

**Number 20
Summer 2010****Editor: Annie Nissou****Layout: Rainer Mahr****Content****Editorial Notes****Page 1 French 2 English****REPORT ON THE GENERAL EFBA-P****ASSEMBLY , AMSTERDAM , 11, 2009****Page 3 - 4 English****CONFERENCIA SOBRE EL ESTATUTO****POLITICO Y LEGAL DE LOS****PSICOTERAPEUTAS EN LA UNION****EUROPEA DESDE EL PUNTO DE PISTA DE LOS PROFESIONALES Y DE LA****PROTECCION DE LOS CLIENTES****Page 5 - 6 Spanish 7 - 8 English****REPORT ABOUT THE SECOND****THEORETICAL EFBA -P WORKSHOP****Page 9 - 11 English****NEW TRAINING OPTIONS****Page 12 -13 English 14-15 German****COMMISSION ECHANGE DE PRATIQUE****Page 16 French 17 English****WERKEN ALS EEN****LICHAAMSGEORIËNTERD E PSYCHOTHERAPEUT IN NEDERLAND****Page 18 - 19 Dutch 20 English****NEWS FROM THE ASSOCIACIÓ****CATALANA EN L'ANÀLISI****BIOENERGÉTICA (ACAB)****Page 21 English Spanish****Events Table****Page 22 English****Registered Office:****France Kauffmann****29 Av. Des LAuriers****F – 06610 La Gaude,****Tel: +33 4 39 24 80 21****Email: France-****kauffmann@wanadoo.fr****In French****CHERE LECTRICE, CHER LECTEUR**

Vous allez découvrir dans ce numéro le rapport de Fina Pla sur l'Assemblée Générale de notre Federation Européenne d'Analyse Bioénergétique qui s'est tenue à Amsterdam en Novembre 2009. Puis celui de Francisco Garcia Esteban sur la Conférence de l'EAP qui s'est tenue en février 2010.

Vous serez intéressé par l'article d' Angelika Schretter sur ses nouvelles options de formation notamment par rapport à un programme établi sur deux ans, l'idée étant de donner une connaissance de base sur la relation entre les expressions corporelles et la dynamique psychologique et devenir habile dans le diagnostic corporel et l'usage de certaines interventions corporelles pertinentes.

La SFABE, quant à elle, nous fait part de sa mise en place d'une « *Commission Echange de pratique* ».

Vous aurez également des nouvelles des deux Sociétés espagnoles l'ACAB et la SOMAB

Et Nardie Bevort nous parlera de la profession de Psychothérapeute en Hollande.

En vous souhaitant une bonne lecture

Annie Nissou**BASIC's Editor*****Institut d'Analyse Bioénergétique France Sud (IABFS)***

In English

DEAR READERS

Discover in this issue Fina Pla's Report about the General Assembly of our European Federation of Bioenergetic Analysis which was held in Amsterdam, Netherlands in November 2009. Then, Francisco Garcia Esteban's Report about the EAP Conference, which was held in February 2010.

See how Angelika Schretter's article about her new training option especially the two years training program offering a basic knowledge between the relation of physical expressions and psychological dynamics, and how to become skilled in body diagnosis and the use of some relevant bodily interventions.

A member of the SFABE will tell us about a « *Study group for the sharing of treatment practices* ». The two spanish Societies the ACAB and the SOMAB will give you their latest news.

And Nardie Bevort will let us know on the how the profession of Psychotherapist is being held in the Netherlands.

I wish you a really nice reading

Annie Nissou
BASIC's Editor
Institut d'Analyse Bioénergétique France Sud (LABFS)



REPORT ON THE GENERAL EFBA-P ASSEMBLY, AMSTERDAM, NOVEMBER 2009

The General Assembly of the EFBA-P took place in Amsterdam, November 2009, hosted by NIBA-Netherlands. Tanja Mars, helped us in the practical organization and we thank her for that.

The delegates that assisted were: Annie Nissou (*IABFS*); France Kauffmann (*IABFS*); Fina Pla (*ACAB*); Francisco Garcia Esteban (*SOMAB*); Tanja Mars (*NIBA-NL*); Rainer Mahr (*SGfBA*); Thierry Van Schuylenberg (*SOBAB*); Viktor Amacher (*SGBAT*); Olaf Trapp (*NIBA-GER*); Ahrild Hafstad (*NFBA*); Jocelyne Moulet-Farge (*SFABE*); Maria Weinknecht (*DÖK*); José Luis Moreno (*SAAB*). *APAB*, *EHABE* and *CFAB* were represented by some of the present delegates. A letter sent by IIBA President, Scott Baum was read. He communicated us his belief in the building of an Organization based in the involvement and commitment of our members to provide leadership and direction to our Institute.

REPORTS OF THE DELEGATES

The delegates reported about the current situation in each Society, its projects, and difficulties. This is always a very interesting process of sharing information, resources, and possibilities. Some Societies are very active and growing, being in an expansion cycle, others are more in a constricting cycle, trying to find ways to survive. Others have problems to find members who want to be committed and be members of their Executive Committees (*EC*). Many share the worries and difficulties to start and keep new Training Groups; some have started a model of an ongoing learning process. Some have devised new Training Programs, which are shorter, addressed to different groups. Some cooperate to share resources, to organize Professional Meetings, Training Days open to the public, organize Workshops with outside speakers, and improve the web pages. Some Societies try to find a way out of their internal conflicts. The Spanish societies had a meeting and decided to organize the 4th Iberian Congress, which will take place in 2011 hosted by the *SAAB*.

There are two new Societies: the *AMAB*, (*Valencia, Spain*) and the *Perm Society*, in Russia.

REPORTS OF THE EC MEMBERS

Francisco Garcia, Vice-President, transmits the urgent need to find a new President. The important issue now is the restructuring of IIBA, how we can make the correlation between national, regional, global. He informs about the *BOT* meetings and how the European representatives were present in those meetings and other Bioenergetic events, like the Lowen Memorial and two also attended the Conference in Brazil.

Fina Pla presents her report as Secretary. She has participated in the *EC* discussions via email, has written the different reports and has participated in some translations.

Rainer Mahr presents his report as Treasurer, the accounts for 2008-2009 and the budget for 2009-2010, which is approved.

France Kauffmann, reports on assisting the *EC* in their discussions and helping in translating.

Annie Nissou, Editor of *BASIC*, reports being engaged in the *EC* tasks and her task as the new editor, being helped by Rainer Mahr in the layout of *BASIC*.

SEARCH FOR A NEW PRESIDENT: AHRILD'S PROPOSAL

Ahrild's Hafstad proposal to be a new President is explained. In this proposal, which you have at length in the Minutes, he presented a strategic plan including several proposals. A discussion followed among the delegates. Some think that we need a more political work of representing Bioenergetic Analysis in the external world, how to make ourselves more known, open our activities to other body modalities. Others think that research should not be a first priority but to make us more visible in the Therapeutic Field. Some think that we have more basic needs to solve.

EFBA-P'S PROJECTS

Annie Nissou has produced two documents: "How to shape Basic" and "Basic Outline". We keep two editions a year, the last one being the monographic about Al Lowen.

Francisco Garcia Esteban reports on the web page commission, formed by Edith Libermann and himself. It is updated regularly and Basic issues are included. There is a project to include a utility search for Therapists in Europe that has not yet been developed.

Rainer Mahr reports on the First Theoretical Workshop in March 2009. It was a rewarding experience of sharing among colleagues from eight different countries. The next one, which took place this last march, was also very fruitful, about of Neuroscience and Bioenergetic Analysis. Rainer Mahr informed about was the database on European bioenergetic experts he is working on.

Francisco Garcia Esteban reports on the PDW, the whole concept of PDW will be reconsidered by the BOT. Some flyers and posters are ready to be used by the EFBA-P Members in congresses.

The project to create a DVD, explored by Jaime Perez, was postponed due to its high cost.

REPORT BY IIBA MEMBERS OF BOT

Francisco reported about the Lowen Memorial, in New York, with members from all Federations. There were Theoretical presentations about the role of Lowen in relation to Freud and Reich and Lowen's impact on the evolution of Psychotherapy. Colleagues who had a closer relationship with Lowen shared their experiences. A DVD set is being prepared recording the event which will be available to members. A group discussion followed about the future of IIBA and there was a shared agreement that IIBA should remain international.

A BOT meeting followed the Memorial, the second for the current board. Last year has served to achieve a fuller understanding of IIBA functioning. Taking care of current projects has spent much of our time: Newsletter, International Conference, and PDWs. At this moment, we have found a new Editor for the newsletter. The BOT is aware that communication between BOT, Regions, Societies and Members has to be improved in both directions. The whole project of restructuring the organization is one of our priority aims

Fina Pla reported on the BOT too. A Communication Committee has been created formed by Diana Guest and Fina Pla, to create communication bridges between BOT and the membership.

There is a project of two new Training Groups in Poland. Our resources concerning time and energy have been dedicated to the organization of the Buzios Congress. The Congress had an attendance of 460 people, mostly Brazilian. We had the opportunity to experience the Brazilian way of working with Bioenergetics. There was a meeting between the BOT and the membership to know first hand what are the needs and thoughts from our members in South America. The BOT is working now is the preparation of the San Diego Congress in October 2011 with the title: "*Integrating Mind, and Body, Clinical and Therapeutic implications of Neuroscience.*"

THE JOURNAL : The abstracts for each article included in the Journal will be translated into five languages.

THE RELATIONSHIP WITH THE LOWEN FOUNDATION has been difficult. The Foundation has used the IIBA members' list of emails without IIBA permission. There can be future problems as some of the Trainers working with them are also IIBA Trainers, the issue is in the BOT Agenda.

EAP ISSUES

Francisco Garcia Esteban, as delegate to EAP informs about several issues. Our EWAO status has to be renewed. We have to make a re-application and be examined again. Bioenergetics was present in the Lisbon Congress and the Portuguese Society, APAB too. The 2010 Congresses will be in Bucharest. The EABP Congress is in Vienna, October 2010. The Austrian Society will, hopefully, represent us. The next EFBA-P Assembly will take place in Seville in November 2010.

Members of the Dutch Society joined us at the end of the meeting and Nardi proposed a breathing circle, a good rest for our head and body and it provided a nice way to end our meeting.

FINA PLA
SECRETARY OF EFBA-P

CONFERENCIA SOBRE EL ESTATUTO POLÍTICO Y LEGAL DE LOS PSICOTERAPEUTAS EN LA UNIÓN EUROPEA DESDE EL PUNTO DE PISTA DE LOS PROFESIONALES Y DE LA PROTECCIÓN DE LOS CLIENTES

Viena, 18 - 19 de febrero, 2010

La Conferencia, organizado por la Asociación Europea de Psicoterapia (EAP) y patrocinada por el «Ministerio federal austriaco de ciencia e investigación» ha constituido un evento clarificador que ha arrojado luz sobre la situación actual del reconocimiento legal de la psicoterapia en Europa y sobre lo que es razonable esperar en el futuro al respecto. Personalidades de diferentes instituciones (*Comisión Europea, Parlamentos nacionales, universidades, agencias gubernamentales...*) y países han participado en ella. Ha sido considerada como un momento histórico en la evolución de la EAP.

Ha resultado evidente la gran diversidad existente en la regulación de la psicoterapia en los distintos países de la Unión Europea. En muchos países la psicoterapia no está regulada y cualquiera puede llamarse psicoterapeuta. En algunos países, como Francia o Países Bajos, la ley al respecto está cerca de ser aprobada o desarrollada en sus aspectos prácticos. En algunos países ya hay leyes que regulan la práctica de psicoterapia, yendo los requisitos desde bajos (*Finlandia*) a muy estrictos (*Austria*). Hay algunas situaciones raras como en Alemania en la cual el uso del término «*Psicoterapeuta*» está muy restringido pero no el de «*Psicoterapia*», y así solamente unos pocos profesionales pueden decir que son psicoterapeutas pero muchos más pueden decir que practican psicoterapia pero no que son psicoterapeutas...

Respecto a la evolución futura resultó especialmente relevante la intervención del Sr. Jürgen Tiedje, recientemente nombrado presidente de la oficina: «*Comisión Europea, Desarrollo de la política y coordinación del mercado interior*». Según él es totalmente irrealista (*una ilusión*) esperar que la Comisión Europea en algún momento pueda promover en sus estados miembros requisitos legales

comunes para la práctica de psicoterapia. Los estados son autónomos en ese tema y la comisión no puede forzarles a que acepten ningún criterio a ese respecto. Es también sumamente improbable que desarrolle una directiva promoviendo la armonización de los requisitos para ejercer la psicoterapia (*lo que haría posible el reconocimiento de psicoterapeutas de un país en los otros países*). Ello se ha llevado a cabo en sólo 7 profesiones y en algunos casos se ha tardado más de 10 años en llegar a un acuerdo, que en este caso sería inviable teniendo en cuenta los intereses contrapuestos de muchos cuerpos como asociaciones de psicoterapeutas, psicólogos y psiquiatras.

La alternativa realista a la «*armonización*» es el «*reconocimiento*» en otros países de terapeutas aceptados en un país a través de un proceso de «*compensación*» por el que el nuevo país determina la formación adicional que el candidato tiene que realizar para ser reconocido en ese país. La EAP está intentado crear lo que se denomina «*Plataforma conjunta*» de modo que exista una formación suplementaria previamente acordada por todos países que represente un nivel de requisitos intermedio entre los del país con más alto nivel y los del más bajo. Es un procedimiento previsto en las regulaciones europeas que ha sido intentado sin éxito en 5 ocasiones desde que estuvo disponible. La EAP es en la actualidad la única institución que continúa intentándolo. No existe sin embargo acuerdo sobre si este procedimiento es viable en este caso (*el Sr. Tiedje piensa que no, mientras que el abogado contratado por la EAP piensa que sí*). Una precondition para poder llevarlo a cabo es que la profesión a la que el procedimiento se aplica esté regulada en al menos 2/3 de los países miembros, que no es el caso en la psicoterapia. (*El abogado dice que no está regulada pero sí «reconocida» en 2/3, lo que sería suficiente*). Parece que éste camino es un callejón sin salida.

continúa intentándolo. No existe sin embargo acuerdo sobre si este procedimiento es viable en este caso (*el Sr. Tiedje piensa que no, mientras que el abogado contratado por la EAP piensa que sí*). Una precondition para poder llevarlo a cabo es que la profesión a la que el procedimiento se aplica esté regulada en al menos 2/3 de los países miembros, que no es el caso en la psicoterapia. (*El abogado dice que no está regulada pero sí «reconocida» en 2/3, lo que sería suficiente*). Parece que éste camino es un callejón sin salida.

En la práctica, el proceso de ser reconocido en otro estado funciona de la siguiente manera: parece ser que si una persona ha trabajado en su país como psicoterapeuta durante dos años en los últimos 10 años, tiene el derecho de solicitar ser aceptado como psicoterapeuta en otro país de la UE y, si no es aceptado, que se le ofrezca una forma de «compensación» por la que necesitaría pasar para «subsanar» los déficit en su formación de acuerdo con los requisitos del nuevo país. La «compensación» puede incluir realizar cursos sobre temas específicos y/o experiencia clínica adicional bajo supervisión durante un período de «adaptación», tras el cual podría tener que superar una prueba de aptitud. Las medidas de «compensación» variarían pues según los casos.

De todos modos esta situación afecta sólo a un grupo muy reducido de personas: aquellas que se trasladan a otro país o quieren trabajar también en otro país. Cuando la necesidad de trabajar es sólo para un período reducido de tiempo existe otra posibilidad, que es realizar una «declaración» al país anfitrión

que puede proporcionar el permiso temporal con criterios menos estrictos.

Las personas afectadas por esta situación deben dirigirse a la persona de contacto en la UE para recibir orientación sobre el mejor procedimiento para lograr el reconocimiento.

Así pues, según el representante de la Comisión Europea, un objetivo razonable para la EAP sería olvidarse de conseguir una legislación común sobre psicoterapia en Europa y tratar únicamente de lograr que, en un «mercado libre», el Certificado Europeo de Psicoterapia (ECP) llegue a ser una «marca» respetada en el campo de la psicoterapia tanto entre profesionales como en el público en general.

Los documentos en formato «pdf» de las presentaciones serán enviados por la EFBA-P a sus sociedades miembro para que estén a disposición de sus socios.

**FRANCISCO GARCÍA ESTEBAN
DELEGADO DE LA EFBA-P EN LA EAP**



A CONFERENCE ON THE POLITICAL AND LEGAL STATUS OF PSYCHOTHERAPISTS FROM A PROFESSIONALS AND CLIENTS' PROTECTION

POINT OF VIEW IN THE EUROPEAN UNION

Vienna, February 18th-19th, 2010

The Conference, organized by the European Association for Psychotherapy (EAP) and sponsored by the «Austrian Federal Ministry of Science and Research» has been a clarifying event that has shed light on the current situation of the legal recognition of psychotherapy in Europe and what it is reasonable to expect about it in the future. Several personalities from different institutions (*European Commission, National Parliaments, Universities, Government agencies...*) and countries have participated in it. It has been considered a historical moment in the evolution of EAP.

It has become apparent the wide diversity of the situation of the legal regulation of psychotherapy in the different countries of the European Union. In many countries psychotherapy is not regulated and anyone can call himself/herself a psychotherapist. In some countries like France or the Netherlands, the law is close to be approved or implemented. In a few countries there are already laws regulating the practice of psychotherapy, the requirements ranging from low (*Finland*) to very strict (*Austria*). There are some kind of weird situations like in Germany in which the use of the term «psychotherapist» is very restricted but not the term «psychotherapy», and so only a few professionals can say that they are psychotherapists but many more can say that they practice psychotherapy but not that they are psychotherapists...

Regarding future developments, it was especially relevant the intervention of Mr. Jürgen Tiedje, the recently appointed chair of the office: «European Commission, Policy development and coordination of the Internal Market» According to his view it is completely

unrealistic (*an illusion*) to expect that the European Commission at some point will be able to promote common legal requirements in its members states for the practice of psychotherapy. States are autonomous in that matter and the commission cannot force them to accept any criteria to that respect. It is also extremely unlikely that it develops a directive promoting the harmonisation of the requirements to practice psychotherapy (*which would make possible the recognition of psychotherapists of one country in all other countries*). It has been done in just seven professions and it has taken more than ten years in some cases to reach an agreement, which in this case would be unviable considering the different interest of many bodies like associations of practising psychotherapists, psychologists and psychiatrists.

The realistic alternative to «harmonization» is the «recognition» in other countries of therapists accepted in one country through a process of «compensation» by which the new country sets the additional training that the candidate has to complete to be recognized in the new country. It is being attempted by EAP to create what is called a «Common platform» so that there is a set of additional training pre-agreed by all countries representing an intermediate level of requirements between those of the country with the highest level and those of the lowest. It is a procedure available in the European regulations which has been attempted unsuccessfully in five cases since it was available. Currently EAP is the only institution that continues trying. There is nevertheless luck of agreement regarding the availability of that procedure in this case (*Mr. Tiedje thinks that it is not, while the lawyer hired by EAP*

thinks it is). A precondition is that the profession to which the procedure is applied is regulated in at least 2/3 of members countries, which is not the case with psychotherapy. (*The lawyer says that it is not regulated but it is «recognized» in 2/3, which is enough*). It seems that this road is a dead end.

In practice, the process to be recognized in another state works as follows: It seems that if a person has worked in his country as psychotherapist for two years in the last ten years, he has the right to apply to be accepted as psychotherapist in another country of the European Union and, if not accepted, be offered the kind of «compensation» that he would need to undergo to «make it up» for the deficits in his/her training according to the requirements of the new country. The «compensation» may include taking courses on particular subjects and/or additional clinical experience under supervision during an «adaptation» period after which he/she might have to pass an aptitude test. The «compensation» measures would vary then from case to case.

Anyway the situation affects just to a very reduced set of people, those who move to another country or want to work also in another country. When the need to work is only for a reduced amount of time, there is another possibility which is to make a «declaration» to the host country which might provide a temporary permission with less demanding criteria.

People affected by this situation should address the contact person in the European Union to receive assistance on how best achieve recognition.

So, according to the representative of the European Commission, a reasonable goal for EAP would be to forget about achieving a common legislation about psychotherapy in Europe and just to try to accomplish that, in a «free market» the European Certificate for Psychotherapy (ECP) comes to be a respected «label» in the field of psychotherapy both among professionals and the general public.

The «pdf» documents of the presentations will be sent by EFBA-P to its Members Societies so that they are available to its Individual Members.

***FRANCISCO GARCÍA ESTEBAN
EFBA-P DELEGATE AT EAP***



Rodolfo de Bernart, President of EAP

REPORT « ABOUT THE SECOND THEORETICAL EFBA-P WORKSHOP »

THE IMPORTANCE OF NEUROSCIENCE FOR THEORY AND PRACTICE OF BIOENERGETIC ANALYSIS

(For this workshop worked with a lot of scientific material the report can present only key words. So the issue and the discussion will sometimes become too short and not precise enough)

The workshop started with a saxophone solo by Rainer Mahr, to introduce us to the theme. Using the metaphor of learning the musical code to exemplify that not only emotions are important but the brain processes involved. We started to work having two goals for this workshop: to learn about how Neuroscience and Bioenergetics are connected and to learn to work together, among colleagues, without being an expert.

Regine Armbruster – Heyer introduced us to brain anatomy. She made us know that in the brain all neurons function as a network, with very specialized functions. Each hemisphere innervates the opposite side of the body, like the right hemisphere innervates the left side of the body. Our brain weighs one and a half kilograms but when it is inside the skull it only weighs 40 grams as it floats in liquid that protects the brain. Today's understanding of the brain is not anymore a question of right or left hemisphere in the way it was believed to be, one for thinking functions, the other one for feeling functions. We have two parts in the brain, one, the cortex, is to store information and the other one, the limbic system, to organize information. The information is transmitted from one cell to the other through electrical inputs. These inputs activate the neurotransmitters and these neurotransmitters are able to go through the membrane of the next cell. If there are not enough neurotransmitters, the information cannot go through. If you have enough neurotransmitters but no impulse comes, nothing will happen. Any function will work properly depending on the nerves being stable and functioning well.

A discussion follows about the fact that some functions seem to be linked to developmental stages, so if you don't learn them when it is due time, later it can be more difficult or even impossible. What are the conditions to change patterns in our mind? It is possible to change behavior patterns, though there are some patterns which are very difficult or even impossible. Probably Neuroscience can help us to understand more why this happens.

In the last fifteen years there has been the so called *epigenetic* research studying how external parameters will influence the genetic code itself. The experiences we have will influence the cells and so the genetic code switching on or out specific genes. There can be adaptation to the surroundings quick and effective without the gene mutating. Bruce Lipton in his book, « *The Biology of Belief* », expands on those ideas.

Sometimes, in psychotherapy, emotional problems are due to bodily reasons that have to be addressed via other ways. When someone comes to Psychotherapy, sometimes we have to look for other treatments, not thinking that psychotherapy can solve everything, like a depression can have many causes. For example, a woman with psychotic symptoms was treated with an antimalarial medicine, lariam, which can have these side effects.

Rainer Mahr introduced us to some material related to the difference between emotions and feelings. With emotions there is always something happening in the body. When there is a cognitive process included,

evoked by physical sensations but by stored memories.

Cognitive and psychological processes are material processes. There are no thoughts, emotions, feelings without body processes involved. Anja uses the metaphor of a radio to explain the functioning of the brain feelings. A feeling is a construction that we create in our brain. We are aware that mental processes are associated with physical processes. But there is no emotion without a functioning brain. Emotions are our sensations in the body and when they are cognitively processed they are feelings.

Affect, emotion and feeling are terms often confused. At the beginning of all these processes there is emotion, linked to body processes.

Emotions organize our life. Emotions are the energy. They are the basic engine to start life. With the processes of our brain we learn the emotions as feelings. And this makes it possible to do or to let anything, to change patterns of behavior. For the therapeutic work this means that we have to work on the three levels: emotion, cognition and behavior. (When the emotion anxiety changes to pleasure the anxious behavior will change too.)

Next, there was a discussion about the difference between objectivity and subjectivity. Does objectivity exist or objectivity is always filtered through our subjective perceptions? In psychotherapy we must be aware that our client can see things in a different way from ours. This leads us to ask what is « *real* ». Is there a real outside world? We have the same linguistic code, but the elements of this code have a subjective meaning for each one of us and we have a subjective way to decode the system. So we conclude that it is almost impossible

to have an objective view. All is subjective. The objective paradigm comes from classical science, it is surpassed now. You will never be able to have clear objective results.

In the neurobiological discussion it is always talked about the brain but what is with the other part of body? In the body we also have networks and the information goes both ways, from brain to body, and vice versa. Neuroscience has some models but does not describe the whole reality.

We concluded that Neuroscience is now a main stream in psychotherapy and we have to deal with it. But what is going on at the very beginning of our life after the moment of procreation? There is not a sufficient developed brain. There is a very complex process of development regulated by many systems. Angelika Schretter talks about such systems. She refers that an atom has 99.999% of empty space. What Reich called the ether, the Chinese used the word Chi and the equivalent concept now is the Quantum Field. We are made of empty space. It means that we are now at the edge of a paradigm shift and we will have to change some of our ingrained beliefs.

Some physician experiments have taken place. The US army wanted to prove if photons had an effect on DNA. In one room, some people were shown emotional images, and in another room some scientists proved that the DNA samples of these people were affected. The reaction happened at the same time. This shows that there is field force, called Quantum Field. The transfer of these information does not function according to traditional physical laws. The physics of quantum explains this effect with the resonance of those fields by which the transfer of information will happen. Such fields are universal and

moment of procreation? There is not a sufficient developed brain. There is a very complex process of development regulated by many systems. Angelika Schretter talks about such systems. She refers that an atom has 99.999% of empty space. What Reich called the ether, the Chinese used the word Chi and the equivalent concept now is the Quantum Field. We are made of empty space. It means that we are now at the edge of a paradigm shift and we will have to change some of our ingrained beliefs.

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hearing the person, but this idea goes even further, implying that we are all part of an electromagnetic field.

Both, Bioenergetic Analysis and these new theories emphasize emotions. This means we work with the interferences caused by electromagnetic waves and how they are affected by patterns. And how we can work on behavior patterns affecting the energetic field.

Maybe a next topic for discussion could be non verbal diagnosis. How we, bioenergetics, can use our intuition skills with our clients? We conclude that there is a vast new territory to explore and we leave with some questions about how all this new body of knowledge is going to affect our practice.

We thank Regine Armbruster-Heyer, Rainer Mahr and Angelika Schretter for their contributions and we thank Rainer Mahr for the superb organization.

**FINAPLA
SECRETARY OF THE EFBA-P**



NEW TRAINING OPTIONS

Over many years I tried to convince my colleagues in my own society and at the IIBA board of the necessity of a training, which aims at social workers, pedagogues and various kinds of therapists. This kind of training is certainly a «lower» level than the exclusive Bioenergetic training for professionals in the medical and psychotherapeutic field – but if so, is it less necessary?

We all know that the basic human behavior patterns develop during (*early*) childhood. Neuropsychology as well as infant research tells us that the basic emotional-mental «*rails*»

(*L. Ciompi*) are well established at the age of about 4 years. They will be extended in further years and they can be altered by strong emotional experiences as well as strong educational or psychological interventions. Eventually they will be strengthened - or altered by the events during puberty.

Just by now, public becomes aware, how important and lasting the imprints are our children experience in kinder garden and ground school. However, in this educational field we do not find many psychotherapists. There are kindergarten nurses, teachers – which mostly do not have any idea about developmental psychology – or even family dynamics. In the best case social workers who have some psychological knowledge are especially requested in the clinical field, where disorders or dysfunctions in children or adolescents show up.

But all those professionals don't have any profound training in psychology and especially not in perceiving body language. We all know, as younger a child, as more body language is the crucial medium of communication. In my experience, most of the parents, teachers, professionals are not at all aware of this fact.

How many dysfunctional patterns in a child's development could be altered, could be corrected, if people, concerned with education in a larger sense would have some basic knowledge about developmental psychology, about body messages, about the psychological implications of body structures!

I am convinced, for those who work in the (*social-*) psychological field with human beings, the physical dimension of human interactions has to be included in their training. I have been trying to fill this gap between educational and psychological teaching by offering a **two years training program** for social workers, kindergarten nurses, teachers, interested psychotherapists and even personnel managers in companies, who all do not want to participate in a long term training.

My training concept is designed to give basic information about the body aspect of psychological functioning of a person and some basic intervention techniques. The goal is not to gain an exclusive competence in using psychotherapeutic strategies, rather, to get a basic knowledge about the relation of physical expressions and psychological dynamics, to become skilled in body diagnosis and the use of some relevant bodily interventions.

The core element of our Bioenergetic theory, the character structure concept, is introduced as means to shift the perception of a child /person from the psychological point of view to the physical expression of the person's body. Developmental psychology and neuropsychology – as extended theories of the Bioenergetic approach, are as well basic elements of the training. Further, since many of these professionals work with groups, one theme of the units is exclusively reserved for the systemic approach: group dynamics, group development, group structures and nonverbal interaction.

The two years training consists of six units, each of four days.

Seminar 1:

Introduction of approach, basic elements, basic techniques of Bioenergetic Analysis
Training (*exercises*) of body awareness and perception of body signals

Seminar 2, 3, 4:

Developmental Psychology, Neurobiology, Infant Research,
Theory and basic exercises of/for Bioenergetic Analysis Character structures

Seminar 5:

Systemic approach: theory, diagnosis of systemic dynamics of the Training group, use of resources of the group, nonverbal interaction exercises

Seminar 6:

Supervision in peer groups and training group: repetition, case presentation

At the end of each seminar a questionnaire will be issued, which has to be answered by an interview group meeting in between the training units.

After the training each student has to write a homework paper in which he/she has to document a case example and explain their bodily interventions. After that the students have to participate in a one day colloquium. Finally they will receive a certificate of the *Catholic University for Social Pedagogic Studies/Munich*

The experience of the participants of the first training was a definitely increased awareness for bodily signals and body diagnosis. All were able to include some basic interventions into their professional strategies. Interesting was, that all of them reported that they have learned about the power of bodily interventions and will use them carefully.

The third training will start in fall 2010.

Last but not least, a side effect of this kind of training should be mentioned. Bioenergetic Analysis will be introduced to a much larger group of professionals as the exclusive psychotherapeutic approach can do. Therefore it functions as a good promotion for the acknowledgement in the public. In turn, this necessarily affects the «*traditional*» training concept as an ongoing evaluation. Nowadays, at least in Germany, many other approaches increasingly integrate body work into their own teaching. Logically a very reduced, sometimes distorted image of Bioenergetic Analy-

sis appears in the perception of the public. Bioenergetic Analysis, by broadening its teaching concept, easily could have put itself in the first row - and still, can do it, because it is one of the most competent and comprehensive approaches in the field of triggering human potentials.

**ANGELIKA SCHRETER
BODY PSYCHOTHERAPIE COACHING
DEVELOPMENT OF TEAMS**



NEUE TRAININGSMÖGLICHKEITEN

Über viele Jahre hinweg versuchte ich die Kollegen in meiner Münchner Gesellschaft, aber auch das IIBA Board von der Notwendigkeit eines Trainings zu überzeugen, welches Sozialarbeiter, Pädagogen und verschiedene andere Heilberufe als Zielgruppe ansprechen sollte. Diese Art von Training ist sicherlich eine «niedrigere» Ebene als das exklusive Training für Professionals im medizinischen und psychotherapeutischen Bereich- aber selbst wenn, ist es damit weniger wichtig?

Wir alle wissen, dass sich grundlegende menschliche Verhaltensmuster in der (*frühen*) Kindheit entwickeln. Neuropsychologie und Säuglingsforschung beschreiben uns, dass die grundlegenden emotional-mentalnen «Schienen» (L. Ciompi) im Alter von ungefähr 4 Jahren weitgehend festgelegt sind. Sie werden weiter ausgebaut in den folgenden Jahren und sie können auch verändert werden durch starke emotionale Erfahrungen , ebenso durch psychologische Interventionen. Sie werden daher im Laufe der Zeit stärker – oder sie verändern sich z.B. durch korrigierende Erlebnisse in der Pubertät.

Gerade in der gegenwärtigen Zeit wird der Öffentlichkeit mehr bewusst, wie lebensentscheidend die Prägungen sein können, welche Kinder im Kindergarten und in der Vor-/Grundschule erfahren. Aber in diesem Feld finden wir nicht viel psychologische Kenntnis. Hier arbeiten Erzieherinnen, und Lehrer, die häufig keine Ahnung haben von Entwicklungpsychologie- oder gar Familiendynamik. Im besten Falle haben Sozialarbeiter einige psychologische Kenntnisse, sie werden dann besonders in den Fällen eingesetzt, wo es sich um manifeste Krankheitsbilder oder soziale Auffälligkeiten handelt.

Aber all diese Professionals haben kein gründliches Training in Psychologie, oder gar in Körpersprache -Wahrnehmung absolviert. Wir wissen alle, je jünger ein Kind ist, umso mehr ist die Körpersprache das entscheidende Kommunikationsmedium für das Kind. Meine Erfahrung ist , dass Eltern, Lehrer und andere

Professionals sich dieser Tatsache überhaupt nicht bewusst sind.

Wie viele dysfunktionale Muster in der kindlichen Entwicklung könnten verändert/korrigiert werden, wenn diejenigen, welche in diesen sozialpädagogischen Berufen arbeiten, grundlegende Kenntnisse in Entwicklungspsychologie und dem Lesen von Körperbotschaften und Körperstrukturen hätten!

Ich bin davon überzeugt, dass die Ausbildung für (*Sozial-*) Pädagogen, Sozialarbeiter zukünftig verstärkt die physische Dimension der menschlichen Interaktion mit einbeziehen muss.

Ich habe versucht, dieses Defizit zu füllen indem ich **ein zweijähriges Training** anbot für Sozialarbeiter, Erzieher, Lehrer, (*fortbildungs-*) interessierte Psychotherapeuten, ja sogar Personalmanager in Firmen. Sie alle wollten kein komplettes 5 jähriges Langzeittraining absolvieren.

Mein Trainingskonzept beinhaltet grundlegende Informationen über den körperlichen Ausdruck psychologischer Aspekte, sowie einige basale Interventionstechniken. Das Ziel ist nicht, eine exklusive Kompetenz im Anwenden psychotherapeutischer Strategien zu erwerben. Vielmehr soll ein Basiswissen über die Beziehung zwischen physischem Ausdruck und psychischer Dynamik erworben werden, sowie Fähigkeiten in Körperdiagnose und dem Gebrauch einiger berufsrelevanter Interventionen.

Das Herzstück der Bioenergetischen Analyse, das Charakterstruktur-Konzept wird vorgestellt als ein Mittel, die Wahrnehmung zu drehen, vom rein psychologischen Focus zum körperlichen Ausdruck des Gegenübers. Entwicklungspsychologie und Neuropsychologie - als Erweiterungen der Bioenergetischen Theorie – sind ebenfalls grundlegende Elemente des Trainings. Des weiteren, da viele dieser Fachkräfte in oder mit Gruppen arbeiten, ist ein Thema einer ganzen Ausbildungseinheit ausschließlich dem systemischen Ansatz gewidmet:

Das zweijährige Training besteht aus 6 Einheiten, jedes davon hat 4 Tage.

Seminar 1:

Vorstellung des Bioenergetischen Ansatzes, grundlegende Elemente, basale Techniken; Trainingsübungen zur eigenen Körperwahrnehmung und Wahrnehmung von körperlichen Signalen

Seminar 2,3,4:

Entwicklungspsychologie, Neurobiologie, Säuglingsforschung, Theorie und grundlegende Übungen zu den Bioenergetischen Charakterstrukturen

Seminar 5:

Systemischer Ansatz: Theorie, Diagnose systemischer Dynamiken der Trainingsgruppe, Ressourcen der Gruppe, nonverbale Interaktionsübungen

Seminar 6:

Supervision in Kleingruppen, Wiederholungen, Vorbereitung der Fallarbeit

Am Ende eines jeden Seminars wird ein Fragebogen ausgeteilt, der dann in einer Intervisionsgruppe zwischen den Trainingsblöcken von den Teilnehmern beantwortet wird.

Nach dem Training hat jeder Student eine Fallarbeit zu schreiben, in welchem Diagnose und fallbezogene Interventionstechniken beschrieben werden. Danach wird ein eintägiges Kolloquium abgehalten. Die Studenten erhalten zum erfolgreichen Abschluss ein Zertifikat der katholischen Stiftungs-Fachhochschule München.

Die Erfahrungen der Teilnehmer des ersten Trainings zeigten eine deutliche stärkere Wahrnehmung körperlicher Signale und Körperiagnose. Alle Teilnehmer der Gruppe waren in der Lage einige grundlegende Techniken anzuwenden. Interessant für mich war, dass alle Trainingsteilnehmer berichteten, sie hätten die Kraft körperlicher Interventionen erkannt und sie würden sehr vorsichtig damit umgehen.

Im Herbst 2010 wird das 3. Trainingsprogramm beginnen.

Schließlich soll noch ein Nebeneffekt dieses Trainings erwähnt werden. Bioenergetische Analyse wird durch dieses Konzept einer viel größeren Öffentlichkeit vorgestellt, als der auf psychotherapeutische Fachkräfte beschränkte Ansatz dies tun kann. Von daher ist dieses Konzept auch eine gute Werbestrategie für die Bioenergetische Analyse. BA. Umgekehrt kann ein solches Fortbildungskonzept auf das. « *traditionelle* » Trainingskonzept rückwirken und somit einen – notwendigen – beständigen Evaluationsprozess auslösen.

Heutzutage integrieren, zumindest in Deutschland, viele psychotherapeutische Ansätze einiges an Körperarbeit. Es erscheint in der Wahrnehmung der Öffentlichkeit aber oft ein sehr reduziertes, manchmal verzerrtes Image der Bioenergetischen Analyse. Die Bioenergetische Analyse hätte sich leicht eine Position in der ersten Reihe der körpertherapeutischen Ansätze erarbeiten können. Sie tat es bislang nicht. Sie kann es immer noch, denn bislang ist sie immer noch als eines der kompetitesten und umfangreichsten Ansätze im Rahmen jener Ansätze zu betrachten, welche die Entwicklung des menschlichen Potential zum Ziele haben.

**ANGELIKA SCHRETTNER
KÖRPER-PSYCHOTHERAPIE COACHING,
TRAINING TEAMENTWICKLUNG**



COMMISSION ECHANGE DE PRATIQUE.

Cela fait un an que nous organisons des journées de rencontre pour échanger sur notre pratique. Nous nous sommes rencontrés deux fois une journée et nous en sommes à notre troisième rencontre.

LES BUTS.

A.

Nous rencontrer et créer un lien entre nous en nous montrant des techniques corporelles que nous utilisons dans nos cabinets.

Place à la créativité et au mouvement.

Nous tentons d'expliquer quand, pourquoi, dans quels buts nous utilisons ces techniques.

Par exemple :

Gérard Bérrubé nous a montré des exercices avec de longs bâtons de bois pour travailler sur les gros muscles du dos.

Michèle Blateau nous a fait faire un travail très doux mais très profond pour mettre en mouvement tous les diaphragmes.

Marie-Hélène Dubois a montré des exercices avec une balle de fitness.

Ces moments d'échange sont extrêmement intéressants, ils nous replongent dans le travail corporel. L'ambiance y est gaie et détendue.

B.

Discuter autour d'une table à propos de cas cliniques...

Rappelons que nous ne sommes pas là pour présenter des cas cliniques « *nikel* ». Nous essayons vaille que vaille de parler de ce qui ne va pas, de ce qui va aussi.

Nous demandons l'éclairage de nos collègues et nous avons pu constater qu'il n'est pas facile pour notre image de dire nos trébuchements, nos erreurs, nos bêtises.

Et pourtant, nous y sommes arrivés. Nous nous sommes sentis écoutés, respectés et tout compte fait, cela fait beaucoup de bien de reconnaître ensemble que nous sommes embarqués dans un métier vraiment pas facile. On se sent moins seul dans notre blessure à ne pas être « *the big thérapeute miracle* ».

REGLES A RESPECTER.

Il nous a semblé bon de respecter quelques règles d'éthique. Par exemple :

Qu'un thérapeute et son patient ne soient pas mis dans le même groupe.

Que des étudiants qui sont encore dans la première phase de la formation (*avant le début de la quatrième année*) restent centrés sur l'intériorisation que demande cette phase et donc, nous leurs demandons d'attendre encore un peu avant de venir s'associer au groupe.

Il est évident aussi que le secret professionnel est de mise, nous n'avons pas à discuter des difficultés des uns et des autres en dehors du groupe d'échange de pratique.

MARIE-HELENE DUBOIS
SOCIETE FRANÇAISE D'ANALYSE BIOENERGETIQUE (SFABE)

STUDY GROUP FOR THE SHARING OF TREATMENT PRACTICES

Three years ago we began organizing one-day meetings to share our treatment practices. We have already had two full-day meetings and are now preparing our third.

GOALS

A.

- To demonstrate the physical techniques which we use in our offices.
- To encourage and include creativity and movement.
- To explain when, why, and to what end we use these techniques.

Examples:

Gerard Berrube demonstrated exercises in which long, wooden poles are used to work the large back muscles.

Michele Blateau presented a gentle but profound workout for all diaphragm muscles.

Marie-Helene Dubois showed us exercises using a fitness ball.

These moments of sharing are extremely interesting, plunging us back into our physical therapeutic work. The atmosphere is relaxed and happy.

B.

- To have round-table discussions regarding clinical cases.

Remember that we are not here to present the perfect clinical case... In any case, we wish to discuss all methods, whether they work or not. We ask our colleagues to be open-minded. We have noted that it is not beneficial to our image to openly admit our mistakes, our faults, or our uncertain steps. Despite this, we have succeeded. We believe we are listened to and respected.

In the end, it is very satisfying to know that we have launched ourselves on a career track that is not at all easy. We feel less alone in our suffering not to be the “big miracle therapist”.

RULES

We should respect several ethical rules.

For Examples:

A therapist and his (*her*) patient should not be placed in the same group.

Students in the first phase of training (*before the beginning of the fourth year*) should stay focused on internalizing learning which is all that is required in this phase. We therefore ask that they wait a bit before associating with a group.

It goes without saying, of course, that professional secrecy must prevail. No one should discuss the problems of others outside the group.

MARIE-HELENE DUBOIS

SOCIETE FRANÇAISE D'ANALYSE BIOENERGETIQUE (SFABE)

TRANSLATOR : LINDA BIGELOW

WERKEN ALS EEN LICHAAMSGEORIËNTEERDE PSYCHOTHERAPEUT IN NEDERLAND

PERSOONLIJK

Mijn naam is Nardie Bevort en ik ben al verbonden met de Bioenergetische Analyse vanaf het najaar van 1981. Om destijds meer bekendheid te krijgen ben ik waar maar mogelijk oefengroepen en of lezingen gaan geven in Nederland. Ik had destijds het tij mee in zoverre dat er veel vrouwencafés in Nederland bestonden waar ik dan kon vertellen over Bioenergetische Analyse en soms zelfs een kort iets kon demonstreren. Vaak mondde dat uit in de vraag of ik een oefengroep wilde gaan doen en op die manier heb ik nogal wat dorpen en plaatsen Nederland, en met name in de provincie Brabant waar ik woon, laten kennis maken met de Bioenergetische Analyse. Ik ben eenmaal gevraagd om op de Universiteit van Tilburg bij de subfaculteit voor ontwikkelingspsychologie een lezing te verzorgen. Dat heb ik gedaan en toen ik een oefening deed, deed – tot mijn verbazing – iedereen mee.

BEKENDHEID

Het wonderlijke is dat ik tot op heden nooit heb geadverteerd en ook ben ik nooit bij verwijzers langs gegaan om mij bekend te maken. Maar er is wel een aantal huisartsen bij mij in therapie geweest. Van daaruit kreeg ik verwijzing. Verder is mijn praktijk gegroeid door mond tot mond reclame en door de verwijzingen van collega's van het *N.I.B.A* of Collega's van andere lichaamsgerichte scholen.

ERKENNING EN VERGOEDING

Ik ben nu een Lichaamsgerichte Psychooloog en een Gezondheidspsychooloog («*GZ-Psycholoog*»). In Nederland is dat voldoende om door verzekeraars erkend te worden waardoor clienten hun sessie

vergoed kunnen krijgen. De titel «*GZ-Psycholoog*» heb ik verkregen op grond van het feit dat ik al zolang en met een behoorlijk aantal uren per week werkzaam was als Bioenergetisch Therapeut, daarnaast waren ook zowel het aantal uren leertherapie als het aantal uren supervisie belangrijk om deze titel te verkrijgen. In Nederland is het een heel gedoe om te voldoen aan de eisen voor «*GZ-Psycholoog*». Momenteel is het voor het behoud van deze titel belangrijk om voldoende na- of bijkanting te hebben per jaar alsook dat men actief lid is van een intervisiegroep welke een aantal keer per jaar bijeen komt.

Op grond van de titel «*GZ Psycholoog*» vergoeden alle zorgverzekeraars - bij wet bepaald - 8 sessies in de basisverzekering. Meer sessies worden vergoed afhankelijk van de hoogte van de aanvullende verzekering welke clienten bij hun verzekeraar hebben aangesloten.

INSPIRATIE EN ONTWIKKELING

Gedurende al vele jaren ben ik ook als supervisor werkzaam in het *N.I.B.A.* en op grond daarvan komen ook mensen uit de bedrijfs- of onderwijswereld bij mij voor supervisie of Coaching. Ik was en ben altijd leer- en nieuwsgierig dus ik heb ook frequent lezingen of workshops gevolgd bij andere lichaamsgeoriënteerde scholen, wat denk ik ook een ingang verschafte om mij bekendheid te geven. Ook de verschillende congressen van de lichaamsgerichte scholen hebben mij veel inspiratie gebracht; soms bracht dat de aanleiding om mijn een tijdje in die school me te verdiepen (*zoals bij Marianne Bentzen van de Bodydynamic*). Wellicht mede door het nu genoemde is het niet zo gek dat mijn intervisie groep van 5 mensen komen uit 4 verschillende scholen, wat ik erg inspirerend vind. Ik kan met klem benadrukken hoe belangrijk ik het voor mij

zelf vind maar ook voor anderen om mijzelf steeds weer opnieuw helder en scherp te houden door het volgen van bijen nascholing. Intervisie vind ik een wezenlijk onderdeel van mijn beroep en het geeft mij ook de mogelijkheid om even op een ander te leunen.

NARDIE BEVORT
NEDERLANDS INSTITUUT VOOR
BIOENERGETISCHE ANALYSE



WORKING AS A BODY-ORIENTED PSYCHOTHERAPIST IN THE NETHERLANDS

PERSONAL

My name is Nardie Bevort and I have been involved with Bioenergetic Analysis since the autumn of 1981. At that time I started to give lectures and work with practise groups wherever I could in order to become more widely known. It certainly was to my advantage that there were many women's pubs in The Netherlands. There I could tell people about Bioenergetic Analysis or even give them a little demonstration. This often led to the question if I cared to do a practise Group and this way I have introduced quite a number of towns and villages in The Netherlands to Bioenergetic Analysis. Predominantly in the province of Brabant, where I live. One time I was asked to give a lecture at the subfaculty for developmental psychology, at the University of Tilburg. I accepted the invitation and was very surprised to see that, while I was doing an exercise, everyone present was participating.

BEING KNOWN

It is quite miraculous that, until present, I have never needed to advertise and I've also never visited professionals who refer clients to me in order to gain acquaintance. But a number of General Practicians did visit me as clients. They referred others to me. Otherwise my practise has grown through word-of-mouth advertising and through reference by *NIBA* Colleagues or Colleagues from other body-oriented schools.

RECOGNITION AND COMPENSATION

I am now a Body-Oriented Psychologist and a Health Psychologist (*in Dutch we call this a « GZ-Psychologist »*). In The Netherlands this is sufficient to be recognized by health care Insurance companies so clients can have their sessions reimbursed. I have earned the title « *GZ-Psychologist* » based on the fact that I have been working as a Bioenergetic Therapist for quite a long time and with a substantial number of hours in a working week. Furthermore the number of hours I worked in learning therapy and the

hours I supervised were important to acquire this title. In The Netherlands it is quite a hustle to meet the demands for « *GZ-Psychologists* ». Momentarily it is important to take sufficient refresher courses and extra training in order to keep the title. One must also be an active member of an Intervision Group that meets a few times in a year. Based on the title « *GZ-Psychologist* » all Health Insurances will compensate for eight sessions- this is dictated by law- in the basic form of Health Insurance. More sessions will be reimbursed depending on the supplementary Insurance scheme which clients have taken out.

INSPIRATION AND DEVELOPMENT

For many years I have also been working as a Supervisor in the *NIBA* and based on that people from business and education branches have sought me out for Supervision or Coaching. I have always been very curious and eager to learn so I have frequently followed lectures or workshops given by other body-oriented schools. This, I believe, also gave me the opportunity to become better known. The various congresses of body-oriented schools have given me much inspiration, sometimes they gave me reason to go into that school for a while (*for instance Marianne Bentzen of the Bodydynamic*). It is probably due to the events mentioned above that I have founded an Intervision Group that consists of members from no less than four different schools. Needless to say I find this a very inspiring combination. I'd like to emphasize the importance, for myself and others, to keep a clear head, to stay sharp by taking refresher courses and extra training. I think Intervision is a crucial part of my profession and it gives me the possibility to « *lean on* » someone else for a moment.

NARDIE BEVORT

DUTCH INSTITUTE FOR BIOENERGETIC ANALYSIS (NIBA-NL)



In English

NEWS FROM THE ASSOCIACIÓ CATALANA EN L'ANÀLISI BIOENERGÈTICA (ACAB)

The Associació Catalana en l'Anàlisi Bioenergètica (ACAB) is planning a series of one day introductory workshops in 2010-11 with different themes such as: *Emotional adjustment, Living in your body, Opening your heart* so that you can feel, *Sexuality and Attachment* and others which are still in the process of being planned.

These workshops have the aim to make Bioenergetic Analysis known to different groups. They will be taught by Pedro Jimenez, Fina Pla, and some other colleagues' members of the ACAB which are in process to prepare them.

Fina Pla

Associació Catalana en l'Anàlisi Bioenergètica (ACAB)

In Spanish

NOTICIAS DE ASSOCIACIÓ CATALANA EN L'ANÀLISI BIOENERGÈTICA (ACAB)

La Associació Catalana en l'Anàlisi Bioenergètica(ACAB) ha programado una serie de talleres introductorios para 2010-11 con temas como: *La regulación emocional, Habitar el cuerpo ,Abrir el corazón* para poder sentir ,*Sexualidad versus Apego* y otros que todavía están en proceso de planificación.

Estos talleres tienen la finalidad de dar a conocer el l'Anàlisi Bioenergètica a distintos colectivos. Serán impartidos por Pedro Jimenez,Fina Pla y algunos otros miembros de ACAB que están en proceso de prepararlos.

Fina Pla

Associació Catalana en l'Anàlisi Bioenergètica (ACAB)

EVENTS TABLE

Events-Conferences	Place-Time-Language	Trainer-Society	Costs	Information
«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
«Body awareness – Self Consciousness » An Introduction to Bioenergetic Analysis	02 nd July - 04 th July Vienna/the Vienna Woods In German	Ulrike Pschill, Brigitte Berger	€ 350	E mail: Ulrike Pschill upschill@bioenergetische-analyse.org E mail:Brigitte Berger bergerb@chello.at
«Grounding»	29 th July - 1 st August, 2010 South Tyrol In German	Brigitte Berger, Ulrike Pschill,Michael Bilic Michael Schorr	€ 500	E mail: Ulrike Pschill upschill@bioenergetische-analyse.org E mail:Brigitte Berger bergerb@chello.at
«Der Körper - unser größter Verbündeter in der Traumaheilung» (``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 : Quelle perspective donnons-nous à l'Analyse Bioénergétique » (``French Speaking Days»)	02nd –03rd October 2010 Paris/France In French	SFABE	160€ Students : 130€ Continuing Education : 250€	SFABE www.sfabe.com
«Für Körperorientierte TherapeutInnen»	03 rd .- 05 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
«Character Structure in Terms of their energy system »	May 2011 Bilbao-San Sebastian. (North Spain) In English & Translation in Spanish	EHABE Eleanor Greenlee	About 375€ Without Accommodations. (Price will be fixed later on)	E mail: bioenergetika@euskanet.net

Your contributions for the next issue « BASIC 21th »

Please send them before 15th October 2010



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elberman@va.com