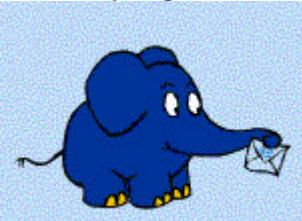




**Number 16
Spring 2008**



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CHANGES IN BASIC

BASIC, the newsletter of the federation is an alive project that continues evolving. A new epoch starts with this issue that incorporates some changes.

In November 2002, Regine Armbruster-Heyer from the ‘*Société Belge d’Analyse Bioénergétique*’ (SOBAB), became BASIC’s editor and resurrected and revitalized the project that had been dormant for some time. She increased its content and gave BASIC a more attractive appearance changing the layout and including pictures and graphic elements. Several languages were also included so that it was more accessible to members and became so a truly international enterprise. After 5 years as its editor, Regine has retired from that function. She will nevertheless continue offering support during the transition. She leaves behind a truly mature newsletter. I want to thank her here, on behalf of the federation, for the enormous amount of work done during these years and for all what has been accomplished in that time.



Annie Nissou from the “*Institut d’Analyse Bioénergétique France Sud*” (IABFS), has accepted taking up the challenge of being the new editor. She comes with expertise in the matter, as member of the Reading Committee and Coordinator of the magazine of the French speaking Societies of Bioenergetic Analysis «*Le Corps et l’Analyse*» (*Body and Analysis*). Thanks Annie for offering yourself for this task and having started with excitement and competence to work on it, which has produced this excellent spring issue. Good luck with the project!

There are also changes in the way BASIC will be made available to members. The General Assembly decided last November to stop the current printed edition, in order to reduce the economic and personal costs associated with printing and mailing. From now on BASIC will be distributed to members only as a computer file in pdf format that people can print if they want. Please enjoy the advantages of this option: to see pictures and graphic elements in color, and the easiness to save and archive issues. A small number of issues of BASIC will nevertheless continue to be printed, to have them available to be offered in events, like psychotherapy conferences in which Bioenergetic Analysis should be represented.

We expect that with the help of voluntary translators, we will be offering ever more complete editions of BASIC in different languages, in addition of the official multilanguage version. A (sometimes edited) version of BASIC will also be made available to the general public in our web page at:
<http://www.bioenergeticanalysis.net/>

We hope that these changes will guarantee the longevity and continued improvement of our newsletter.

*Francisco García Esteban
President of EFBA-P*



Chère Lectrice, cher Lecteur,

Je reprends la rédaction de Basic à la suite de Régine Armbruster –Heyer qui a fait un excellent travail pendant ces 5 dernières années. La tâche n'est pas simple mais l'objectif important : **C'est le lien nécessaire entre nos différentes Sociétés pour mieux nous connaître et évoluer ensemble, nos écrits sont aussi la seule façon d'exister et d'être reconnu dans le monde de la Psychothérapie.** C'est pourquoi j'ai décidé de prendre la relève, je vous demanderai donc de l'indulgence pour ces premiers numéros.

Le Basic n° 16 est le premier de l'année 2008. Cette édition rend hommage malheureusement à deux de nos collègues disparues récemment : Mariola López Garcia, notre collègue de l'*«Associació Catalana en l'Anàlisi Bioenergetica»* (ACAB) et Gabriella Buti Zaccagnini, notre collègue de la *«Società Italiana di Analisi Bioenergetica»* (SIAB). Nous venons également d'apprendre le décès de David Finlay, Formateur International et membre d'une précédente Commission Exécutive de l'Institut International d'Analyse Bioénergétique, un article lui sera destiné dans notre prochain numéro.

Vous trouverez ci après, le compte rendu de plusieurs conférences et événements qui ont eu lieu entre le dernier Basic et celui-ci, notamment, le rapport de l'Assemblée Générale de l'EFBA-P par son Président Francisco Garcia Esteban qui s'est tenu en novembre 2007 : dix Sociétés européennes y étaient. Vous y trouverez des informations sur le *«Collège Français d'Analyse Bioénergétique»* qui a posé sa candidature comme membre de la Fédération ainsi que le développement de projets d'intérêt pratique pour

nos membres proposés par Rainer Mahr dont notamment le *«Projet Pilote»* : vous êtes chaleureusement invités à vous y inscrire. Francisco García Esteban relate la première réunion du Conseil d'Administration (*BOT*) de l' Institut International d' Analyse Bioénergétique (*IIBA*) qui s'est tenu début février à Lisbonne ainsi que celle de l' *«European Association for Psychotherapy»* (*EAP*) qui s'est tenue également en février à Vienne. Puis s'ensuivront les nouvelles des Sociétés : Norvégienne (*NFBA*), Française (*SFABE*) avec son compte rendu sur les Journées Francophones et Néerlandaise (*NIBA-NL*) qui a pris en charge la mise en place aux Pays BAS du *«Professional Development Workshop»* (*PDW*) de l'*IIBA*. Une section traitant de l'avenir de la Psychothérapie en Europe qui se poursuivra dans les prochains numéros aborde ici la situation en France aujourd'hui. Je vous souhaite intérêt et plaisir à la lecture de cette nouvelle édition.

Annie Nissou

IN ENGLISH

Dear Reader,

I continue Basic's writing in succession of Regine Armbruster-Heyer who has been doing an excellent work during those last 5 years. The job is not simple but the target important: **It is the necessary link between our different Societies in order to better know each other and to move together, our writings are also the only way to exist and to be recognised in the Psychotherapy world.** That is why I decided to take over, so I will ask you some indulgence for those first issues.

Basic n°16 is the first one of the year 2008. This edition pays tribute unfortunately to our two colleagues recently dead: Mariola López Garcia, our Colleague from the *«Associació Catalana*

en l'Analisi Bioenergetica» (ACAB), and Gabriella Buti Zaccagnini, our colleague from the «Società Italiana di Analisi Bioenergetica» (SIAB), we just learn David Finlay's decease. He was International Trainer and previous member of the Executive Committee of the International Institute for Bioenergetic Analysis, an article about him will be intended in our next issue.



So, you will find several conferences and events that happened between the last Basic and this one, especially the President Francisco García Esteban's EFBA-P General Assembly report held in November 2007: Ten Europeans Societies were represented. You will find information about the «*Collège Français d'Analyse Bioénergétique*» who applies for getting a member of the Federation and developing projects of practical interest for our members proposed by Rainer Mahr and specially the «*Pilot Project*» where you are kindly invited to subscribe. Francisco García Esteban relate also the first meeting of the Board of Trustees (BOT) of the International Institute for Bioenergetic Analysis (IIBA) which was held in the beginning of February in Lisbon and the one of the «*European Association for Psychotherapy*» (EAP) which was held also in February in Vienna. Then will follow the

news from the Societies: Norway, (NFBA), France (SFABE) with its report of the French Days and The Netherlands (NIBA-NL) who took on the setting of IIBA's «*Professional Development Workshop*» (PDW). A section discussing about the future of the Psychotherapy in Europe that will stretch out in the next issues approaches here the today French position.

I wish you interest and pleasure when reading this new edition.

Annie Nissou

***Annie Nissou (the new Editor of Basic) with Francisco García Esteban, President of EFBA-P
“Annie Nissou is now in the boat of the Federation”***

**During an EC meeting 2008 in Madrid
(Photo above: Regine A.-H)**



EC members 2007-2008 during an EC meeting in April 2008)

From left to right: Annie Nissou, Rainer Mahr, Regine Armbruster-Heyer, Francisco García Esteban, France Kauffmann

REPORT ON THE GENERAL ASSEMBLY OF 2007 OF EFBA-P

The General Assembly (GA) of the federation took place in Brussels the days 23rd to 25th of November 2007. The atmosphere of the meeting was excellent and delegates were able to work in a friendly, structured and effective way. Many matters were addressed; I summarise below some of them.

The event was warmly hosted by the “Société Belge d’Analyse Bioénergétique” (SOBAB). The organising committee constituted by Regine Armbruster-Heyer, Claudia Ucros and Francois Gillet did an excellent job. Delegates heartily appreciated the attitude and work of both society and organising committee. Ten EFBA-P Societies sent delegates or were represented. Patrizia Mosselli, President of the “Società Italiana di Analisi Bioenergetica” (SIAB) and of the “Federazione Italiana delle Associazioni di Psicoterapia” (FIAP), was present too. We explored ways to facilitate the incorporation of Italian Societies in EFBA-P. Patrizia strongly encouraged the active involvement of bioenergetic societies in the functioning of their respective National Awarding Organizations (NAOs), as a way of enhancing our prestige and promoting the acceptance of Bioenergetic Analysis as a mainstream modality of psychotherapy. It is a strategy that has worked very well in Italy, where Bioenergetic Analysis has become an officially accepted form of therapy.

The Norwegian Society formally began to be a member of the Federation since September of this year, ending a period of confusion about its membership. You can read in this same issue an article by its President, Arild Hafstad, introducing his Society.

The new French Society, the “Collège Français d’Analyse Bioénergétique” has applied to be a member of the Federation. An admission committee was put in place. Liane Maathuis of the Netherlands Society (NIBA) started it and was later joined by Stefan Grenz of the Stuttgart Society (SGfBA). The committee will examine the documents sent by the society and will report to the other European societies about the application, so that they have the opportunity to raise objections if they think there is ground for it. The final decision will be taken at the 2008 GA.

I, Francisco García from the “Sociedad Madrileña de Análisis Bioenergético” (*SOMAB*), was re-elected for another term (3 years), as member of the Executive Committee. I will nevertheless continue as President just for another year, until the next GA. Annie Nissou, from the “Institut d’Analyse Bioénergétique France Sud” (*IABFS*) was also elected as Executive Committee member.



Participants at the GA meeting EFBA-P 2007
From left to right: Dolors Boada Junca (ACAB), Fina Pla I Vila (ACAB), Emilia Gallardo Pérez (SOMAB), Annie Nissou (IABFS), Claudia Ucros (SOBAB)

It was decided that BASIC, our newsletter, will be published in the future just in electronic format to reduce costs and the personal resources needed to edit and distribute it. Annie Nissou will be its new editor, substituting for Regine Armbruster-Heyer, from the “Société Belge d’Analyse Bioénergétique” (*SOBAB*), who has been its editor for the last years. Regine was heartily thanked for the immense and excellent work done in that time.

Edith Liberman from the ‘Sociedad Madrileña de Análisis Bioenergético’ (*SOMAB*) continues to coordinate the web commission. Our web page has been regularly updated with information about activities and changes in the societies. Some improvements in its appearance have been made and new functionalities are under development. You can visit it at www.bioenergeticanalysis.net

There was a strong emphasis on developing projects of practical interest for our members. Rainer Mahr proposed several such projects that were gladly endorsed by participants. They include

the organisation of a theoretical workshop to address core bioenergetic issues and the creation of databases of bioenergetic literature and bioenergetic experts. We hope that these projects will foster the participation of our colleagues in the federation and promote a feeling of belonging to it.

Institutional issues were also discussed, like the restructuring process of the International Institute for Bioenergetic Analysis (*IIBA*) and the cooperation of the Federation with *IIBA* in the organisation of the Professional Development Workshop (*PDW*) of 2008, which will take place in Europe.

The restructuring of *IIBA* has not concluded. The new Board of Trustees (*BOT*) of *IIBA* will have to continue the process started long time ago. The current bylaws allow for many possibilities, like the fact that the European Federation be represented in the *BOT* by members of its Executive Committee (*EC*), Francisco Garcia Esteban (*SOMAB*) and France Kauffmann (*IABFS*), even if regional structures are not formally recognised in the bylaws.

The GA accepted to collaborate with *IIBA* in the search for a suitable location for the *PDW* and the constitution of a committee to organise it. (*It was decided in the following weeks that the PDW will take place in the Netherlands*)



Participants at the GA meeting EFBA-P 2007
From left to right: Michael Schoor (DOK), Brigitte Berger (DOK), Jaime Pérez García (EHABE), Rainer Mahr (SGfBA), Liane Maathuis (NIBA-NL), Regine Armbruster-Heyer (SOBAB)

European Association for Psychotherapy (*EAP*) matters were also addressed, clarifying issues related to the application for European Certificate for Psychotherapy (*ECP*) and European Accredited Psychotherapy Training Institutes



(*EAPTI*) status, and the subject of Continued Professional Development (*CPD*) requirements.

In this same issue of BASIC you can find an article related to these issues.

On Saturday evening took place a meeting of delegates with members of the Hosting Society in which opinions were exchanged about topics interesting the Society and about possible activities for the future. Information was shared about a project for working bioenergetically with children. Persons interested in collaborating or offering suggestions should contact Thierry Van Schuylenbergh at thierry.vanschuy@tiscali.be. The organisation by EFBA-P of Clinical European Days on specific issues was also proposed, like for instance working bioenergetically with specific problems or populations (trauma, children...)

Next year's GA will be hosted by the Austrian Society (*DÖK*) and will take place in Vienna the 28th - 30th of November 2008.

Members interested in knowing further details about the 2007 GA can request the minutes of the meeting from their Societies.

*Francisco García Esteban
President of EFBA-P*



EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY (*EAP*) MATTERS

I will report below about some issues that were addressed at the February EAP meeting in Vienna which I attended.

EFBA-P DELEGATE AT VIENNA MEETINGS

I was joined at the meeting by Johannes Rastbichler from the Austrian Society (*DÖK*), substituting for Ulrike Pschill who could not attend the meeting this year. Ulrike has expressed her desire to hand over that responsibility to Johannes so that she has more free time to devote to her society. Johannes has accepted being in the future an EFBA-P delegate at Vienna meetings, to become progressively more involved in EAP matters and to consider the possibility of eventually fully substituting me. I want to thank here Ulrike for her generous involvement and all the work done in the last years. I also want to thank Johannes for his availability to become involved in the complex EAP matters.

EUROPEAN CERTIFICATE FOR PSYCHOTHERAPY (*ECP*)

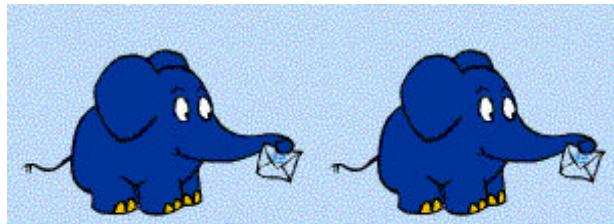
The different procedures to obtain the *ECP* continued to be subject of discussion, without any clarifying text being included in the *ECP* document. There is an acknowledgement that in practice there are three different

ways to award the ECP: through ‘European Accredited Psychotherapy Training Institutes’ (EAPTiS) (*more or less automatically after completion of training and starting of professional practice*), through “National Awarding Organization” (NAOs) and “European Wide Accrediting Organization” (EWAOs) (*currently after five years of experience as psychotherapist*) or through Grandparenting Advisory Panel (GAP) (*for those applicants for which there is no EWAO for their modality*). The above distinction was not accepted to be included as such in the ECP document, as it was deemed to be detrimental to the promotion of new EAPTiS, as people might erroneously perceive that the advantages of that option are not worth the difficulties inherent in the process of becoming one. So, the current confusing situation will persist for the moment, the last two options being included as “grandparenting”. This creates a confusion of its own, as scrutinising grandparenting applications is not properly the function of GAP as it would seem logical in principle. GAP in reality only takes care of the applications for which there is not an accepted modality (EWO: European Wide Organization or EWAO: European Wide Accrediting Organization).

Grandparenting was supposed to be a transitional phase, which in most cases would have disappeared by now. The duration of that transitional clause has nevertheless been extended several times, from the original two years to ten. At this meeting the paragraph about the time limit for grandparenting has just been deleted from the ECP text. Persons interested in applying for the ECP under the grandparenting clause, and who haven’t done so because they thought that grandparenting had expired in their country, should contact their local “National Awarding Organization” (NAO) and enquire about the way to proceed.

“EUROPEAN ACCREDITED PSYCHOTHERAPY TRAINING INSTITUTES” (EAPTiS)

It seems to exist a cooperative attitude to help institutes to become accredited as EAPTiS. EWAOs are suggested that, when a new institute applies to recognition by the modality, it applies also for EAPTi status so that the scrutiny from the modality and TAC can proceed simultaneously with the consequent saving of time and costs. Societies interested in applying for EAPTi status can get the necessary information in the EAP document ‘*How to apply to become a European Accredited Psychotherapy Training Institute and to receive an EAPTi certificate*’, which can be downloaded at: http://www.europsyche.org/download/EAP_EAPTi_HOW_TO_APPLY.pdf



RE-REGISTRATION OF EUROPEAN CERTIFICATE FOR PSYCHOTHERAPY (ECP)

The re-registration of ECP after five years will be linked to the completion of the “Continuing Professional Development” (CPD) requirements. All practitioners re-registering for the ECP will be required to be members of both a NAO and a EWAO. It will be the responsibility of the NAO to process the application and check the meeting of the CPD requirements. NAOs and EWAOs may require their own particular CPD criteria. People that do not meet the requirements will retain the ECP but will not be on the list of registered ECP holders meeting the CPD requirements. The “Annual General Meeting” (AGM) of June will most likely precise any remaining details about this topic.

I will continue monitoring any developments in the future on these matters and reporting about them.

Francisco García Esteban
President of EFBA-P
Delegate at EAP

IIBA

OUTCOME OF THE 2007 IIBA ELECTIONS. FIRST MEETING OF THE NEW BOT

Dear colleagues,

I am writing to you to report to you about the outcome of the past elections for the Board of Trustees (*BOT*) of the International Institute for Bioenergetic Analysis (*IIBA*) and to share with you my impressions about the first *BOT* meeting.

As you know, the elections for regional and faculty representatives to constitute the *BOT* took place last autumn. France Kauffmann, of the ‘*Institut d’Analyse Bioénergétique France Sud*’ (*IABFS*), Francisco García Esteban, of the ‘*Sociedad Madrileña de Análisis Bioenergético*’ (*SOMAB*) and Gabriella Buti Zaccagnini, international faculty of the “*Società Italiana di Analisi Bioenergetica*” (*SIAB*), were elected by you to be the European Representatives in the *BOT*. The unexpected death of Gabriella (*you will find in this issue an article about this sad event*) left a vacancy which was subsequently filled by the *BOT* meeting, nominating June McDonagh from the “*Scottish Centre for Bioenergetic Analysis*” (*SCBA*) to be the European faculty representative. Fina Pla, of the “*Associació Catalana en L’Anàlisi Bioenergètica*” (*ACAB*) was also nominated by the *BOT* to fill an additional European representative vacancy in the *BOT* (*her name did not show up in the ballots because of delays in communication caused by problems with the e-mail system*).

The first meeting of the new *BOT* took place in Lisbon the days 7-9 of February. The members of the previous Executive Committee (*EC*) were also present, to report on the work done by the previous team and facilitate the transition. The atmosphere of the meeting was excellent. There was enthusiasm... tempered by the perception of the enormity of the tasks that lie ahead. The majority of the *BOT* members are new in the structure which might have contributed to make the tasks appear even greater. There was nevertheless excitement about the possibilities for the future and a constructive and cooperating attitude on the part of everybody. We were a team of colleagues representing members from different regions of the world intending to work together to continue building an *IIBA* that is fair, efficient and with a degree of autonomy for the different regions and societies.

An Executive Committee (*EC*) was elected, comprising representatives of the three regions. Scott Baum, from North America, was elected President; Francisco García, from Europe, Vice-President; Barbara Davis, from North America, Officer for Teaching Matters; Mae Nascimento from South America, Secretary-Treasurer. You can look at the web page of the *IIBA*, in the “*Members only*” section, for the worldwide list of members of the *BOT* and the composition of different *IIBA* Committees. You can also see a picture of all *BOT* members at the Lisbon meeting in the Spring Newsletter of *IIBA* where you can also find additional information regarding this subject, among it an editorial from the new President.

This first meeting meant a first contact with our colleagues and with the issues that need to be addressed. A lot of work will be required in the coming years to continue the work done by previous teams. Reasonable goals for this first year are an increased grasping of the reality of *IIBA* and the continuation and attempt at improving of current projects (*Newsletter, Journal, PDW, Conferences, Web page...*). We hope to fulfill the trust that you have deposited on us to represent you. We intend to foster the communication between *IIBA* structures and its members and societies. We hope you will share with us the excitement about the future, the perception that it truly depends on us. Please contact us with whatever suggestion or comment that you might have. You will find our e-mail addresses below.

Francisco García Esteban

European Delegate in the BOT

E-MAIL ADDRESSES OF EUROPEAN REPRESENTATIVES

Fina Pla: petxina@copc.es

France Kauffmann: france-kauffmann@wanadoo.fr

Francisco García Esteban: antropo@correo.cop.es

June McDonagh: dafcampbel@aol.com

News from the Societies News from the Societies News from the Societies



ON THE BACK ROW: JOHN SJØVOLD; HANS LINDQVIST, ARILD HAFSTAD – ASSISTANT TRAINER, CLAES

ON THE FRONT ROW: TRUDE VALØ; VIVI NITTEBERG - LOCAL TRAINER, INGER HILDRUM

IN ENGLISH

THE NORWEGIAN SOCIETY FOR BIOENERGETIC ANALYSIS

NFBA greets the EFBA-P and expresses joy and expectations for future cooperation. We are happy that the cloudiness about our position towards EFBA-P is behind us and that we can join in as members in the association. We will surely be represented at the next General Assembly.

Our society is in a phase of delayed development and restoration of its functions after Arnt Halsen, our local trainer died in 1998. He represented the driving force and local expertise in our Society. In

the nineties after Arnt fell ill and until lately, Phil Helfaer represented the inspiration and bioenergetics knowledge for us, as he was the coordinating trainer for 2 training groups, until Heiner Steckel took over. After Arnt we have been short of any local capacity to lead the society in a continuous way. In 2005 however, Phil suggested to the Society that Vivi Nitteberg a seasoned psychologist and CBT, was well qualified to take the role as local trainer. As a native Norwegian who has lived and practiced as a bioenergetic therapist in Anchorage Alaska for some years, she is travelling to Norway often, is a member of our board and is involved as teacher in our new training group. Phil also suggested that Arild Hafstad would be assistant in the training with the prospect of forming a more robust stock of local teachers in the future. Both Vivi and Arild

have been involved with the training group for a year now, together with Heiner as Coordinating Trainer.

In 2006 we formed a new board with Arild Hafstad as President, Vivi Nitteberg as Local Trainer, Elsa Frøili as Vice President and Heidi Bjørnerem as Treasurer. Unfortunately we have not been able to replace Heidi after she resigned this year – so the board is just three persons for the moment. Next year we expect to get a student representative in. The new board made an explicit plan ahead of the election, to be very clear about our priorities. After one and a half year we seem to be well on our way.

We have 37 members, which is an increase of two since last year: 17 Psychologists; 7 Psychiatrists; 4 Psychiatric nurses; 2 Ph.Ds.; 2 Social workers; 2 Psychomotor Physiotherapists; 1 Medical Doctor and of the 37 members are 13 Certified Bioenergetic Therapists and one of them is Local Trainer. 7 or 8 members are practicing Bioenergetic Analysis on a full time basis.

After some difficulties we have managed to establish a new training group of 5 stable members. The training has been differentiated into a preclinical and a clinical module, two years duration for each. Besides the training we are planning to make an alternative training as “*Bioenergetic Instructor*” as a 3 year program.

To vitalize a ‘slumbering’ society we have held monthly member meetings the last one and a half year, doing exercises together and talking. This will be kept and possibly further developed in the future. Last month we also invited other Body Psychotherapists to join us in a “*mini seminar*”, honouring Reich in the 50th Year of his passing. The 15 participants were invited to look into ‘*The Orgasm Reflex in light of Trauma theory and Berceli’s Trauma Realising Exercises*’. Both this move and publishing articles in the Journal of the Norwegian Psychologist Association is a part of our strategy to become a participating part in the Mental Health Field.

We wish you a successful General Assembly and looks forward to be with you next year!

Greetings from

The Board of NFBA,

Arild Hafstad, President

REPORT TO THE EFBA-P, GENERAL ASSEMBLY – NOVEMBER 2007



IN ENGLISH

NEWS FROM THE DUTCH INSTITUTE

- We are very happy with the certification of Marc Aarts and Mia Plu, who are fine people to add to our team of 35 Certified Therapists.
- In December 2007 we made some changes in the board of our Society: Elly Meyles has joined the board for the coming two years; she will be mostly involved in training matters. Yvonne Versteeg, joined the Executive Committee of NIBA for the coming 4 years. She is still in training to become a Bioenergetic Analytical Therapist. Within the EC she will be responsible for the internal quality system and for Public relations to make NIBA, the training and the therapy more known for the public. Liane Maathuis has agreed to be Secretary and Vice-President for another year. Tine Gelderman has agreed to be Treasurer for one more year. The position of President is not filled.
- We like to inform you that the next Professional Development Workshop (*P.D.W.*), organised by the International Institute for Bioenergetic Analysis, will take place in Holland this year!
- The P.D.W. will start on Tuesday 26th of August and will end on Sunday 31st of August.
- It will take place in “*De Poort*”, a lovely and quiet place in the beautiful woods of Groesbeek, near Nijmegen.
- Approximately 40 to 45 people can sign up for this workshop, so you can consult the announcement on page 19-20.
- Finally, we want to welcome you on our revised website!
www.bioenergetischeanalyse.nl



NEWS FROM THE SFABE

Journées Francophones 2007

« *De l'attachement au lien* »
06 / 07 Oct 2007 Paris

Au CISP 12 ième SFABE_sfabe@wanadoo.fr

IN FRENCH

C'est la « *Société Française d'Analyse Bioénergétique* » (SFABE) qui organisait et accueillait ces Journées francophones, centrées sur le thème de l'attachement et du lien.

Plusieurs conférenciers venant des différentes sociétés francophones, mais venant aussi d'autres courants analytiques et psychothérapeutiques ont planché sur ce thème dense et nous ont fait partager leurs recherches et leurs expériences cliniques.

Colette Maskens introduit ces Journées, nous livrant une définition du bonheur: «*être unifié et relié aux autres, ancré dans le moment présent, avec une capacité à réguler ses émotions* ». A partir de là, l'objectif thérapeutique sera pour elle d'aider le patient à s'unifier, à se relier aux autres et à son environnement ; mais aussi l'aider à se reconnecter aux évènements douloureux de son passé. La qualité du thérapeute à être connecté à ses sensations, émotions, sentiments, sera pour le patient non seulement un précieux support, une qualité du lien, mais favorisera une issue positive à ses problèmes.

Cette qualité d'être du thérapeute est à développer pour chacun, à l'image du bon musicien qui va transmettre à son public, bien au-delà de sa technique, la sensibilité de sa musique ; et c'est ce que va illustrer :

Jean Constantin Colletto, de manière très vivante , comme il sait le faire, nous livre sa trajectoire de musicien « *amateur* » (*dans le sens de passionné*). L'enseignement du conservatoire lui a donné des bases essentielles, mais ne l'a pas préparé à jouer devant un public avec plaisir et émotion. C'est progressivement en écoutant et voyant de grands jazzmen qu'il a intégré ce double mouvement nécessaire, pour transmettre le vivant de la musique : avoir une solide formation de base et être sans cesse « *relié* » à son intérriorité, ses émotions ; du coup improviser et transmettre au public prend une autre dimension...

Notre compréhension du processus thérapeutique doit s'enrichir aujourd'hui de tout l'apport des neurosciences avec les découvertes de ces dernières décennies.



Participants in Paris during the French-Speaking Days 2007

Gérard Pommier était invité par la SFABE à présenter son dernier ouvrage « *Comment les neurosciences démontrent la psychanalyse* ». Il nous a présenté son modèle théorique de la compréhension des processus psychiques. S'il est allé voir du côté des neurosciences les liens entre corps, langage et relation humaine et leurs effets sur l'accroissement de nos connexions synaptiques, il reste bien ancré sur les concepts de la théorie analytique, donnant priorité au langage et à la représentation et ne voyant l'émotion que comme interface entre la sensation et la représentation.

C'est à partir de cette référence analytique que nous parle **Joyce McDougall**, en s'appuyant essentiellement sur les fragments d'analyse d'un patient. Avec sa longue expérience de psychanalyste et sa perspicacité, elle témoigne du parcours douloureux de son patient, des liens

qu'elle l'aide à faire entre les traumas du présent et du passé.

Alain Amselek, s'appuie lui aussi sur le corpus analytique, mais enrichi de son détour par l'analyse Bioénergétique. En électron libre il a suivi son propre chemin. Il développe une dialectique entre l'analyse qui délie en s'appuyant sur le rationnel et une écoute qui cherche à remonter jusqu'aux sources de la parole, à la pulsion. Il nous convie à l'écoute de l'intime chez nos patients : ce qui suppose une grande disponibilité intérieure de l'analyste, dans une relation d'inconscient à inconscient avec l'analysant. L'écran du mental est écarté et laisse place à l'intuition, à l'empathie, à la vraie rencontre avec l'autre ce qui va favoriser le changement.

Martine Vigier prend le risque de se dévoiler dans un témoignage authentique et poignant, sur son parcours de vie. Mais ce témoignage de patiente se double du recul pris par la thérapeute qu'elle est devenue. Elle démontre le rôle essentiel joué dans le processus thérapeutique par la qualité de présence et du lien du thérapeute : une thérapeute authentique qui a su créer un vrai lien d'attachement tout en maintenant la bonne distance.

Marie-Hélène Dubois nous offre une présentation originale : elle nous parle de sa position d'assistante maternelle, recevant des enfants chez elle. Avec une observation perspicace, une présence accueillante et chaleureuse, elle démontre tout le processus du lien d'attachement qui peut s'opérer entre une « nounou » et un enfant, entre une mère et son enfant et ce qui favorise le développement d'une vraie sécurité intérieure : ses observations lui ont permis par exemple de repérer comment le petit enfant crée progressivement des rituels de sécurité à l'arrivée et au départ de chez la « nounou ».

Patrice Mouyon, Psychologue Clinicien au CHU de Lyon interroge les institutions et leurs pratiques sociales dans le champ de la petite enfance. Comment se protéger de l'ombre du *Big Brother*, alors qu'elles ont à porter un regard sur l'intimité familiale ? Que peuvent-elles observer du lien parent-enfant ? Faisant référence aux enfants abandonnés, il observe qu'ils cherchent toujours un démenti à leur abandon, restant dans une

idéalisation et une difficulté à faire le deuil de ces parents défaillants.

Françoise Jèze nous fait partager avec passion son expérience de sessions de *rebirthing* qu'elle a animées pendant de longues années. Elle observe dans sa pratique comment nos premiers patterns d'attachement vont moduler toutes nos relations ultérieures, bien qu'ils aient du mal à advenir à la conscience et à y être admis. Elle observe comment l'enfant initie le lien d'amour dans ses premiers regards et qu'il faut avoir la force de les rencontrer. De même que pour accepter la confiance en l'autre il faut être sûr du lien. Elle montre l'importance du corps à corps qui se joue dans les séances de *rebirth* entre le patient et le thérapeute qui se met au service du patient afin qu'il traverse ses souffrances archaïques.

Serge Cueille clôture avec brio ces Journées tissant avec finesse l'analyse d'une situation clinique, et des références théoriques claires sur les liens d'attachement. Il développe ce que sont les critères d'attachement positifs, l'attachement en négatif du maternel et illustre comment un de ses patients inscrit viscéralement en lui les projections négatives et les persécutions d'un parent psychotique, avec toute la souffrance dont il cherche à se délivrer.

Jean-Luc Emeraud



IN ENGLISH

THE FRENCH SPEAKING DAYS OF BIOENERGETIC ANALYSIS IN PARIS, OCTOBER 6TH-7TH 2008

“FROM ATTACHMENT TO BONDING”

The «Société Française d’Analyse Bioénergétique» (SFABE) organised and hosted French-Speaking Days centered on the theme of attachment and bonding. Several lecturers from different French-speaking Societies but also from different analytical and psychotherapist currents worked on this rich theme and shared their research and clinical experience with us.



Entertainment on Saturday night

Colette Maskens introduced these days with her definition of happiness: « *To be unified and connected to others, to be rooted in the present moment, with an ability to regulate our emotions.* » Her therapeutic aim is to help the patient reconstruct himself, to help him bond with others and his environment, but also to help him to reconnect to the distressing events of his past. The ability of the therapist to connect to the patient’s sensations, emotions and feelings will not only be a precious aid, and create a privileged relationship with the patient, but will promote a positive outcome to his problems.

This quality of being of the therapist is something everyone should develop, just as a good musician will communicate the sensitivity of his music and not simply his technique. This is what **Jean Constantin Coletto** illustrated in his lively way as he showed us his personal experience as an

« amateur » musician (and yet a true lover of music). He trained in music at the Music Academy, but his training did not prepare him to play with pleasure and feeling in front of an audience. He came to understand this double necessity in communicating the life of music (to have good musical training and also to be constantly in touch with his inner feelings, his emotions) by listening to and looking at great jazz musicians. As a result, his improvising and sharing with his audiences has taken on a new dimension. Today, the understanding of our therapeutic process must be enriched by neuroscience and the discoveries of these last decades.

Gérard Pommier was invited by SFABE to speak about his most recent book, « *Comment les neurosciences démontrent la psychanalyse* » He presented his theoretical model for the understanding of the psychic process. While he has been looking into neuroscience, the bonds between body, language and human relationships and their effect on the increase in our synaptic connections, he remains well-rooted in the concept of analytical theory, giving priority to language and representation and seeing emotion as the interface between feeling and representation.

Joyce McDougall talked to us from this analytical standpoint, essentially by using the example of one of her patients. Thanks to her long experience as an analyst and her perspicacity, she was able to show the painful progress made by her patient and the link she has helped him to establish between present and past trauma.



**SFABE President Serge Cueille presents
Joyce Mc Dougall**

Alain Amselek also draws on analytical corpus, but one enriched by his knowledge of bioenergetic analysis. As a free electron, he has followed his own path. He has developed a dialectic between analysis which releases by depending on the rational, and a particular attentiveness to what the patient is saying and which tries to reach into the sources of speech, into the impulse. He invites us to be attentive to the intimacy of our patients, which requires great inner availability from the analyst, in a relationship of unconscious to unconscious with the patient. The screen of intellectual analysis is done away with and is replaced by intuition, empathy, a true meeting with the other that will bring about change.

Martine Vigier took the risk of revealing herself in an authentic and poignant testimony about her life experience. But this testimony of the patient that she was is coupled with the distance taken by the therapist she has become. She proves the essential part played in the therapeutic process by the quality of the presence of the therapist and by the establishing of the therapeutic bond, as a therapist who was able to create a real bond as well as keeping the right distance between patient and therapist.



Jeanne Vaillant presenting Marie Hélène Dubois

Marie-Hélène Dubois gave an original presentation. She talked of her experience as a child-minder, caring for children at her home. With perspicacity and a welcoming and warm presence, she has proved that the process of the construction of bonds and attachment between a mother and *her* child and between a child-minder and *one* child is very different. She shows us what encourages the development of a real inner security. Her observations allow her to spot how

a child very actively and progressively creates the rituals of security at the arrival at and the departure from the child-minder's.

Patrice Mouton, a Clinical Psychologist in the CHU (Lyon) questioned institutions and their social practices in the field of early childhood. How to be protected from the shadow of Big Brother when they must have a look at family intimacy? What can they observe from the parent-child bond? Referring to abandoned children, he observed that they are always looking for a denial to their having been abandoned, through idealization and a difficulty at going through the grieving process over their failing parents.

Françoise Jèze shared her experience of rebirthing sessions which she has organized for many years. She has observed in her practice how our first patterns of attachment condition all our future relationships, even if they have difficulty reaching the conscious and being accepted. She observes how a child initiates the bond of love in his first look and how it's necessary to have the strength to meet him. In the same way, to accept the other's trust, we must be sure of the bond. She shows us the importance of the body - to- body relationship within the rebirthing sessions between the patient and the therapist who is there to help the patient go through his archaic suffering.

Serge Cueille brilliantly closed these days, delicately weaving the analysis of a clinical situation with clear theoretical references to the bond of attachment. He defined what the criteria of positive and negative maternal attachment are. He showed how one of his patients profoundly internalized the negative projections and the persecution of a psychotic parent, and all the suffering that he has tried to free him from.

Jean Luc Emeraud

*Translation : Maureen Field
Marie-Hélène Dubois*



IN GERMAN

EIN PILOT PROJEKT

DIE EFBA-P BIETET IHREN ERSTEN THEORIEWORKSHOP IN BIOENERGETISCHER ANALYSE AN:

« Was meinst Du damit, wenn Du von Bioenergetischer Analyse redest ? »

Mit der Zeit hat sich in der Bioenergetischen Analyse viel verändert. Theorie und praktische Arbeit haben sich weiterentwickelt. Es ist deshalb nicht immer klar, ob der Kollege oder die Kollegin noch das gleiche Verständnis über die verschiedenen Themen der Bioenergetischer Analyse haben. Vielleicht ist die Arbeit in den verschiedenen Ländern inzwischen auch unterschiedlich.

Da es aber kein Gremium gibt, das in der Lage ist, ein allgemein verbindliches Verständnis der Bioenergetischer Analyse festzulegen, brauchen wir ein Forum, auf dem wir uns darüber austauschen können, wie du bioenergetisch arbeitest und was mein Verständnis ist zu bestimmten grundlegenden bioenergetischen Fragen.

Mit einem Workshop für ungefähr 20 Teilnehmer wollen wir erstmals solch ein Forum auf europäischer Ebene schaffen.

Die geplanten Themen:

1. Übungsgruppen: Warum machst du diese oder jene Übung? Was beabsichtigst du damit auf der körperlichen und psychischen Ebene. Hier sind die Ideen und Erfahrungen aller Teilnehmer gefragt.
2. Was meinst du, wenn du von Energie und energetischen Prozessen in dem Bioenergetischer Analyse sprichst?
3. Wie verstehst du Beziehung in der Bioenergetischen Analyse? Gibt es eine besondere Notwendigkeit für die Arbeit mit Beziehung?

4. Offen: es können Fragen aus den vorausgehenden Arbeitseinheiten diskutiert oder neue aufgegriffen werden.

Zu allen Themen gibt es eine kurze, vielleicht kontroverse Einführung von verschiedenen Teilnehmern. Aber der größte Teil der Zeit wird der Diskussion und dem Austausch dienen.



Dieser Workshop ist nur für ungefähr 20 Personen gedacht, weil wir noch nicht viel Erfahrung mit dieser Art der Arbeit haben und auch keine Möglichkeit, große Konferenzen zu organisieren.

Dieser Workshop ist für CBT und auch für Kollegen gedacht, die ihre Ausbildung beendet aber die noch nicht zertifiziert worden sind.

Der Workshop wird vom 13 – 15. März. 2009 stattfinden.

Die Kosten betragen 250,- € alles inklusiv.

Die Konferenzsprache ist englisch.

Der Workshop soll in Deutschland, in der Nähe von Frankfurt am Main stattfinden, ungefähr 30 km entfernt vom internationalen Flughafen.

Wir haben dafür einen schönen Ort gefunden. In der Freizeit können wir Ausflüge unternehmen nach Mainz, in ein Weinbaugebiet mit einem berühmten Kloster, oder in Wiesbaden einen Einkaufsbummel machen.

Interessierte Kolleginnen und Kollegen möchten sich bitte schon bald melden, damit wir wissen, dass es Sinn macht, in dieser Richtung weiter zu planen.

Anmeldungen an: **Rainer Mahr**, Dreieichstr. 29, D 63263 Neu-Isenburg

Tel. : 00 49 (0) 6102 21274

E-mail: rmahr@t-online.de



“EC members of EFBA-P relaxing after an EC meeting 2008

**From l. to r.: Rainer Mahr, SGfBA; Francisco Garcia Esteban, SOMAB; Annie Nissou, France Kauffmann, IABFS
(Photo:Regine Armbruster-Heyer, SOBAB)**

IN ENGLISH

A PILOT PROJECT

EFBA-P PRESENTS ITS FIRST THEORETICAL WORKSHOP ON BIOENERGETIC ISSUES:

«WHAT DO YOU MEAN TALKING OF BIOENERGETIC ANALYSIS»

Over the years a lot has changed in Bioenergetic Analysis. Its theory and practice has developed further. So it is not always clear if your nearby colleague has the same understanding of Bioenergetic Analysis, or if the practice in another country is still similar to yours.

Because there is no committee authorized to say what is the right understanding of Bioenergetic Analysis we need a panel for exchanging on how you would work bioenergetically and what is one's understanding of basic bioenergetic issues.

With a workshop on a European level with about 20 participants we will organize such a panel for the first time.

The intended schedule:

1. Exercise groups: Why do you do this or that exercise? What is the intended effect on the bodily and on the psychic level? The ideas and experiences of all members of the workshop are welcome.
2. What do we mean talking of energy and energetic processes in Bioenergetic Analysis?

3. What do you mean by relation in Bioenergetic Analysis? Is there a specific need for the work with relationship?
4. Open: We can continue discussing interesting topics that have emerge in the previous workshop or addressed new ones.

All issues will get a short and may be controversial input by some members. But most of the time we will use them for discussion and exchange.

This workshop will take only about 20 members because we do not have much experience in such a work and no energy to organize big conferences.

This workshop is intended for CBT or students that have completed their training but aren't yet certified.

The workshop will take place in March, from the 13th – 15th, 2009

The price will be 250 € all included.

The conference language will be in English.

The workshop will take place in Germany near Frankfurt on the Main, and is about 30 km away from the international airport. We have found a very nice location. We can use the free time for some sightseeing tours to Mainz, or to a winery region with a famous monastery or for shopping in Wiesbaden. Interested colleagues may tell it very soon so that we will get an idea that we are on the right way and can go on organizing this meeting.

For registration contact: **Rainer Mahr,**

Dreieichstr. 29, D 63263 Neu-Isenburg

Phone: 00 49 (0) 6102 21274

E-mail: rmahr@t-online.de

IN GERMAN

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Die geplanten Themen:

5. Übungsgruppen: Warum machst du diese oder jene Übung? Was beabsichtigst du damit auf der körperlichen und psychischen Ebene. Hier sind die Ideen und Erfahrungen aller Teilnehmer gefragt.
6. Was meinst du, wenn du von Energie und energetischen Prozessen in dem Bioenergetischer Analyse sprichst?

7. Wie verstehst du Beziehung in dem Bioenergetischer Analyse? Gibt es eine besondere Notwendigkeit für die Arbeit mit Beziehung?
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IN FRENCH

« ÊTRE PSYCHOTHERAPEUTE EN EUROPE »

A PROPOS DES LOIS REGISSANT LES PSYCHOTHERAPEUTES EN FRANCE AUJOURD'HUI...

En France, on peut dire que la tentative de loi sur les Psychothérapeutes est au point mort. Il y a eu une tentative de prise de position par les pouvoirs publics avec une amorce à la va-vite en 2004 qui s'est soldée par un demi échec : la loi a été votée par le Parlement et le décret d'application n'arrive pas à se mettre en place ; Or, en France une loi n'est valable que lorsqu'il y a un décret d'application.

Que se passe t-il ? Les pouvoirs publics avaient eu l'idée de régler les dérives sectaires et avaient pensés à une sorte de consensus national sur des réseaux de formation de psychothérapeutes. En fait, ils se sont heurtés à la réalité du terrain et au manque d'uniformité en la matière.

On se retrouve aujourd'hui confronté à tous les problèmes qui, depuis l'après guerre sur le plan de la santé mentale, n'ont pas été réglés et font que les problématiques s'entrechoquent, les écoles de psychanalyse se sont scindées les unes des autres et sont en bagarre, les courants de la psychologie aussi...c'est le retour du refoulé, ce qui n'a pas été liquidé refait surface !

L'aberration ultime de ce projet de décret est de faire croire que les Médecins Généralistes, par exemple, soient des Psychothérapeutes !

Comment peut-on tomber d'accord sur de telles inepties !

L'avenir de la psychothérapie en France n'est pas prêt d'être réglée...alors, qu'en est-il dans les autres pays européens?

C'est ce que nous allons continuer à explorer dans nos prochains numéros...

Alors ne manquez pas le numéro 17!

Annie Nissou

IN ENGLISH

"TO BE A PSYCHOTHERAPIST IN EUROPE"

CONCERNING THE LAWS REGULATING PSYCHOTHERAPISTS IN FRANCE TODAY...

In France, it can be said that the attempt at passing a law regulating psychotherapists is at a standstill. The government attempted to take a stand with a quickly-put-together beginning of a law which was a partial failure; the law was voted in Parliament but the decree of implementation never followed, and in France, a law is not a law without this decree of implementation.



What exactly is happening here? The government set out to stop the dangers of religious sects and cults masquerading as therapy, and thought there was a sort of national consensus concerning the training networks of psychotherapists. In fact, they were confronted with the reality in the field, and a lack of uniformity among therapists.

Today, we must face all the problems concerning mental health that have not been solved since after the war, which means that different currents are in conflict, psychoanalytical schools have split and are at war with each other...repression has returned, and what has not been settled will always come to the surface.

What is most absurd about this law is that it makes people think that General Practitioners are Psychotherapists! How can we possibly agree with such nonsense? The future of psychotherapy in France is by no means settled... what, then, is the situation in the other European countries?

We will continue exploring the matter in future issues...So don't miss number 17th!

Annie Nissou

Translation : Maureen Field

„DER PSYCHOTHERAPEUT IN EUROPA“

DIE HEUTZUTAGE GELTENDE, GESETZLICHE REGELUNG FÜR PSYCHOTHERAPEUTEN IN FRANKREICH...

Von Annie Nissou

Der Versuch, ein Psychotherapeutengesetz in Frankreich zu verabschieden ist, so kann man wohl sagen, am toten Punkt angelangt. Im Jahr 2004 hat die an der Regierungsmacht befindliche Legislative und Exekutive in einem Schnellversuch Position bezogen, welcher letztendlich gescheitert ist: das Gesetz wurde im Parlament verabschiedet und die ministerielle Verordnung, das sogenannte Dekret jedoch wurde nicht umgesetzt. Nun, in Frankreich ist ein Gesetz nur dann in Kraft, wenn eine ministerielle Verordnung stattgefunden hat.

Was ist passiert? Die Regierung hatte die Absicht, die sektiererischen Abweichungen zu regulieren und dachte daran, eine Art nationaler Einheit über die Ausbildungsrichtlinien von Psychotherapeuten zu schaffen. Sie sind dabei aber mit der Realität, dem Terrain und der fehlenden Einheit auf diesem Gebiet in Konflikt geraten.

Wir sind heute auf dem Sektor psychischer Erkrankungen wieder mit allen Problemen der Nachkriegszeit konfrontiert, die damals nicht gelöst worden waren und die dazu führen, dass die Problematiken aufeinanderstoßen: die Schulen für Psychoanalyse sind untereinander gespalten und liegen im Streit, die Richtungen in der Psychologie ebenfalls...das Verdrängte kommt wieder zum Vorschein, was nicht erledigt wurde, gelangt an die Oberfläche!

Der allerletzte Wahnwitz des Gesetzesentwurfes zum Beispiel wollte Glauben machen, dass die Allgemeinmediziner Psychotherapeuten seien!

Wie kann man bei solchen Unsinnigkeiten eine Einigung erreichen?

Die Zukunft der Psychotherapie in Frankreich ist noch nicht geregelt. Wie sieht es in anderen europäischen Ländern damit aus?

In Zukunft werden wir dieser Frage weiter nachgehen...

Also deshalb versäumt nicht die nächste Ausgabe Nummer 17.

*Übersetzt aus dem französischen
Regine Armbruster-Heyer*



BIOENERGETISCHE ANALYSE IN BEWEGUNG

IN GERMAN

EINLADUNG ZUR JUBILÄUMSTAGUNG 25 JAHRE «STUTTGARTER GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE»

In diesem Jahr besteht die «Stuttgarter Gesellschaft für Bioenergetische Analyse » 25 Jahre.

Deshalb wollen wir mit euch allen feiern mit Musik, Spiel, Tanz und fachlichem Austausch über die Bioenergetische Analyse und angrenzende Gebiete.

Ort: Das Seminarhotel Seidenbuch liegt im Odenwald, in der Nähe von Bensheim bei Frankfurt am Main

Zeit: 24. bis 26. Oktober 2008

Vorträge:

1. Alles nur Chemie? Die Einheit von Körper, Geist und Seele nach der neurobiologischen Wende:
Rainer Mahr
2. Die Geschichte unserer Gesellschaft: Anja van der Schrieck-Junker;
3. Der Körper in der Traumatherapie: Bioenergetische Konzepte zur Auflösung von Traumafolgestörungen: Gabriele Füting, Thomas Heinrich, Angelika Wenzel
4. Wilhelm Reich: Was war? Was bleibt? : Rainer Mahr

Workshops:

1. Depression und ihre Behandlungsmöglichkeiten in der Körperpsychotherapie: Wera Fauser
2. Workshop: Angst im Kontext der bioenergetisch-analytischen Psychotherapie, Karl-Heinz Schubert
3. Traumatherapie: Bioenergetische Konzepte zur Auflösung von Traumafolgestörungen: Gabriele Füting, Thomas Heinrich, Angelika Wenzel
4. Neue Pfade? Bioenergetische Analyse und Meditation, Regine Trostel
5. Lebensdynamik und Charakterstruktur: Der Körper im Wandel der Lebenssituationen: Stefan Grenz
6. Vom Wort zum Körper: Reden oder Spüren und Merken: Anja van der Schrieck-Junker

Diskussion: Die bioenergetischen Basiskonzepte: ***Wohin bewegt sich die Bioenergetische Analyse?***

Moderation: Karl-Heinz Schubert

Bioenergetische Übungen : mit Gabriele Füting, Karl-Heinz Schubert, Jochen Schirmer; Künstlerische und unterhaltende Beiträge, sind herzlich willkommen, bitte melden.

Anmeldung und weitere Informationen zu Programm, Unterbringung und den Kosten:

Karl-Heinz Schubert, Amalienstr.25, 76133 Karlsruhe, Deutschland

Tel: + 49 721 - 69 8941 Fax: + 49 721 - 6 63 59 67

E-Mail: k-heinz.schubert@t-online.de und www.sgfba.com

IN ENGLISH

BIOENERGETIC ANALYSIS ON THE MOVE!

INVITATION TO OUR CONFERENCE FOR THE CELEBRATION OF 25 YEARS OF THE « STUTTGARTER GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE»

As of this year, the «*Stuttgarter Gesellschaft für Bioenergetische Analyse* » has existed for 25 years. Therefore we do want to celebrate it with all of you - with music, games, dance and professional sharings on Bioenergetic Analysis and adjoining areas.

Place: Seminarhotel Seidenbuch in Odenwald, close to Bensheim in the area of Frankfurt, Germany.

Date: 24th – 26th of October 2008

Lectures:

1. *Is everything chemistry? The union of Body, Soul and Mind after the neurobiological turn:* Rainer Mahr.
2. *Our society's history:* Anja van der Schrieck-Junker.
3. *The body in trauma therapy: Bioenergetic concepts for resolution of late trauma disturbances:* Gabriele Füting, Thomas Heinrich, Angelika Wenzel.
4. *Wilhelm Reich: Who he really was:* Rainer Mahr.

Workshops:

1. *Depression and ways for treatment in body-psychotherapy:* Wera Fauser.
2. *Anxiety in the light of Bioenergetic-Analytical Psychotherapy:* Karl-Heinz Schubert.
3. *Trauma therapy: Bioenergetic concepts for resolution of late trauma disturbances:* Gabriele Füting, Thomas Heinrich and Angelika Wenzel.

4. *New path? Bioenergetic Analysis and Meditation:* Regine Trostel.
5. *Life's dynamic and character-structure: the body in the light of changing life situations:* Stefan Grenz.
6. *From Words towards the Body: Talking or feeling:* Anja van der Schrieck-Junker.

Discussion:

Bioenergetic Basics: Where are you moving towards, Bioenergetic Analysis?

Moderation: Karl-Heinz Schubert.

Bioenergetic Exercises: with Gabriele Füting, Karl-Heinz Schubert, Jochen Schirmer.

We welcome contributions of entertainment and art. Please get in touch with us.

Registration and further information about program, accommodations and fees:

Karl-Heinz Schubert, Amalienstr.25, 76133 Karlsruhe, Germany.

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IN FRENCH

L'ANALYSE BIOENERGETIQUE EN MOUVEMENT

INVITATION POUR LES 25 ANS DE LA « STUTTGARTER GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE »

A ce jour, la « *Stuttgarter Gesellschaft für Bioenergetische Analyse* » existe depuis 25 ans.

C'est pourquoi nous voulons le fêter avec vous tous –avec de la musique, des jeux, de la danse et des échanges professionnels autour de l'Analyse Bioénergétique et dans les domaines alentours.

Lieu : Seminarhotel Seidenbuch à Odenwald, près de Bensheim, dans la région de Francfort, Allemagne.

Dates : Du 24 au 26 Octobre 2008

Conférences :

1. Tout est chimie ? L'union du Corps, de l'Ame et de l'Esprit après le tournant neurobiologique : Rainer Mahr
2. L'histoire de notre Société : Anja van der Schrieck-Junker
3. Le corps dans la thérapie du traumatisme : Concepts bioénergétiques pour la résolution des troubles tardifs du trauma, Gabriele Füting, Thomas Heinrich, Angelika Wenzel
4. Wilhelm Reich : Qui il était réellement, Rainer Mahr

Ateliers :

1. La dépression et les formes de traitement en psychothérapie corporelle : Wera Fauser
2. L'anxiété à la lumière de la psychothérapie bioénergétique analytique: Karl-Heinz Schubert
3. Thérapie du traumatisme : Concepts bioénergétiques pour la résolution des troubles tardifs du traumatisme : Gabriele Füting, Thomas Heinrich, Angelika Wenzel
4. Un nouveau chemin ? Analyse Bioénergétique et Méditation : Regine Trostel
5. Dynamique de vie et structure de caractère : Changement de situations de vie et ses effets sur le corps : Stefan Grenz
6. Des mots vers le corps : Parler ou ressentir, Anja van der Schrieck-Junker

Discussion : Les Bases Bioénergétiques : Vers où allez-vous, l'Analyse Bioénergétique ?

Modérateur : Karl-Heinz Schubert

Des Exercises Bionénergétiques: with Gabriele Füting, Karl-Heinz Schubert, Jochen Schirmer.

Nous accueillerons avec plaisir les contributions de spectacles et d'art. S.V.P. contactez-nous. Inscriptions et informations sur les coûts :

E-Mail: k-heinz.schubert@t-online.de et www.sgfba.com

Traduction: France Kauffmann



The new CBT's

From the **NIBA NL**

Marc Aarts and

Mia Plu

From the **APAP**

Paula Sá

IIBA IIBA IIBA IIBA

**PROFESSIONAL DEVELOPMENT WORKSHOP
2008, HOLLAND, AUGUST 26-31**

BODY TRANSFERENCE-COUNTER- TRANSFERENCE

Faculty: June Mc Donach, Susan Kanor, Guy Tonella, Thomas Ehrenspurger

In their most basic forms, transference and counter-transference are bodily experiences. In transference the client unconsciously re-creates his/her parental relationships with the therapist with the hope of having a better experience than he/she had in childhood--one that heals. The client embodies and expresses his/her unconscious fears, love, hate, conflicts, ambivalence and demands of the therapist in what is generally called transference. The therapist's job is to facilitate the client's awareness of the truth in his/her own body and to hold an affirming attitude toward the client's feelings and sexuality. In addition, the therapist is called upon to understand the particular nature of his/her counter-transference reactions based on his/her own history and energetic being.

MAIN GOALS AND SETTING

The work will take place in small groups with participants at a similar level of advanced skill and experience in bioenergetics. Three tracks will accommodate participants from advanced trainees

to experienced therapists and trainers. **Track 1** is for newly graduated CBTs and advanced trainees (4 plus years of training). **Track 2** is for advanced CBTs. **Track 3** is for supervisors, local trainers and IIBA faculty applicants. Group themes will include advanced considerations about body transference and counter transference, supervision of participants and others case material, teaching theory and practice. The work will be of an intensive experiential and supervisory nature. There will be an opportunity for those interested in application as IIBA faculty to develop their skill as teachers and to be seen and evaluated by members of the Selection Committee.

PROGRAM

The program will include large group sessions presented by the staff of the workshop or from faculty applicant participants. The topics that will be addressed in the large group are:

- “subjective” versus “objective” counter-transference
- embodiment of life history and therapeutic relationships
- transference as actualization of attachment pattern
- neurobiology of resonance (to be confirmed)

In the small groups, topics will be processed through personal experience and exercises focusing on transference/counter-transference issues, with particular attention to:

- counter-transference used to understand the client's experience as a child and/or the parent of the child
- working with sexual/erotic transference/counter-transference
- intuition and grounding and how to keep the therapist alive.
- transference/counter-transference in supervision and training

We are looking forward to welcoming a group of committed, open, dedicated Bioenergetic therapists for five days of hard work, exciting learning, and enriching personal development.

PRICE AND SCHOLARSHIP

Keeping the cost of the PDW as low as possible is a primary concern of the Teaching Committee and the Executive Committee. The Faculty staff contributes to this goal by accepting reduced fees.

We have located a retreat center that has reasonable fees and several room options. Scholarship request must be addressed to Violaine De Clerck: violainedc@swing.be.

THE CENTER

The conference-center 'De Poort' is located on 10 hectare forest and is nearby the beautiful and old city of Nijmegen. To have a look go to: www.depoort.org, The center has different buildings/rooms for accommodating groups. The nature, the peace and the space are all influencing the center, resulting in a nice, spiritually and informal atmosphere where attendees of the PDW can work with passion.

If you like to stay one night before and/or after the workshop, you can register directly by internet on the site website.

THE LANGUAGE will be English. We encourage participants from all countries to enroll. We know from past experience that participants can help each other if a difficulty with the language occurs.

TRAVEL INFORMATIONS

The PDW will start on **Tuesday 26th of August at 14.00 p.m and will end Sunday 31st of August at 14.00 p.m.**

Flight possibilities are:

Amsterdam Airport (and then by train to Nijmegen CS (1,5 hr, leaves twice an hour)

Airport Niederrhein/Weeze (Germany, for cheap flights of Ryan Air only) and then by bus from the airport directly to Nijmegen CS (about 1 hr)

Düsseldorf Airport (Germany) and then by train to Nijmegen with a stop in Arnhem (1,38 hr)

Transportation from Nijmegen CS train and bus station to the workshop place will be organized by the Dutch society.

PRICES

A. Fees for the workshop and accommodation (including rooms and full board)

Single room Double room

Track 1: **765€** Track 1: **717 €**

Track 2: **865 €** Track 2: **817 €**

Track 3: **965 €** Track 3: **917 €**

B. Fees for the workshop including lunch and dinner

Track 1: **540 €**

Track 2: **640 €**

Track 3: **740 €**

C. Fees for the workshop including lunch

Track 1: **450 €** Track 2: **550 €** Track 3: **650 €**

IN MEMORIAM

Mariola López Garcia



No es fácil escribir sobre los muertos cuando son personas queridas. Mariola López Garcia lo era para la pequeña comunidad de analistas bioenergéticos de Catalunya. El pasado mes de abril, un sábado de Semana Santa, Mariola murió después de tres años muy difíciles. En una de las últimas veces que la vimos un grupo de compañeros de la formación nos contó una anécdota. Estaba en el parque, sentada, tomando un poco el sol. Había adelgazado muchísimo y apenas podía hablar. Allí estaba cuando un niño se acercó a ella y le preguntó si era santa. Ella le contestó, riendo, que no lo era, pero que estaba en ello.

Realmente, los últimos años de Mariola fueron muy duros, pero no creo ser la más indicada para hablar de ellos, porque ella, cuando se comunicaba con amigos y conocidos, mostraba la cara más luchadora, optimista y energética. Creo que, seguramente, hasta muy avanzada la enfermedad, creía que podría superarla. Ese coraje, esa fortaleza y esa constancia eran parte de su

carácter. Yo compartí con ella cinco años de formación en análisis bioenergético, pero la había conocido un poco antes de encontrarnos en aquel primer intensivo con Louise Frechette. La primera



vez que la vi fue saliendo de la consulta de su analista, que también era la mía. Era la sensación que siempre he tenido yo respecto a ella: que ella salía cuando yo estaba entrando. Aquel día me la crucé en la puerta. Me dejó una fuerte impresión su cuerpo grande, excedido en kilos, vestido con una gran elegancia. Más que una mujer gruesa, era una mujer con gran presencia. Comunicaba fuerza, seguridad, simpatía y magnetismo. Y era y tenía todo eso. También, como después se fue viendo en la formación y sin desvelar nada de lo que pertenece al proceso de nuestro grupo, me fui dando cuenta de que también era una mujer con sus dudas, sus temores, sus miedos... Terriblemente y entrañablemente humana y también generosa, exuberante, divertida, locuaz, inteligente, práctica, reflexiva, buena conversadora y mucho más atenta a los demás de lo que podría parecer en un primer momento. Durante los años en que la conocí hubo algunos desencuentros y también conversaciones que ponían las cosas en su sitio. Yo admiraba en ella su capacidad para el éxito, su facilidad para organizar, su rapidez en

encontrar soluciones, el don con el que atraía la atención sobre ella y cómo se desenvolvía entre la gente. Ella y otra de nuestras compañeras de formación –Lluïsa Carmona– fueron decisivas para evitar que, hace más de tres años, se rompiera definitivamente la sociedad catalana de Análisis Bioenergético. Aquella misma noche, después de la asamblea, las tres nos fuimos a tomar una cerveza y nos dijo que le habían detectado un carcinoma en la lengua. A partir de ahí, su vida se centró en ese cáncer que la fue consumiendo. Creo que consumió su cuerpo, pero que su alma debió encontrar otro lugar en el que seguir existiendo. En esta tierra ha dejado dos hijas, muchos amigos, una familia y la impronta de haber sido alguien esencialmente bueno.

Que es mucho. Una de esas personas que, desaparecidas de este mundo, una siempre echa en falta. Yo la añoraré como persona, pero sobre todo como analista bioenergética porque creo que el proceso personal de su vida (tenía sólo 52 años cuando murió) dejaba espacio a una estupenda terapeuta que hubiera podido ayudar en muchos procesos y que también hubiera podido aportar mucho a esta pequeña y revuelta *familia* que somos los analistas bioenergéticos. Ahora, descansa en paz en muchos sitios y, desde algún lugar de nuestras conciencias porque no creo que sea físico, nos seguirá acompañando Para siempre.

Pilar Muñoz

IN ENGLISH

Mariola López García

It is not easy to write about the deceased when they are loved; as Mariola López García was by the small community of bioenergetic analysts of Catalonia. Last April, on Saturday during Holy Week, Mariola died after three very difficult years. One of the last times the group of training colleagues saw her, she told us the following story: she was in the park, sitting on a bench, taking the sun. She'd lost a lot of weight and could hardly talk. There she was when a little boy went up to her and asked her if she was a saint. She answered laughing that she wasn't, but that she was working at it.

Mariola's last years were really very hard, but I'm not the most suitable person to talk about them,

because when she communicated with friends and acquaintances, she showed her strongest, most optimistic and energetic self. I believe that, right up to a very advanced stage of the illness, she thought she could overcome it. That courage and steadiness were part of her character. I shared five years with her, five years of training in bioenergetic analysis, but I had first known her shortly before we met at the first intensive training weekend with Louise Frechette. The first time I saw her she was coming out of her analyst's office, who was also mine. That was the feeling I always had with her; she was finishing when I was starting. That day, we met at the door. She left me with a strong impression, with her big body, dressed with great elegance. More than being a big woman, she was a woman with a big presence. She communicated strength, confidence, sympathy and magnetism. She was and had all of these.

But I also realized, as we saw during our training but without revealing anything that belongs to our group's process, that she was a woman with her doubts, fears and dreading... Terribly and dearly human and also generous, exuberant, funny, loquacious, intelligent, practical, reflective, a good conversationist and much more alert to others than could seem at first sight. During the years in which we knew each other we had some disagreements and also conversations that put things in their place. I admired her capacity for success, they easy way in which she organized things, how quickly she found solutions, the gift she had for attracting attention and her ease with people. She and another of our training colleagues –Lluïsa Carmona- were decisive in avoiding, over three years ago, the breaking up of the Catalan Society for Bioenergetic Analysis. That same night, after the meeting, the three of us went out for a beer and she told us that she had a tongue carcinoma. From then on, her life centred on that cancer that finally consumed her. I think it consumed her body, but her soul must have found another place in which to continue existing. On this earth she left two daughters, many friends, a family and the mark of having been someone essentially good. Which is a lot. She was one of those people that you always miss once they have disappeared from this earth. I will miss her as a person, but specially as a Bioenergetic Analyst, because I believe that in the personal process of her life (she was only 52 years old when she died), she was a wonderful therapist who would have

been able to help in many processes and who would have also been able to contribute a lot to this small and mixed "family" that we Bioenergetic Analysts are. She now rests in peace in many places and, she will be with us forever somewhere in our consciousnesses, because I do not believe it is a physical place.

Pilar Muñoz

IN MEMORIAM

GABRIELLA, LA NOSTRA CARA “ARCHITETTA”

La scomparsa di Gabriella ci ha lasciato sorpresi, attoniti.

Per un attimo il nostro respiro è rimasto sospeso, tra l'incredulità e il dolore. E' stato proprio nello stupore di quella terribile notizia che ancora una volta ho pensato a Gabriella e all'ampiezza delle sue teorizzazioni sui rapporti tra emozione e respiro.

Pochi giorni dopo la sua morte, cercavo di spiegare a George Downing il vuoto che Gabriella lasciava nella nostra società. George mi ha risposto: “*Certo, è stata la vostra grande architetta*”. E' stato illuminante, poiché sintetizzava anche la mia visione di ciò che Gabriella rappresentava per la SIAB. Una delle persone che ha più contribuito a creare le basi, le radici, per far nascere, trasformare ed espandere la nostra società.

Credo infatti che tutti noi del Direttivo siamo grati a chi prima di noi ha creato il terreno affinché la nostra società potesse sempre più affermarsi. A me, personalmente, piace sempre ricordare quanto sia più facile lavorare quando si interviene in una struttura già consolidata.

Credo che nel costruire questa struttura, fatta di regole chiare e codificate, l'integrità e la visione dialettica di Gabriella rispetto al potere hanno avuto un ruolo determinante. Mi piace ricordare questo suo aspetto, perché credo che rappresentasse il suo fascino e anche la sua grande forza.

La mia storia con lei è stata di incontri, sostegno, ma anche di scontri e confronti quando eravamo su posizioni diverse, anche se non ho mai sentito

venire meno un rispetto e una stima che ho sempre ritenuto reciproci.



Negli anni Gabriella ha rappresentato, per molti, un'autorità che permetteva lo scontro ma dove ognuno sentiva che non veniva mai meno il sostegno che consentiva a tutti di creare, quella che lei, con affetto, mentre le brillavano gli occhi, definiva “la nostra cara SIAB”.

Da lei ho appreso la passione per un'organizzazione che, pur non essendo perfetta, rappresenta la volontà di molti di rendere viva e attiva l'analisi bioenergetica.

Tutti noi sapevamo di poter contare su di lei quando ne avevamo bisogno, sia quando con la sua grazia e la sua competenza rendeva possibili il dialogo con colleghi di approcci diversi, sia quando discutevamo alla pari per ampliare le nostre visioni sia teoriche che operative.

Ci mancherà la sua presenza, la sua dialettica e la chiarezza della sua visione.

Patrizia Moselli

IN ENGLISH

GABRIELLA, “OUR DEAR ARCHITECT”

The death of Gabriella left us amazed and astonished, our breaths suspended in a while between pain and incredulity.

In the very middle of this terrific news my mind went back once again to Gabriella and to her wide theorizations on breath-emotion connections.

Few days after her death I was trying to explain to George Downing the empty space Gabriella leaves

in our Association. George's answer was: "*Of course. She's been your architect.*" These words were illuminating to me, synthesizing my vision of what Gabriella embodied within the SIAB. Indeed, her part in the foundation and consolidation of those peculiar roots that allowed the transformation and expansion of our Association has been one of the most pre-eminent.

Actually I think that all of us in the Board of Directors feel gratitude towards the people who had been creating the soil, the humus, needed for our Association to grow stronger and stronger.

As to me, I always like to hold in mind how easier is to work together when intervening into a structure that is already well established. And I think that in the edification of this very structure, made out of clear and codified rules, the role of the integrity and the dialectical vision of power Gabriella had has been determining.

I like to remember this particular aspect of Gabriella, as I think it was her most fascinating aspect and, even more, what made her so strong.

My personal relationship with her has been one of meetings and support, but also of disputes and confrontations when we found ourselves standing on different positions. Nevertheless, I feel we never failed in our mutual esteem and respect.

Over the years, Gabriella represented for many people an authority firm enough to allow that kind of confrontation wherein anyone could however feel the special support that enabled all of us to create this reality she was used to call, with a twinkle in her eyes, "*our dear SIAB*".

She taught to me the passion for an organization that, while imperfect, does state the will of many to make Bioenergetics Analysis alive and active.

We all knew that each of us could rely on her in any case when in need, both when, in virtue of her grace and competence, she was making possible to dialogue with colleagues from other approaches, and we were discussing together as equals, with the aim to widen our theoretical and operative views.

We all will miss her presence and dialectic, and the clarity of her vision.

Patrizia Moselli



**EUROPEAN FEDERATION FOR
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eliberman@va.com

| Events- Conferences | Place-Time | Trainer - Society | Costs | Information |
|---|--|--|--|--|
| Bioenergetisch-Analytische Jahresgruppe 2008 | Ab Nov 07 bis Jun 2008 Austria | DÖK -AUSTRIA In deutscher Sprache | 50.- € per day | Dr. Manfred Deiser Manfred.deiser@nwe.at |
| Fortbildung Basis Konzepte der Bioenergetische Analyse | ab Juni 2008 über 2 Jahre Heidelberg/Germany In deutscher Sprache | SGfBA Wera Fauser Thomas Heinrich | | info@fauserconsulting.de thomas.heinrich@plus-mannheim.de |
| Professionnal Development Workshop 2008 «Body transference-Counter-transference» | August 26th - 31st 2008 De Poort,Groesbeeck The Netherlands | NIBA NL & IIBA In English | Prizelisting See Basic page 24 | Violaine De Clerck violainedc@swing.be |
| Getting in touch with Self International Workshiop | 02-04 October 2008 Vienne/Austria In English | DÖK with Chuck Lustfield (Dallas societyUSA) | Approxim. 500.- € | Michael Schorr www.bioenergetische-analyse.org |
| Journées Francophones d'Analyse Bioénergétique: „Séparation“ | October 04 th – 05 th 2008-05-22 Marseille/France | IABFS In French | Not yet determined | www.iabfs@analyse-bioenergetique.com |
| Workshop : “Apego y Sexualidad” In English and translation in Spanish | 15-18 October 2008 Bask Country Spain | EHABE with Virginia W.Hilton & Bob Hilton USA | 350.-US Dollar + 70.-€ | ehabe@euskalnet.net Jaime.Perez |
| Rencontres Internationales de Thérapie Psycho-Corporelle | 8 11 Novembre 2008 Paris | AIP &CSI + EABP In French | Please contact email address | francois@psychologie-biodynamique.com |
| Conference for the Celebration of 25 years of the SGfBA «Bioenergetic Analysis on the move” | October 24 th - 26th 2008 Near Frankfurt Germany In deutsch | Stuttgarter Gesellschaft für Bioenergetische Analyse | Please contact Karl-Heinz Schubert | www.sgfba.com Karl-Heinz Schubert k-heinz.schubert@t-online.de |
| General Assembly Meeting of the EFBA-P 2008 | November 28 th - 30 th 2008 Vienna/Austria | EFBA-P In English | Not yet determined | EFBA-P reginearmbruster@yahoo.fr |
| Pilot Project: «Theoretical Workshop on Bioenergetic Issues» | March 13 th - 15 th 2009 Frankfurt/ Germany | EFBA-P In English | 250.- € all inclusiv | www.bioenergeticanalysis.net Rainer Mahr: rmahr@t-online.de |

Your contributions for the next issue “ BASIC 17 “

Please send them before 15th October 2008