

**BASIC N°2 8****Summer 2017****Editor: Annie Nissou****Layout : Rainer Mahr****Content****EDITORIAL****Page 1 French 3 English****EFBA-P –****GENERALVERSAMMLUNG****Page 5 German 7 English****TRIBUTE TO GERT GESKUS****'COOPERATION****Page 9 French 10 English****«L'ADDICTION, LA HONTE »****COMPTE RENDU DES JOURNÉES****CLINIQUES DE L'IABFS****Page 10 French 12 English****INFORME SOBRE LAS****REUNIONES DE LA EAP Y EL****CONGRESO EN ZAGREB****Page 14 Spanish 17 English****LES JOURNÉES FRANCOPHONES**
D'ANALYSE BIOÉNERGÉTIQUE**2016****Page 19 French 22 English****BERICHT VOM 15. EUROPEAN****ASSOCIATION OF BODY****PSYCHOTHERAPY KONGRESS 13.-16.****OCTOBER IN ATHEN****Page 24 German 26 English****LAS VII JORNADAS IBÉRICAS DE**
ANÁLISIS BIOENERGÉTICO**Page 28 Spanish 31 English****HOW DO YOU WORK WITH**
BREATHING IN YOUR THERAPY
SESSIONS?**Page 33 German 34 English****SER PSICOTERAPEUTA EM**
PORTUGAL**Page 35 Portuguese 37 English**
EVENTS**Page 39 English****Registered Office:****Annie Nissou****Les Genêts,G2****Les Semboules****54 Bd G. Apollinaire****06600 Antibes, France****Tél.:+ 33493742 074****E-mail:****annie.nissou@gmail.com****CHERE LECTRICE, CHERLECTEUR**

Vous allez découvrir dans ce numéro le Rapport de l'Assemblée Générale de l'EFBA-P de Regina Trotz, notre Secrétaire, qui s'est tenue du 25 au 27 Novembre 2016 à Barcelone.

Gert Geskus notre trésorier depuis novembre 2012 laisse sa place à Pedro António Pires Ribeiro Da Silva, Olaf Trapp lui rend hommage pour sa collaboration dans ce numéro.

Puis ce sera le compte rendu des Journées Cliniques de l'IABFS par Martine Vigier qui se sont tenues les 25 et 26 juin 2016 sur « *l'addiction, la honte* ». Ce thème a été fort apprécié par les participants.

Francisco García Esteban (*IMAB*) parlera de l'EAP et du Congrès de Zagreb dont le thème était « *Autonomie et Sentiment d'Appartenance* ». La participation de l'EFBA-P via les ateliers de Francisco García Esteban et d'Olaf Trapp dans ces manifestations ont permis à ce que l'Analyse Bioénergétique soit mieux connue et amène la possible constitution d'un groupe de formation en Croatie..

Le CEFAB a, cette année, organisé à Toulouse, les 1^{er} et 2 octobre 2016, les Journées Francophones d'Analyse Bioénergétiques, le thème en était : « *le Trauma et le Corps* ». Journées intéressantes, riches et conviviales.

Olaf Trapp (*NIBA*), quant à lui, nous parlera du 15[°] Congrès de l'Association Européenne de Psychothérapie Corporelle (*l'EABP*) qui s'est déroulé du 13 au 16 Octobre 2016 à Athènes, le prochain se fera à Berlin de 6 au 9 Septembre 2018.

Francisco Garcia Esteban va nous parler des 7^eJournées Ibériques qui se sont déroulées les 28 et 29 janvier 2017 à Madrid sur le thème « *Corps, Mental et Emotion dans la relation Thérapeutique* ». Ces journées ont été des plus satisfaisantes pour l'IMAB qui les ont organisées.

Ce sera Marcel Lehner, notre collègue Suisse de la *SGBAT* qui va ouvrir ce nouveau chapitre : « *Differents point de vue..* » avec son article : *Comment travaillez-vous la respiration dans vos sessions de thérapie ?*. Espace de réflexion ouverte à chacun qui va nous permettre d'échanger dans nos différences.

Puis José Luís Gomes (*APAB*) nous parlera de comment « *Etre Psychothérapeute au Portugal* ».

Enfin notez bien le **8^eCongrès Mondial de Psychothérapie** organisé par le Conseil Mondial de la Psychothérapie (*WCP*) qui se tiendra à Paris, à l'UNESCO, du 24 au 28 Juillet 2017 sur le thème « *Vie et amour au 21^e siècle : de la Rencontre Intime à la Rencontre avec le Monde* ».

L'Analyse Bioénergétique et l'*EFBA-P* y sera présente, notamment dans ses trois ateliers présentés par :

Francisco Garcia Esteban : « *Promouvoir la Vie, l'Amour et le Plaisir Sexuel grâce à l'Analyse Bioénergétique* »

Annie Nissou : « *Retour sur soi ou Aller vers l'Autre...Puis-je faire Confiance ?* »

Jocelyne Moulet-Farge & Michelle Blateau pour la *SFABE*: « *De l'Enracinement à l'Ouverture à l'Autre* ».

Nous vous encourageons à assister à ce Congrès exceptionnel d'autant plus que le dernier en Europe se passait en 2002 à Vienne et le prochain vraisemblablement ne se fera pas avant 15 ans...

L'Atelier avec Will Davis à Barcelone organisé par l'*EFBA-P* du 22 au 24 Avril 2016 sur le thème : « *Le Rôle du Tissu Conjonctif dans la Psychothérapie Corporelle* » a été un véritable succès.

Malheureusement nous avons dû annuler celui que nous avions organisé à Lisbonne avec Marianne Bentzen du 5 au 7 Mai 2017 : « *Le language avant le language* », faute de participants.

Mais, ce n'est que partie remise !

D'ores et déjà, notez également dans vos tablettes :

❖ les **Journées Francophones d'Analyse Bioénergétique** « *La Honte, un Trauma au Cœur et au Corps du Sujet* » qui se tiendront à Marseille, France du 7 au 8 Octobre 2017.

En vous souhaitant une bonne lecture



ANNIE NISSOU

EDTRICE DE BASIC

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD (IABFS)

In English

DEAR READERS

Discover in this issue the Report from our Secretary Regina Trotz of the General Assembly of the EFBA-P which was held in Barcelona in Spain on November 25th - 27th 2016.

Gert Geskus our treasurer since November 2012, leave his position to Pedro António Pires Ribeiro Da Silva, Olaf Trapp tribute to him for his cooperation in this issue.

Then there will be the Report from Martine Vigier of the IABFS Clinical Days which were held on June 25th - 26th, 2016 on « *Being Addict, Being Ashamed* ». This theme was very well appreciate.

Francisco García Esteban (*IMAB*) will speak about the EAP and the Zagreb Congress whose theme was « *Autonomy and a Sense of Belonging* ». The EFBA-P' contributions with Francisco Garcia Esteban and Olaf Trapp Workshops in those meetings allowed that Bioenergetic Analysis be more well-known and bring a possible next training group in Croatia.

The CEFAB organised this year in Toulouse on October 1st & 2nd 2016, the French Speaking Days of Bioenergetic Analysis , the theme was : « *Trauma and the Body* ». Interesting days ,rich and warmly.

Olaf Trapp (*NIBA*), will report about the 15th European Association Body Psychotherapy (*EABP*) Congress who was held on October 13th to 16th, 2016 in Athens, Greece ; the next one will be in Berlin, Germany on September 6th to 9th, 2018.

Francisco Garcia Esteban will report about the 7th Iberian Days of Bioenergetic Analysis who took place on the 28th and 29th of January 2017 in Madrid, on the theme « *Body, Mind and Emotion in the Therapeutic Relationship* ». Those days have been very satisfactory for the *IMAB* who organized them

Then, this will be Marcel Lehner, our Swiss colleague from the *SGBAT* who will open this new chapter : « *Different points of view..* » with his article : *How do you work with breathing in your therapy sessions ?* .Thought space open to anyone who wants to exchange with our differences.

And, at the very last, José Luís Gomes (*APAB*) will tell us about « *Being a Psychotherapist in Portugal* ».

Finally please note the **8th World Congress of Psychotherapy**, organized by the World Council for Psychotherapy (*WCP*), in Paris, UNESCO, July 24th to 28th, 2017. The theme of the Congress is: ***«Life and Love in the 21st Century. From the Intimate Encounter to Embracing the World».***

Bioenergetic Analysis and the EFBA-P will be there, especially in their three Workshops introduce by:

Francisco Garcia Esteban: «*Promoting Life, Love and Sexual Enjoyment with Bioenergetic Analysis*»

Annie Nissou: «*Drawing in on Oneself, or Reaching out to Others... Can I Trust People?*»

Jocelyne Moulet Farge & Michèle Blateau for the SFABE: «*From Grounding to the Opening to the Other*»

We foster you to attend this exceptional Congress moreover than the last one in Europe was in 2002, in Vienna and that the next one will not be for sure before 15 years now...

The Workshop with Will Davis in Barcelona organized by the EFBA-P on April 22nd to 24th with the topic: «*The Role of Connective Tissue in Body Psychotherapy*» was quite successful and fruitful.

Unfortunately we had to cancel the Workshop in Lisbon with Marianne Bentzen from 5th to 7th of May 2017 with the title: «*The language before language*» for lack of participants..

But this will be goal kick!

From now on, please note

- ❖ **The French Speaking Days** which are going to be held in Marseille, France, on October the 7th-8th, 2017: «*Shame, a Trauma to the Heart and the Body of the Subject*».

I hope you enjoy your reading

ANNIE NISSOU

BASIC'S EDITOR

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD (IABFS)

In German

EFBA-P – GENERALVERSAMMLUNG

DIE GENERALVERSAMMLUNG DES EFBAP FAND IM NOVEMBER 2016 IN BARCELONA STATT.

Organisiert wurde diese Generalversammlung von Fina Pla, der Delegierten des lokalen katalanischen Instituts, danke Final! Wir konnten Delegierte von 12 Gesellschaften willkommen heißen:

Annie Nissou: IABFS – Frankreich, und delegiert für SFABE - Frankreich, & SOBAB - Belgien ,Francisco Garcia Esteban: IMAB - Spanien Madrid, Gert Geskus: NIBA NL – Niederlande, Jaime Perez: EHABE – Spanien Baskenland, Fina Pla: ACAB – Spanien Katalanien Barcelona, Maria Rosaria Filoni: SIAB – Italien, Gabriela Kümmel: SGBAT – Schweiz, Pedro António Pires Ribeiro da Silva: APAB - Portugal, Olaf Trapp: NIBA – Norddeutschland, Regina Trotz: DÖK – Österreich, Gabriele Füting vom SGfBA aus Süddeutschland war erwartet konnte aber wegen einiger Widrigkeiten nicht kommen.

Wir freuen uns über ein neues Mitglied: Maria Rosaria Filoni vertritt den SIAB – Rom, Italien.

Wir berichteten über diverse Aktivitäten in den Gesellschaften. Das IIBA Training ist in den meisten Gesellschaften nun in Modulen organisiert, die Trainees müssen sich nicht für vier Jahre verpflichten, wenn sie starten.

Wir danken Gert Geskus dem scheidenden Kassier für seine gute Arbeit. Pedro António Pires Ribeiro da Silva aus Portugal wurde als neuer Kassier einstimmig gewählt.

KONFERENZEN

Francisco Garcia Esteban und Olaf Trapp präsentierten 3 Workshops auf der Konferenz vom EABP (*European Association of Body Psychotherapy*) 2016 in Athen.

Der nächste EABP Kongress wird 2018 in Berlin von 6. Bis 9. September stattfinden.

Francisco Garcia Esteban und Annie Nissou werden Workshops am die 8. World Congress of Psychotherapy anbieten, welcher von 24. Bis 28. Juli 2017 in Paris stattfinden wird. Das Thema ist: «*Leben und Liebe im 21.Jahrhundert. Von der persönlichen Begegnung zur Umarmung der Welt.*» Der Kongress wird organisiert von dem World Council for Psychotherapy (WCP).

EFBA-P WORKSHOPS

Eines der neuen Ziele vom EFBAP ist Workshops für alle Mitglieder in ganz Europa anzubieten, damit wir die Chance haben einander kennenzulernen, voneinander zu lernen und uns zu vernetzen.

2016 organisierten wir einen Workshop mit Will Davis in Barcelona mit dem Thema: «*Die Rolle der Faszien in der Körperpsychotherapie*». Er war erfolgreich und fruchtbar für die TeilnehmerInnen aus ganz Europa.

EFBA-P SEMINARE

Eines der neuen Ziele vom EFBAP ist Workshops für alle Mitglieder in ganz Europa anzubieten, damit wir die Chance haben einander kennenzulernen, voneinander zu lernen und uns zu vernetzen.

2016 organisierten wir einen Workshop mit Will Davis in Barcelona mit dem Thema: «*Die Rolle der Faszien in der Körperpsychotherapie*». Er war erfolgreich und fruchtbar für die TeilnehmerInnen aus ganz Europa.

2017 bieten wir einen Workshop mit Marianne Bentzen vom 5. Bis 7. Mai an, der Titel ist: «*Die Sprache vor der Sprache*». Alle Informationen dazu sind auf der Website des EFBA-P zu finden.
<http://www.bioenergeticanalysis.net>

FACEBOOK

EFBAP ist jetzt auch auf Facebook zu finden. Wenn jemand eine Information hat, die für Bioenergetische AnalytikerInnen in Europa interessant sein könnte, bitte kontaktiert Pedro António Pires Ribeiro da Silva oder Olaf Trapp.

Wir laden alle ein, Friends zu werden und freuen uns über Eure Likes.

Es gibt ebenfalls die Möglichkeit für Mitglieder der Gesellschaften des EFBA-P auf der Webseite eigene Angebote zu bewerben. Kontakt dafür ist ebenfalls Olaf Trapp.

REGINA TROTZ,

**DIE ÖSTERREICHISCHE GESELLSCHAFT FÜR KÖPERBEZOGENE
PSYCHOTHERAPIE/BIOENERGETISCHE ANALYSE (DÖK)
SCHRIFTFÜHRERIN EFBA-P**



In English

EFBA-P – GENERAL ASSEMBLY

THE GENERAL ASSEMBLY TOOK PLACE IN NOVEMBER 2016 IN BARCELONA.

Fina Pla, delegate from the local Catalan Institute was organizing the General Assembly, thank you Fina. This year we could welcome the delegates of 12 Bioenergetic Societies:

Annie Nissou: IABFS – France and delegate for SFABE - France & SOBAB - Belgium, Francisco Garcia Esteban: IMAB - Spain Madrid, Gert Geskus: NIBA NL – Netherlands, Jaime Perez: EHABE - Spain Basque Country, Fina Pla: ACAB - Spain Catalan Barcelona, Maria Rosaria Filoni: SIAB – Italy, Gabriela Kümmerli: SGBAT – Switzerland, Pedro António Pires Ribeiro da Silva: APAB - Portugal, Olaf Trapp: NIBA – Germany, Regina Trotz: DÖK – Austria, Gabriele Füting from SGfBA, South Germany was expected but did not come because of several inconveniences.

We have been happy to welcome Maria Rosaria Filoni, the representative of the new EFBA-P Member SIAB from Rome in Italy. We exchanged experiences around diverse activities in the Societies, the IIBA training is now mostly offered in modules, the trainees don't need to sign in for 4 years when they start.

We thanked Gert Geskus, the leaving treasurer for his work. Pedro António Pires Ribeiro da Silva from Portugal was elected as the new treasurer.

CONGRESSES

Francisco Garcia Esteban and Olaf Trapp presented 3 Workshops at the EABP (*European Association of Body Psychotherapy*) Congress 2016 in Athens.

The next EABP Congress will be terminated in 2018 in Berlin from 6th to 9th of September.

Francisco Garcia Esteban and Annie Nissou will present Workshops on the **8th World Congress of Psychotherapy** in Paris, 24th to 28th July 2017. The theme of the Congress is: **«Life and Love in the 21st Century. From the Intimate Encounter to Embracing the World»**. The Congress is organized by the World Council for Psychotherapy (WCP)



Our treasurers:Pedro António Pires Ribeiro da Silva & Gert Geskus

EFBA-P WORKSHOPS

One of the new goals of EFBA-P is to offer Workshops where European Body Psychotherapists have the chance to meet, greet and learn with each together.

In 2016 we organized a Workshop with Will Davis in Barcelona with the topic: « *The Role of Connective Tissue in Body Psychotherapy* ». It was quite successful and fruitful for 18 participants from 9 different countries in Europe.

In 2017 we will offer a Workshop in Lisbon with Marianne Bentzen from 5th to 7th of May with the title: « *The language before language* ». You will find all information's on the EFBA-P's website: <http://www.bioenergeticanalysis.net>

FACEBOOK

EFBA-P is on Facebook now. If you have any information, which could be interesting to put in this page, please contact Pedro António Pires Ribeiro da Silva or Olaf Trapp.

We invite you to become friends on Facebook: Efba-p Europe

There is also the chance for members of a Society, which is related to EFBA-P, to announce activities on the EFBA-P website. Please contact Olaf Trapp.

REGINA TROTZ,

**DIE ÖSTERREICHISCHE GESELLSCHAFT FÜR KÖPERBEZOGENE
PSYCHOTHERAPIE/BIOENERGETISCHE ANALYSE (DÖK)**

SECRETARY OF EFBA- P



Fina Pla, Jaime Perez, Gert Geskus, Gabriela Kümmel, Francisco Garcia Esteban, Olaf Trapp, Regina Trotz, Pedro António Pires Ribeiro da Silva , Annie Nissou, Maria Rosaria Filoni

T RIBUTE TO GERT GESKUS ‘COOPERATION

Gert Geskus, our treasurer for the last 4 years resigned from his position at the last General Assembly and gave space for Pedro Ribeiro da Silva to take over.

I feel great respect and thankfulness towards Gert. He brought in all his experience in working as a treasurer for the Dutch society, which was structuring the money matters within our Federation.

I would like to keep his personal kind of humor as a spirit among the Executive Community members as well as among the group of delegates. During the time of Gert's term we could stabilize our finances, which mean we achieved to have a nearly balanced budget every year. I hope we will still see each other from time to time within the International Bioenergetic Analysis Community.

Gert, stay the way you are.

OLAF TRAPP

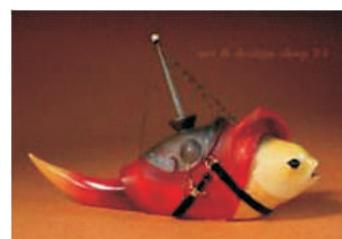
**NORDDEUTSCHES INSTITÜT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)
EFBA-P PRESIDENT**



Gert Geskus, Montse Torres (ACAB), Annie Nissou,
Regina Trotz, Anna Brossa (ACAB)



Gert Geskus and his Hieronymus Bosch:
«Fish and Mat» and «The Complete Works»



«Fish and Mat»
Hieronymus Bosch

In French

« L'ADDICTION, LA HONTE »

COMPTE RENDU DES JOURNEES CLINIQUES DE L'IABFS

25 & 26 JUIN 2016

Le sentiment de honte à suscité l'intérêt d'une majorité des Analystes Bioénergéticiens présents, qu'ils soient Certifiés ou non ; il semblerait que cette thérapie noble ne soit pas si facile à représenter pour chacun et occasionnerait un déficit préjudiciable pour la méthode et le Thérapeute. A partir de la définition du Larousse : « *la honte est un sentiment pénible provoqué par une faute commise, par une humiliation, par la crainte du déshonneur* ».... Comment travailler dans la pratique avec ce sentiment ?

Les échanges sur le travail d'Analyse Bioénergétique dans sa particularité montreront comment le « *système-honte* » est amené immédiatement sur le devant de la scène. Le processus corporel repose pour beaucoup sur le fait de se regarder et de se voir en établissant un plein contact. Dans la mesure où le patient présente une certaine tendance à éprouver de la honte, celle-ci est réactivée par l'attention consciente des yeux du thérapeute se portant sur lui. Pour pouvoir regarder ou voir d'une manière respectueuse, le thérapeute doit d'abord s'accepter lui-même dans son propre corps... Le patient percevra cette acceptation de soi en tant que sens du respect lorsque son thérapeute entrera en contact avec lui et le regardera.

La honte comporte un double aspect cognitif et affectif. L'aspect cognitif du système-honte consiste en une série de croyances, de fantasmes, d'images et de pensées idéalisées, parfois diffuses et vagues, souvent très précises qui définissent ce que le soi « *devrait être* » ou ce à quoi il devrait être capable de se mesurer, alors que les affects douloureux de honte sont des expériences corporelles.

En vivant dans la honte, nous vivons dans l'illusion, celle-ci consiste à faire éprouver un sentiment horrible du fait que nous n'avons pas réalisé tel ou tel idéal¹.

Plusieurs Ateliers :

Lucienne Spindler expose la vignette clinique de cet homme de la cinquantaine de situation financière confortable, se présentant comme libertin, cette raison ne représentant pas pour lui l'objet de la consultation. Sa demande étant de se faire aider pour faire face à la perte prochaine de son père. L'histoire montrera que ce patient, fils d'un chirurgien spécialiste en reconstruction esthétique va être mis précocement en contact avec le métier de son père, il sera confronté à des images de corps « *découpé* » et sera en contact avec des photos pornographiques que son père détenait sur son lieu de travail.

¹ Philip M. Helfaer : « *Aux Fondements des Thérapies Psychocorporelles* », p. 104

A partir d'un rêve où une « vague de sang » surgit de son inconscient, Lucienne Spindler va comprendre et nous faire partager comment ce patient construira une libido apparemment en accord avec ses pulsions, mais qui s'avérera être l'expression de sa détresse (*la vignette clinique est disponible sur demande*). Celle-ci démontrera qu'effectivement, la souffrance de ce patient ne se situe pas sur le point du libertinage, bien qu'il n'arrive pas à construire de relation durable avec des femmes partageants le libertinage.

Après la pause **Sylvie Frankl** anime un atelier d'exercices ou différentes postures et échanges permettront aux participants de ressentir le sentiment de honte. Les expressions diverses de chacun seront échangées, ce travail a certainement permis à nombre d'entre nous de se sentir plus à l'aise dans la représentation de notre métier.

Martine Vigier après la pause déjeuner présente la vignette clinique d'une patiente « *Matilda* » qui après avoir traversé des crises plus ou moins graves vient consulter car depuis trois ans, elle tente de contrôler ses angoisses en absorbant de l'alcool. Le résultat conduisant à une aggravation de son état qu'elle cherchait à contrôler. S'enfonçant de plus en plus dans la dépression et après trois hospitalisations, Matilda décide d'entreprendre une démarche thérapeutique. La honte cachée ou montrée dans l'excès, de forme soumise ou défensive signe une blessure narcissique profonde (*La vignette clinique est disponible sur demande*).

Atelier animée par **Martine Vigier** « *Pour une traversée du sentiment de honte* »

Ce travail d'exploration du sentiment de honte s'appuiera sur une approche multi référentielle Analyse Bioénergétique et Hypnose Ericksonienne.

Des exercices en diade révèleront comment sous le regard de l'autre le sentiment de honte s'éveille ...

La suite de la Journée Clinique de l'Institut d'Analyse Bioénergétique France Sud (*IABFS*) se terminera par son Assemblée Générale Ordinaire dans une ambiance conviviale. La majorité des membres étant présents les propositions, changement et modifications de notre Institut seront débattu et adopté en toute légitimité.

MARTINE VIGIER

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD(IABFS)

PRESIDENTE



In English

« ADDICTION, SHAME »
MINUTES OF « THE CLINICAL DAYS OF THE IABFS »
JUNE 25 & 26, 2016

Feeling of shame has triggered interest for a majority of the Bioenergetic Analysts who were present, whether Certified Bioenergetic Therapist or not certified members. This noble therapy does not seem so easy to depict for each of us, and possibly creates a negative flaw against the therapist and the method. Let us start with a definition taken from Larousse dictionary: « *shame is a difficult feeling, provoked by a wrong doing, an humiliation, or by fear of dishonor* ».... How can we work with this feeling at a practical level?

Our exchanges about the specificities of our Bioenergetic Analysis work will show how the « *shame-system* » immediately appears on the front stage. The body related process is strongly based on the fact of looking at and being seen, while entering in full contact. As much as the patient has a certain tendency to feel shame, this one is reactivated by the constant flow of attention coming through the eyes of the therapist. In order to observe or look in a respectful manner, the therapist must first accept him/herself in his/her own body.... The patient will perceive this self-acceptance as a sense of respect, when the therapist will engage in contact with him/her, and look at him/her.

Shame presents itself with a double face: a cognitive one and an emotional one. The cognitive basis of the shame-system consists in a series of beliefs, fantasies, images and idealized thoughts, sometimes vague and unfathomable, sometimes very precise, which define what the Self « *should be* », or what it should be able to measure itself with, whereas the painful feelings of shame are body related experiences.

While living in shame, we live in an illusion, which make us experiment an horrible feeling, related to the fact that we have not reached this or that ideal¹.

Some Workshops:

Lucienne Spindler presents a clinical extract about this man, in his fifties, of wealthy condition, who speaks about himself as « *libertin* », which is not the purpose of his counseling. His request is about getting help in order to face the upcoming passing of his father. History will show that this patient, son of a reputed medic who was a specialist in esthetical body reconstruction, has been put in contact with his father's activity at a young age. He was then confronted with images of « *cut* » body, and was as well in touch with pornographic images that his father was keeping at his working place.

¹ Philip M. Helfaer : « *Aux Fondements des Thérapies Psychocorporelles* », p. 104

Starting from a dream in which a « *blood wave* » rises from his unconscious, Lucienne Spindler will understand and share with us how this patient constructs a sexual drive apparently consistent with his pulses, but which will in fact be the expression of his distress. (*Clinical extract available on request*). She will demonstrate that truly, the patient suffering is not linked with the libertinage, although he does not manage to establish lasting relationships with women sharing this inclination.

After the break, **Sylvie Frankl** proposes a workshop around exercises, postures and exchanges, which will allow the participants to experience feeling the shame. Through sharing, this work allows many of us to feel more comfortable with the representation of our practice.

Martine Vigier, after the lunch break, presents a clinical extract of a female patient: « *Matilda* ». This woman has gone through diverse crises of various severe degrees, and she has been consulting for the last three years, trying to control her anxieties with alcohol consumption. But the result is an aggravation of her state. Sinking more and more into depression, after three hospital stays, Matilda decided to start a therapeutic approach. Shame, whether hidden or obviously shown, being either submissive or defensive, always signals a deep narcissistic wound. (*Clinical extract available on request*).

Workshop led by **Martine Vigier**: « *How to break through the feeling of shame* »

This work is about exploring the feeling of shame, through a multi referential perspective, connecting Bioenergetic Analysis and Ericksonian Hypnosis.

Exercises in pairs will help revealing how the feeling of shame awakes, when being looked at

...

Remaining course of the « *Clinical Days of the Institut d'Analyse Bioénergétique France Sud (IABFS)* » will conclude with the General Assembly (*institutional chapter*) of IABFS, in a cheerful atmosphere. The requested majority of members being attained, different propositions and changes about our institution were discussed and adopted with full support.

MARTINE VIGIER

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD(IABFS)

PRÉSIDENTE

TRANSLATOR: PIERRE BARNY DE ROMANET

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD(IABFS)

In Spanish

INFORME SOBRE LAS REUNIONES DE LA EAP Y EL CONGRESO EN ZAGREB PARA BASIC



Inauguración del Congreso de la EAP en Zagreb
(Inauguration of the Zagreb EAP Congress)

Las reuniones de otoño de la Asociación Europea de Psicoterapia (EAP) se realizaron este año en Zagreb, del 30 de septiembre al 2 de octubre. El Congreso de la EAP tuvo lugar casi al mismo tiempo, del 1 al 2 de octubre, también en Zagreb, pero en un lugar cercano diferente. La Federación Europea de Análisis-Psicoterapia Bioenergéticos (EFBA-P) estuvo representada en ambos eventos por Francisco García (*Representante de la EFBA-P en la EAP*) y Olaf Trapp (*Presidente de la EFBA-P*). A continuación se presenta un breve resumen de ambos acontecimientos.

REUNIONES DE LA EAP

Francisco asistió a las reuniones de la Junta y del Comité de las Organizaciones de Ámbito Europeo (EWOC) de la EAP. No hubo novedades importantes en ninguna de las reuniones. La EAP continúa explorando estrategias de marketing y de lobby para promover los estándares de formación, el reconocimiento de la psicoterapia como profesión independiente por parte de las instituciones europeas y la promoción del Certificado Europeo de Psicoterapia (ECP) como el estándar para una formación adecuada en Psicoterapia en toda Europa. Se seguirán explorando diferentes opciones y probablemente se tomará una decisión en la reunión de Viena de 2017.

El 8º Congreso Mundial de Psicoterapia tendrá lugar en París, en el edificio de la UNESCO, del 24 al 28 de julio de 2017. El tema del Congreso es: «*Vida y amor en el siglo XXI. Del encuentro íntimo a abrazar el mundo*». El congreso fue fuertemente promovido en las reuniones de la EAP. Los representantes del comité

organizador sugirieron la posibilidad de otorgar a las Organizaciones Acreditadoras Europeas (*EWAOs*) la opción de aprobar y presentar propuestas de participación de sus miembros. El Congreso está organizado por el Consejo Mundial de Psicoterapia (*WCP*), la organización hermana a nivel mundial de la EAP. El evento tiene lugar cada tres años, y cada vez se celebra en una región diferente del mundo. La última vez que tuvo lugar en Europa fue en 2002 en Viena; más de tres mil personas asistieron a él. Probablemente tendremos que esperar otros 15 años hasta que vuelva a suceder en Europa. El evento constituirá una excelente y rara oportunidad para presentar nuestra modalidad a las muchas personas interesadas en la psicoterapia que asistirán al congreso. Muchas de las principales modalidades tienen la intención de estar fuertemente representadas; nosotros deberíamos de hacer lo mismo. La EFBA-P tiene la intención de estar presente con dos talleres, pero esto constituye solo un mínimo; sería muy interesante que el Análisis Bioenergético estuviera más ampliamente representado. Considerad por favor la posibilidad de participar con una presentación oral, un taller o un póster. Ello contribuiría a que se difundiese ampliamente nuestra modalidad y podría promover la eventual constitución de nuevos grupos de formación en Europa.

El plazo para la presentación de propuestas se acerca rápidamente: el 1 de diciembre, por lo tanto, hay que apresurarse para poder participar.

Incluyo a continuación los siguientes enlaces:

- Página principal del congreso: <http://www.wcp2017.org/index.html>
- Folleto del congreso (para descargarlo como documento pdf)
<http://www.wcp2017.org/assets/brochure-wcp2017-english.pdf>
- Página con información sobre el procedimiento para presentar propuestas:
<http://www.wcp2017.org/call-for-proposals.html>

CONGRESO DE ZAGREB

El tema del Congreso fue «*Autonomía y sentido de pertenencia*». Podéis echar un vistazo al programa en: <http://www.eapzagreb2016.eu/programme/>

El congreso estuvo bien organizado y las personas que asistieron estaban deseosas de compartir información y aprender. El evento nos ofreció la oportunidad de transmitir el modo de trabajo de nuestra modalidad a varias de las personas que asistieron. El Análisis Bioenergético estuvo representado con tres talleres:

- Olaf Trapp condujo un taller de Pre-Congreso de un día completo con el título «*Análisis Bioenergético – Encuentro con uno mismo*». Constituyó un acontecimiento importante, ya que creo que ha sido la primera vez que un terapeuta bioenergético ha sido invitado a ofrecer un taller de esas características antes de un congreso de la EAP.

- Olaf Trapp también presentó un taller de dos horas durante el congreso con el título «*Encuentre su yo profundo y conéctese con otros. Practicando el Análisis Bioenergético en un entorno de grupo*

- Yo también ofrecí un taller de dos horas con el título «*Usando el Análisis Bioenergético para promover la autonomía y los sentimientos de pertenencia en las relaciones*»

Los talleres fueron bien recibidos por los participantes y algunos de ellos expresaron su deseo de participar en futuras actividades bioenergéticas organizadas en su país. Les suministramos información sobre el procedimiento para formarse en nuestra modalidad y recogimos sus datos de contacto. También profundizamos contactos previos con un importante centro de enseñanza de psicoterapia corporal de Croacia. Heiner Steckel (*NIBA*) asimismo ha organizado en el pasado talleres de Análisis Bioenergético en el país. Esperamos que nuestros esfuerzos coordinados, eventualmente promuevan la constitución de una Sociedad Bioenergética y un grupo de formación en este país.

FRANCISCO GARCÍA ESTEBAN
INSTITUTO MADRILEÑO DE ANÁLISIS BIOENERGÉTICO (IMAB)
DELEGADO DE LA EFBA-P EN LA EAP



REPORT ABOUT EAP MEETINGS AND CONGRESS IN ZAGREB FOR BASIC

The European Association for Psychotherapy (*EAP*) Fall meetings took place this year in Zagreb, from September 30th till October 2nd. The EAP Congress of this year took place almost at the same time on October 1st-2nd also in Zagreb, but at a different, nearby, venue. The European Federation for Bioenergetic Analysis-Psychotherapy (*EFBA-P*) was represented in both events by Francisco García (*EFBA-P Representative in EAP*) and Olaf Trapp (*President of EFBA-P*). Below is a short summary of both of them.

EAP MEETINGS



Board Meeting of EAP in Zagreb
(Reunión de la Junta de EAP en Zagreb)

Francisco attended the Board and the European Wide Organization Committee (*EWOC*) meetings of EAP. There were no major developments in both meetings. EAP continues exploring marketing and lobbying strategies to promote the standards of training, the recognition of psychotherapy as an independent profession by European institutions and the promotion of the «*brand*» European Certificate of Psychotherapy (*ECP*) as the standard for adequate training of Psychotherapy throughout Europe. Different options will continue to be explored and a decision will probably be taken at the 2017 meeting in Vienna.

The 8th World Congress of Psychotherapy will take place in Paris, at the UNESCO Building, the 24th-28th July, 2017. The theme of the Congress is: «*Life and Love in the 21st Century. From the Intimate Encounter to Embracing the World*». The congress was heavily promoted during the EAP meetings. The representatives of the organizing committee suggested the possibility of giving European Wide Accrediting Organizations (*EWAOs*) the option to approve

modalities intend to be heavily represented; we should do the same. EFBA-P intends to be present with two workshops, but that is a minimum; it would be very interesting if Bioenergetic Analysis were more present. Please consider the possibility of participating with an oral presentation, a workshop or a poster. It would contribute to get our modality more widely known and may eventually foster the possibility of organizing new training groups in Europe.

The deadline for submitting proposals is rapidly approaching: December 1st, so, you would have to hurry to be able to participate.

I include below links to:

- The home page of the congress: <http://www.wcp2017.org/index.html>
- The brochure of the congress (to download it as a pdf document)
<http://www.wcp2017.org/assets/brochure-wcp2017-english.pdf>
- The page with information about the procedure to submit proposals:
<http://www.wcp2017.org/call-for-proposals.html>

ZAGREB CONGRESS

The theme of the Congress was «*Autonomy and a Sense of Belonging*». You can have a look at the program at: <http://www.eapzagreb2016.eu/programme/>

The congress was well organized and the people that attended were eager to share information and learn. The event offered us the opportunity to convey the way of work of our modality to several of the people who attended. Bioenergetic Analysis was represented with three workshops:

- Olaf Trapp run a full-day Pre-Congress workshop with the title «*Bioenergetic Analysis – Rendezvous with Your Self*». It was an important event as it is, to my knowledge, the first time that a bioenergetic therapist has been invited to offer such a pre-congress workshop in an EAP congress.
- Olaf Trapp also presented a two-hour workshop during the congress with the title «*Find Your Core Self and Connect to Others. Practicing Bioenergetic Analysis in a Group Setting*»
- I offered also a two-hour workshop with the title «*Using Bioenergetic Analysis to Promote Autonomy and Feelings of Belonging in Relationships*»

The workshops were well received by the participants and some of them expressed desire in participating in future bioenergetic events organized in their country. We offered them information about the training in our modality and collected their contact information. We also deepened previous contacts with an important body-psychotherapy teaching center of Croatia. Heiner Steckel (*NIBA*) has also in the past carried Bioenergetic Analysis workshops in the country. We hope that our coordinated efforts will eventually promote the constitution of a bioenergetic society and training group in this country

FRANCISCO GARCIA ESTEBAN

INSTITUTO MADRILEÑO DE ANÁLISIS BIOENERGÉTICO (IMAB)

EFBA-P DELEGATE IN EAP

LES JOURNEES FRANCOPHONES D'ANALYSE BIOENERGETIQUE 2016 se sont déroulées à Toulouse les 1^{er} et 2 octobre, organisées par le Collège Français d'Analyse Bioénergétique (CFAB).

Le thème en était **LE TRAUMA ET LE CORPS**

Journées magnifiques, le sujet a été présenté par sept intervenants dans une atmosphère riche de partages. Les professionnels de la région inscrits aux Journées se sont sentis chaleureusement accueillis et ont perçu une collaboration très positive entre les présentateurs, différent de rivalités auxquelles ils sont plus habitués dans ce type de colloques. Nous avons tous vécu avec bonheur ces rencontres très fructueuses et conviviales, chacun des intervenants présentant les liens entre l'Analyse Bioénergétique et une autre approche découverte au travers de formations diverses :

Walter NIEVES, *Neurologue, Psychiatre, Chercheur au sein de la Société de Neuropsychanalyse de New York-USA* a présenté la « *Neurobiologie du trauma et du stress post-traumatique* »

Guy TONELLA, *Docteur en Psychologie Clinique, DES de Psychophysiologie, Analyste Bioénergéticien Certifié (CFAB)* a présenté « *Le trauma développemental et l'apport de la théorie de l'attachement de John Bowlby* »

Maryse DOESS, *Analyste Bioénergéticienne Certifiée et formatrice CFAB formée à la Somatic Experiencing* a présenté « *L'apport de la « Somatic Experiencing » de Peter Levine* »

Robert FAURY, *Psychologue Clinicien, Analyste Bioénergéticien Certifié (CFAB) formé à l'EMDR* a présenté « *L'apport de l'« EMDR » de Francine Shapiro* »



Robert Faury dans « *L'apport de l'« EMDR » de Francine Shapiro* » et Guy Tonella

Violaine de CLERCK, Psychologue Clinicienne, Analyste Bioénergéticienne Certifiée (SOBAB) formée au Trauma Releasing Exercises a présenté « **L'apport du « Trauma Releasing Exercises » de David Berceli** »

Jean Luc EMERAUD, Psychologue Clinicien, Analyste Bioénergéticien Certifiée (CFAB) et Hypnothérapeute a présenté « **L'apport de « l'hypnose » de Milton Erickson** »

Antonio MONTOYA, Professeur de Médecine Universitaire à Granada-Espagne, Analyste Bioénergéticien Certifié (ENHABE) formé à la Méditation Mindfulness a présenté (et fait participer à un petit exercice) « **L'apport de « la méditation Mindfulness » de Jon Kabat-Zinn** »

Sept conférences de grande qualité qui nous ont tous beaucoup stimulés !

Notre objectif, d'ouvrir dans notre monde en mouvement de nouvelles fenêtres de réflexion et d'action, fut réalisé, et avec un grand plaisir.

Nous avons dégusté au fil des présentations la richesse des recherches réalisées depuis plus d'un demi-siècle, qui enrichissent notre approche tout en nous permettant de continuer à accorder à l'Analyse Bioénergétique toute son originalité, sa puissance et sa grande valeur.

Trois ateliers expérientiels ont été proposés,

Par **Maryse Doess**, sur le comment la Somatic Experiencing peut enrichir notre approche d'Analyse Bioénergétique sur le stress post-traumatique,

Par **Violaine de Clerck** sur les apports du « *Trauma Releasing Exercise* » à l'Analyse Bioénergétique,

Et par **Guy Tonella**, sur les apports de la théorie de l'attachement au travail d'Analyse Bioénergétique sur le stress post-traumatique, en particulier ce qui concerne les traumas du développement.

Le samedi soir a réuni les intervenants et les participants dans une cave voûtée toulousaine, de quoi se régaler, s'amuser, converser en mélangeant les langues et les cultures, en anglais par ci, en espagnol par-là, en français mêlé d'accent québécois ou belge, toulousain ou marseillais, puisque des Collègues Analystes Bioénergéticiens venus de Sociétés espagnoles (*Madrilène, Barcelonaise et Basque*), et belge (*SOBAB*), des collègues venus d'autres écoles (*de Gestalt, de Biodynamique, de Thérapie Familiale*) s'étaient joints aux Analystes Bioénergéticiens présents de l'IABFS et du CFAB.

Ces Journées Francophones d'Analyse Bioénergétique nous montrent une fois encore que lorsque nous allions nos forces, nos expertises et nos qualités humaines, nous vivons et partageons des moments professionnels chaleureux et de grande qualité !

Au-delà de cet évènement, le CFAB est heureux d'annoncer qu'un nouveau groupe de formation IIBA (CFAB 5) a commencé à La Réunion, France en fin d'année 2016, avec 17 participants.

MARYSE DOESS

COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)



Maryse Doess dans «*L'apport de la « Somatic Experiencing »*» et Jaime Perez

In English

THE FRENCH SPEAKING DAYS OF BIOENERGETIC ANALYSIS 2016 took part in Toulouse, October 1st and 2nd, organised by the French College of Bioenergetic Analysis (CFAB).

The theme was **TRAUMA AND THE BODY**

Wonderful days, the theme was developed by seven presenters in a rich atmosphere of sharing. Professionals from the region who attended felt very warmly welcomed and enjoyed the positive collaboration among the presenters, different from the rivalities they are more used to see and feel in such meetings.

We all lived with pleasure these fructuous and convivial encounters, each of the presenters sharing the links between Bioenergetic Analysis and another approach discovered through various trainings:

Walter NIEVES, *Neurologist, Psychiatrist, Researcher at the Neuropsychoanalytical Society, New York, USA*, talked about « **Trauma Neurobiology and PTSD** »

Guy TONELLA, *Clinical Psychologist, PHD, Master in Psychophysiology, IIBA CBT and Faculty Member, CFAB*, presented « **Developmental Trauma and the theoretical contribution of Attachment Theory (John Bowlby)** »

Maryse DOESS, *IIBA CBT and Faculty member, CFAB, trained in Somatic Experiencing*, presented « **The Somatic Experiencing contribution (Peter Levine)** »

Robert FAURY, *Psychologist, IIBA CBT, CFAB, trained in EMDR* presented « **The contribution of EMDR (Francine Shapiro)** »

Violaine de CLERCK, *Psychologist, IIBA CBT and Faculty member (SOBAB, Belgium), trained in TRE* « **The contribution of « Trauma Releasing Exercises (David Berceli) »** »

Jean Luc EMERAUD, *Psychologist, IIBA CBT (CFAB) and Hypnotherapist* presented « **The contribution of Hypnosis (Milton Erickson)** »



Jean luc Emeraud in « *The contribution of Hypnosis (Milton Erickson)* » and Anne Marie Guegen

Antonio MONToya, Medicine Professor in Granada / Spain University, IIBA CBT (ENHABE, Spain), trained in Mindfulness Meditation, presented and gave the audience a short meditation exercise about « **The contribution of Mindfulness Meditation** » (Jon Kabat-Zinn) ».

Seven high quality lectures which stimulated us a lot !

Our purpose, which was to open new windows of reflection and action in our moving world was achieved, and with pleasure.

We enjoyed through the presentations the richness of researches which went on for more than half a century, which enrich our approach and still allow us to recognize Bioenergetic Analysis in its originality, powerness and great value.

Three experiential workshops were offered,

By **Maryse Doess**, about the ways Somatic Experiencing can enrich our bioenergetic tools to treat trauma issues,

By **Violaine de Clerck**, about how Trauma Releasing Exercise complete the work we're doing in Bioenergetic Analysis about traumas,

And by **Guy Tonella**, about how the attachment theory and understanding enrich our work in Bioenergetic Analysis when working with traumas, particularly developmental ones.

On saturday night, participants met in a nice « *cellar bar* » in Toulouse, for fun, dancing, and discussions, mixing cultures and languages, some English, some Spanish, some French from Quebec, Belgium, Toulouse or Marseille different French accents and particularities, as Bioenergetic Analysts Colleagues came from Spanish Societies (*Madrid, Basc Country, Barcelona*), from Belgium (*SOBAB*), and colleagues from other schools such as Gestalt, Biodynamics, Systemic Therapy had joined Bioenergetic Analysts of our French Societies IABFS, Marseille, and us, CFAB Toulouse.

These French Speaking Days reveal once again that when we allie our strengths, our expertises and our human qualities, we live high quality interesting and warm professional moments!

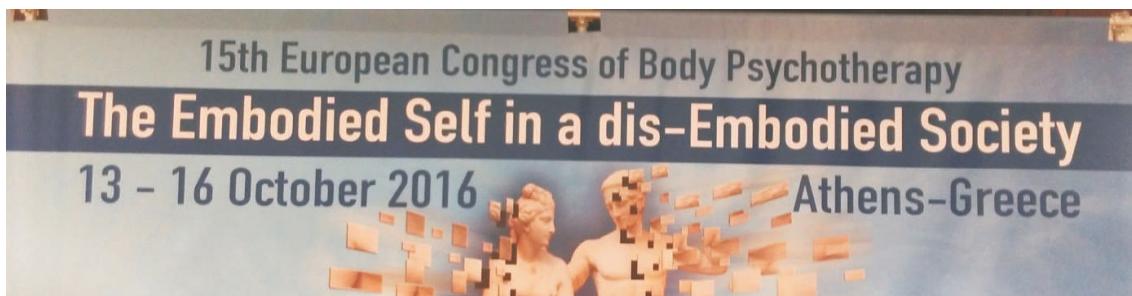
Apart from those October French Speaking Days, the CFAB is happy to announce that a new IIBA Training Group (*CFAB 5*) began in the island La Réunion, France at the end of 2016, with 17 participants.

MARYSE DOESS

COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)

BERICHT VOM 15. EUROPEAN ASSOCIATION OF BODY PSYCHOTHERAPY KONGRESS

13.-16. OKTOBER IN ATHEN



Die European Association of Body Psychotherapy (EABP) wurde 1988 gegründet und hat mittlerweile über 650 Einzelmitglieder, die mehr als 30 verschiedene körperpsychotherapeutische Schulen repräsentieren. Aufgrund meiner Initiative wurde unsere Föderation 2013 ein institutionelles Mitglied dieser Europäischen Dachorganisation für Körperpsychotherapie. Als Repräsentant eines der ersten körperpsychotherapeutischen Verfahrens, erscheint es für uns als EFBA-P selbstverständlich dazu zu gehören und sowohl unser Wissen als auch unsere therapeutischen Qualitäten auf EABP Kongressen zu präsentieren. In der Vergangenheit waren wir als Bioenergetiker kaum vertreten im breiten Spektrum der Körperpsychotherapie, was zur Folge hatte, dass wir den Reichtum der Bioenergetischen Analyse in diesen Kreisen nicht teilen und verbreiten konnten. Stattdessen hatten wir (*und haben manchmal immer noch*) mit Vorurteilen gegenüber der Bioenergetic Analysis zu kämpfen. Andersherum konnten wir durch unsere Abwesenheit nicht von anderen körperpsychotherapeutischen Schulen lernen.

Der 15th EABP Kongress wurde von der Greek Association for Body Psychotherapy ausgerichtet, die nach der deutschen DGK der zweitstärkste nationale Zweig ist. Ca. 530 Teilnehmer und Teilnehmerinnen verfolgten zahlreiche Präsentationen, Workshops und Runde Tische. Erstmals wurde ein Bioenergetiker eingeladen einen Tages- Pre-Workshop zu leiten. Der Titel war «*The touching search of the deepest embodied Self*», der Workshop war mit 20 Teilnehmern ausgebucht.

Ilse Schmidt-Zimmermann und Professor Frank Röhricht waren die eröffnenden Key note speakers. Frau Schmidt-Zimmermann referierte über "Vekörperung in einer ent-körperten Gesellschaft" und nahm Bezug auf die soziologische und politische Perspektive unseres Berufes. Professor Röhricht's Thema war "Mis-bodiment" und der soziale "wir-zentrierte" Raum. Er beleuchteten körper-bezogene Regulationssysteme mit besonderer Betonung der Affektregulierung und deren Bedeutung für die beiden Aspekte von Selbstregulation und der Regulation des Seins mit Anderen in sozialen Zusammenhängen.



Francisco Garcia Esteban, Aristidis Iniotakis, Patrizia Moselli & Olaf Trapp

Neben dem Preworkshop hatte ich auch einen Kongressworkshop mit dem Titel «*Rendezvous with your Self*». Im Gegensatz zum Kongress 2012 in Cambridge war ich nicht der einzige Bioenergetiker mit einem Workshopangebot. Meine Kollegen Francisco Esteban: «*Embodying the true Self with Bioenergetic Analysis*», Patrizia Moselli und Ihr Kollege Aristidis Iniotakis: «*The Evolution of Bioenergetic Analysis.: By Expressive Therapy to Somatic Relational Approach*», Boris Sururow from Moskow: «*How to turn Destructive Energy into Constructive Energy* » and Fred Lowen: «*The Bioenergetics of a Dysfunctional Society*» vertraten die Bioenergetische Analysis in Athen.

Im 2. Teil der Hauptversammlung wurde einer neuer Vorstand gewählt: Carmen Joanna Abblack (*United Kingdom*) Präsidentin, Sladjana Djordjevic (*Serbia*) Vice Präsident und Sekretärin, Thomas Riepenhausen (*Portugal*) Kassierer

Die zahlreichen Treffen mit Kollegen und der persönlichen Austausch von Erfahrungen eröffnen neue Möglichkeiten der Vernetzung. Ich respektiere und wertschätze Therapeuten anderer Verfahren und wir bioenergetische Kollegen bekamen viel Anerkennung, auch für die Stärken der Bioenergetischen Analyse.

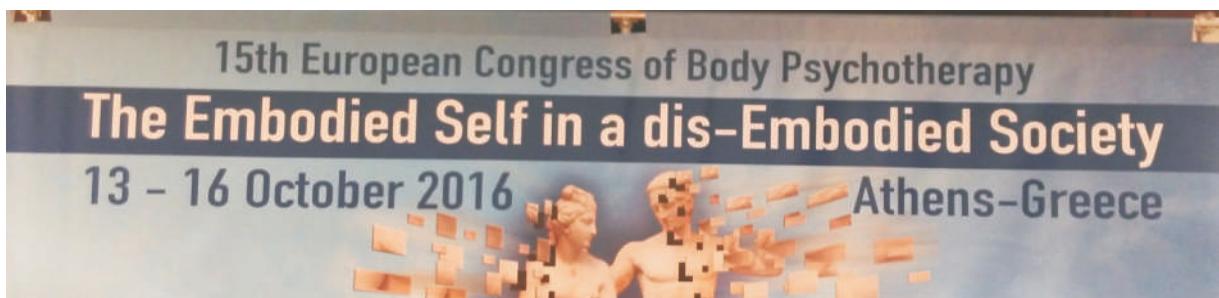
OLAF TRAPP

**NORDDEUTSCHES INSTITÜT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)
PRÄSIDENT DES EFBA-P**

In English

REPORT FROM THE 15TH EUROPEAN ASSOCIATION OF BODY PSYCHOTHERAPY CONGRESS

13TH-16TH OCTOBER 2016 IN ATHENS



The European Association of Body Psychotherapy (EABP) was founded in 1988, it now includes well over 650 individual members who represent more than 30 schools from a wide spread of body psychotherapy modalities. Because of my initiative our Federation 2013 became an institutional member of this European umbrella for Bodyspsychotherapy. As a representative of one of the first modalities in this field we, the EFBA-P, believe, that we belong per definition to this family and that is evident to be visible with our knowledge and therapeutic skills at EABP conferences. In the past we have kept ourselves quite separated from the broader body psychotherapeutic community. As a result we have not been able to share the richness of Bioenergetic Analysis and the other way around we could not benefit from the value of other peoples work.

The 15th EABP Congress was hosted by the Greek Association for Body Psychotherapy, which is after the German DGK the second biggest national branch. About 450 participants attended several presentations, round tables and workshops. For the first time a Bioenergetic Therapist was invited to lead a one day pre- workshop. The title was « *The touching search of the deepest embodied Self* » It was fully booked with 20 participants.

Ilse Schidt- Zimmermann and Professor Frank Röhrig have been the opening Key note speakers with a sociological discourse and a focus on affect regulation for the two connected aspects of self- regulation and regulation of being with others in social contexts.



Francisco Garcia Esteban, Aristidis Iniotakis, Patrizia Moselli & Olaf Trapp

Besides the Pre- workshop I also lead a Congress Workshop entitled «*Rendezvous with your Self*». In comparison to the 2012 congress in Cambridge it was not the only bioenergetic offer, my colleagues Francisco Esteban :«*Embodying the true Self with Bioenergetic Analysis*», Patrizia Moselli and her colleague Aristidis Iniotakis :«*The Evolution of Bioenergetic Analysis.: By Expressive Therapy to Somatic Relational Approach*», as well as Boris Sururow from Moskow :«*How to turn Destructive Energy into Constructive Energy* » and Fred Lowen «*The Bioenergetics of a Dysfunctional Society*» represented our modality in Athens.

At the 2nd part of the General Assembly a new EABP board has been elected: Carmen Joanna Ablack (*United Kingdom*) President, Sladjana Djordjevic (*Serbia*) Vice President and Secretary, Thomas Riepenhausen (*Portugal*) Treasurer

The many conversations and connections that happened have opened the door to new networking possibilities. I acknowledge and respect people who practice other modalities and felt that those at the congress also welcomed and valued both my colleagues and me, and the particular strengths of Bioenergetic Analysis.

OLAF TRAPP

**NORDDEUTSCHES INSTITÜT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)
EFBA-P'S PRESIDENT**

In Spanish

LAS VII JORNADAS IBÉRICAS DE ANÁLISIS BIOENERGÉTICO



A alumnos de la fase clínica de la formación en AB colaboradores en la organización de las Jornadas Ibéricas

(*Students of the clinical phase of training in BA who collaborate in the organization of the Iberian Days*)

Las VII JORNADAS IBÉRICAS DE ANÁLISIS BIOENERGÉTICO, organizadas por el Instituto Madrileño de Análisis Bioenergético (*IMAB*), tuvieron lugar los días 28 y 29 de enero de 2017 en Madrid, con un resultado muy satisfactorio para los participantes y para nuestra sociedad.

El tema de las Jornadas fue «*CUERPO, MENTE Y EMOCIÓN EN LA RELACIÓN TERAPÉUTICA*». Teníamos como objetivo la actualización de las características y funciones de la relación en el proceso terapéutico más allá de los antiguos conceptos de transferencia y contratransferencia.

Con ese fin, contamos con un conferenciante externo, Mario Salvador, analista relacional especializado en la Teoría Polivagal y el procesamiento de la información cerebral. Presentó la ponencia inaugural titulada «*La presencia en la relación terapéutica: factor clave para modificar los patrones vinculares y la arquitectura cerebral mediante el reprocesamiento de la experiencia*».

La siguiente ponencia, «*La interacción no-verbal: significado y efecto del contacto en la diáda terapéutica*», presentada por Edith Liberman (*IMAB*), continuó ese desarrollo refiriéndose a los mecanismos neurobiológicos que permiten la resonancia entre terapeuta y paciente y los procedimientos para utilizarla. Fina Pla, de la Associació Catalana d'Anàlisi Bioenergètica (*ACAB*), en «*Del cuerpo estructura a los cuerpos en resonancia. Evolución de la contratransferencia en Análisis Bioenergético*» hizo un repaso histórico de la evolución de la comprensión de la relación terapéutica.

José Luis Gomes, de la Associaçao Portuguesa De Analise Bioenergetica (APAB), realizó una ampliación de los fundamentos del Análisis Bioenergético en «*El "Ich"(Yo) y el "Selbst" (sí mismo) de Nietzsche como afirmación del análisis bioenergético*». Finalmente, José Luis Moreno, de la Sociedad Andaluza de Análisis Bioenergético (SAAB), centró en «*Cuando la emoción nos muestra el camino*» el núcleo del proceso de curación indicando la resonancia emocional en la relación terapéutica como guía para el trabajo.

En la tarde del sábado contamos con seis talleres que abarcaron una amplia temática y la presentación de nuevas técnicas de trabajo. Fueron: «*Tacto suave – contacto profundo*», impartido por Mariana Benetti, de la Sociedad Madrileña de Análisis Bioenergético (SOMAB); «*Gestión de la sexualidad en el entorno terapéutico*» impartido por Francisco García Esteban (IMAB); «*El miedo: una emoción clave en el proceso terapéutico*», impartido por José Luis Moreno (SAAB); «*La relación terapéutica, una relación de amor y sus fallas narcisistas*», impartido por Margarita Ódena (ACAB); «*Danzando nuestra energía*» impartido por Armando García (SOMAB) y «*La contratransferencia corporal vista desde la teoría polivagal*» impartido por Pedro Jiménez (ACAB).

El domingo comenzamos con una actividad grupal en la sala: «*Tiempo de encuentro a través de la música y el silencio*» impartida por Emilia Córcoles (IMAB).



Emilia Córcoles, Junta Directiva de IMAB, dirigiendo la actividad
«*Tiempo de encuentro a través de la música y el silencio*»
(*Emilia Córcoles, Executive Committee of IMAB, leading the activity
«Meeting time through music and silence»*)

Las Jornadas fueron presentadas por Francisco García Esteban (IMAB), quien contextualizó el evento en el marco de las instituciones europeas e internacionales que nuclean la formación y el ejercicio del Análisis Bioenergético ofreciendo un encuadre y unificando los desarrollos teóricos y prácticos de los profesionales de nuestra modalidad.

Para el cierre generamos un espacio circular con todos los asistentes para el tiempo de preguntas, comentarios y evaluación del evento. Recogimos allí la satisfacción de los participantes y presentamos y agradecimos al grupo de alumnos de nuestra sociedad en el 4º año de formación que colaboraron activamente en la organización y fueron cruciales para el buen desarrollo de la reunión.

El gran esfuerzo implicado en el trabajo de organización de las Jornadas fue ampliamente compensado con la participación de 75 asistentes y la posibilidad para nuestros alumnos de ampliar su visión de la práctica del Análisis Bioenergético en nuestro entorno y reforzar los lazos comunitarios en nuestra sociedad y con las sociedades ibéricas.

EDITH LIBERMAN

PRESIDENTA DE INSTITUTO MADRILEÑO DE ANÁLISIS BIOENERGÉTICO (IMAB)



imab VII JORNADAS IBÉRICAS DE ANÁLISIS BIOENERGÉTICO

Edith Liberman, durante su ponencia «*La interacción no-verbal:*

significado y efecto del contacto en la diáada terapéutica».

(*Edith Liberman, during her presentation «The non-verbal interaction : meaning and effect of contact in the therapeutic dyad».*)



In English

THE VII IBERIAN DAYS OF BIOENERGETIC ANALYSIS



The VII IBERIAN DAYS OF BIOENERGETIC ANALYSIS, organized by the Instituto Madrileño de Análisis Bioenergético (IMAB), took place on the 28th and 29th of January 2017 in Madrid, with a very satisfactory outcome for the participants and for our society.

The theme of the Conference was «*BODY, MIND AND EMOTION IN THE THERAPEUTIC RELATIONSHIP*». Our goal was to update the characteristics and functions of the relationship in the therapeutic process beyond the old concepts of transference and countertransference.

To that end, we had an external lecturer, Mario Salvador, a relational Analyst specializing in the Polyvagal Theory and the processing of cerebral information. He presented the inaugural paper titled «*The presence in the therapeutic relationship: a key factor to modify the bonding patterns and brain architecture through the reprocessing of experience*».

The next paper, «*The non-verbal interaction: meaning and effect of contact in the therapeutic dyad*», presented by Edith Liberman (IMAB), continued this development referring to the neurobiological mechanisms that allow resonance between therapist and patient and the procedures to use it. Fina Pla, from the Associació Catalana d'Anàlisi Bioenergètica (ACAB), in «*From the body structures to the bodies in resonance. Evolution of countertransference in Bioenergetic Analysis*» made a historical review of the evolution of the understanding of the therapeutic relationship.

José Luis Gomes, from the Associação Portuguesa De Analise Bioenergetica (APAB), made an extension of Bioenergetic Analysis' foundations in «*The Ich" (I) and the "Selbst" (Self) of Nietzsche as an affirmation of Bioenergetic Analysis*». Finally, José Luis Moreno, from the Sociedad Andaluza de Análisis Bioenergético (SAAB), with «*When emotion shows us the way*» focused on the core of the healing process, indicating emotional resonance in the therapeutic relationship as a guide for work.

On Saturday afternoon, we had six workshops that covered a wide range of topics and the presentation of new working techniques. They were: «*Soft touch - deep contact*», led by

Mariana Benetti from the Sociedad Madrileña de Análisis Bioenergético (*SOMAB*); «*Management of sexuality in the therapeutic environment*» led by Francisco García Esteban (*IMAB*); «*Fear: a key emotion in the therapeutic process*», led by José Luis Moreno (*SAAB*); «*The therapeutic relationship, a love relationship and its narcissistic failures*» led by Margarita Ódena (*ACAB*); «*Dancing our energy*» led by Armando García (*SOMAB*) and «*The body countertransference seen from the polyvagal theory*» led by Pedro Jiménez (*ACAB*).

On Sunday, we began with a group activity in the room: «*Meeting time through music and silence*» led by Emilia Córcoles (*IMAB*).

The Iberian Days were presented by Francisco García Esteban (*IMAB*), who contextualized the event in the context of the European and International Institutions that regulate the training and the practice of the Bioenergetic Analysis providing a framework and standardization of the theoretical and practical developments of the professionals of our modality.

For the closure we generated a circular space with those present, for the time for questions, comments and evaluation of the event. We received there a satisfactory feedback from participants, and presented and thanked the group of students of our society in their 4th year of training, which actively collaborated in the organization of the event and were crucial for the good development of the meeting.

The big effort involved in the organizational work of the Conference was widely compensated by the attendance of 75 participants and the possibility for our students to broaden their vision of the practice of the Bioenergetic Analysis in our environment and strengthen the community ties in our society and with the Iberian Societies.

EDITH LIBERMAN

PRESIDENT OF THE INSTITUTO MADRILEÑO DE ANÁLISIS BIOENERGÉTICO (IMAB)

TRANSLATER : FRANCISCO GARCÍA ESTEBAN,

EXECUTIVE COMMITTEE

INSTITUTO MADRILEÑO DE ANÁLISIS BIOENERGÉTICO (IMAB)



Francisco García, Executive Committee of IMAB, introducing the Iberian Days
(*Francisco García, Junta Directiva de IMAB, presentando las Jornadas Ibéricas*)

HOW DO YOU WORK WITH BREATHING IN YOUR THERAPY SESSIONS?

In German

ATEM IST VIELSCHICHTIG

Eine 53 jährige Frau, Lehrperson an einer höheren Fachschule, kam in eine Überlastungssituation aus familiären und beruflichen Gründen. Sie wurde sehr streng und unkollegial an ihrem Arbeitsplatz. Ihre Fähigkeiten, rasch zu denken und zu formulieren wurden dabei für ihre Kolleginnen destruktiv und ihre Schüler erreichte die erfahrene Fachperson so nicht mehr. Deshalb wurde sie beurlaubt und krankgeschrieben. Es war im Moment nicht klar, ob eine schwerwiegende psychotische Störung aufgebrochen war. Sie konnte sich aber auf Bewegungs-, Stimm- und szenische gestische Sprechübungen zur Selbstregulation über das Erfahren ihres Atems einlassen. Einfach gesagt: auf Atemübungen.

- a) Sich sitzend und stehend aus momentanen körperlichen Bedürfnissen und Impulsen heraus zu dehnen, nicht so sehr nach vorgestelltem Ablauf. Sie liess dabei ihren Atem zu, achtete lediglich darauf, ihn nicht anzuhalten. Ich regte sie an, auch Biegungen ihrer Beine einzubeziehen, und sich auch mal vornüber hängen zu lassen.
- b) Eine einfache Stimmübung zu erfahren. Z.B. ein M vor einem U zu summen und den Übergang zum Laut zu beachten, oder ein W oder ein F vor einem Vokal auszuprobieren und Unterschiede zu erfahren. Dabei immer wieder ihren Atem wahrzunehmen.
- c) Verlangsamt zu reden und dabei ihren Atem wahrzunehmen. Unterstützend konnte sie langsame Gesten dazu ausführen, bei denen sie sich in Oberkörper und Armen etwas dehnte: Sie hob die Ellbogen und nahm wahr, dass die Atembewegung im Rumpf sich vertiefte und sie im Moment ruhig wurde.
- d) In eine Szene einzutauchen und langsam zu Schülern oder Kollegen zu sprechen, Silbe um Silbe mit klaren Konsonanten und Vokalen zu artikulieren und sich atmen zu lassen. Das war anfangs für die Schnellrednerin fast witzig, aber sie konnte darin ernst werden und zu sich kommen, in dem sie ihren Atem spürte, der sich vertiefte und ruhig wurde. Sie konnte so auch ermessen, wie sie bei einem Gegenüber ankommt. Anderseits bemerkte sie, wie sie so zu ihrem eigenen Gefühl zu sich selbst kam, - sie, die gewohnt war sehr auf die andern zu schauen und sich zu sehr zu verausgaben.



MARCEL LEHNER,
SCHWEIZERISCHE GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE UND THERAPIE (SGBAT)

In English

BREATHING IS MANIFOLD

A 53-year-old woman, a teacher of a higher technical college, experienced a situation of strain out of familiar and professional reasons. She grew very stern and uncollegial at her workplace. Her abilities to think and formulate quickly started to become destructive towards her colleagues, and the experienced professional person failed to reach her students that way. Therefore she was given leave and a medical certificate. At that moment it was not evident if there had broken up a severe psychotic disorder. But she was able to get involved into body work as well as vocal and scenic-gestic articulatory exercises for self-regulating purpose in experiencing her breathing.

Easily spoken: on breathing exercises.

- a) Stretching herself out of momentary physical needs and impulses in a sitting and standing position, not so much out of an imagined order of events. In doing so she allowed her breath to stream, paying only attention on not stopping it. I encouraged her to also involve bends of her legs and to let herself hang forwards.
- b) To experience a simple voice exercise. E.g. humming an M before an U and noticing the transition of the sounds, or trying a W or an F before a vocal and experiencing any differences. In doing so staying in contact with her breathing.
- c) Talking in slow motion while perceiving her breath. In support she was able to carry out slow gestures, stretching the upper part of her body and her arms: she lifted up her elbows and noticed that the movement of breath in the trunk got deeper and she became calm at the moment.
- d) To dive into a scene and to talk slowly to students or colleagues, to articulate syllable after syllable with clearly spoken consonants and vocals while allowing herself to breathe. Initially this was almost funny for the fast speaker, but in doing so she was able to become serious and get in contact to herself, noticing her breath that got deeper and calm. This way she also could gauge how she was perceived by a person opposite. The other way round she realized how she came in contact to her feeling towards herself,- she who was used to watching others and exhausting herself.

MARCEL LEHNER,

SCHWEIZERISCHE GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE UND THER. (SGBAT)

TRANSLATER: GABRIELA KÜMMERLI

*SCHWEIZERISCHE GESELLSCHAFT FÜR BIOENERGETISCHE ANALYSE
THERAPIE (SGBAT)*

SER PSICOTERAPEUTA EM PORTUGAL

VISTA DE UM PSICÓLOGO E TERAPEUTA DE ANÁLISE BIOENERGÉTICA

Portugal teve uma evolução no acesso da sua população a serviços, clínicas e consultórios de psicoterapia.

Há uma «*aparente*» divisão no país em termos de modelos ou paradigmas psicoterapêuticos. Esta situação deve-se às «*mesquitas*» nas diferentes universidades e faculdades de psicologia. Umas mais fundamentalistas no modelo psicanalítico, outras no modelo cognitivo-comportamental. O modelo cognitivo-comportamental que tanto seduz atualmente a comunidade académica, teima em ser «*aparentemente*» científico, que se diz objectivo, pragmático, rápido e desde o início bem planificado e com previsão / prognóstico do número de sessões em todo o processo terapêutico, más em que a dimensão relacional intersubjectiva é pouco valorizada.

Portugal é mais analítico no sul e mais cognitivo-comportamental no norte.

Trabalho na maior terceira cidade do país – Braga – onde existem duas universidades, uma estatal e outra privada (*Universidade católica*).

Na universidade estatal o modelo é fundamentalista, cognitivo-comportamental, que ostraciza outros modelos terapêuticos.

Na universidade particular existe uma linha bem demarcada do modelo analítico-junguiano.

Faço clínica psicológica e psicoterapêutica há cerca de 26 anos, tendo uma formação de base na psicologia clínica.

Que enorme evolução sinto e posso observar na «*exigência*» da população desta cidade portuguesa. No início, procuravam o psicólogo, que por vezes, precisavam de o delimitar relativamente aos psiquiatras. Procuravam-me para fazer umas consultas, com um pedido específico, bem específico.

Uns anos mais tarde, começo a ouvir e a obter contactos de pessoas para fazer psicoterapia. As pessoas mais informadas com bibliografia, revistas e comunicação social, começam a ter uma noção mais clara da diferença entre uma simples formação de psicologia clínica, e um processo psicoterapêutico.

Os pedidos deixam de ser tão delimitados e assistimos a um novo discurso de «*demandas*», isto é, eu sou um todo e pode-se compreender que é o todo pessoal, na sua relação com a vida e o mundo, que precisa de ser «*digerido*», trabalhado e obter alguma mudança. Vim a confirmar que me faz todo o sentido a nova classificação proposta pela filósofa e psicanalista francesa Julia Kristeva de «*novas patologias da alma*».

Nos últimos anos verifico que as pessoas estão mais informadas, que apesar de confiarem num nome sugerido a trabalhar na cidade, procuram ao mesmo tempo, um trabalho mais específico, com um determinado setting e num determinado tempo. Se existem pessoas que procuram intervenções focadas e rápidas, existem muitas outras pessoas que estão conscientes dos processos longos e sem ter uma delimitação do foco de intervenção.

Existem de facto cada vez mais pessoas que exigem processos «*alternativos*» ao poder imposto pelo meio académico, por isso mesmo, modelos anti-conservadores ou anti-conformistas.

É aqui que começa a ganhar algum poder a intervenção psicocorporal, nomeadamente a Análise Bioenergética.

Influenciadas pela novas correntes do oriente, onde o corpo ganha relevância, ou das práticas do yoga e do Pilates, a intervenção psicocorporal bem ganhando cada vez mais adeptos, pois a população com alguma formação e informação dos modelos psicoterapêuticos, passa a ser mais exigente e a procurar mais, tendo em conta a possibilidade que a internet proporciona uma maior expansão das buscas.

Existe uma maior procura de modelos alternativos terapêuticos, onde se insere o corpo, sentindo o mesmo por parte de muitos «*psis*» que ao longo de alguns anos, se sentem limitados ou bloqueados no aprofundamento e acesso a novas dimensões e realidades do ser humano. Cansados do fundamentalismo da «*cracia*» cognitivo-comportamental, procuram um trabalho mais profundo, inter-subjetivo, humano e relacional.

Assim sendo, tenho assistido ao longo destes anos em Portugal a uma maior consciencialização da importância das intervenções psicoterapêuticas, ainda que muitos psiquiatras, continuem a violentar a célebre definição de saúde pela OMS (*Organização Mundial de Saúde*), reduzindo o ser humano a uma dimensão neuro-bioquímica, sem integrarem as vertentes psico-emocional e social.

Ainda que muitas Seguradoras não apoiem a intervenção psicoterapêutica, pela duração da mesma, ainda que os serviços de apoio de saúde dos funcionários públicos, exijam uma declaração médica, para justificarem a intervenção psicoterapêutica, a verdade é que foi recentemente criada em Portugal uma Federação Portuguesa de Psicoterapias, onde está inserida a Associação Portuguesa de Análise Bioenergética (APAB), bem como, no conjunto das Associações/Sociedades Psicoterapêuticas, para a certificação pela Ordem dos Psicólogos (*órgão máximo representativo no país da classe profissional*) do título de especialista – psicoterapeuta, que está atualmente a decorrer.

Assim sendo, posso concluir que há um caminho a percorrer no futuro, tal como em muitos outros países europeus: identidade profissional de psicoterapeuta, certificação, ética e deontologia profissional, acesso a serviços ou instituições privadas e estatais, delimitando o psicoterapeuta face a intervenções mais focalizadas, (*por psicólogos ou psiquiatras, etc.*)

No entanto, posso verificar que nas últimas décadas, passos importantes foram dados, em que há maior informação, formação e supervisão dos profissionais, bem como, uma maior exigência saudável por parte dos nossos pacientes.



JOSÉ LUÍS GOMES,
ASSOCIAÇÃO PORTUGUESA DE ANALISE BIOENERGETICA (APAB)

In English

BEING A PSYCHOTHERAPIST IN PORTUGAL

VIEW OF A PSYCHOLOGIST AND BIOENERGETIC ANALYSIS THERAPIST

Portugal has shown an evolution concerning the population's access to psychotherapy services, clinics and offices.

Regarding the different approaches or psychotherapeutic paradigms, the country is «*apparently*» divided. This situation is due to the existence of «*churches*» in the different universities and psychology faculties: while some are more fundamentalist about the psychoanalytic model, others show the same fundamentalism concerning the cognitive-behavioral therapy. The cognitive-behavioral model, nowadays so appealing to the academic community, insists in its «*apparent*» scientific nature, claiming to be objective, pragmatic, fast and since the beginning well-planned, with prediction/prognostic of the number of sessions included in the therapeutic process. Nevertheless, in this model the importance of the relational and intersubjective dimension is underestimated.

A geographical distinction can also be drawn: in the south of the country the analytic approach is the predominant one, while in the north prevails the cognitive-behavioral model.

I work in the third largest city in the country – Braga – where two universities are located: one public (*state-owned*) and the other one, private (*Catholic University*).

Being fundamentalist, the cognitive-behavioral model in the public university excludes all the other therapeutic approaches.

In the private university there is a straight line that clearly highlights the analytical-jungian model.

With a background in clinical psychology, I've been doing psychological and (*afterwards*) psychotherapeutic clinic for 26 years.

I've been feeling and perceiving a huge evolution in the «*requirements*» of this city population's. In the beginning, they searched for a psychologist, and they needed to distinguish his role from a psychiatrist's. People used to search me only for a few appointments, motivated by a very particular and specific demand.

A few years later, I started to listen and to receive requests from people interested in doing psychotherapy. Those who had more information - using bibliography, journals and the media – started to have a clearer notion of the difference between a basic degree in Psychology and a psychotherapeutic process.

The requests were no longer so strict and we assisted to a new «*demand*» speech that meant: I am a whole and it is clear that it's the personal wholeness, in its relationship with life and the world that needs to be «*digested*», worked on and be object of some change. I could realize that it makes all sense to use the new classification proposed by the French philosopher and psychoanalyst Julia Kristeva, «*new maladies of the soul*».

Over the last years, I've been noticing that people are more informed, and that, despite the fact that they trust in some suggested professional working in the city, at the same time they search for a more specific work, with a specific setting and time. If there are people who want quick and focused interventions, many others are aware of the long-term processes and don't limit the intervention's core.

In fact, there are more and more people who demand «*alternative*» ways to the power imposed by the academia. For that reason, they search for non-conservative or nonconformist models.

It is at this point that the psychocorporal intervention starts to achieve power, namely the Bioenergetic Analysis.

Influenced by the new east trends, where the body has relevance, or by some practices such as Yoga or Pilates, the psychocorporal intervention has been gaining more and more followers, because people with education and knowledge about the psychotherapeutic models become more demanding and search more information, given the opportunity of widened research made possible by the internet.

There is a greater demand for alternative therapeutic models where the body takes place. I feel the same thing about some professionals «*psis*», who, through some years, feel trapped or stuck in respect to the access and deepening of new dimensions and realities of the human being. Tired of the fundamentalism of the «*crazy*» cognitive-behavioral rule, they search for a deeper work, intersubjective, human and relational.

As such, through these years in Portugal I've been witnessing a greater awareness about the importance of the psychotherapeutic interventions, although many psychiatrists keep distorting the famous definition established by the WHO(*World Health Organisation*) reducing the human being to a neuro-biochemical dimension, without incorporating the psycho-emotional and social aspects.

Despite the fact that many insurers don't cover psychotherapeutic interventions, due to its extended duration, and although the public healthcare services of civil servants require a medical statement to justify the psychotherapeutic intervention, the truth is that the Portuguese Psychotherapy Foundation was recently founded in our country. The Portuguese Association of Bioenergetic Analysis (*Associação Portuguesa de Análise Bioenergética :APAB*) and the whole of the Psychotherapeutic Associations/Societies are included in the Foundation. The Psychologists receive the Professional Certification (*as Psychotherapist*), which is currently taking place, from the National Council of Psychologists (*representative body in the country of the professional class*).

This explained what I conclude that there is a long way to go in the future, here in Portugal as in many other European countries: the professional identity of Psychotherapist, Certification, professional Deontology and Ethics, access to public or private services or institutions, establishing a difference between the psychotherapist and other narrower interventions (*from psychologists, psychiatrists, and so on*).

Nevertheless, I am able to recognize that in the last decades, important steps have been taken: an increase in the information, supervision and education levels of the professionals, as well as greater healthy demands from the side of our patients.

JOSÉ LUÍS GOMES,

ASSOCIAÇÃO PORTUGUESA DE ANALISE BIOENERGETICA (APAB)

TRANSLATER: PEDRO ANTÓNIO PIRES RIBEIRO DA SILVA

ASSOCIAÇÃO PORTUGUESA DE ANALISE BIOENERGETICA (APAB)

EVENTS

**PLEASE LOOK AT THE EFBA-P WEBSITE TO KNOW ALL ABOUT THE
EVENTS OF EACH SOCIETIES**
www.bioenergeticanalysis.net

Events-Conferences	Time-Language	Trainer - Society	Costs	Information
«Integrating the language before language» Evolution and development in interaction and personality	May 05 th – 07 th 2017 Lisboa, Portugal	Marianne Bentzen EFBA-P	425€ All included	www.bioenergeticanalysis.net Olaf Trapp, Vor dem Berge 10, D – 37269 Eschwege, E-Mail: olaf_trapp@gmx.de
«Shame & Guilt»	May 13 th -14 th 2017 Lyon, France	IABFS & SFABE	Please look at the websites	www.iabfs.fr www.sfabe.com
24 th IIBA International Conference «Reflecting back, looking forward, essence and growth in Bioenergetic Analysis»	May 24 th -28 th , 2017 Toronto, Canada Multilanguage	IIBA	Please look at the website	http://www.bioenergetic-therapy.com/
French Speaking Days « La Honte, un Trauma au Cœur et au Corps du Sujet » «Shame, Trauma to the Heart and the Body of the Subject»	October 7 th -8 th 2017 Marseille, France	IABFS	Please look at the website	www.iabfs.fr 73 rue des Cyprès 84210 Althen des Paluds Tél : 06 18 943 212 Email : contactsiabfs@gmail.com
The EFBA-P General Assembly 2017	November 17 th -19 th 2017 Roma, Italy English	EFBA-P	Contact the Federation	www.bioenergeticanalysis.net Pedro António Pires Ribeiro da Silva: E-mail: papris.pedro@gmail.com
8 th World Congress of Psychotherapy: «Life and Love in the 21 st Century. From the Intimate Encounter to Embracing the World»	July 24 th -28 th 2017 Paris, France At the UNESCO Building Multilanguage	World Council for Psychotherapy (WCP) & Fédération Française de Psychothérapie et Psychanalyse (ff2p)	Please look at the websites	Fédération Française de Psychothérapie et Psychanalyse 6 avenue du Maine F-75015 Paris Tél :+33 (0)1 44 05 95 50 Fax :+33 (0)1 45 44 62 34 E-mail : contact@ff2p.fr Sites : www.ff2p.fr & www.wcp2017.org WCP (World Council for Psychotherapy): http://www.wcp2017.org/index.html

**Your contributions for the next issue « BASIC 29th »
Please send them before September 15st, 2017**



EUROPEAN FEDERATION FOR BIOENERGETIC ANALYSIS - PSYCHOTHERAPY

Germany - Austria - Belgium - Spain - France - Norway - Dutch -
Poland - Portugal - Switzerland
Integrated by Societies Members of IIBA
www.bioenergeticanalysis.net

EXECUTIVE BOARD

President: Olaf Trapp (*NIBA-GER-Germany*),
Secretary: Regina Trotz (*DÖK - Austria*),
Treasurer: Gert Geskus (*NIBA-NL-Dutch*),
4th Administrator: Annie Nissou (*IABFS - France*),

Website of EFBA-P Coordinated by Olaf Trapp
olaf_trapp@gmx.de

FOR THIS ISSUE, THE TRANSLATORS ARE:

Pierre Barny de Romanet (*IABFS - France*), Francisco Garcia Esteban (*IMAB- Spain*),
Gabriela Kümmelli (*SGBAT- Switzerland*), Annie Nissou (*IABFS - France*),
Pedro António Pires Ribeiro da Silva (*APAB - Portugal*)
Olaf Trapp (*NIBA-GER - Germany*)