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In French

CHERE LECTRICE, CHER LECTEUR

Vous allez découvrir dans ce numéro le rapport de Fina Pla sur l'Assemblée Générale de notre Fédération Européenne d'Analyse Bioénergétique qui s'est tenue à Séville en Novembre 2010. Puis celui de Francisco Garcia Esteban sur différents évènements importants concernant l'*Association Européenne de Psychothérapie (E.A.P.)*

Luis Naranjo nous parlera de la 4^eConférence Hispanique d'Analyse Bioénergétique et Rainer Mahr du 3^e Atelier Théorique de l'EFBA-P centré sur « *les Processus Bioénergétiques* ». Pour Olaf Trapp ce sera « *:les Journées d'Etudes de la NIBA-Ger.* » Quant à Jocelyne Guignard, ce sera à propos de la « *Nouvelle Réglementation du Titre de Psychothérapeute en France* », acte crucial qui « *nous oblige à nous redéfinir et à défendre notre identité et singularité d'Analystes Bioénergéticiens Psychothérapeutes* ».

Le CFAB nous fait part de ses activités dont les Journées Francophones qui auront lieu sur le thème : « *Mémoires pour le Corps* » les 1^{er} &2 Octobre

Pedro Jimenez nous parle de l'intérêt d'utiliser le « *Rouleau* » plutôt que le « *Tabouret d'Analyse Bioénergétique* » dans ses séances et Herbert Conze nous vante les bienfaits du « *Tabouret de Respiration* » sa création.

Une nouvelle rubrique : le « *Coin des Lecteurs* » voit le jour sur le thème « *Freud est mort* » avec Rainer Mahr...il vous est, d'ailleurs, laissé la possibilité d'y répondre, si vous le désirez.

Je veux remercier ici Jose Luis Moreno (*SAAB*) et son équipe de traducteurs pour l'édition du Basic N° 19, Special Lowen en espagnol ...Souhaitant que le chemin soit tracé pour les suivants.

Et d'ores et déjà je peux vous annoncer que dans le prochain numéro vous aurez droit à des articles fort intéressants sur le contenu de la 4^e Conférence Hispanique.

En vous souhaitant une bonne lecture

ANNIE NISSOU

EDITRICE DE BASIC

INSTITUT D'ANALYSE BIOENERGETIQUE 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 Séville, Spain in November 2010. Then, Francisco Garcia Esteban's Report about different important events of the .: «European Association of Psychotherapy »(EAP).

Luis Naranjo will tell us about the 4th Iberian Congress of Bioenergetic Analysis and Rainer Mahr about the Third theoretical Workshop of the EFBA-P centered on «*Bioenergetic Processes*». For Olaf Trapp it will be , «*The NIBA- GER Studies days*». And for Jocelyne Guignard will write about «*The New Regulation For psychotherapist's Title in France*», crucial act which «*obliges us to redefine and defend our identity and the singularity of Psychotherapists: Bioenergetic Analysis*»

The CFAB tells us about their activities of which «*The French-language Days Speaking*» on «*Memories for the Body*»which will be held on the 1st- 2nd October.

Pedro Jimenez will tell us about the interest of using the «*Roller*» in his sessions instead of the «*Bioenergetic Analysis Stool*» and Herbert Conce will sing the praises of his creation the «*Breathing Stool*».

A new rubric: «*Food for Thought*» got born with Rainer Mahr on the topic: «*Freud is dead*»...It is possible for you to answer if you want it too.

I want to thank here Jose Luis Moreno (*SAAB*) and his translators team for the BasicN°19th, Special Lowen in Spanish...Hoping the way will be open up for the following ones.

And I can announce you right away that in the next number you will get very interesting articles about the 4th Iberian Congress.

I hope you enjoy your reading

**ANNIE NISSOU
BASIC'S EDITOR
INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD (IABFS)**

GENERAL ASSEMBLY MEETING OF EFBA-P, SEVILLE, NOVEMBER 2010

The annual meeting of EFBA-P took place in the beautiful city of Seville and was hosted by *SAAB*, the local Society. We counted with the help of José Luis Moreno, President of *SAAB*, to organize the meeting.

The delegates who attended the meeting were Annie Nissou (*IABFS*); France Kauffmann (*IABFS*); Fina Pla (*ACAB*); Francisco Garcia Esteban (*SOMAB*); Greetje Salomons (*NIBA-NL*); Rainer Mahr (*SGFBA*); Thierry Van Schulenburg (*SOBAB*); Victor Amacher (*SGBAT*); Olaf Trapp (*NIBA-GER*); Jocelyne Moulet-Farge (*SFABE*); Jaime Perez (*EHABE*); José Luis Moreno (*SAAB*). *APAB* and *CFAB* were also represented.

Reports from the Executive Committee (EC) members were presented about their tasks: Francisco Garcia, vice-president acting as President, Rainer Mahr, Treasurer, Annie Nissou, BASIC Editor and Fina Pla, Secretary.

After the approval of the 2009 minutes, the delegates reported on the situation in their Societies, the problems they face, sometimes to survive, the new projects they are starting. It is a very enriching experience, as we can share our worries, doubts, hopes, as European Bioenergetic Analysts, living in different countries, with different legal regulations. Many issues are shared: the difficulties to organize new training groups, the difficulties to find members for the societies' ECs, the different experiences that each Society is undergoing, some of them are in an expansion cycle, others more in a constricting one, trying to find ways to survive. Some Societies share joint resources and organize shared meetings, like the Portuguese and Iberian Societies who had an «*Iberian Congress*» in January 2011 or «*the French Speaking Days*» others bring outside speakers for workshops to nurture their members and to enhance ways of communicating among them. This sharing process gives us an idea of how Bioenergetic Analysis is developing in each country.

The EC asked Olaf Trapp from *NIBA* to become the next EFBA-P President and he accepted. For the moment, he will join the EC as the fifth member for this year and will become knowledgeable about EFBA-P matters. Finally, we will have a President to substitute Francisco Garcia at the end of his term.

The **Executive Committee** is presently formed by:

Francisco Garcia Esteban Vice-President
acting as President
Fina Pla Secretary
Rainer Mahr Treasurer
Annie Nissou Fourth Member,
Olaf Trapp Fifth Member
Annie Nissou is re-elected for three more years.

We give a farewell to Frances Kauffmann, former EC Member, as this is her last meeting. We all thank her for the inestimable work she has done for the Federation during all those years, being involved since its foundation.

Francisco Garcia reports on his tasks as Vice-President acting as President, keeping all the ongoing projects and he stresses the importance of the organization of the next 2013 «*International Institute for Bioenergetic Analysis*» (*IIBA*) Congress which will be held in Europe. We will have to decide what kind of participation we want to have in the organization of the Congress. No doubt, it is an opportunity for European Members to be present in the different committees.

Annie Nissou reports on BASIC. She has produced a document, «*How to shape BASIC*» in different languages, to help authors with the texts. There is a Multilanguage version and version translated into the different languages. She thanks all the translators who have helped her and Rainer Mahr for the outline. There has been an extra edition about Alexander Lowen this year.

Rainer Mahr presents his report on the accounts as Treasurer and it is approved. Rainer informs about the Second Theoretical Workshop who took place in Frankfurt in March 2010, working on the connections between Bioenergetic Analysis and Neuroscience. He also informs about the database project, which is going on and invites members to send him new bibliography to be added.

The «*Board of Trustees*»(BOT) European Representatives, Francisco Garcia and Fina Pla informed about what is going on at IIBA, the reshaping of the web page, the organization of the San Diego Congress, with Dan Siegel, Joaquim Bauer and Helen Resnick-Sannes as main speakers, among others, precisely with the theme of Neuroscience.

One of the aims of the present BOT is to foster communication among all members of the organization, through email, the Journal, the Newsletter and the Web page.

The BOT continues to work to create a Strategic Plan to improve the functioning of the organization. In this sense, one of the decisions has been to refund 15% of the fees to Federations, to foster their regional projects.

A discussion follows on this issue. Is the refunding going to place EFBA-P in a dependent position? Should the IIBA be a Federation of Federations? We realise how complex the issue is. We agree that delegates have to bring this issue to their Societies to be discussed.

The next IIBA Congress will take place in Europe in 2013. We produce a first brainstorming about possible themes with the delegates. There are, for the moment two Societies, EHABE in San

Sebastian and SIAB in Italy who has offered to be the local Society to host the Congress.

Francisco reports on the «*European Association of Psychotherapy*»(EAP) meetings he has attended. In the Bucharest Congress he presented a Bioenergetic Analysis Workshop.

He informs that our «*European Wide Accreditation Organisation*» (EWAO) status has to be renovated this year, let's hope that we will be accredited. You have more detailed information in the EFBAP minutes document.

Patricia Moselli offers the possibility to have the next General Assembly in Rome, November 2011. With the refunding of IIBA, the Italian Societies agree to join the Federation, as they disagreed to pay another fee.

FINA PLA
SECRETARY OF EFBA-P



France Kauffmann



The delegates of the GA

REPORT OF THE DELEGATE TO EAP

I will report below on the European Association for Psychotherapy (EAP) Congresses of last and next year, the last EAP meeting in Vienna and other EAP matters.

THE 17TH EUROPEAN ASSOCIATION OF PSYCHOTHERAPY (EAP) CONGRESS OF PSYCHOTHERAPY CRISIS: CHANGE AND CHALLENGE July 1st-4th, Bucharest

As on previous occasions I attended the summer congress organized by EAP, after its General Assembly, in collaboration with the National Awarding Organization (NAO) of one European Country, this year the Romanian Federation for Psychotherapy. It was a very well organized and rich event which took place in a really cooperative and friendly atmosphere. I was invited to participate in it by the delegate of the Romanian Federation for Psychotherapy who attended the 2009 Congress in Lisbon in which Bioenergetic Analysis was heavily represented. This year I led an introductory workshop on Bioenergetic Analysis entitled: «*In Search of the Lost Nature*»: Discovering and Expressing Our True Self. I presented in it basic concepts and techniques of Bioenergetic Analysis in a theoretical and experiential way.

It seems that people really enjoyed the workshop; they made very nice comments about it. I distributed old issues of BASIC, bibliography and provided information about training in Bioenergetic Analysis. I think there is interest in that country for our modality; the problem is the economic situation that makes training not easily affordable. We should be aware of the potential for diffusion of our modality in East European countries and promote its access to workshops and training at reduced rates.

There will be no European Congress in 2011 to avoid conflict of dates with the World Congress for Psychotherapy that will take place in Sidney, in August 24-28, event also sponsored by EAP. In 2012 the 18th European Congress will take place in Valencia, Spain, July 4th to 7th. Its theme will be: «*Psychotherapy: Promoting mental health and emotional wellbeing in Europe*». I think it is a theme that suits us very well. I encourage everybody to participate, particularly my Spanish Colleagues, as the event will constitute a golden opportunity to make our modality known to many psychotherapists and students. Hopefully it could promote the spawning of new training groups in the region.

EAP MEETING IN FEBRUARY IN VIENNA

Many decisions were made in that meeting and there were also many changes in EAP officers.

New EAP statutes were approved; they can be downloaded at the EAP web page.

The project «*The Professional Competencies of a European Psychotherapist*» is advancing at good pace. You can get information about it at:
<http://www.psychotherapy-competency.eu/Competencies/index.php>
We will contribute to it submitting specific information regarding our modality.

It has been approved to create a Research Committee. It might provide

us with inspiration to address that matter.

The European Commission recently stopped the EU platform model to regulate professions in the European area because not a single organization managed to fulfill all the requirements. Having abandoned the idea of the common platform, the European Commission is now looking for other alternatives. They have raised the idea of having a Professional Card clearly stating a professional's training, continuous professional development and experience. EAP will continue contacting European politicians to promote its views about the recognition of psychotherapy in Europe. The situation is still relatively open. EAP has been involved in the official recognition of one psychotherapist in Germany. An Austrian Psychotherapist has also been accepted in Germany. In Lyon, France, four psychotherapists who were neither medical doctors nor psychologists were approved by the governmental body.

There have been many changes in important officers in EAP.

Registrar Serge Ginger, 83 years old from France, left his position after holding it for 10 years. He is a major figure in EAP. He will continue active one more year supporting his successor Ivana Slavkovic from Serbia.

Regina Hilbert from Austria, the current treasurer, will stop also in her position after holding it for several years. She will be succeeded by Alexander Rieder, also from Austria.

The current President, Rodolfo de Bernart from Italy, ended his term and will work with the Executive Committee as leaving Vice-President for the next two years. Eugenijus Laurinaitis from Lithuania was elected in-

coming Vice-President (*President elect*) and will be EAP President in two years. The current Vice-President (*President elect*), Adrian Rhodes from the United Kingdom was unanimously confirmed as the next EAP President.

OTHER EAP ISSUES

More than 5 years have passed since we were granted the status of EWAO (*European Wide Accrediting Organization*) by EAP. We have to renew our application; we will do that at the next EAP meeting which will take place in October in Rome. We will take the necessary steps to maximize the success of our re-application.

We have to study ways to foster our relation to EAP and benefit from it, like including in our web pages (*and those of societies*) links to EAP and information about it and the European Certificate for Psychotherapy (*ECP*). There is also a request to include in our web pages a link to the page of the Journal of EAP.

We will have to develop guidelines regarding the requirements for «*Continuing Professional Development*» (*CPD*) for certified psychotherapists of our societies in accordance to EAP regulations. There is still discussion at EAP about how to implement those requirements. The trend is that they be regulated at National level, not by the EAP. We could put in place a similar strategy: the requirements and its supervision be delegated to local societies instead of being taken care of by EFBA-P.

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

BIOENERGETISCHE PROZESSE ORGANISIEREN

EFBA-P VERANSTALTET SEINEN DRITten THERIEWORKSHOP FÜR BIOENERGETISCHE ANALYSE, VOM 1.- 3. APRIL 2011

Es war nun schon zum dritten Mal, dass die EFBA-P Kolleginnen und Kollegen zu einem Austausch über die bioenergetische Arbeit nach Wiesbaden (*in der Nähe von Frankfurt*), Deutschland eingeladen hatte. 10 Kolleginnen und Kollegen aus Portugal, Spanien, Schweiz, Frankreich und Deutschland waren der Einladung gefolgt, und einige mehr haben ihr Interesse bekundet, waren aber aus terminlichen Gründen, Krankheit, usw. verhindert.

Alle Teilnehmer kamen mit vielen Fragen, Bedürfnissen, Ideen und Erfahrungen, die den anderen für einen Austausch vorgestellt werden sollten. Wir alle arbeiten in eigenen Praxen oder in Kliniken, sind also Experten - Lehrer und Lemende gleichermaßen.

In einem ersten Schritt sammelten wir alle Fragen, der Kolleginnen und Kollegen und entwickelten einen spezifischen Zeitplan und eine Struktur für unsere Arbeit. Es war uns dabei sehr wichtig, dass die Bedürfnisse von Niemandem verloren gingen. Dadurch entwickelte sich ein sehr intensiver Austausch und eine gute Diskussion, in die alle Kolleginnen und Kollegen einbezogen wurden.

Immer wieder haben wir erfahren, dass das Verständnis von Problemen sehr unterschiedlich sein kann und es verschiedene Möglichkeiten gibt, mit ihnen umzugehen. Trotzdem versteht sich jeder als Bioenergetischer Analytiker. Diese Unterschiede sind oft abhängig von der Persönlichkeit des Therapeuten und des Klienten. Wir sollten der Subjektivität des Geschehens viel mehr Raum zubilligen. Die Bioenergetische Analyse ist nicht nur eine Technik, sondern vor allem eine körperliche Sichtweise vom Menschen und seinen psychischen Prozessen. Unabhängig davon ob man mit Stressübungen, Bewegungen, Bindung, Visualisierungen, Übertragung und Gegenübertragung oder mit Worten arbeitet, immer muss die biologischen Struktur des Klienten erreicht werden. Die Bioenergetische Analyse versucht, die Verhaltensmuster und die Regulationssysteme des Menschen zu aktivieren und zu modifizieren.

Es macht wenig Sinn, über Einzelheiten unserer Arbeit zu berichten. Es wäre viel zu viel und kann oft nur im Zusammenhang mit unserem Austausch verstanden werden. Ich will deshalb nur die Inhalte nennen, über die wir gesprochen haben:

Fragen zum therapeutischen Prozess:
Was machen wir in der ersten Sitzung?
Was ist unser Ziel?
Wie können wir eine rote Linie finden?

Wie integrierst Du die Bioenergetische Analyse in deine Persönlichkeit, wie in deine Arbeit?
Wie erklärst du, um was es in der Körperarbeit geht? Wie machen das andere?
Wie kann man vom Gespräch zur Körperarbeit wechseln?
Wie kann man eine therapeutische Beziehung entwickeln? Wie kann man mit den verschiedenen Beziehungsebenen umgehen?

Ist Körperarbeit die richtige Technik für jeden Klienten? In jeder Sitzung? Was ist der richtige Zeitpunkt, um zu beginnen?
Wie finde ich den Weg zum tiefsten Selbst?
Wie kann man mit Widerstand und negativer Übertragung arbeiten?
Wie kann man mit Fallen und stockenden Situationen umgehen?
Was ist die unbewusste Bedeutung der Symptome unserer Klienten? Wie soll man mit dem unbewussten Ausdruck umgehen?
Was ist eine therapeutische Beziehung?

Neben unserer Arbeit haben wir sehr den Tagungsort genossen, den ausgezeichneten Service und die Bewirtung. Am Samstag fuhren wir bei herrlichem Wetter für einige Stunden in die nahegelegene Weinregion. Der gerade beginnende Frühling ließ die Blumen geradezu explodieren und machte uns glücklich – dort zu sein, lebendig und zusammen zu sein.

RAINER MAHR
STUTTGARTER GESELLSCHAFT FÜR BIO - .
ENERGETISCHE ANALYSE(SGFA)

ORGANIZING BIOENERGETIC PROCESSES

EFBA-P PRESENTS ITS THIRD THEORETICAL WORKSHOP ON BIOENERGETIC ISSUES, April, 1st – 3rd 2011

It was the third time now that EFBA-P invited colleagues for an exchange on bioenergetic issues to Wiesbaden (*near Frankfurt*) in Germany. Ten Colleagues from Portugal, Spain, Switzerland, France and Germany followed the invitation and some more wrote being interested but hindered by different dates, illness etc.

All participants came with a lot of questions, needs, ideas and experiences which should be presented to the others for an exchange. All of us working in private offices or in clinics are experts - teacher and trainees equally.

As a first step we were collecting all questions of the Colleagues and developed a specific schedule and a structure for working. It was very important that nobody's needs got lost.

In this way we developed a very intense exchange and discussion in which all Colleagues became involved.

Again and again we learned that there are different understandings of problems and different ways to deal with. This difference very often depends on the personality of the therapist and of the client too. Nevertheless we all have an understanding of ourselves being a bioenergetic therapist. We have to give much more space to the subjectivity of what is going on. Nevertheless everybody could show that his work was a bioenergetic one. Bioenergetic Analysis is not only a technical tool but above all the bodily point of view of human and psychotherapeutic processes. You may work with stress exercises, moving, bonding, visualisation, transference and counter-transference or words you have to get in touch with the biological structures of your client. Bioenergetic Analysis tries to activate and to modify the behaviour patterns and the regulation systems of the human being.

It makes less sense reporting more details of our work for it would be too much and can only be understood in the context of our exchange. I will only add all the issues we were talking about:

Questions around the therapeutic process:

What do we do in the first session?

What is the goal, aim?

How can I find the red line?

How did you integrate Bioenergetic Analysis personally? In your work?

How can I explain verbally what bodywork is about? How others do it?

How to change from talking to bodywork?

How to create the relation, how to handle the different levels of relationships?

Is bodywork the right tool for every client? In every session? When is the right point to start?

How can I find the way to the deepest self?

How to work with resistance and negative transference?

How to deal with trapped or stuck situations?

What is the unconscious meaning of the client's symptoms? How to deal with unconscious expressions?

What is a therapeutic relation?

Besides our work we enjoyed very much the nice location, excellent service and hosting. On Saturday we spent some hours for a trip to the beautiful wine region with nice weather. The just starting spring lets explode all flowers and made us happy being there being alive and being together.

RAINER MAHR

STUTTGARTER GESELLSCHAFT FÜR BIO-ENERGETISCHE ANALYSE(SGFBA)

Participants of the workshop



Herbert Conze Rolf Großerüschkamp



Olaf Trapp, Gabriela Kümmerli



Fina Pla, Pedro Ribeiro Da Silva



Gabriele Sieberock



Fina Pla, Rainer Mahr, Olaf Trapp, Annie Nissou

IV JORDANAS IBÉRICAS DE ANÁLISIS BIOENERGÉTICO



El Comité Organizador ha estado a cargo de Víctor Sarmiento (*Coordinador*), Alicia Breva (*4º grupo de formación*), Antonio Fernández (*3º grupo de formación*), Sofía Lobo y José Luis Moreno (*Presidente de la SAAB*).

El pasado mes de Enero tuvo lugar en Sevilla las IV Jornadas Ibéricas de Análisis Bioenergético. Es un lugar de encuentro de las diferentes sociedades de España y Portugal que comenzó por primera vez en 2002 en Madrid y posteriormente se han celebrado en 2004 en Lisboa y en 2006 en Bilbao.

Con una participación de algo más de 80 personas se llevaron a cabo dos mañanas para ponencias y una tarde para talleres. Después de 5 años sin reunirnos, hemos disfrutado de unas estupendas jornadas en un ambiente agradable y de entusiasmo. Este éxito de organización y participación ha motivado a que se esté pensando ya en la organización de las próximas jornadas para 2013 y poder tener regularmente este espacio de encuentro y de intercambio entre las sociedades españolas y portuguesas.

La jornada del sábado comenzó con la inauguración de las Jornadas, por parte de José Luis Moreno, presidente de la Sociedad Andaluza de Análisis Bioenergético, (SAAB) que ha sido la sociedad organizadora de estas jornadas.

Las **Ponencias** que se hicieron a lo largo de la mañana del sábado fueron las siguientes:

- ✚ *Ildefonso Godoy*, trabajador social, que no forma parte de ninguna sociedad de análisis bioenergético: «*El cuerpo, más allá de un envoltorio carnal. Posmodernidad, binarismos e incorporaciones*».
- ✚ *António Menezes*¹: «*Grounding e contacto. Dois polos do eixo terapêutico*».
- ✚ *Maria Angeles Gorgas*²: «*De la Pesadilla a la Poesía*».
- ✚ *Edith Liberman*²: «*Integraciones, hacia una actualización de nuestro modelo psicopatológico*».
- ✚ *Pablo Ortiz*³: «*La Psicosis*».
- ✚ *Elena Guerrero*⁴: «*La invisibilidad del cuerpo lesbiano*».

¹ Asociación Portuguesa de Análisis Bioenergético (APAB)

² Sociedad Madrileña de Análisis Bioenergético (SOMAB)

³ Asociación Valenciana de Análisis Bioenergético (AMAB)

⁴ Asociación Catalana de Análisis Bioenergético (ACAB)

A lo largo de la tarde se organizaron un total de **Ocho Talleres**:

- Pedro Jiménez¹: «Trabajando con el movimiento involuntario».
- Maite Zumalde y Jaime Pérez²: «En relación con Alexander Lowen».
- María Goretti¹ «A força da corporalidade no espaço da relaçao».
- Estela Rubia¹: «Limites e Liberdade-Novos caminhos».
- Pedro de Antolín⁵: «La Descarga ».
- María Alcina³: «Psicoterapia de grupo-uma sala de espelhos»
- Susana Sachetti¹: «Taller de tango introspectivo. Diálogo cuerpo a cuerpo»
- Lola Corcuera 6: «Hipnosis clínica y Análisis Bioenergético»



From left to right: Francisco García Esteban², Fin a Pla⁵, Antonio Menezes Jose Luis Moreno³, Jaime Pérez⁶, Elena Guerrero y Mariana Benetti

Puedes consultar todas las ponencias y talleres en la lengua original de cada ponente, en la página de la Sociedad Andaluza de Análisis Bioenergético, www.bioenergeticasaab.com, pinchar arriba a la derecha en la pestaña *Mas*.

En la noche del sábado nos reunimos para una cena de gala en un lugar antiguo en el centro de la ciudad, «*La Taberna del Alabardero*», donde pudimos también disfrutar de una actuación de música sefardí y canciones del mundo



The Group

From left to right: Pedro de Antolín's wife, Pedro de Antolín, Mª Angeles Pérez, Víctor Sarmiento, Manel Fortes.

**JOSÉ LUIS MORENO
SAAB'PRESIDENT**

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¹ Sociedad Andaluza de Análisis Bioenergético (SAAB)

⁶Sociedad Vasca de Análisis Bioenergético (EHABE)

In English

IBERIAN CONFERENCE OF BIOENERGETIC ANALYSIS SEVILLA, 29.

TO 30. JANUARY, 2011



The Organizing Committee was integrated by Víctor Sarmiento (*Coordinator*), Alicia Breva (*4th Training group*), Antonio Fernández (*3rd Training group*), Sofía Lobo and José Luis Moreno (*President of SAAB*).

The last January took place in Seville the IV Iberian Conference of Bioenergetic Analysis. It is a meeting place of different Societies of Spain and Portugal which first began in 2002 in Madrid and were held in 2004 in Lisbon and 2006 in Bilbao.

With the assistance of just over 80 people were held two mornings for lectures and an afternoon for workshops. After 5 years without meeting, we enjoyed some wonderful days in a pleasant atmosphere and enthusiasm. This success in the organization and participation has motivate to think about the next conference in 2013 and to have these meetings regularly for exchanging experiences and practices between Spanish and Portuguese Societies.

The presentations were made throughout the morning on Saturday were:

- *Ildesfonso Godoy*, social worker, «*The body, beyond a carnal envelope. Posmodernism, binaries and additions*».

- *António Menezes*¹:

«*Grounding and contact. Two poles of the axis therapeutic*».

- *Maria Angeles Gorgas*²:

«*From nightmare to poetry*».

- *Edith Liberman*²: «*Integrations, to an update of our psychopathological model*».

- *Pablo Ortiz*³: «*The Psychosis*».

- *Elena Guerrero*⁴: «*The invisibility of the lesbian body*».

Throughout the afternoon we held a total of ***Eight Workshops***:

- ⊕ Pedro Jiménez⁵: «Working with involuntary movement».
- ⊕ Maite Zumalde y Jaime Pérez⁶ «In relation to Alexander Lowen»
- ⊕ María Goretti¹: «A força da corporalidade no espaço da relação»
- ⊕ Estela Rubia¹: «Boundaries and Freedom-News ways»
- ⊕ Pedro de Antolín⁵ «The download».
- ⊕ María Alcina¹ «Group Psychotherapy-a hall of mirrors».
- ⊕ Susana Sachetti¹: «Workshop of introspective tango»
- ⊕ Lola Corcuera⁶: «Clinical Hypnosis and Bioenergetic Analysis»



The Group

From left to right: Pedro de Antolín's wife, Pedro de Antolín, Mª Angeles Pérez, Víctor Sarmiento, Manel Fortes.

On Sunday morning continued with the following ***Presentations***:

- ⊕ José Luis Moreno³: «The therapist/patient encounter- another encounter in the present with the place in the past where nobody was there»
- ⊕ José Luis Gomes¹: «O “corpo relacional” é o objecto transicional de conhecimento»
- ⊕ Fina Pla⁵ and Francisco García Esteban²: «Contributions of attachment theory and neuroscience to Bioenergetic Analysis».
- ⊕ Jaime Ferreira da Silva¹: «O mecanismo de auto-sabotagem e sua expressão na mente e no corpo do paciente»
- ⊕ Inmaculada Ruiz²: «The Consequences of the trauma and its management».
- ⊕ Francisco García Esteban², Chairman of the EFBA-P, presented the objectives, activities and current life of this organization which we belong to. The Presidents of each of our societies joined him to talk about the activities that each societies develops to expand Bioenergetic Analysis and to support the professional development of its members.

You can see the presentations and workshops in the original language of each speaker's language in the web page of The Andalusian Society of Bioenergetic Analysis (*SAAB*), www.bioenergeticasaab.com, top right click on the tab *Más*.

On Saturday night we gathered for a gala dinner in an ancient place in the city center, «La Taberna del Alabardero» where we also enjoyed a performance of Sephardic music and songs.

JOSÉ LUIS MORENO

SAAB'PRESIDENT

Translater: Luis Naranjo

In German

BERICHT VOM NIBA-GER - STUDIENTAG IM MÄRZ 2011

Wie in jedem Jahr fand am ersten Märzwochenende (04./05.03.) unser Studentag statt. Eine Veranstaltung, die unseren Mitgliedern und Gästen interessante Vorträge mit Bezug zur Körperpsychotherapie bietet.

Für den Vorworkshop mit dem Titel «*Aufstauen und Fluss*» Arbeit mit dem Körper bei Schock, Angst und Panik konnten wir in diesem Jahr Josette van Luytelaar, Supervisorin und lokale Trainerin des Niederländischen Instituts für B.A. gewinnen. Sie vermittelte uns auf lebendige Weise ihre Erkenntnisse über die Arbeit mit dem «*Bodystarter*» bei Panikattacken und Angsterleben, die es ermöglicht, aus einem eingefrorenen Zustand wieder in energetischen Fluss zu kommen. Die TeilnehmerInnen (30!) waren hochzufrieden und bekamen neue Impulse für Ihre therapeutische Arbeit.

Aufgrund der erfreulich starken Nachfrage erweiterte Habbo Habbinga die Kapazitätsgrenzen seines wunderschönen Tagungshauses in Ovelgönne, sodass wir insgesamt 45 Teilnehmer/innen begrüßen konnten. Monika Koch, Vorsitzende des Weiterbildungsausschusses, vertrat in diesem Jahr Ihre Kollegin Brigitte Merkel und führte die TeilnehmerInnen durch das Programm.



THOMAS HARMS



JOSETTE VAN LUYTELAAR

Nach einem gemeinsamen Abendessen war der erste Referent am Abend Thomas Harms mit dem Thema «*Körperintelligenz und Bindung*». Der Dipl.- Psychologe und Leiter des «*Zentrums für Primäre Prävention*» (ZEP) und der «*Schreiambulanz Bremen*», stellte u.a. anhand von Videosequenzen eindrucksvoll sein körper- und bindungsorientiertes Therapie- und Beratungsmodell der «*Emotionellen Ersten Hilfe*» (EEH) vor. Im Zentrum dieses körperorientierten Ansatzes steht dabei der Gedanke, dass die elterliche Bindungsfähigkeit und Feinfühligkeit untrennbar mit einer liebevollen und annehmenden Selbstbeziehung verwoben ist. Der Einblick in die Arbeit von Herrn Harms mit Säuglingen und deren Eltern war für uns Teilnehmer sehr berührend.

Die Übungsgruppe am nächsten Morgen um 7:15 Uhr wurde dieses Mal von Vorstandsmitglied Olaf Trapp geleitet. Er verfolgte den Ansatz zunächst durch klassisch bioenergetische Übungen die körpereigene Lebensenergie zu mobilisieren. Mit Stimm- und Körperwahrnehmungsübungen wurde anschließend ein Gruppenkörper gebildet mit dessen Hilfe das erhöhte Energieniveau individuell verankert werden konnte.

Nach dem Frühstück folgte der Vortrag von Susanne Winkler, Dipl.-Psychologin und Lokale Trainerin unseres Instituts mit dem Titel «*Das Grounding*-

Überlegungen zu seiner Bedeutung für die Selbstentwicklung» an. Ausgehend von der Beobachtung, dass unsere Sprache reichhaltige Symbolisierungsschiffen zum Zusammenhang zwischen Selbsterleben, Identität und zwischenmenschlicher Kommunikation und dem Stehen anbietet, verfolgte sie die beiden Entwicklungslinien, die des Groundings und die des Selbst.

Der Vortrag mündete in der Hypothese, dass das Grounding die energetische Basis des Selbst und wahrscheinlich das entscheidende Agens in der Strukturbildung des Selbst darstellt.



SUSANNE WINKLER GIBT DER NIBA- VORSITZENDEN BARBARA OLES HILFESTELLUNG

Den letzten Vortrag des diesjährigen Studentags hielt Ulrich Sollmann, CBT, zum Thema «*Körperorientiertes Coaching in Wirtschaft, Politik und Non-Profit-Organisationen*».

Ulrich ist es gelungen den Zuhörern zu vermitteln, wie Kenntnisse aus der Bioenergetischen Analyse, z.B. intensives Beobachten des Körperausdrucks und das Deuten von Körpersprache im Coachingbereich erfolgreich angewandt werden können. Anhand von Beispielen erläuterte er die Wechselwirkung von Arbeit und Person und wie man diese durch Bewusstmachung verändern kann,

stellte aber auch die Unterschiede zur psychotherapeutischen Arbeit heraus.

OLAF TRAPP

NORDEUTSCHES INSTITUT FÜR BIOENERGETISCHE ANALYSE (NIBA)



Coach Ulrich Sollmann

REPORT ON THE NIBA-STUDY DAY IN MARCH 2011

As every year our study day took place at the first weekend of March (*March 4th and 5th*), an event that provides our guests and members interesting presentations with reference to body psychotherapy.

The pre-workshop with the title «*unfreezing and flow*» working with the body in shock, anxiety and panic, was carried out by Josette van Luytelaar, supervisor and local trainer at the Netherland Institute for Bioenergetic Analysis. In a lively manner she taught us insights about the work with the «*bodystarter*», in case of panic attacks and anxiety, which enables to come out of a frozen state into an energetic flow again. The participants (30!) were very satisfied; they got new impulses for their therapeutic work.



JOSETTE VAN LUYTELAAAR

Because of the gratifying strong demand, Habbo Habbinga extended the capacity limit of his conference center, so that we were able to welcome 45 participants. Monika Koch, chairwoman of the training committee, deputized for her colleague Brigitte Merkel this year and presented this year's programme.

After a communal dinner Thomas Harms was the first lecturer with the topic «*Bodyintelligence and attachment*». The psychologist and head of the «*Zentrum für Primäre Prävention*» (ZEP) (center for primary prevention) and the «*Schreiambulanz Bremen*» (screaming ambulance Bremen) presented, based on video sequences, his body- and attachment orientated therapy and counseling model of the «*Emotionale Erste Hilfe*» (EEH) (emotional first aid). In the center of this body orientated approach the idea is, that the parental ability of attachment and sensitivity is inextricably interwoven with a tender and accepting self-relation. The insight of Mr. Harm's work with infants and their parents was very touching for all of us participants.



THOMAS HARMS

The exercise class next morning at 7:15 was led by Olaf Trapp, board member of NIBA, this time. He followed the approach initially mobilizing the body's own life energy through classical bioenergetic exercises. Subsequently through voice- and body awareness practices a group- body was formed, which finally helped to incorporate the higher level of energy individually.

After breakfast the lecture from Susanne Winkler, psychologist and local trainer of our institute, ensued with the title «*Grounding- reflections to its meaning for self- development*». Starting from noticing, that our diction provides extensive symbolization codes regarding the context between standing and self- experience, identity and interpersonal communication, she pursued the two evolutions, the one of grounding and the one of the self.

The lecture lead to the hypothesis that grounding represents the energetically base of the self, it is probably the crucial agent to structuring the self.



SUSANNE WINKLER WITH A HELPING HAND FOR BARBARA OLES, PRESIDENT OF NIBA

Organisationen. » (Bodyorientated coaching in economy, politics and non profit organisations)

Ulrich managed to impart the audience in which way bioenergetic skills, for example intensive observing of bodily expressions and the interpretation of body language, in the coaching domain can be applied successfully. He explained the interaction from work and person and how one can change it by bringing it to mind, but he also exposed the differences to psychotherapeutic work.



Coach Ulrich Sollmann

OLAF TRAPP

NORDEUTSCHES INSTITUT FÜR BIOENERGETISCHE ANALYSE (NIBA)

LA NOUVELLE REGLEMENTATION EN FRANCE DU TITRE DE PSYCHOTHERAPEUTE

Les enjeux, les répercussions sur notre profession d'Analystes Bioénergéticiens

La difficulté d'exister en France

Jusqu'à cette année 2010, le titre de psychothérapeute ne faisait l'objet d'aucune réglementation en France, ne nécessitant pas de formation particulière ni de contrôle d'activité. Afin de protéger les usagers, les pouvoirs publics décident en 2004 de légiférer à ce sujet. Cela a été une longue bataille juridique (*texte de loi d'août 2004, modifié en juillet 2009*) bataille, ponctuée de conflits qui a abouti à un décret publié le 20 mai 2010.

A compter du 1^{er} juillet 2010, le titre de Psychothérapeute est protégé par la loi. Son usage requiert d'être inscrit sur *des Registres de Psychothérapeutes*. Cette inscription est réservée aux titulaires d'un diplôme de niveau Doctorat en médecine ou Master dont la spécialité ou mention est psychologie ou psychanalyse. Elle implique une formation de 400 heures en psychopathologie complétée par cinq mois de stage. Les aspects psychothérapeutiques purs ne concernent que 25% de la formation !!!.

Ce qui est nouveau c'est le détail exact des obligations de chaque professionnel de suivre une formation complémentaire ou non qui souligne la mise en marche officielle d'une suprématie médicale dans les soins psychiques.

Ainsi, les Psychiatres sont dispensés et de cette formation et du stage, les Psychologues Cliniciens sont soumis à 150h de formation et 2 mois de stage, les Médecins non Psychiatres à seulement 200h et 2 mois de stage, les Psychologues non Cliniciens à 300h et 5 mois de stage, les Psychanalystes à 200h et 2 mois de stage. Autrement dit, un Médecin Généraliste peut être Psychothérapeute après 200 heures de formation ce qui est également exigé pour un Psychologue Clinicien.

La nouvelle réglementation en France interdisant à la plupart d'entre nous d'user du titre de psychothérapeute ne reconnaît pas

notre compétence professionnelle. Nous devons maintenant nous battre pour que notre profession retrouve une place conforme à sa spécificité.

Par exemple des négociations ont été menées avec l'annuaire téléphonique « *Pages Jaunes* », qui nous demandait de retirer notre inscription de la rubrique professionnelle « *Psychothérapeutes* », nous proposant une rubrique « *Soins hors cadre réglementé* » !!!. Il semblerait que nos syndicats aient abouti à un accord dans une rubrique « *Psychothérapie (soins hors d'un cadre réglementé)* ».

Cette interdiction nous a également poussés à nous interroger sur notre pratique en regard non seulement des contraintes juridico-économiques, mais également en tenant compte de l'évolution de notre société et des pathologies que nous rencontrons maintenant dans nos cabinets.

C'est finalement de notre identité qu'il s'agit et ce bouleversement nous oblige à y réfléchir.

Ainsi, certaines organisations de praticiens travaillent ensemble pour unifier notre profession. Elles ont notamment entamé une réflexion sur un *nom* de métier qui puisse nous représenter en se substituant à celui de « *Psychothérapeute* » et qui corresponde bien à nos objectifs thérapeutiques.

Comme on le voit, cette tentative de prise de pouvoir de la médecine, si elle nous confronte à des difficultés quant à l'exercice de notre profession, nous oblige à nous redéfinir et à défendre notre identité et singularité d'Analystes Bioénergéticiens Psychothérapeutes.

JOCELYNE GUIGNARD

**INSTITUT D'ANALYSE BIOENERGETIQUE
FRANCE SUD (IABFS)**

THE NEW REGULATION FOR PSYCHOTHERAPISTS'S

TITLES IN FRANCE

What's at stake, the repercussions on our profession of Bioenergetic Analysis

The difficulty to exist in France

Until 2010, the title of Psychotherapist did not need to follow any regulation in France, therefore there was no particular training or control on the Therapists' activity. In order to protect the patients, it has been decided since 2004 to legislate the profession for this purpose. It was a long juridical fight (*official text August 2004, modified in July 2009*), punctuated by conflicts which resulted in a decree published in 20 May 2010.

Since the 1st July 2010, the Psychotherapist's title has been protected by law. To use it, requires an inscription in the *Psychotherapists' Registers*. This inscription is reserved to the holders of the diploma with the level of Doctorate in Medicine or Master with the speciality where Psychology or Psychoanalysis is mentioned. It implies a 400-hour study of psychopathology followed by a 5-month training period. The psychotherapeutic aspects cover only 25% of the training!!!

What is new is the exact detail of the obligation for each professional to follow or not the complementary training which underlines the medical supremacy in the psychic care.

So, Psychiatrists do not have to follow this training, Clinical Psychologists have to do 150 hours of study plus 2 months training, Doctors who are not Psychiatrists have only 200 hours study plus 2 months training, non-clinical Psychologists do 300 hours study and 5 months training, Psychoanalysts 200 hours study and 2 months training. Therefore, a generalist doctor may be a psychotherapist after a 200 hours studying period almost identical to that obligatory for a clinical psychologist.

The new French regulation forbidding most of us to use the title of Psychotherapist does not recognise our professional competence. We must now fight for our profession

in order for it to find its place in accordance with its specificity.

For example, it has been negotiated with the telephone directory « *Yellow Pages* », who have requested that we remove our inscription from the professional pages « *Psychotherapists* », proposing that we are placed under the category « *Care outside regulated official body* »!!! It seems that our unions agreed to that decision.

This banning has forced us to question our practice in regard to juridical-economical constraints and also take into consideration the evolution of our society and the pathologies we see nowadays in our office.

Finally, it is about our identity and this disruption forces us to think about it. So, some organisations of practitioners work together to unify our profession. They have started a reflection to find a *name* for the profession that could replace the one of « *Psychotherapist* » and correspond correctly to our therapeutic objectives.

As we see it, this tentative of the medical board to take over, if it confronts us with difficulties concerning the exercice of our profession, it obliges us to redefine and defend our identity and singularity of Psychotherapists : Bioenergetic Analysts.

JOCELYNE GUIGNARD
INSTITUT D'ANALYSE BIOENERGETIQUE
FRANCE SUD (LABFS)
TRANSLATORS : JACKIE LABICA & FRANCE KAUFFMANN

In German



DER ATEMSCHEMEL IN DER BIOENERGETISCHEN ANALYSE

Beim Sargtischler Träger aus Bochum habe ich meinen ersten bioenergetischen Hocker gekauft. Das war vor 25 Jahren. Dann kam das klappbare Modell: Thomas Ehrensperger in Basel verkaufte diese Innovation auf dem Markt des Bioenergetischen Zubehörs. Dann tat ich mich mit einem befreundeten Tischlermeister zusammen und entwarf ein eigenes Modell. Die Menge der Ausbildungskandidaten ging zurück und damit der Bedarf an Bioenergetischen Hockern.



Netto 399€



Sitzplatte netto 59€

Seit Dezember 2010 gibt es wieder eine Quelle. Der aktuelle Nachfolger heißt «Breathe» und ist in der Zusammenarbeit mit einem Produktdesigner, einem Tischler, einem Sattler und einem Computer Added Design (*CAD*)-Studio entstanden. Neu ist die Sitzplatte. Ihre Funktion: Aus der sitzenden Position geht man sehr sicher und allmählich in die Streckung. Auflage und Corpus sind aus edlem Material. In der Kleinserie ist er nicht gerade billig – aber zum 100sten Geburtstag von Alexander Lowen ein würdiges Design-Objekt: www.bioenergetischeanalyse.de

HERBERT CONZE

CBT

NORDDEUTSCHES INSTITUT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)



In English



THE BREATHING STOOL IN BIOENERGETIC ANALYSIS

I bought my first bioenergetic stool from Träger of Bochum, a joinery specializing in casket-making. That was 25 years ago. A collapsible model then came along: It was Thomas Ehrenspurger in Basel who put this innovation on the market for bioenergetic accessories. Later, I got together with a master carpenter and personal friend to design my own model. As the numbers of bioenergetic trainees declined, so did the demand for bioenergetic stools.



399€ net



Seat 59€ net

But there has been another source for « *breathing stools* » since December 2010. This latest version of the stool is called « *Breathe* » and was created in a collaborative effort involving a product designer, a joiner, an upholsterer and a Computer Added Design (*CAD*)-Studio. The seat is a novel feature. Its function: From a sitting position you can move very safely and gradually into the stretching-back position. Only the finest materials are used for the frame, fittings and upholstery. Produced in small numbers, the stool is not what you'd call cheap – but it's certainly a designer object worthy of the 100th anniversary of Alexander Lowen's birth: www.bioenergetischeanalyse.de

HERBERT CONZE

CBT

NORDDEUTSCHES INSTITUT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)

In Spanish



El taburete de respiración en el análisis bioenergético

Mi primer taburete bionergético, lo compré en Bochum del señor Träger, carpintero de ataúdes. Esto hace 25 años. Después descubrí el modelo plegable: Thomas Ehrensperger vendió esta innovación en el mercado de accesorios bioenergéticos en Basilea. Entonces me uní a un amigo mío, maestro de carpintería, y creamos un modelo propio. Sin embargo, la cantidad de alumnos de la Bioenergetica se fue reduciendo y con ello la demanda de taburetes bioenergéticos, por lo cual paramos la fabricación.



Netto 399€



Asiento netto 59€

Desde Diciembre 2010 existe una nueva creación. El modelo actual se llama "Breathe" y es el producto del trabajo en equipo con un diseñador de productos, un carpintero, un guarnicionero y una oficina especialista en trabajo con programas CAD. La innovación de este modelo es el asiento. Su principal objetivo es que el usuario se levante poco a poco de una posición sentada a estar de pie. Tanto la funda como la estructura están hechas de egregios materiales. A pesar de que el precio pueda aparentar un poco elevado para una compra particular - ¿no es un diseño digno del cumpleaños centenario de Alexander Lowen? www.bioenergetischeanalyse.de

*Herbert Conze
Norddeutsches Institut für Bioenergetische
Analyse (NIBA)*

MÍ EXPERIENCIA CON ESTA HERRAMIENTA EN ANÁLISIS BIOENERGÉTICO

Supongo que muchos terapeutas habrán oido hablar que la Core Energetics de John Pierrakos creó una herramienta alternativa para substituir el taburete del Análisis Bioenergético. Dicha herramienta se llama Roller, es una estructura de madera cilíndrica, recubierta con una capa de esponja gruesa. Mide 32 cm. de altura por 62 cm. de largo.

Probé el Roller conmigo mismo por primera vez en 2006 y me sentí muy gratamente sorprendido por la apertura somato emocional que sentí. Muy pronto comencé a utilizarlo con todos mis pacientes y los resultados fueran sorprendentes.

El trabajo con el Roller lo acompaña con un colchón que tiene la misma altura, para que la cabeza, cuello y brazos queden bien apoyados sobre el colchón (*ver foto*).



Los dos objetos combinados, me permiten ayudar mis pacientes a respirar profundamente, expandiendo el tejido muscular profundo, permitiendo trabajar de manera globalizada piernas, caderas, tronco y cabeza con menos estrés, que en el taburete.

En enero de este año decidí presentar el Roller en Sevilla, en las Jornadas Ibéricas. Mediante un taller, bajo el título: «*Trabajando con el movimiento involuntario*».

Aquí están algunas ventajas que he encontrado en mi trabajo del Análisis Bioenergético. con el Roller:

- La postura física del terapeuta esta más cercana al paciente y eso facilita la vinculación.
- Mejora el *grounding* del terapeuta y del paciente, porque están ambos más cerca del suelo y al mismo nivel
- Posibilita más apoyo de diferentes partes importantes del cuerpo del paciente como la columna, cuello y cabeza, debido a que dichas zonas reposan sobre el colchón y el Roller.
- Se consigue la extensión y apertura de los tejidos profundos de la pelvis, abdomen y pecho con menos dolor físico y lucha psicológica, al ser el Roller menos agresivo que el taburete en el aflojamiento del tejido conjuntivo.

MY EXPERIENCE WITH THIS TOOL IN BIOENERGETIC ANALYSIS

I suppose many therapists have heard that John Pierrakos' Core Energetics created an alternative tool to substitute the Bioenergetic Analysis stool. This tool is called Roller; it's a wooden cylinder structure, covered with a thick layer of sponge. It's 32 cm high and 62 cm long.

I tried the Roller on myself for the first time in 2006 and was surprised by the emotional somatic opening I felt. I soon tried it on all my patients and the results were equally surprising.

I use the Roller with a mattress that has the same height, so that head, neck and arms are well supported (*see photograph*).



The two objects combined, allow me to help my patients breath deeply, expanding the deep muscular tissue, enabling me to work legs, pelvis, torso and head as a whole, with less stress than on the stool.

Last January in Seville, I decided to introduce the Roller and it's use in Bioenergetic Analysis at the Iberian Conference in a workshop called: « *Working with the Involuntary Movement* ».

These are some advantages that I have found in my Bioenergetic Analysis' work with the Roller:

- The therapist's physical posture is closer to the patient and that makes bonding easier.
- Improves therapist and patient's grounding, because they are both at the same low ground level.
- Gives better support to important body parts like spine, neck and head, because these parts rest on the mattress and the Roller.
- More muscle extension and opening of the pelvis, abdomen and chest tissue is possible, with less physical pain and psychological struggle, because the Roller is less aggressive on the expansion of the connective tissue.

TRANSLATER :PEDRO JIMENEZ

Für euch gelesen:

Eric Kandel: Freud ist tot

Ausschnitt aus einem Interview von ScienceBlogs mit Eric Kandel am 22.4.2008
<http://www.scienceblogs.de/neurons/2008/04/eric-kandel-freud-ist-tot.php>

Medizinnobelpreisträger Eric Kandel hat im Interview mit uns dezidiert heutige Psychoanalytiker aufgefordert, selbst zu forschen: «*Freud ist tot. Sie sollten ihn ruhen lassen und weiterziehen.*»

SCIENCEBLOGS: Sie sprechen Freud an. Bevor Sie sich der Neurobiologie zuwandten, studierten Sie Psychiatrie und waren der Psychoanalyse zugewandt. Werden wir irgendwann auf neurologischer Ebene Freuds Dreigestirn Ich, Über-Ich und Es finden?

ERIC KANDEL: Warum nicht? Wir beginnen gerade zu analysieren, wo verschiedene Arten unbewusster Prozesse im Gehirn lokalisiert sind. Welche Bereiche aktiv sind, wenn jemand etwas bewusst erwartet versus unbewusst. Aber wir werden nicht Ich, Über-Ich und Es von einander getrennt finden, wie Freud das erdacht hat.

SCIENCEBLOGS: Ein Fehler von Freud?

ERIC KANDEL: Das Problem mit Freud ist, er wird verehrt wie eine Art Idol. Sicher hatte er intuitiv einige wichtige Erkenntnisse der Funktionen unseres Gehirns erfasst. Wenn man aber einen Fehler bei ihm aufdeckt - und er machte viele davon - reagieren die

Menschen entsetzt. Aber wie sollte er denn keine Fehler gemacht haben. Er war vor allem zwischen 1880 und 1940 aktiv. Er hatte keine unserer heutigen Techniken. Es ist erstaunlich, dass er einige profunde Erkenntnisse gewonnen hat. Es ist ganz und gar nicht erstaunlich, dass er etwa weibliche Sexualität nicht verstanden hat.

SCIENCEBLOGS: Ist Psychoanalyse nach Freud dann heute noch berechtigt?

ERIC KANDEL: Ich sage nur, Wissenschaft entwickelt sich. Das Problem ist, Psychoanalyse ist, sie steht heute noch immer bei Freud. Aber Freud ist tot. Sie sollten ihn ruhen lassen und neue Forschung betreiben. Was Patienten erzählen, genügt nicht. Wir brauchen bildgebende Verfahren und mehr, etwa für neue Analysen der frühkindlichen Entwicklung. Das Problem liegt also nicht bei Freud, sondern den Generationen nach ihm. Die sind wie eine eingeschworene Gemeinschaft gegenseitig schützen. Ich meine, wenn nichts anderes können als Psychoanalyse, dann trifft es sie jedes Mal hart, wenn Freud widerlegt wird. Schließlich hängt ihr Leben daran.



Eric Kandel

In English

FOOD FOR THOUGHT

ERIC KANDEL: FREUD IS DEAD

A fragment of an interview from ScienceBlogs with Eric Kandel (Neuroscientist), the 22.4.2008¹

In an interview Nobel laureate Eric Kandel has challenged the psychoanalysis of today to research by oneself: «*Freud is dead. They should let him and go on further.*»

SCIENCEBLOGS: You are talking about Freud. Before you started your studies in neurobiology you was engaged in psychiatry and psychoanalysis. Will we find sometimes Freud's triumvirate of Ego, Super – Ego, Id on the neurological level?

ERIC KANDEL: Why not? We are just starting to analyze the location of unconscious processes in the brain. Which areas are active if you are expecting anything consciously or unconsciously. But we will not find Ego, Super – Ego, Id separated of each other as Freud has thought of.

SCIENCEBLOGS: A mistake of Freud?

ERIC KANDEL: The problem with Freud is that he is adored like an idol. Of course he has caught some important knowledge and functions of our brains instinctively. But if you discover a mistake he has done – and he has done a lot – people react scared. But why he should not have done mistakes? He was active in the years of 1880 to 1940. He did not have the techniques of today available. It is amazing that he has found some profound results. And it is really not amazing that he did not understand female sexuality.

SCIENCEBLOGS: Now after the area of Freud is the psychoanalysis still eligible?

ERIC KANDEL: I only say science will develop. The problem of the psychoanalysis is that it stuck with Freud up to today. But Freud is dead. They should let him be and develop new research. What patients are talking is not enough. We need techniques for visualization and more – for instance for analyzing the early development of children. It is not Freud's problem but the problem of the generation of today. This generation tries to protect itself like a sworn in community. I think if they do not know anything but psychoanalysis it will be very hard for them whenever Freud is proved wrong. For it is their job depending on that.

RAINER MAHR

STUTTGARTER GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE (SGFBA)



In French

QUELQUES NOUVELLES DU COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)

Deux groupes de formation d'analystes bioénergéticiens sont en cours au Collège Français d'Analyse Bioénergétique (CFAB), l'un en première année, l'autre en seconde année. La formation est assurée par 4 formateurs internationaux, Guy Tonella est le Coordinateur et Maryse Doess est la Formatrice Internationale principale .

Les Journées d'Etude Francophones d'Analyse Bioénergétique auront lieu cette année à Toulouse, les 1ers et 2 octobre, organisées par le CFAB. Le thème en sera « **Des Mémoires pour le Corps** ». Le programme est alléchant, avec des interventions d'analystes bioénergéticiens, d'un neurobiologiste, d'un médecin hématologue, d'un ostéopathe, etc., l'objectif étant de mettre en perspective ces « *Mémoires pour le Corps* », spécifiant l'analyse bioénergétique contemporaine. Soyez tous d'avance les bienvenus. Nous vous y espérons nombreux ! Les informations sont disponibles sur le site du CFAB www.cfab.info

Le CFAB continue ses activités avec notamment des groupes thérapeutiques résidentiels avec un couple de thérapeute (*Maryse Doess / Guy Tonella*), sous deux formes :
- un groupe ponctuel de 5 jours en juillet de chaque année.
- un groupe continu de trois rencontres sur l'année (*groupe fermé*)
Ces séminaires sont pour nous toujours d'une grande richesse, nous poussant à développer

recherche et créativité, et avec des résultats très positifs. Nous continuons tous les deux à y prendre beaucoup de plaisir !

Nous proposons également durant l'année des Journées d'Initiation à l'Analyse Bioénergétique, et organisons à la demande des cursus de formation spécifique pour psychologues et thérapeutes cliniciens d'autres orientations.

Le CFAB est entrain de réfléchir sur la refonte du programme de formation, en écho avec la situation globale qui rend de plus en plus difficile l'accès à des formations longues et coûteuses. Nous partagerons nos résultats avec vous d'ici quelques mois.

Le site du CFAB dispose en ligne d'un accès à de nombreux articles, et ce dans plusieurs langues, ouverts et disponibles à tous. Venez le visiter, et si vous le souhaitez, soyez les bienvenus pour nous proposer vos articles !

MARYSE DOESS ET GUY TONELLA

COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)

In English

SOME NEWS ABOUT THE «*COLLÈGE FRANÇAIS D'ANALYSE BIOÉNERGÉTIQUE*» (**CFAB**)

Two bioenergetic analysis training groups are in their ongoing, one in its second year, one in its first year at the College Français d'Analyse Bioénergétique (CFAB). The training is led by 4 international IIBA trainers, Guy Tonella being the Coordinator and Maryse Doess the permanent international trainer.

The French Language Speaking annual Congress, «*Journées d'Etudes Francophones d'Analyse Bioénergétique*» will take place this year in Toulouse, October 1st and 2nd 2011, organized by the CFAB.

The Theme is «**Memories for the Body**». The program is attractive, with presentations of several bioenergetic analysis psychotherapists, of a Ph.D. neurobiologist, of a physician specialized in hematology, of an osteopath, etc. The purpose is to give perspective to these various «*Memories for the Body*», defining the contemporary Bioenergetic Analysis. Please feel all very welcome ! We hope to see lots of you! Any more information available on our web www.cfab.info

The CFAB goes on developing its activities, among them therapeutic groups with a therapists' couple (Maryse Doess / Guy Tonella), under two new forms since the end of 2010.
- one is a 5 days residential summer workshop, each year in July.

- one is a continuous workshop, three times a year, with the same people for the whole group.

These workshops are always full of richness, asking from us research and creativity, and with very positive results. We both still go on enjoying them very much!

We propose also several one day workshop of initiation to Bioenergetic Analysis during the year and some specific training programs in Bioenergetic Analysis for psychologists and psychotherapists of other fields

The CFAB is going on with reflections and work about a new style of Training Program, echoing the global situation which makes access to long and expensive training more and more difficult. We will share our results with you within a few months.

The CFAB web has access to a lot of articles in several languages, open to any of you. Come and visit us, and if you wish you are welcome to submit your articles

MARYSE DOESS AND GUY TONELLA

COLLEGE FRANÇAIS D'ANALYSE BIOÉNERGÉTIQUE (CFAB)

BIOENERGETIC JOURNALS

- ❖ «**BIOENERGETIC ANALYSIS ,THE CLINICAL JOURNAL OF THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS»** http://www.bioenergetic-therapy.ch/1frm_shop.htm
- ❖ «**FORUM DER BIOENERGETISCHEN ANALYSE»,** Ed. Dr.Vita Heinrich-Clauer.
Email: vita.heinrich-clauer@osnanet.de
- ❖ «**LE CORPS ET L'ANALYSE, LE CORPS DU THERAPEUTE : LA PLACE DU THERAPEUTE ET SON ENGAGEMENT »** -11°Journées Francophones d'Analyse Bioénergétique, Revue des Sociétés Francophones d'Analyse Bioénergétique, Ed. SOBAB, IABFS, SFABE, CFAB Numéro unique, Automne 2010.
<http://www.analyse-bioenergetique.com>
- ❖ «**THE EUROPEAN JOURNAL OF BIOENERGETIC ANALYSIS AND PSYCHOTHERAPY»**
<http://www.bioenergetic-journal.net>



THE NEW CBT'S

From the SAAB

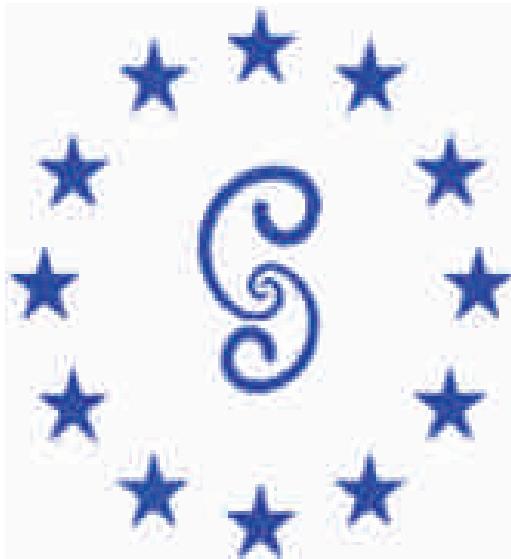
- MAITE LÓPEZ DE RUEDA
- ELENA GONZÁLEZ SILVA

And From the NIBA-GER

MICHAEL NISSEN (*Kopenhagen & Berlin*)

EVENTS

Events-Conferences	Place-Time-Language	Trainer - Society	Costs	Information
The 4 th Iberian Conference of Bioenergetic Analysis	29 -30 January 2011 Spain, in Séville In Spanish & Portuguese	SAAB	Trainee : 80€ CBT : 125€	SAAB E-mail:- www.bioenergeticasaab.com
NIBA-GERStudentag (NIBA-GERStudyday)	4 th – 5 th March 2010 im Haus Habbinga / Ovelgönne/Germany In German	NIBA- e.V (Germany)	30€	NIBA-e.V E-mail:- www.niba-ev.de
Third Theoretical Workshop on Bioenergetic Issues : “Organizing Bioenergetic Processes”	April, 1 st – 3 rd 2011 Germany at Wiesbaden, In English	EFBA-P Rainer Mahr	280€	EFBA-P www.bioenergeticanalysis.net E-mail: Rainer Mahr: rmahr@t-online.de
« Catharsis et lien »	4 th -10 th April 2011 Belgium at Wépion In French	Violaine Declercq SOBAB	390€	E-mail:Violaine Declercq violainedc@swing.be
«Character Structure in Terms of their energy system »	May 2011 Bilbao- San Sebastian. (North Spain) In English & Translation in Spanish	Eleanor Greenlee EHABE	About 375€ Without Accommodations. (Price will be fixed later on)	EHABE E-mail: bioenergetika@euskanet.net
Journées Francophones d'Analyse Bioénergétique : « Des Mémoires pour le Corps » French Language Speaking Days: «Memories for the Body »	02 nd – 03 rd October 2011 Toulouse In French	Maryse Doess Guy Tonella CFAB	Trainee: 120€ 140€ Continuing Education: 220€ (+ Accommodation Expenses)	CFAB E-mail:- contact@cfab.info
Your contributions for the next issue « BASIC 22nd » Please send them before 15th October 2011				



EUROPEAN FEDERATION FOR BIOENERGETIC ANALYSIS PSYCHOTHERAPY

Austria – Belgium - Dutch - France – Germany - Norway

Portugal - Spain - Switzerland

Integrated by Societies Members of IIBA

www.bioenergeticanalysis.net

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Website of EFBA-P Coordinated by Edith Liberman

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