

## **Best Practice in our societies**

### Training in BA

*IMAB, Francisco Garcia Esteban:*

We think that it is important to take good care of our students and to create protecting environment where they can grow. We have a modular structure with 3 modules of 1, 2 and (2 )/3 years that follow the IIBA Curriculum. In the first year they have one day of training every month, only with local trainers (as it is cheaper and more accessible); in the following years they meet every 2 months. Once a year they have one residential seminar. After every workshop they have to write what they have learnt in the workshop, both in terms of theory and personal experience. Our students are given a certificate after every module. We offer therapy to people who cannot afford it and the students who have finished in the supervision phase can work with them

*NIBA, Berlin, North Germany, Alice Moll:*

We have one small training group consisting of 7 to 9 students. Our training also has a modular system of 4 years, but the students can stay longer if they want. Each seminar lasts 2-3 days, and a module one year. It is an open group which means it can hold different levels in it. The experience is very good for us and for the students. We consider that these open classrooms are safer for students, there is less room for destructive dynamics and the experiences are richer.

We could start an international training group in English! Participants from 7 different countries! Once a year we organize a workshop, which we call "study day". In this "study day" we usually invite not only BA therapists but also therapists from other modalities.

*ACAB, Barcelona, Catalonia, Fina Pla*

The training commission of ACAB is composed by the tutors of the students as each student has a tutor to accompany him/her during the training process. The tutors alternate themselves to be present as observers during the trainings as one of our goals is to be present for the students throughout the teaching process so that they can feel connected to the society. We have regular meetings with the students during the training intensives to talk about what worries them and we supervise the whole process.

## Ethic's

*NIBA, North Germany, Alice Moll*

We have an Ethic Committee in which we include a person outside our society, and we usually bring into it the best ideas of other therapeutic fields. For those cases where the Committee is not able to solve a problem, we have a system of arbitration.

## Meetings of the society, working with the students

*DÖK Austria, Regina Trotz*

We have regular meetings of the whole society. Three times a year we have some "clinical days" (during a weekend), where we combine the meeting of the Executive Committee, the General Assembly, the Training Committee, etc. and where we also work on a topic that is facilitated by two of our members, and usually do body exercises and body work together. In two of these "clinical days", which are part of the training, the students work in a separate group, and once a year we work together in some "clinical cases" as a kind of facilitated intervention.

*SIAB, Italy, Rosaria Filoni*

The whole society meets once a year during a weekend where our younger CBT's who are becoming trainers could give lessons to all of us. We try to get younger generations involved. We have a Facebook page, a blog and a website. We have "Clinical Centers" where we offer free lectures open to the public, and the younger CBTs could give therapy sessions for a reduced price (25 Euros), and attend to group supervision also for a reduced price (2- 4 hours for 15 Euros per hour)

*APAB, Portugal, Pedro Ribeiro da Silva:*

We usually organize for our BA associates, but open to colleagues of other psychotherapeutic modalities.

- Every month on Saturday mornings, we offer free body exercises in open classes, together with bioenergetic exercises and body exercises of other approaches such as Biodanza and Ayurveda exercises.
- Some Friday nights we show a movie and discuss it afterwards from a BA and psychotherapy perspective, sharing some drinks and food in a nice atmosphere. It is a very enriching experience to see all the different approaches on the same subject and to have the opportunity to discuss them.

IABFS, France, Annie Nissou:

We are 18 members, several events, Workshops, a Board Meeting in Skype of all French societies, a channel in YouTube, a Facebook page, the French societies try to work closer together, the communication is good, the new president has energy, he is making links between people

PABA, Poland, Magda Malkiewicz:

we like to meet in the Board, we are on Skype every month, engaged people, we want to keep the contact to the people after training, we contact to other modalities, we are thinking about many areas to put bioenergetics, TRE, we are quite active, one colleague is fan of Ben Shapiro's work so this is like a branch. We pay a woman which posts at our Facebook page three times a week, we have more than 5600 followers.

In Poland is no law about being a psychotherapist, we offer the training just to people who work in health system.