply struck by the connection of body and feelings and, because in his early history he had worked as a physical trainer, he realised quite quickly that if you changed the body you changed the feelings.

My first encounter with Al Lowen came about through the suggestion of my analyst at that time, Winifred Rushforth, who had worked with Carl Jung. Her suggestion was, «*David, there is a very interesting man coming to London, I think you should go and see him. You will learn some interesting things*». That was Dr Al Lowen. I very much respected her opinion, so I booked a flight down to London, found out where he was lecturing and went to his lecture. What I saw both surprised and enchanted me.

Of course I went all dressed up as a National Health Service consultant and there was Lowen dressed very casually in sweater and trousers and no tie. I remember being intensely surprised by this. However, as I listened and watched him work with a client, I was greatly impressed. He had a mattress on the floor beside him and he told the client to lie down. He explained that this young man had suffered severe depressions and that he had worked with him for several weeks and to my surprise he asked the young man to kick and make a sound. To my astonishment, within a reasonably short time the sound changed to crying and yelling. Lowen smiled and encouraged this and the young man's expression of feelings increased. While he was working Al Lowen had an ability to be like an athletics coach and really promoted an expression of feelings in such a way that the patient let out more and more feeling. I had never before seen anyone working like this, dealing with a depressed person, and I knew from my own practice how difficult it was to enable a depressed person to really express feelings.

I was inspired to go back to Glasgow and try this method – at that time the preferred treatment for severe depression was Electro-Convulsive Therapy (*ECT*) which involved passing an electric current through the head, causing convulsions. At that time I had several deeply depressed clients so I decided to try psychotherapy on two of them. I picked two people with whom I had a good relationship, both diagnosed with manic depression, and deeply depressed at that time. The fact that I had a good relationship with them, and that they trusted me I found to be very important, then and later. Both patients had had *ECT* in the past with no permanent improvement. The authority I had as a consultant allowed me to adopt treatment methods that others might have frowned upon. However, in both cases, and particularly in one, as they were encouraged to physically express pain by kicking, they managed to express feelings that neither they, nor I had expected. Both were able to resume their work, as an architect and an accountant, with renewed vigour, and indeed, enjoyment.

At this point I would like to pay tribute to a colleague of mine, R.D. Laing who had written a book *The Divided Self* which ably illustrated the connection between emotional difficulties and schizophrenia and I realised very clearly that the term «*Divided Self*» illustrated for me the central problem of psychosis, which was that early emotional reality was so painful it could not be accepted by the ego.

Later that year I saw Lowen again and told him how impressed I was with his work and he looked me warmly in the eye and said

«David, you have made a personal breakthrough, I can tell from your shoulders. You were afraid of your father – perhaps at last with me you have found an accepting father». I was and I had!

**DAVID CAMPBELL
INTERNATIONAL TRAINER
SEPTEMBER 2009**

HOMMAGE A ALEXANDER LOWEN¹

« *Ne laisse jamais quelqu'un te faire douter de ce que tu ressens !»*

L'impact sur moi d'un premier séminaire de groupe avec le Dr. Alexander Lowen fut tel que je décidais d'entreprendre ma formation de thérapeute bioénergéticien et de me rendre à New York pour entreprendre ma propre thérapie avec Lowen. C'était en 1979, il y a exactement 30 ans, j'étais alors dans le giron de la psychanalyse. Cette expérience fut un tournant dans ma vie personnelle et dans ma vie professionnelle.

Qu'avait Alexander Lowen de si spécial ?

C'était un thérapeute entièrement identifié à sa propre conviction : celle que l'énergie séquestrée dans les tensions corporelles appauvrit la capacité à être vivant, à aimer, à créer. Il tirait de sa conviction agissante une force impressionnante, une présence de guerrier que mes résistances et mes défenses ne purent jamais entamer. Il était exigeant, il ne transigeait pas, il m'amenait à chaque fois à exprimer mes peurs, ma rage, ma vitalité, à la limite du supportable.

Son regard bleu pénétrant, parfois défiant, parfois tendre, restait centré sur mon expressivité corporelle : l'unique vérité fiable. Il m'amenait à percevoir, sentir, comprendre et changer. Je lui en suis profondément reconnaissant.

Un jour qu'il me fit douter, en séance, de ce que je ressentais, ayant lui une impression différente de la mienne, il perçut mon désarroi et me dit : « *Guy, ne laisse jamais quelqu'un te faire douter de ce que tu ressens lorsque cela s'impose à toi !* » Il me proposait à ce moment d'avoir confiance en moi. Je lui dois depuis ce jour cette recherche constante de profonde identification à moi-même, à mes propres vécus, à mes propres perceptions et à mes propres convictions.

J'ai rarement perçu quelqu'un autant identifié à lui-même et non aux événements extérieurs ou aux personnes de passage. Je me souviens de ce Noël 1979 passé chez lui, en famille, avec Leslie, sa femme et Fred, son fils. Je me souviens qu'il était le même que dans son bureau, à



When I was « *young* » and start my Psychotherapy with Alexander Lowen
Quand j'étais « *jeune* » et que j'ai entamé ma Psychothérapie avec Alexander Lowen

¹ Cet hommage a été proposé en premier lieu à la Revue Clinique de L'Institut International d'Analyse Bioénergétique et y sera publié dans son édition de 2010.

New York. Il était dans ce souci permanent d'être soi-même. Il n'était pas parfait mais il était enraciné dans son être lui-même. Ceci fut un modèle éthique pour moi.

C'était un homme moderne, un observateur d'une grande intelligence et perspicacité. Je pense qu'il a fondé la Clinique Bioénergétique autour de deux paradigmes centraux :

1) La continuité psychocorporelle se construit à partir d'une identité corporelle de base,

2) L'exercice corporel conjugué à l'expression émotionnelle, sources de vitalité, réparent et redynamisent sans cesse les tissus somatiques et les circuits neurobiologiques.

Les neurosciences légitiment aujourd'hui scientifiquement cette approche. Je travaille aujourd'hui, comme nombre d'entre nous, à faire fructifier l'héritage inestimable qu'il nous a légué. Ma gratitude à son égard est immense et mes propres réflexions ne cessent de s'inspirer de l'expérience qu'il m'a fait vivre et de l'œuvre qu'il a écrite.

Bien sûr, ma propre histoire, ma propre personnalité, ma propre culture, m'engagent vers des développements de l'Analyse Bioénergétique et une manière personnelle de la pratiquer cohérents avec qui je suis. Je le dois aussi à Alexander Lowen car il me dit un jour : « *Fais ton propre chemin, ne cherche pas à m'imiter. Si tu restes ancré dans ton corps, tu feras tes propres découvertes* ».

En m'engageant aujourd'hui dans une mission soutenue par l'Organisation Nationale de l'Unesco, en direction des peuples qui souffrent, j'emmène la pratique bioénergétique dans ma valise et je pense à toi, Al, au cœur que tu m'as ouvert, qui peut aujourd'hui recevoir les autres et leur donner, partager et aimer. Merci.

GUY TONELLA
FORMATEUR INTERNATIONAL
COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)



TRIBUTE TO ALEXANDER LOWEN¹

The first workshop I did with Dr. A. Lowen has such impact on me that I decided to initiate my bioenergetic training and travel to New York to start a therapy with him. That was in 1979, exactly 30 years ago, when I was in the bosom of psychoanalysis. This experience was a turning point in my professional life and in my personal life.

What did Alexander Lowen have that was so special?

He was a therapist fully identified with its own conviction that the energy sequestered in bodily tensions depleted the ability to be alive, to love, to create. He drew from his acting conviction an impressive force, a presence of warrior that my resistances and defenses could never damage. He was demanding, making no compromise, he provoked me every time to express my fears, my anger, and my vitality, to the limit of bearable. His penetrating blue eyes, sometimes challenging, sometimes tender, remained focused on my body expressiveness: the only reliable truth. He provoked me to perceive, feel, understand and change. I am deeply grateful.

One day, making me doubt during a session about what I was feeling, him having a different impression than mine, he saw my distress and said: «*Guy, never let anybody make you doubt about what you feel when your feelings forces itself upon you!*». He was just proposing me to trust in myself. I owe him since that day that constant search for deep identification with myself, with my own experience, my own perceptions and my own convictions.

I have rarely seen someone identified as much with himself and not with external events or people passing. I remember this Christmas 1979, invited to stay at his home with his family, Leslie, his wife and Fred, his son. I remember that Al was the same there as in his office in New York. He was with this permanent concern of being oneself. He was not perfect but it was rooted in his being himself. This has been for me and for ever an ethical model of life.



30 years later...
30 ans plus tard...

Lowen was a modern man, an observer of great intelligence and vision. I think he founded bioenergetic clinic around two central paradigms: 1) body-mind continuity builds from a basic, fundamental bodily identity, and 2) physical exercise combined with emotional expression, sources of vitality, repairs and revitalizes continuously somatic tissues and neurobiological circuits. Neuroscience now scientifically legitimizes this approach. I work today, as many of us, to build on the invaluable legacy he left us. My gratitude to him is immense, and my thoughts are constantly inspired by the experience that he made me live and the invaluable work he wrote.

Of course, my own history, my own personality, and my own culture, commit me to developing and practicing bioenergetic analysis with my personal convictions and style, coherent with who I am. I also owe Alexander Lowen for what he said to me: «*Make your own way, not trying to imitate me. If you stay grounded in your body, you will do your own discoveries*».

Committing me today and for the future years in a mission backed by the United Nations Organization towards the peoples who suffer, I take my bioenergetic practice in my suit-case and I think to you, Al, to my heart you opened which can now receive the others and give, share and love. Thank you.

**GUY TONELLA, PH.D.
INTERNATIONAL TRAINER
COLLEGE FRANÇAIS D'ANALYSE
BIOENERGETIQUE (CFAB)**

¹ This tribute has been first submitted to the International Institute for Bioenergetic Analysis Clinical Journal and will be published in its next issue, 2010.

In French

HOMMAGE A ALEXANDRE LOWEN¹

Je ne peux résister tout d'abord à vous dire ma joie de vous voir tous. A voir que le travail se poursuit et que c'est un travail qui me semble de grande qualité.

Alexandre Lowen m'a beaucoup, beaucoup donné. Comme l'a dit Véronique Lejeune², il a marqué la vie de très nombreuses personnes, par sa personnalité d'homme et de thérapeute ainsi que par l'originalité de son approche thérapeutique.

Quant à sa personnalité, je dois dire que j'ai rarement rencontré un homme qui savait, comme lui, être totalement présent à la personne se trouvant en face de lui. Il avait l'intelligence du cœur.

J'ai eu la chance de l'héberger chaque fois qu'il est venu animer un séminaire en Belgique. Il avait cette capacité de vivre simplement le moment présent. L'atmosphère en sa présence était toujours tranquille et amicale. Avec lui les conversations étaient passionnantes, riches dans l'échange et l'écoute.

Cette qualité de « *présence* » le servait aussi comme thérapeute. La puissance de son regard était pour moi magique. La confiance que je pouvais y lire me donnait la force d'aller voir au fond de moi et de ramener à la surface les souffrances jusqu'alors innommables. Sa capacité à m'aider à faire le lien avec mes contractions musculaires, mes attitudes corporelles et mon comportement m'ont permis de « *progressivement* » m'unifier.... Sensation de bien-être.... Sensation D'ETRE.

C'est cet épanouissement de tout mon être qui m'a donné le désir et le courage de me former et de donner à mon tour le support à d'autres personnes afin qu'elles aillent vers leur unité et, pour certaines, qu'elles deviennent ainsi psychothérapeutes. Quant à la technique qu'il a développée, incluant le travail du corps à l'analyse, je laisse à mes plus jeunes collègues le soin d'en parler.

Je crois que la vie de l'humanité se construit dans la transmission et la réflexion. Lowen a contribué à cette construction. Il est de ces êtres qui (*quoiqu'imparfaits*) lancent ce que j'appelle « *une chaîne d'amour* » et, pour ma part, celle lancée par Al est à l'œuvre, ici, aujourd'hui....

COLETTE MASKENS
FORMATRICE LOCALE
SOCIETE BELGE D'ANALYSE BIOENERGETIQUE
(SOBAB)



COLETTE MASKENS

¹ Intervention aux Journées Francophones d'Analyse Bioénergétique, « *Le Corps du Thérapeute* », Bruxelles, 3 Octobre 2009.

² Présidente de la SOBAB

In English

HOMAGE TO ALEXANDER LOWEN¹

First of all I can't resist telling you how nice it is for me to see you all. To see that work is going on and that this work seems to me a high quality.

Alexander Lowen did a lot for me, such a lot. As Véronique Lejeune² just said, he marked the life of many, many people by his personality as a man and as a therapist but also by the originality of his therapeutic approach.

About his personality, I dare to say that I have seldom encounter ad a man who was able, as he did, to be in such entire contact with the person he was facing. He had the heartfelt intelligence

Every time he came to Belgium to train à group, I got the chance to have him as guest. He had that capacity to live very simply the present moment. When he was at home, the atmosphere was always quiet and friendly. With him, conversations were fascinating, rich in exchanges and listening to each other.

This quality of «presence» served him as therapist too. For me, the power of his glance was magic. The confidence I read there gave me the force to reach my inner self and bring to the surface all the nameless sufferings. His capacity in helping me to make connection with my muscular tensions, my physical attitudes and my way of functioning gave me the possibility to «progressively» unify myself. Feeling of well being..... Feeling of just BEING.

It is this blossoming of my whole personality which gave me the desire and the courage to train myself as psychotherapist and to give other persons the support to go towards their unity, and for some of them to become psychotherapists.

As for the technique he developed including the participation of the body at the Analysis, I let my young colleagues speak about that.

I believe that humanity is constructed by transmission and reflexions. Lowen contributed to this construction. He is one of those human beings who (*even if not perfect*) throw what I call «*a love chain*» and, as far as I am concerned, I think that the one thrown by Al is working here today....

**COLETTE MASKENS
LOCAL TRAINER
SOCIETE BELGE D'ANALYSE
BIOENERGETIQUE (SOBAB)**



¹ The Speech given during the French Speaking Days of Bioenergetics' Analysis, «*The Therapist's Body*», Bruxelles, 3rd of October 2009.

² SOBAB's President.

In French

HOMMAGE A AL LOWEN

La première fois que j'ai rencontré Alexander Lowen, en 1980, c'était lors d'un repas à Paris, avec des collègues et mes petits camarades de promo de formation. J'étais enceinte et le dialogue avec lui sur la vie, la vitalité, la joie, et les exercices possibles à continuer pendant cette période de grossesse m'avaient beaucoup émue.. Il était tendre, terriblement vivant et humain..

Sept ou huit ans plus tard, ma formation terminée depuis trois ans, je lui ai demandé une séance individuelle lors d'un Congrès.

Quelle surprise, quel étonnement, quel choc.. Il m'a touchée droit au but en cinq minutes ! Il était confrontant et toujours aussi humain en même temps.

En ressortant de cette séance, en-dehors du fait que j'étais très profondément remuée, je me suis dit que si l'Analyse Bioénergétique était ce que je venais de vivre, je pouvais repartir en formation ! C'est ce que j'ai fait pendant de longues années, des séminaires, des stages, des groupes, des supervisions/intervisions, des dialogues, des lectures, du travail personnel. J'ai aussi retravaillé avec Al à plusieurs reprises, tout cela pour intégrer progressivement la richesse inouïe de cette approche.

J'ai une reconnaissance infinie à l'égard d'Al, je me suis imprégnée de son regard aiguisé, de sa perception fine, de sa compréhension profonde et immédiate de la personnalité des individus qu'il avait en face de lui. J'ai vécu de l'intérieur et compris son désir d'aider chacun à trouver ou retrouver sa propre liberté d'être. J'ai appris grâce à lui à vivre dans mon corps, à m'approprier ma vie, à faire surgir ma vitalité et à aimer, la vie et les gens. J'ai aussi appris à être vraie.

Et puis, en « grandissant », j'ai appris à voir Al non seulement dans ses compétences magnifiques, mais aussi dans ses failles, sa personnalité, sa fermeté qui manquait souvent de souplesse.

J'ai rencontré les thérapeutes, les formateurs, les chercheurs qui enrichissaient sa théorie de nouvelles idées et qui ont contribué à faire évoluer sa technique pour en faire l'approche passionnante qu'est l'Analyse Bioénergétique contemporaine.

Avoir rencontré Al Lowen sur mon chemin a transformé ma vie et je suis reconnaissante de cette chance. S'il me voyait travailler aujourd'hui, il est probable que nous nous disputerions souvent, mais j'aime cette idée, ce fantasme, avec tout ce qu'il contient de tendresse, de respect et d'estime ...

MARYSE DOESS

**FORMATRICE INTERNATIONALE
COLLEGE FRANÇAIS D'ANALYSE
BIOENERGETIQUE (CFAB)**



TRIBUTE TO AL LOWEN

The first time I met Alexander Lowen, in 1980, it was for a meal in Paris, with colleagues and my fellow friends of my training group. I was pregnant and the dialogue with him about life, vitality, joy, and the exercises possibly going on during that period of pregnancy moved me a lot. He was tender, terribly alive and human.

Seven or eight years later, my training finished for about three years, I asked him to have a session with him during a Conference.

What a surprise, what astonishment, what a shock... He touched me « was bang on target » in five minutes! He was confronting and still so human at the same time.

Coming out of that session, apart from the fact that I was deeply moved, I thought that if what I just lived was Bioenergetic Analysis, then I'd have to go back to training !

That's what I did, for long years, workshops, groups, supervision.intervision, dialogues, readings, personal work. I also went back to work with Al several times, all of that to progressively integrate the incredible richness of that approach?

I feel infinitely grateful to Al, I absorbed his sharp look, his delicate perception, his profound and immediate understanding of the individuals he had in front of him. I lived, inside, and understood his wish to help each one to reach or find back one's freedom to be. Thanks to him I learned how to live in my own body, to become the owner of my life, to let my vitality appear and to love, life and people. I also learned how to become true.

And then, « growing up », I learned to look at Al not only in his magnificent abilities, but also with his fails, his personality, his firmness with sometimes was lacking flexibility.. I met the therapists, trainers, researchers who had gone on, enriching Al's points of view with new ideas and thoughts and who contributed to the evolution of his technique and made of that the fascinating approach which is the contemporary Bioenergetic Analysis .

To have met Al Lowen on my road transformed my life and I feel grateful for that luck. If he would see me in my work today, we would probably fight together, but I love that idea, that fantasy, with all it has inside of respect and esteem...

MARYSE DOESS

INTERNATIONAL TRAINER

COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)



MARYSE DOESS

IN MEMORIA DI AL

Il 28 ottobre 2008, Alexander Lowen, uno degli ultimi caposcuola viventi, ha compiuto il suo cammino terreno.

Tutta la sua esistenza è stata una testimonianza del suo attaccamento alla vita e all'energia. Al ha avuto il merito di ricordare a tutto il mondo della psicoterapia la centralità del corpo e il suo rimane uno dei più significativi contributi teorici e metodologici su come recuperare, attraverso il corpo, la percezione e la libertà del proprio potere personale, che lui stesso ha definito self possession, inteso come capacità di poter contenere ed esprimere le proprie emozioni. I suoi concetti di linguaggio del corpo, di energia, grounding, salute vibrante, «*surrender*» (*arrendersi al corpo*) e i suoi studi sull'analisi del carattere hanno avuto un impatto profondo nel panorama delle psicoterapie corporee e non.

Al era una persona di grande spessore e di grande «potere» terapeutico, profondamente umano e professionale, unico nel suo stile. La sua scrittura, sempre così acuta e appassionata e mai banale, ha avuto il grande merito di toccare moltissime persone. I suoi libri costituiscono un patrimonio importante per tutti i terapeuti di tutti gli approcci. Mi piace citare Piero Petrini che ha dichiarato che «*Il linguaggio del corpo*» dovrebbe essere presente nella biblioteca di ogni psichiatra e di ogni psicoterapeuta.

Mentre in altri scritti ho sottolineato il potere innovativo e visionario delle idee di Al Lowen, mi piace ora ricordare Al come persona e l'impatto che hanno avuto su di me gli incontri con lui, sia quelli più informali che quelli di lui come terapeuta.

Al era un uomo di forte impatto, credo che la sua energia arrivasse al cuore delle persone e il suo modo di guardarti aveva una qualità particolare, sembrava realmente leggerti dentro. Spesso questa modalità poteva spaventare, sembrava avesse proprio la capacità di metterti a nudo e quando lo faceva non usava troppa diplomazia. A me sembrava però che il suo

atteggiamento non fosse mai rivolto al confronto sterile o al bisogno di umiliare l'altro ma piuttosto rappresentasse la possibilità di essere messi, da lui, di fronte alla propria verità e di non averne paura. Tutto ciò, tradotto nella visione epistemologica del suo pensiero, significava avvicinarsi alla verità del corpo, accettare le proprie difese, arrendersi, per poi ritrovare un nuovo equilibrio.

Spesso mi sono chiesta perché la mia esperienza di Al fosse così diversa da quella di alcuni colleghi americani che, nei casi più estremi, l'hanno descritto come un terapeuta duro, direttivo, interessato solo ai processi vitali e non alla profondità della persona. La mia esperienza di lui è stata invece di un uomo che, con profonda intuizione e rispetto, mi accompagnava nel contatto con parti inesplorate del mio essere ed è questo ciò che io posso definire empatia.

Credo che forse tutto questo sia dovuto all'esperienza di averlo conosciuto negli anni della sua maturità, quando molte delle sue posizioni si erano ammorbidente, e anche all'impatto della mia storia personale e al rapporto avuto con mio padre, da cui mi sono sentita «*vista*», «*provocata*» ma sempre profondamente accettata e sostenuta. Ed è esattamente così che mi sentivo con Al, «*sfidata*» ma anche profondamente contenuta. Questo, credo, mi ha aiutato a non avere paura della sua forte energia. Mi divertivo anzi a notare le sue rigidità e mi toccava la sua capacità di essere tenero e profondo nei momenti in cui mi lasciavo andare negli abissi profondi delle mie paure, i suoi occhi erano lì, pronti e vivi, le sue mani erano lì, disponibili a prendere le mie e mi aiutavano a potermi fidare dei miei processi vitali.

mia idea di essere assalita e di essere spinta subito in un lavoro corporeo a poco a poco svaniva e

prendeva corpo una piacevole sensazione di essere sintonizzata con chi aveva la qualità di vedermi e, contemporaneamente, di accettarmi e comprendermi.

E' lì che ho costruito la mia fiducia in lui ed ho iniziato ad esplorare le mie dinamiche familiari, la mia energia e a sentirmi più libera. Dopo quel primo incontro, per tre anni consecutivi, ho trascorso un mese, tra agosto e settembre, a New York, per avere delle sedute con lui. La paura del dolore del mio corpo era sempre presente, così come la fiducia che ritrovavo dopo aver lavorato con lui. Le tecniche da lui proposte erano sempre abbastanza semplici ma molto precise ed ogni volta dovevo confrontare i miei limiti, il respiro bloccato, la rigidità, ecc.., ma era spesso importante sentire che la mia soglia di tolleranza, la mia capacità di sostenere l'energia e le mie reazioni emotive si ampliavano sempre un po' di più.

Ho poi dei ricordi significativi di quando, con membri del consiglio direttivo, siamo andati a trovarlo per poter fare insieme terapia con lui e quanto questo ci abbia aiutato a crescere come gruppo e nel lavorare insieme. Ho i miei incontri con lui insieme a Enzo De Caro, quando volevo fermare su video la sua testimonianza. Ho ancora un ricordo molto vivido della sua lucidità e della chiarezza delle interviste da lui rilasciate, la memoria della sua vitalità, del suo non essere mai dogmatico o ideologico e del suo amore per la vita e per le cose belle.

Ho un ricordo particolarmente dolce di un pomeriggio passato con lui nella sua casa nel Connecticut, con un gruppo di allievi SIAB che avevo accompagnato ad incontrarlo, il brindisi finale, la luce che brillava nei suoi occhi, ed era incredibile per un uomo di quasi 92 anni.

E' quella l'immagine di lui che voglio portare sempre con me.

***DI PATRIZIA MOSELLI
ISTRUTTORE INTERNAZIONALE
SOCIETA ITALIANA DI ANALISI BIOENERGETICA (SIAB)***

IN MEMORY OF AL

On 28 October 2008, Alexander Lowen, one of the last living master, completed his earthly journey.

His whole life was a witness of his attachment to life and energy. Al had the merit of reminding the world of psychotherapy, the centrality of the body since he gives us one of the most significant theoretical and methodological contributions about to recover, through the body, the perception and the freedom of own personal power, which he himself defined self possession, as the capacity to contain and express our vitality and emotions. His concepts of body language, energy, grounding, vibrant health, «*surrender*» (*surrender to the body*) and his studies on character analysis and body language had a deep impact in the field of the body psychotherapies and, I would say, in all the field of clinical psychology.

Al was a person of great depth with a great therapeutic «*power*» deeply human and professional, unique in his style. His writing, always so sharp and passionate, never superficial, had the great merit of touching many people. His books are an important asset for therapists of all approaches. We may say that «*The body language*» should be present in the library of every psychiatrist and psychotherapist.

If in other occasions I have underlined the power of the innovative and visionary ideas of Al Lowen, now I like to remember him as a person and the impact that had on me the meetings with Al, those more informal than those with him as a therapist.

Al was a man of great impact, I believe that his energy came to the hearts of the people and his way to look at you was special, he really seemed to read inside you. This way could often frighten, it seemed he had just the ability to get you naked and when he did so, he didn't use too much diplomacy. But it seemed to me that his attitude had never

an opportunity to be made by him in front of our own truth and not to be afraid of it. This, translated into the epistemological vision of his thought, meant to come closer to the truth of the body, accept its own defenses, surrender, and then find a new balance.

Often I wondered why my experience of Al was so different from that of some colleagues who, in the most extreme cases, described him as a hard therapist, interested only in life processes and not in the deepness of the person. My experience of him revealed that he was a man who, with great insight and respect, accompanied me in contact with not explored parts of my being and this is what I may call empathy.

I think that, perhaps, this is due to the fact I have known him in the years of his maturity, when many of his positions were more mellow, and also to the impact of my personal experience and the relationship had with my father, from whom I felt «*view*», «*provoked*», but always deeply accepted and supported. And this is exactly how I felt with Al, «*challenged*» but also very contained. This, I believe, helped me to not be afraid of his powerful energy. I am rather amused to notice his rigidity and I was touched by his ability to be tender and deep when I left myself into the deep abyss of my fears, his eyes were there, ready and alive, his hands were there, available to take my own hands and they helped me to trust my life processes.

I remember my first therapy with him, I was nervous, excited but also afraid of being disappointed or hurt by the great «*master*». I was afraid of pain, frightened to trust, I walked through the streets of New York, thinking about how it would have been to meet him. I have a very vivid memory of that meeting, I remember his studio, the soft lights, the warm smile that welcomed me. He asked me to tell the story of my life and my family, he listened to me, he only interfere to reveal his comprehension and watched my body. My idea of being attacked and to be immediately pushed strongly into a body work gradually disappeared and changed into the feeling of being tuned with a person who had the strong quality to see me and, simultaneously, to accept and understand my experience.

And then I built my confidence in him and I started to explore my family dynamics and my energy and to feel more free. After that first meeting, I spent a month, between August and September, in New York to have therapies with him, for three consecutive years. Fear of pain was always present in my body, as well as the faith that I found every time after working with him. The techniques proposed by him were always quite simple but very precise and every time I had to compare my limits, the blocked breath, rigidity, etc. ... but it was often important to feel that my threshold of tolerance, my ability to support the energy and my emotional reactions were always a little more extended.

Then I have significant memories when, with members of the Societa Italiana di Analisi Bioenergetica(SIAB) Board of Directors, we went to find him to have a therapy together with him and how much this has helped us to grow as a group and to work together. I also met him when I want to impress on video his heritage. I still have a very vivid recollection of his lucidity and clarity of the interviews he granted, the memory of his vitality, his never to be dogmatic or ideological and his love for life and beautiful things.

I have a very sweet memory of an afternoon spent with him in his home in Connecticut with a group of SIAB trainees who had accompanied to meet him, the last toast, the light in his eyes, that was incredible for a man of almost 92 years old.

Is that the image of him that I will always carry with me.

PATRIZIA MOSELLI
INTERNATIONAL TRAINER
SOCIETA ITALIANA DI ANALISI BIOENERGETICA (SIAB)



Warten auf Al Lowen - eine Lerngeschichte-

Es begann wie offensichtlich in so manch anderer Peer-Group. Lowen traf sich in den 50er + 60er Jahren zusammen mit befreundeten, vertrauten Kollegen, um die unterschiedlichen Erfahrungen, persönlichen Erlebnisse und individuellen Eindrücke, die sich aus der Arbeit mit Wilhelm Reich ergaben, zu erörtern. Dies geschah so, wie ich Al kannte, in engagierter, lebhafter und ambitionierter Form. Man diskutierte, man entwarf Ideen, man kritisierte, aber man probierte auch praktisch das aus, von dem man überzeugt war, dass es die eigene psychotherapeutische Praxis und das theoretische Verständnis präzisieren, illustrieren, aber auch erweitern konnte.

Dies geschah in der Regel in Peer-Groups. Die konkrete therapeutische Arbeit erfolgte in der Regel als Einzelarbeit in und vor der Gruppe. Diese Form der gemeinschaftlichen Kommunikation und Kooperation, als Lern- und Lehrgruppe, entsprach der damaligen Pionierzeit. Es war selbstverständlich, dass man zusammen redete, zusammen arbeitete, zusammen diskutierte und zusammen lehrte.

Das stetig wachsende internationale Interesse an der bioenergetischen Analyse konnte durch dieses Setting und dieses Verfahren wirkungsvoll beantwortet werden. Man traf sich nun mit Kollegen aus anderen Ländern, in der Regel für einige Tage zum Workshop, wiederholte dies in regelmäßigen Abständen und profitierte deutlich von der gelebten Lern- und Lehrpraxis in New York. Wenn Al mit jemanden dann, im Rahmen dieser Workshops, eine Einzelarbeit (ohne die Gruppe) machte, nahm er Bezug auf die besondere Situation insoweit, als er die Einzelarbeit mit einem analytisch-biographischen

Gerade diese Form der Arbeit konnte dem Umstand Rechnung tragen, dass Al jemanden vielleicht nur ein oder zweimal sah und dennoch mit ihm konkret genug im Sinne der BA arbeiten konnte. Diese Form zu arbeiten entsprach aber auch der besonderen Lehrsituuation, nämlich durch die eigene praktische Erfahrung sich im körperpsychotherapeutischen Herangehen exemplarisch ein neuartiges Lernfeld zu eröffnen.

Es konnte zu der Zeit und in diesem Kontext nicht in dem Sinne beziehungsorientiert, prozesshaft gearbeitet werden, wie es in einer kontinuierlichen, psychotherapeutischen Praxis üblich ist.

Die meisten von uns profitierten deutlich von dieser Form des lebendigen Lernens. So mancher von uns lief aber auch dabei Gefahr, Opfer der eigenen Bewunderung/Idealisierung von Lowen zu werden. Nicht selten geschah es, dass man Kontext, Setting, Therapiebeziehung und konkrete Intervention ungeschminkt von Al übernahm, wenn nicht sogar zu kopieren versuchte. Dies führte natürlich zu manch einer Verwicklung, zu manch einer Enttäuschung, wenn nicht gar Ermüchterung. Erfuhr man doch, dass das Geschehen in der besonderen Lehrsituuation zusammen mit Al sich ganz anders entwickelte als die Therapiesituuation in der eigenen psychotherapeutischen Praxis zu Hause, in einem anderen Land, einer anderen Kultur und mit „normalen Klienten“. Darüber hinaus sah man sich, und das erinnere ich lebhaft, zu Hause mit einem ganz unterschiedlichen professionellen und wissenschaftlichen Diskurs konfrontiert

Manch einer sah sich daher verstkt als klassischer Lowenianer. Manch anderer aber begann sich deutlich von Lowen abzugrenzen, ihn zu kritisieren und sich gerade durch die Abgrenzung im therapeutischen Feld neu zu positionieren. Unter Umstnden auch gegen ihn.

Man mag Al vorhalten, er hte all diese Dinge nicht frzeitig gesehen und nicht frzeitig darauf reagiert. Man mag Al vorhalten, er hte andere psychotherapeutische Konzepte frher integrieren mssen. Man mag Al vorhalten, er hte nicht mit den Beziehungsprozessen, den Gruppenprozessen gearbeitet. Man darf ihm als Pionier und Schulengrnder dies aber nicht zum Vorwurf machen! Al war der konsequente Reprsentant seiner eigenen Theorie und Praxis und in diesem Sinne gerade durch die Abgrenzung respektvoll anderen Konzepten gegenüber. So hrte ich ihn nicht selten sagen, dass, wenn man die Bioenergetische Analyse wollte, man zunchst einmal sich einer bioenergetischen Ausbildung unterziehen sollte. Und dies konsequent. Wenn jemand was anderes machen wollte, so sollte er es tun und Al wrde ihn deswegen nicht kritisieren. Al war insoweit unmissverstndlich prgnant und konsequent. Ich glaube aber auch, dass seine Haltung fr jeden eine Herausforderung war, sich selbst im Spiegel zu betrachten, um fr sich selbst Verantwortung zu bernehmen. Fr sich und sein eigenes Handeln, fr jeden einzelnen Schritt, fr einen Schritt gemeinsam mit Al oder einen Schritt im Sinne der eigenen Interessen. Dann aber ohne Lowen, nicht gegen Lowen.

Er selbst wusste um seine eigenen Grenzen, auch wenn Kritiker ihm narzisstische Grandiositt unterstellten (als Pionier muss man sie haben und ein Psychotherapeut ohne gesunden Narzissmus ist, meines Erachtens, kein richtiger Therapeut).

Al kannte seine Grenzen, kannte aber auch die kollegiale Untersttzung, wenn nmlich jemand Schritte ging, die Al nicht mehr gehen konnte bzw. nicht mehr gehen wollte.

Ich erinnere mich noch sehr gut an einen gemeinsamen Spaziergang mit ihm, beim internationalen Kongress in Mexiko 1982. Ich frage ihn, wie er die Bioenergetische Analyse und die Arbeit mit Gruppenprozessen integrieren wrde. Die Ausbildung wrde doch gerade in Gruppen stattfinden. Er sagte mir, dass er sich damit nicht beschftigt htte. Es wrde seine Aufgabe gewesen, die BA als Einzeltherapie zu entwickeln. Ich erzhlte ihm von meiner Arbeit mit Gruppenprozessen und entsprechenden Konzepten, woraufhin er mich ermutigte, diesen Weg weiter zu gehen, die Konzepte weiter zu entwickeln. Aber ich sollte von ihm, als alten Mann, er war damals schon ber 70 Jahre alt, nicht erwarten, dies auch noch alles zu leisten.

Ich erinnere noch gut an diese Begegnungen mit Al und seine Ermutigung, diesen Weg zu gehen. Ich erinnere mich noch gut an das persnliche Engagement, mehr ber die bioenergetische Analyse zu erfahren, mich selbst in diesen Prozessen zu erleben und dies in meiner praktischen Arbeit zu nutzen. Ich erinnere mich aber auch an die neue Lust zu lernen, die natrlich damals verknpt war mit dem unbewussten Wunsch nach meiner eigenen Grandiositt. Manchmal ertappte ich mich nmlich bei der Phantasie: wenn ich so weitermachen wrde, wenn ich Al so „kopieren“ wrde, ja gerade dann wrde ich ein „guter“ Krperpsychotherapeut.

Ich suchte nach mehr Nhe zu Al, entschied mich daher, Al ber meine publizistische Ttigkeit ausfhrlich zu informieren. Erhoffte ich mir doch gerade hierdurch noch mehr emotionale Nhe, noch mehr identifikatorische Besttigung, natrlich auch kollegial-professionelles Feedback.

Ich packte also ein Päckchen mit Artikeln, zwei meiner Bücher und einer Audiokassette, auf der ich Al die Publikationen im Einzelnen erklärte. Sie waren nämlich in deutscher Sprache geschrieben und ich war mir sicher, Al konnte die Publikationen nicht lesen.

Ich wartete auf Antwort, wartete wochenlang, wartete Monate, wartete vergeblich. Ich erinnere noch gut an diese Zeit, vor allem an das Wechselspiel von Hoffnung, Enttäuschung, Mut auf neue Hoffnung, Zweifel, Wut und schließlich eine radikale Ernüchterung. Hatte ich doch im Bemühen Al näher zu sein, mich selbst mit meiner eigenen Unbeholfenheit im emotionalen Spiegel gesehen. Einer Unbeholfenheit: im Bemühen meinen eigenen Weg zu finden, meinen eigenen Stil als Therapeut, auf die besondere narzisstische Gratifikation durch Al nicht verzichten zu können. Auf sie gar angewiesen zu sein.

Noch einmal einen Schritt zurück zu Al. Beim nächsten Kongress fasste ich mir ein Herz und sprach ihn auf mein Päckchen an. Zu meiner großen Überraschung konnte er mir glaubhaft versichern, das Päckchen gar nicht bekommen zu haben. Eine Sekunde lang wollte ich dies überprüfen, Al testen, ob er die Wahrheit sagte. Um mich dann vor mir selbst zu schämen. Ich hatte erkannt, dass ich nicht Al meinte, sondern mich. Ich spürte auf einmal eine seltsame Zuversicht, ein Selbstvertrauen, nicht mehr auf Al angewiesen zu sein, auf seine besondere Gratifikation. Natürlich hätte ich gerne Als Bewunderung für meine Publikationen erfahren. Und doch bekam ich durch Als Verhalten die Chance, mich selbst im Spiegel zu sehen. Mit meiner Bewunderung für Al, die zuvor seine Bewunderung für mich erzwingen wollte. Ich sah mich im Spiegel meiner eigenen Selbstverleugnung, nämlich nicht genug an mich geglaubt zu haben. Stattdessen hatte ich lange auf die Erlösung durch Als Bewunderung gewartet.

Von da an begann ich diese Erfahrung als Bestärkung zu erleben, weiter zu publizieren, weiter das Konzept bioenergetisch-analytischer Gruppenarbeit zu entwickeln. In Erinnerung meiner narzisstischen Identifikationsnot, so wie ich sie zuvor erlebt hatte.

Ulrich Sollmann

***NORDDEUTSCHES INSTITUT FÜR
BIOENERGETISCHE ANALYSE E.V.
(NIBA Germany)***

Waiting for Al Lowen -A learning history-

It began as obviously in so some other peer-group. Lowen met in the 50's and 60's together with friends and familiar colleagues, in order to discuss the personal experiences and individual impressions, which resulted from the work with Wilhelm Reich. This happened in such a way, like I knew Al, in a committed, lively and ambitious way. One discussed, one sketched ideas, one criticized, but one also tried practically that, of which one was convinced that it could specify, illustrate or could extend one's own psychotherapeutic practice and the theoretical understanding.

This usually happened in peer-groups. The concrete therapeutic work usually took place as single session in and in front of the group. This way of joint communication and cooperation, as a learning and training group, corresponded to the pioneer time at those days. It was naturally that you talked together, worked together, discussed together and lectured together. The constantly growing international interest in the Bioenergetic Analysis (BA) could be answered by this setting and this procedure effectively. One now met with colleagues from other countries, usually for some days for a workshop, repeated this in regular intervals and profited clearly from the living learning and training practice in New York. If Al then started with someone, in the context of these workshops, a single session (without the group), it referred to the special situation, as he began the single session with a analytic-biographical clarifying dialogue. This happened in order to begin the actual bioenergetic-analytic body work based on an intensive situational bodyreading. The session usually ended with a rather analytically colored integration dialogue.

Just this way of working could take account to the circumstance that Al saw the person only once or twice and nevertheless could work with him in the sense of the BA work. In addition, this way of working corresponded to the special training situation i.e. to open up a new exemplified learning field by the own practical experience in the body orientated approach.

It is obvious that one could neither work too intensively with the relationship in those days and in this context, nor work with the process, as it is usual in an ongoing therapy practice.

Thus most of us clearly took advantage out of this way of living learning. In addition, some of us risked to become victims of one's own admiration/idealization of Lowen. Pretty often it happened that unreflected one took over context, setting, therapy relationship and concrete intervention from Al or even tried unconsciously to copy him. This often led to some involvement, to some disappointment, if not even disillusionment. One experienced by that, that the process in the special training situation together with Al, developed completely differently compared to the therapy situation in one's own office at home, in another country, another culture and with „normal clients“. Beyond that one experienced oneself completely different at home, and I remember that quite well, regarding the professional and scientific discourse. Some of us felt encouraged in the role of a “classical Lowenian”. Some others felt a great difference to Lowen and began to clearly distinguish from Lowen, to criticize him and tried to find an own role by the distinction in the therapeutic field. This often led to an open rivalry with Lowen.

One may confront Al, he would have seen all these things not early enough and would not have promptly reacted to it. One may criticize Al, he would have had to integrate earlier other psychotherapy concepts. One may confront Al, he would not have worked with the relationship and the group process. But one may not blame him as pioneer and school founder of the BA! Al was a consistent representative of his own theory and practice and in this sense respectful in his distinction from other different therapy concepts. Thus I heard him pretty often say that, if one wanted to be bioenergetic analyst, one should first follow a grounded bioenergetic training. After that training one could of course integrate other concepts. If someone wanted to follow another therapy concept Al could live it and didn't criticize this colleague for this. Al was to that extent unmistakably concise and consistent. In addition, I believe that his attitude was a challenge for quite a lot of colleagues of us, to regard oneself in the inner mirror, in order to take responsibility for oneself. For oneself and one's own acting, for each individual step, for a step together with Al or a step in the sense of the own interests. Then however without Lowen, but not against Lowen.

He knew about his own limits, even if critics subordinated him narcissistic grandiosity (as a pioneer you need to be narcissistic and without a healthy narcissistic mash, and this is my own opinion, you can't be a good, successful therapist).

Al knew about his limits. He also knew about the helpful collegially support, if someone took steps, which Al could no longer go and/or was not willed to go.

I still remember very well a walk with him at the international congress in Mexico 1982. I asked him, how he would integrate the BA and the work with group process. In those days the training was organized on a group level. He told me that he would not have been engaged in this approach. It would have been his task to develop the BA as single therapy. I illustrated my work with group process and appropriate concepts, whereupon he encouraged me to follow this way and to develop the concepts. But I should not expect this from him as an old man, at that time he already had passed 70's.

I still remember well this walk together with Al and his encouragement to follow this way. I remember well my self-commitment, to experience more the BA and to experience myself in this process in order to integrate this into my practical work. But I also remember the new desire to learn, which naturally in those days was linked with the unconscious desire for my own grandiosity. Sometimes I surprised myself with the fantasy: if I would continue in this way, if I would "copy" Al in this way, I then would be „a good “ body therapist.

I looked for more emotional closeness to Al. Therefor I decided to inform Al in detail about my scientific activity as an author. I expected by this more emotional closeness in the way of an over-identification to Al, and by this more confirmation by unconscious transference, of course also helpful professional feedback. I thus packed a parcel with some of my articles, two of my books and an audio cartridge, on which I explained to Al the publications in detail and sent it to New York. They were written in German language as I was sure, Al could not read German.

I waited for his answer, waited for weeks, waited for months, waited in vain! I still remember well this time, particularly the interplay of hope, disappointment, courage for new hope, doubt, rage and finally a radical disillusionment. I had nevertheless seen me closer in the emotional mirror caught in my own clumsiness trying to be like Al. In the effort to find my own way, my own style as therapist, not to be able to do without the special narcissistic gratification by Al. To be dependent on it.

Again going back to Al at the international congress 1986 I picked up all my courage and addressed to my parcel. To my large surprise he could insure convincingly that he had not got the parcel. For a second I wanted to examine this, test Al whether he said the truth or not. -- And I felt completely ashamed. I had recognized that it was not Al but myself, whom my suspicion was addressed to. At once I felt a strange confidence, a self-assurance, neither to be dependent on Al any longer nor to need his special gratification. Of course I would have liked to get some admiration for my publications. But I learned to see myself in my own narcissistic mirror just by the way how Al had reacted. By his behavior I got the chance to see myself in the emotional mirror. To see my admiration for Al, not being the victim any more of the unconscious effort to force his admiration for myself and my publications. I began to see myself in the mirror of my own self denial i.e. not having believed enough in myself. Instead I had waited for the release by Al's admiration.

From now on I felt especially encouraged to write more about group process and BA as well as getting engaged in the collegially discourse rather than waiting for Al. Re-

membering my narcissistic needy identification, as I had experienced before.

Ulrich Sollmann

***NORDDEUTSCHES INSTITUT FÜR
BIOENERGETISCHE ANALYSE E.V.
(NIBA Germany)***

NEWS FROM THE SOCIETIES

THE NEW CBT'S



From the **ACAB**

Mercedes Martínez **PEREZ**
Victòria Fernàndez **PUIG**

From the **SGBAT**

Brigitta **METTLER**
Marcel **LEHNER**
Christina **HEFTI**

BIOENERGETIC JOURNALS

- ❖ «**BIOENERGETIC ANALYSIS , THE CLINICAL JOURNAL OF THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS**» http://www.bioenergetic-therapy.ch/lfm_shop.htm
- ❖ «**FORUM DER BIOENERGETISCHEN ANALYSE**», Ed. Dr. Vita Heinrich-Clauer.
Email: vita.heinrich-clauer@osnanet.de
- ❖ «**LE CORPS ET L'ANALYSE**», Revue des Sociétés Francophones d'Analyse Bioénergétique, Ed. SOBAB, IABFS, SFABE, Vol 10, Automne 2009.

AUTHORS :

Pierre de Romanet –Jocelyne Guignard – Cathy Fernier

Editorial

Jean Constantin Colletto

Introduction aux Journées Francophones

Jean Luc Emeraud

Se séparer pour grandir

Philip Dannreuther

Le dernier adieu

Lucienne Spindler

Antichambres des séparations

Guy Tonella

Mémoire et séparation

Pierre Roche

De la séparation d'avec la puissance d'agir à sa réappropriation

Martine Vigier

Ce n'est qu'un...«au revoir»

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

- ❖ «**THE EUROPEAN JOURNAL OF BIOENERGETIC ANALYSIS AND PSYCHOTHERAPY**»
<http://www.bioenergetic-journal.net/>

TIMETABLE

Events-Conferences	Place-Time-Language	Trainer-Society	Costs	Information
« Burnout und Burnoutprophylaxe” Körperpsychotherapeutische Methoden im Dialog»	23 rd January 2010 Zentrum Karl der Grosse Zürich/Switzerland In German	Vorträge/Workshop SGBAT, IBP, CH-EABP	SFr. 100/130.--	SGBAT E-mail : sekretariat@sgbat.ch
Studentag (<i>Studyday</i>)	5 th – 6 th March 2010 Im Haus Habbinga / Ovelgönne/Germany In German	NIBA- e.V (Germany)	30€	NIBA-e.V www.niba-ev.de
2010 Southern California Bioenergetic Conference « Embracing Aliveness»	19 th – 22 nd March 2010 Lake Arrowhead, California In English	Southern California Institute	\$365	http://www.bioenergetics-sciba.org/conference.html
«The Importance of Neuroscience for Theory and Practice of Bioenergetic Analysis»	26 th – 28 th March 2010 Near Frankfurt/Germany In English	EFBA-P	270 € all included	EFBA-P www.bioenergeticanalysis.net E-mail: Rainer Mahr: rmahr@t-online.de
«El grupo, el lugar de aprender» «The group, place to learn»)	23 rd - 25 th April 2010 Madrid/Spain In Portuguese & Translation in Spanish	Martha Zanetti. SOMAB	Not yet determined	SOMAB E-mail :EmiliaGallardo Pérez: emgalpe@ono.com Tel. : 0034 680 175 765 0034 958 250 817
«New Wine in Old Bottles :Character, Catharsis and Relationality » « Faire du neuf avec de l'ancien : caractère, catharsis et relation »	28 th - 30 th May 2010 Paris/France In English & French	Dr Angela Klopstech SFABE	380 €. Continuing Education 550 €	SFABE www.sfabe.com E-mail Jocelyne Moulet- Farge: jocelyne-mfarge@noos.fr
«Un lien d'attachement plus sûre pour un Self plus sûr»	30 th June – 04 th July 2010 Montpellier/France In French	Maryse Doess Guy Tonella CFAB	520 € + Accommodation Expenses	CFAB E-mail: contact@cfab.info
«Der Körper - unser größter Verbündeter in der Traumatherapie» «Our Body –our greatest ally in the healing of trauma»)	17 th . – 21 st September 2010 Im Haus Habbinga / Ovelgönne/Germany In English	David Berceli NIBA- e.V (Germany)	Not yet determined	NIBA-e.V www.niba-ev.de
« Journées Francophones d'Analyse Bioénergétique » «French Speaking Days»)	2 nd –3 rd October 2010 Paris/France In French	SFABE	Not yet determined	SFABE www.sfabe.com
«Für Körperorientierte TherapeutenInnen»	3 rd - 5 th December 2010 Im Haus Habbinga / Ovelgönne/Germany In Englisch & Translation In German	Josette Van Luytelaar NIBA- e.V (Germany)	Not yet determined	NIBA-e.V www.niba-ev.de E-mail: J Van Luytelaar: josettevanluytelaar@hetnet.nl
Your contributions for the next issue « BASIC 20th » Please send them before 15 th March 2010				



**EUROPEAN FEDERATION FOR
BIOENERGETIC ANALYSIS PSYCHOTHERAPY**
**Austria - Belgium - France - Germany - Netherlands - Norway - Portugal -
Spain - Switzerland**
Integrated by Societies members of IIBA
www.bioenergeticanalysis.net
EXECUTIVE BOARD:
President: Francisco García Esteban (SOMAB-Spain),
Secretary: Fina Pla (ACAB-Spain),
Treasurer: Rainer Mahr (SGfBA-Germany,
4th Member: France Kauffmann (IABFS-France),
5th Member: Annie Nissou (IABFS-France),
Website of EFBA-P Coordinated by Edith Liberman
 edith.liberman@gmail.com