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Editor: Annie Nissou
Layout: Rainer Mahr

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DEAR READER,

This Basic number 18th is the first- issue in 2009.

We regret to announce you that Jan Ponne passed away on the 2nd of May, 2009. He was one of the founding fathers of The Dutch Institute for Bio-energetic Analysis (*NIBA-NL*) and an Honorary Member; you will find an article about him on page 34.

In this issue you will also find the reports of the EFBA-P's General Assembly, the International Institute for Bioenergetic Analysis' Board of Trustees' (*IIBA 'BOT*) meeting and the Alexander Lowen's memorial given to him on the 4th of April 2009 in New York.

There will be too a very interesting article by Thierry Von Schuylenbergh about the interesting way Brazilians use Bioenergetic Analysis into the « *social clinics* » and « *movement groups* » and his invitation to foster a network of exchanges on our methods and thoughts on this subject.

You will find as well the reports of the first EFBA-P's Workshop which was a real success, those of the NIBA's Study day, the European Association for Psychotherapy's matters, particularly its template for a national psychotherapy law. And at last the announcement of the 4th French speaking Society, the « *Collège Français d'Analyse Bioénergétique* » (*CFAB*).

In October do not miss the French Speaking Days which will take place this year in Brussels, Belgium the theme will be « *The Therapist's Body* » and the XX^o International Conference of Bioenergetic Analysis whose theme will be « *Body in Poetry – Unveiling the Grace of Self* ». in the city of Búzios, Rio de Janeiro, Brazil.

This time Ulrich Sollmann will tell us how the profession of Psychotherapist is being in Germany.

And I remind you that the next issue will be devoted to Alexander Lowen.

Rainer Mahr from the Süddeutsche Gesellschaft für Bioenergetische Analyse (*SGfBA*) has been doing the layout since the last number already, thanks a lot to him

Wishing you interest and pleasure in your reading,

Annie Nissou

BASIC's Editor

IABFS (Institut d'Analyse Bioénergétique France Sud)

Registered Office:

France Kauffmann 29

Av. Des Lauriers 06610

La Gaude, France

Tel: +33 4 39 24 80 21

Email: France-kauffmann@wanadoo.fr

CHERE LECTRICE, CHER LECTEUR,

Ce numéro 18 de Basic est le premier de l'année 2009.

Nous avons le regret de vous annoncer la mort de Jan Ponne survenue le 2 Mai 2009. Il tait l'un des fondateurs de l'Institut Hollandais d'Analyse Bio nerg tique (NIBA-NL) et Membre Honoraire, vous trouverez un article à son sujet en page 34.

Dans cette dition vous allez galement trouver les rapports de l'Assembl e G n rale de notre F d ration Europ enne de Psychoth rapie en Analyse Bio nerg tique (EFBA-P), de la r union du Conseil de Gestion de l'Institut International d'Analyse Bio nerg tique et de la c r monie donn e à la m moire d'Alexander Lowen le 4 avril 2009 à New York.

Ily aura un article fort int ressant de Thierry Von Schuylenbergh sur la façon originale des Br siliens d'utiliser l'Analyse Bio nerg tique dans les « *cliniques sociales* » et les « *groupes de mouvements* » et sa proposition de d velopper un r seau d' change de nos pratiques.

Vous trouverez galement le compte rendu du premier atelier de l'EFBA-P organis par Rainer Mahr qui a t un vrai succès, ceux des Journ es d'Etudes de la NIBA, des Questions de l'Association Europ enne de Psychoth rapie, notamment son modèle pour une loi nationale de la Psychoth erapie. Et enfin la pr sentation de la quatrième soci t francophone, le « *Collège Français d'Analyse Bioénergétique* » (CFAB).

En octobre ne ratez pas les Journ es Francophones qui se passent cette ann e à Bruxelles en Belgique sur « *le Corps du Thérapeute* » et la XX° Conf rence Internationale d'Analyse Bioenergetique sur « *Le Corps en Poésie -- Dévoilement de la Grâce du Soi* » à Búzios, Rio de Janeiro au Br sil.

Cette fois ci, Ulrich Sollmann va nous nous parler de la profession de Psychoth rapeute en Allemagne.

Etje vous rappelle que le prochain num ro sera d di à Alexander Lowen.

Rainer Mahr de la Süddeutsche Gesellschaft für Bioenergetische Analyse (SGfBA) fait la mise en page depuis d jà le dernier num ro, je l'en remercie beaucoup.

Vous souhaitant de prendre plaisir à votre lecture,

Annie Nissou

Editrice de BASIC
IABFS (Institut d'Analyse Bioénergétique France Sud)

REPORT ON THE GENERAL ASSEMBLY MEETING OF THE EFBA-P HELD IN VIENNA, NOVEMBER 2008

The Societies that sent delegates were:

The **SOBAB** (*Société Belge d'Analyse Bioénergétique*) with Regine Armbruster-Heyer and Thierry Van Schuylenberg , the **SOMAB** (*Sociedad Madrileña de Análisis Bioenergético*) & the **APAB** (*Associação Portuguesa de Analise Bioenergetica*) with Francisco García Esteban, the **DÖK** (*Die Österreichische Gesellschaft für körperbezogene Psychotherapie Bioenergetische Analyse*) with Johannes Rastbichler , the **NI-BA-NL** (*Nederlands Instituut voor Bioenergetische Analyse*) with Tanja Mars, the **SGfBA** (*Stuttgarter Gesellschaft für Bioenergetische Analyse*) with Rainer Mahr , the **IABFS** (*Institut d'Analyse Bioénergétique France Sud*) with Annie Nissou & France Kauffmann, the **EHABE** (*Euskal Herriko Análisi Bioenergetikako Elkarte*) & **SAAB** (*Sociedad Andaluza de Análisis Bioenergético*) with Jaime Perez , the **SGBAT** (*Schweizerische Gesellschaft für Bioenergetische Analyse und Therapie*) with Víctor Amacher, the **NIBA-GER** (*Norddeutsches Institut für Bioenergetische Analyse*) with Olaf Trapp , the **NFBA** (*Norsk Forening for Bioenergetisk Analyse*) with Arild Halfstad, the **SFABE** (*Société Française d'Analyse Bioénergétique*) with Jocelyne Moulet-Farge, and the **ACAB** (*Associació Catalana en l'Anàlisi Bioenergetica*) with I, Fina Pla.

The meeting starts with some minutes of silence honoring Al Lowen. Then a letter from Scott Baum on behalf of the Board Of Trustees (*BOT*) is read wishing us a good meeting and stressing how important it is to create an organizational matrix that supports us in our work .He tells us that the loss of our founder brings sadness and grief to our hearts but also the opportunity to reflect on his legacy and on our future. He alludes to the changes in our organization leading to a self-governing group.

Brigitte Berger, previous director of the Austrian Society sends a letter expressing how important it has been for her to be a delegate in the EFBA-P. She has felt supported and she has found tolerance and openness and wants to say thanks for all of that.

Then comes the report from the situation of the different societies where we can have a grasp of how things are going for each society and how is Bioenergetic Analysis doing in each country. The problems each society has to get new trainees, the problems related to the legal situation for Bioenergetic Analysis in each country. Some societies have found a way of offering different kinds of courses addressed to different collectives .Some societies have functioning problems, others go along quite well. The Stuttgart Society has celebrated with excitement its 25th anniversary.

Francisco Garcia Esteban in his report as a President talks about his seven years being involved in the Executive Committee (*EC*), how it has been an important personal experience that has made him grow up and has given him the possibility to work with other colleagues .He says it is hard to find new people who want to commit for the Executive Committee .He encourages new people to join it. He feels that the Federation is now consolidated, new societies have joined .He talks how they have been able to create a friendly atmosphere in the EC ,how the Federation has become a valued partner from the IIBA and how some members of the EC decided to present to be European representatives for the IIBA Board of Trustees.

He and France Kauffmann presented and later Fina Pla joined to fill a vacancy so that bridges could be made between both institutions. We have been accepted as a recognized modality in European Association of Psychotherapy (*EAP*) and have the EWAO status.

The EC has developed some practical projects like BASIC revived by Regine Armbruster-Heyer and the web page and the new project of a theoretical workshop on Bioenergetic Analysis proposed by Rainer Mahr. He concludes he is satisfied with the work done.

Then Rainer Mahr, the Secretary, informs on the work done updating the database with members emails and addresses which have to be sent in that order: Name / Address / Code / City / Country / Email / Mobile/ Phone / Society / Function / Status (*CBT* , *NCBT* , *TR*).He is also working on a database of bio-energetic colleagues experts on different issues and another one for specific literature related to Bio-energetic Analysis.

Regine Armbruster-Heyer, the Treasurer reports on the financial situation and how is each society in relation to the dues, the expenses of the EC meetings and BASIC. There is an amount of 7.887 Euros corresponding to the benefits of the Sitges Congress that will be kept for a future congress or other activities.

France Kauffmann, the Fourth Member hosted some EC meetings and translated articles.

Annie Nissou, the Fifth Member is the new editor for BASIC, starting this year.

Next point was the search for new members for the EC. Fina Pla accepted to be the Secretary and Rainer Mahr who was Secretary, changed to Treasurer.

Then it was voted the admission of the new French Society the « *College Français d'Analyse Bioénergétique* » (CFAB), which was admitted.

Reports on BASIC and the website followed .BASIC holds two editions per year and Annie Nissou asks for help in translating .She thanks the members who have collaborated: Sylvie Frankl , Jocelyne Guignard, Maureen Field, Luis Naranjo , France Kauffmann , Regine Armbruster –Heyer , Rainer Mahr and Francisco Garcia Esteban. It comes out in a Multilanguage version ,where each author writes in his/her language and in English. She reminds that workshops and conferences can be advertised in BASIC. There is a project to dedicate one issue to Alexander Lowen.

The web page has continued to be improved and it is still going on trying to become more dynamic. There is an Activities section for each society to place their activities .Edith Libermann and Francisco Garcia Esteban take care of the web page.

The new projects going on are the Theoretical Workshop, the Database of the Experts and Literature on Bioenergetic Analysis.

Thierry Van Schuylenberg proposes to create a platform to exchange experiences and thoughts about social work with bioenergetics groups and explains us how the Brazilians work with young people at schools, social clinics and in the streets. How Bioenergetic Analysis can be brought outside the office and have a social impact.

Francisco Garcia Esteban reports on the IIBA and the new BOT which first meeting took place in February 2008. There was the perception from the new members of the enormity of the tasks. Most BOT members are new in the structure .There was ,however, excitement about the possibilities and a co-operative attitude A new team representing different regions intending to work together to continue building an IIBA that is fair ,efficient and with a degree of autonomy for the regions and societies .Scott Baum was elected President ,Francisco Garcia Esteban Vice President, Mae Nascimento Secretary ,Barbara Davis Officer for Teaching matters .The goals for this first period were an increasing grasp of the reality of IIBA, and improving the current projects :Newsletter ,Journal ,Reader ,Conferences ,web page. The important role of the Administrator, Barbara Bendel, was recognized as she provides continuity through the different teams. Hers is the only paid post, the others being volunteer. The mission of IIBA has to be redefined and to split it into concrete goals and concrete tasks. This is a crucial moment in the history of IIBA as so many possibilities open.

He also reported on the Professional Development Workshop (PDW), the last one took place last august in Holland organized by IIBA in collaboration with the local society. How PDW should function in the future is an issue of discussion in the BOT.

Information about next International Conference in Brazil was given. It will take place in October 21st-25th. He also reported on the Alexander Lowen Foundation explaining that it is a separate institution and there is a somehow not easy relationship between IIBA and Alf Lowen though the BOT tries to find ways to ease the difficulties.

Then a discussion followed about the process of restructuring the IIBA and how this could be done. What would be the tasks of the IIBA, what the tasks of Federations and Societies?

Tanja Mars reported on the last PDW, which was a success and it was hosted so well by the Dutch Society and it was organized collaborating a local society and the IIBA.

We got some information about the relationship between the Federation and the EAP. We have been accepted as a scientific modality of psychotherapy and we have the EWAO status. Johannes Rastbichler, from DÖK, will represent us there.

The EWAO status has to be renewed in 2010 and the requirements have to be met by six different societies in six different countries.

Next EAP conference will take place in Portugal in July. We will try to be present and to encourage the Portuguese Society to be there. We also encourage the Bioenergetic Analysts from Europe to present workshops.

Some colleagues have participated and offered workshops at the Paris Congress of the «European Association for Body Psychotherapy» (EABP).

And with the work done and a sense of progressing little by little in our networking, we said goodbye to each other.

Fina Pla, EFBA-P's Secretary



Francisco García Esteban, Johannes Rastbichler, Olaf Trapp, Thierry Van Schuylenberg, Victor Amacher, Jaime Perez, Tanja Mars ArildHafstad, Jocelyne Moulet-Farge, Fina Pla, Rainer Mahr, Annie Nissou, France Kauffmann, Regine Armbruster-Heyer,



Johannes Rastbichler, Rainer Mahr, Fina Pla, Olaf Trapp, France Kauffmann

RESUMEN DE LA ASAMBLEA GENERAL DE LA EFBA-P EN VIENA, EN NOVIEMBRE 2008

El encuentro fue organizado por la sociedad austriaca con los delegados:

Regine Armbruster-Heyer, Thierry Van Schuylenberg: **SOBAB** (*Soci t Belge d'Analyse Bioenergetique*), Johannes Rastbichler: **D K** (*Die  sterreichische Gesellschaft f r k rperbezogene Psychotherapie Bioenergetische Analyse*), Tanja Mars **NIBA-NL** (*Nederlands Instituut voor Bioenergetische Analyse*), Annie Nissou, France Kauffmann: **IABFS** (*Institut d'Analyse Bioenergetique France Sud*), Jaime Perez: **EHABE** (*Euskal Herriko Analisi Bioenergetikako Elkarte*) & **SAAB** (*Sociedad Andaluza de An lisis Bioenergetico*), Victor Amacher: **SGBAT** (*Schweizerische Gesellschaft f r Bioenergetische Analyse und Therapie*), Olaf Trapp: **NIBA-GER** (*Norddeutsches Institut f r Bioenergetische Analyse*) Arild Hafstad **NFBA** (*Norsk Forening for Bioenergetisk Analyse*), Jocelyne Moulet-Farge: **SFABE** (*Soci t Fran aise d'Analyse Bio energetique*), Francisco Garc a Esteban: (**SOMAB** :*Sociedad Madrile a de An lisis Bioenergetico*) & the **APAB** (*Associa o Portuguesa de Analise Bioenergetica*), Fina Pla :**ACAB** (*Associaci  Catalana en l'An lisi Bioenergetica*)

Se guard  unos minutos de silencio en recuerdo de Al Lowen. A continuaci n se lee una carta de Scott Baum, en representaci n del BOT, dese ndonos un buen encuentro. Expresa que la p rdida de Al Lowen nos hace sentir tristeza y p rdida y a la vez nos da la posibilidad de reflexionar en su legado y en nuestro futuro. Incide en que los cambios en nuestra estructura organizativa nos deben conducir a una organizaci n madura y a un colectivo que se autogobierna.

Brigitte Berger, anterior delegada de la sociedad austriaca manda una carta expresando su gratitud por c mo se ha sentido apoyada, la tolerancia y apertura que ha encontrado en la EFBA-P.

A continuaci n hay un intercambio de informaci n sobre como estan las distintas sociedades, los problemas a los que se enfrentan, la dificultad de empezar nuevos grupos de formaci n. Algunas sociedades ofrecen distintos programas de formaci n para distintos colectivos. Unas sociedades atraviesan graves problemas, otras, como la de Stuttgart, han celebrado sus 25 a os.

Francisco Garcia Esteban, presidente, informa que lleva 7 a os en el comit  ejecutivo, y que esta experiencia le ha ayudado a crecer y madurar y le ha dado la posibilidad de conectarse con muchos colegas. Est  cansado pero quiere transmitir el placer de colaborar en las instituciones, aunque, a menudo, cuesta encontrar personas que se quieran comprometer.

La federaci n est  consolidada, nuevas sociedades se han adherido y, en la junta se ha creado un ambiente cordial y agradable. Recuerda que, en estos a os la federaci n ha sido un interlocutor valioso para el IIBA, que varios miembros de la junta decidieron presentarse para el BOT,  l mismo y France Kauffmann, y m s tarde Fina Pla, para cubrir una vacante. De este modo puede haber una comunicaci n fluida entre ambos organismos. Hemos sido reconocidos como una modalidad de psicoterapia por la EAP y tenemos el estatus EWAO.

Hemos conseguido, continu , que la revista BASIC, gracias a Regine Armbruster-Heyer y la p gina web, contin en desarroll ndose y hay algunos nuevos proyectos como el primer Taller te rico en an lisis bioenerg tico y la creaci n de una base de datos de an lisis bioenerg ticos expertos en alg n tema y tambi n una base de datos de bibliograf a relacionada con el AB.

Contin a Rainer Mahr, como secretario. Informa que para la base de datos es importante enviar la informaci n en este orden: Nombre /Direcci n /C digo /Ciudad/ Pa s/ Email /M vil /Tel fono /Sociedad /Funci n/ Categor a (*Estudiante, CBT, Trainer*). Informa que sigue trabajando en la base de datos de expertos bioenerg ticos y en la de literatura bioenerg tica.

R gina Armbruster-Heyer, tesorera saliente, informa del estado de cuentas, la situaci n de cada sociedad en relaci n a los pagos y los gastos relativos a BASIC y a los encuentros de la junta. Informa que hay un

remanente de 7.887 euros de las ganancias del congreso de Sitges que se reservaran para un futuro congreso o para alguna otra actividad.

France Kauffmann ha ayudado en las traducciones y ha albergado varios encuentros de la junta en su casa.

Annie Nissou ha sustituido a Regine Armbruster-Heyer como editora de BASIC.

Se vota la admisión de la nueva sociedad «*Collège Français d'Analyse Bioenergétique*» (CFAB) y queda admitida.

El próximo punto es cubrir las plazas vacantes. Se le propone a Fina Pla y acepta con la condición de que sea secretaria y Rainer Mahr pase a ser tesorero. Queda vacante la plaza de presidente que, de momento, asume Francisco Garcia Esteban.

Annie informa sobre BASIC. Salen dos números por año. Expresa que es difícil encontrar analistas que colaboren. Agradece la ayuda de Sylvie Frankl, Jocelyne Guinard, Maureen Field, Luis Naranjo, Regine Armbruster-Heyer y Rainer Mahr. La revista se hace en una versión multilingüe, cada autor aporta una copia en su lengua y otra en inglés.

Se informa sobre la página web, que va mejorando. Hay la sección «*Actividades*», donde cada sociedad puede colgar sus actividades. Francisco Garcia Esteban y Edith Libermann se encargan de la página.

Rainer Mahr nos informa de su proyecto del primer Taller teórico acerca de conceptos bioenergéticos y de que sigue trabajando en los dos proyectos de base de datos.

Thierry Van Schuylenberg presenta su proyecto para intercambiar experiencias para trabajar en proyectos sociales con el AB y cuenta como los brasileros trabajan con los jóvenes en las escuelas, las clínicas sociales y en las calles.

Cómo el AB puede salir de la oficina y tener un impacto social.

Francisco Garcia Esteban nos informa acerca del IIBA y del nuevo BOT cuyo primer encuentro tuvo lugar en Lisboa en febrero 2008. Había la percepción de la enormidad de la tarea. La mayoría de miembros se incorporaban por primera vez. Había excitación y una actitud cooperativa. Un nuevo equipo representando diferentes regiones intentando trabajar juntos para continuar construyendo un IIBA eficiente y con un grado de autonomía para las diferentes regiones y sociedades. Scott Baum fue elegido presidente Francisco Garcia Esteban, vicepresidente Mae Nascimento, secretaria, Barbara Davis encargada de los temas de formación.

Los objetivos para este primer período eran tener una percepción ajustada de la realidad presente del IIBA a la vez que continuar y mejorar los proyectos ya existentes: Newsletter, Journal, PDW, Congresos, página web. El reconocimiento del rol de Barbara Bendel administradora, ya que provee continuidad a través de los diferentes equipos. El suyo es el único trabajo pagado, siendo los otros voluntarios. La misión del IIBA necesita ser redefinida y dividida en diferentes tareas y distintos objetivos. Es un momento crucial en la historia del IIBA, ya que se abren tantas posibilidades. También informó sobre el PDW, el último tuvo lugar en Holanda el pasado agosto, organizado por el IIBA en colaboración con la sociedad local. Actualmente, el BOT está discutiendo como mejorar el PDW.

Se dio información sobre el próximo congreso internacional que tendrá lugar en Brasil el 21-25 del próximo octubre. También informó sobre la ALF (*Fundación Alexander Lowen*), especificando que la ALF y el IIBA son dos instituciones separadas. Ha habido algunos roces entre el BOT y la fundación que están en camino de resolverse.

A continuación siguió una discusión acerca del proceso de reestructurar el IIBA, cuáles serían las tareas del IIBA, cuáles las de la Federación y las sociedades.

Tania Mars informa sobre el último PDW, que tuvo lugar en Holanda y fue un éxito de participantes. Se organizó por el IIBA en colaboración con la sociedad local.

Se informa acerca de la relación entre la federación y la EAP (*European Association for Psychotherapy*). Se nos ha aceptado como una modalidad científica de psicoterapia y tenemos el estatus EWAO (*Organización acreditada a nivel europeo*). Johannes Rastbichler, de la sociedad austriaca, nos

representará allí .El estatus EWAO ha de ser renovado en 2010y seis sociedades de seis países diferentes han de cumplir con los requisitos.

El próximo congreso de la EAP tendrá lugar el 5-6 de julio en Lisboa. Intentaremos estar presentes y animar a la sociedad portuguesa para que participe. Animamos a los analistas bioenergéticos europeos a que presenten sus talleres.

Algunos colegas han participado y ofrecido talleres en el congreso de la EABP en Paris el pasado noviembre.

Y nos despedimos con la sensación del trabajo acabado y de, poco a poco, implementar nuestra red bioenergética en Europa.

Fina Pla

Secretaria

ACAB (Associació Catalana en l 'Anàlisi Bioenergetica)



Victor Amacher, ArildHafstad,Jaime Perez, Thierry Van Schuylenberg, Jocelyne Moulet-Farge ,



Francisco García Esteban, Regine Armbruster-Heyer,Tanja Mars,Victor Amacher

REPORTS ABOUT THE ALEXANDER LOWEN MEMORIAL AND THE BOARD OF TRUSTEES MEETING CELEBRATING ALEXANDER LOWEN

On April 3rd and 4th, 2009, a Memorial organized by IIBA to honor Alexander Lowen took place in the Community Church of New York, the site of many of Dr. Lowen's lectures. It was an emotional and intellectually stimulating event attended by members from several countries as far away as New Zealand. The majority of participants were from the United States due to the costs associated with the trip. All regions were nevertheless represented; in the case of Europe there was a strong Italian representation.

There were major theoretical presentations exploring the role of Alexander Lowen in relation to previous therapists (*Freud, Reich*) and its impact on the evolution of psychotherapy and in general culture. There was also a panel discussion on those issues.

Several colleagues who had enjoyed a close relationship with Al also shared their experiences, what had meant to them to know not just the creator of bioenergetics but the human being. There was also an « *Exercise Tribute* », as a way to specifically honor Al with the kind of body work that he developed. Two videos about him were also shown: his presentation at the « *Evolution of Psychotherapy* » Congress in Hamburg in 1994 and an emotive personal DVD created by the Alexander Lowen Foundation with pictures, clips and texts spanning all his life.

You can see the complete program following the link:

http://www.bioenergetic-therapy.com/iibamain/calendar/eventsinh/Memorial/1_frm_memorial.htm

The event ended with small group discussions led by members of the Board of Trustees about the future of Bioenergetic Analysis and IIBA. The conclusions reached in each group were later shared in the big group. There was a feeling of community, of acknowledgment of the importance of what we share and the relative significance of any differences that exist. We have all been inspired by Al's theories and practice, and we all want that they persist and grow. Perhaps the best way in which we could honor Al would be by creating the conditions in which all of us, who feel in some way heirs of his legacy, are willing and able to work constructively together to spread out his heritage and promote a bright future for Bioenergetic Analysis.

The whole memorial was video recorded with three cameras. All the data obtained is now being edited; soon two DVDs will be made available, one with all the major talks given and the other with elements of the gathering put together to give a sense of the experience, its depth and meaning, so that people that did not attend could in some way share it. IIBA office will inform when they are ready. For now, there is abundant written information about the event in the Spring Newsletter of IIBA, which can be downloaded from the IIBA web site.

THE BOARD OF TRUSTEES

MEETING

Following the memorial, the Board of Trustees of IIBA (*BOT*) held his annual meeting from Sunday 5th to Tuesday 7th of April. This was the second meeting of the current Board, in which most of its members are new. As anticipated, last year has basically served for most of us, newcomers, to achieve a fuller understanding of the functioning of IIBA and the tasks that lie ahead, and to get a humble acknowledgement of what can be achieved with the limited resources available. We have realized that simply taking care of the continuation of current projects (*Newsletter, International Conference, PDWs...*) requires an immense amount of time and energy, which leaves limited personal resources available to be devoted to new tasks. A special undertaking this year, eagerly taken on with deep emotion was the organization of a meaningful event to honor our founder, as reported in the previous article. We briefly inform you below about the state of some current and future projects.

Newsletter: Michèle Dupuy-Godin, its current editor has communicated her decision to retire. She has offered to continue taking care of the publication of the spring issue. There is need for a person to replace her. Members with the capability of doing the job are most welcome to volunteer for it. If any of you think of a suitable candidate please inform the IIBA office so that he/she can be contacted. It would be nice to have someone from Europe to occupy this place, as a way to foster a greater presence of Europe in IIBA functioning, working in a close relationship with the *BOT*.

This year's **International Conference** will take place in Búzios (*Brazil*). It is sponsored jointly by IIBA and the Latin American Federation, which in practice is assuming a leading role in its organization. This situation actually represents a challenge: how to achieve a full partnership between both organizations which affords a great deal

of independence to the regional party while at the same time gives the international institute some input and oversight on the process. It seems that a balance is being accomplished between both aspects, which will maximize the chances of achieving an intellectually and personally inspiring conference with a sound economic base. People from all regions are warmly invited to participate.

Professional Development Workshop (PDW): The next PDW should take place in North America. Contacts are under way to find a suitable location and a society willing to participate in its organization. There is awareness about the need to reconsider the goals and format of this kind of meetings.

We hope that in the year to come two interrelated issues will take a central place in our work: the fostering of communication inside IIBA and the advancement of the restructuring process.

We are fully aware that **communication** between *BOT*, regions, societies and individual members has to be improved in both directions. We have to devise practical ways to implement it; the will to communicate exists, but that is not enough, efficient and easy to use channels have to be developed; we gladly welcome all kinds of suggestions to implement it. Please feel free to contact your European representatives in the *BOT* for suggestions or comments on whatever issues that worry you.

Restructuring: a lot of information has been obtained in the previous years about changes in the structure and functions of IIBA desired by individual members, societies and regions. Those desires have to be structured and formulated in concrete proposals for changes which have to be discussed and voted to be incorporated in the bylaws. This is a huge task that we expect will move ahead significantly in this year.

There continues to be an excellent atmosphere of work and a feeling of team among the members of the *BOT*. We enjoy working together and feel enthusiasm about the future and about having the opportunity of taking part in determining its shape.

Francisco García Esteban,

On behalf of the European Representatives in the BOT

Fina [Pla:petxina@copc.es](mailto:pla:petxina@copc.es)

FranceKauffmann: francekauffmann@wanadoo.fr

FranciscoGarcía: francisco@antropo.com

June McDonach:dafcampbel@aol.com

INFORMES SOBRE EL ACTO EN MEMORIA DE ALEXANDER LOWEN

Y LA REUNIÓN DEL BOARD OF TRUSTEES HOME NAJE A ALEXANDER LOWEN

Los días 3 y 4 de abril de 2009 tuvo lugar en la Community Church de New York, lugar de muchas de las conferencias de Alexander Lowen, un acto organizado por el IIBA en su memoria. Fue un evento emotivo e intelectualmente estimulante al que asistieron personas de diversos países, alguno tan distante como Nueva Zelanda. La mayoría de los participantes era de Estados Unidos debido a los gastos relacionados con el viaje. Todas las regiones estuvieron no obstante representadas; en el caso de Europa se contó con una numerosa presencia italiana.

Hubo importantes presentaciones teóricas que analizaron las aportaciones de Lowen en relación a las de terapeutas previos (*Freud, Reich*) y su impacto en la evolución de la psicoterapia y en la cultura general. También tuvo lugar una mesa redonda sobre esos temas.

Algunos colegas que habían disfrutado de una relación cercana con Al compartieron sus experiencias, lo que les había supuesto conocer no ya al creador de la bioenergética sino al ser humano. Hubo también una « *Sesión conmemorativa de ejercicios* », como una manera de honrar a Al con esa clase del trabajo corporal que específicamente desarrolló. Se mostraron también dos videos sobre su persona: su intervención en el Congreso de Hamburgo de 1994 sobre la « *Evolución de la psicoterapia* » y un emotivo DVD personal, creado por la Fundación Alexander Lowen, que contenía imágenes, vídeos y textos a lo largo de toda su vida.

coordinadas por miembros de la Junta de Representantes (*Board of Trustees*). Las principales conclusiones a las que se llegó en cada grupo se compartieron después en el grupo grande. Había un sentimiento de comunidad, de reconocimiento de la importancia de lo que compartimos y de la relativa trascendencia de las diferencias existentes. Todos hemos sido inspirados por las teorías y práctica de Al, y todos queremos que persistan y crezcan. Quizás la mejor manera en la que podemos honrar a Al sea creando las condiciones para que todos nosotros, que en alguna medida nos sentimos herederos de su legado, deseemos y seamos capaces de trabajar juntos constructivamente para extender su herencia y promover un futuro brillante para el Análisis Bioenergético.

Se grabó todo el acto en vídeo con tres cámaras. El material obtenido está siendo editado en la actualidad. Pronto estarán disponibles dos DVD, uno con las principales intervenciones y otro con elementos diversos del encuentro que permitan en su conjunto transmitir una impresión de la experiencia, de su profundidad y significado, para que las personas que no asistieron puedan en alguna manera compartirla. La oficina del IIBA informará cuando estén listos; por ahora hay abundante información escrita sobre el evento en el boletín de primavera del IIBA que puede descargarse en su página Web.

Podéis ver el programa completo en el enlace:
http://www.bioenergetictherapy.com/iibamain/calendar/events_inh/Memorial/1_frm_memorial.htm

El evento finalizó con reflexiones en grupos pequeños sobre el futuro del Análisis Bioenergético y el IIBA, que fueron

REUNIÓN DEL BOARD OF TRUSTEES

Tras la conmemoración, la Junta de representantes del IIBA (*Board of Trustees: BOT*) celebró su reunión anual del domingo 5 al martes 7 de abril. Ésta era la segunda reunión de la junta actual, en la que la mayoría de sus miembros son nuevos. Como se preveía, el año pasado ha servido para que la mayoría de nosotros, recién llegados, consiguiéramos una comprensión más plena del funcionamiento del IIBA y de las tareas que quedan pendientes, y constatásemos humildemente lo que se puede conseguir con los limitados recursos disponibles. Nos hemos dado cuenta de que ocuparse simplemente de la continuación de los proyectos existentes (*boletín, con greso international, PDWs...*) requiere un inmenso aporte de tiempo y energía, que deja limitados recursos personales disponibles para nuevas tareas. Un cometido especial emprendido este año, gustosamente asumido con profunda emoción, fue la organización de un acto significativo para honrar a nuestro fundador, al que se hace referencia en la sección anterior. Informamos brevemente a continuación sobre el estado de algunos proyectos actuales y futuros.

Boletín: Michèle Dupuy - Godin, su actual editora, ha comunicado su decisión de abandonar el cargo. Ha ofrecido continuar ocupándose de la edición del número de primavera. Se necesita una persona que la reemplace. Se recibirán muy gustosamente ofrecimientos de miembros capacitados para realizar esa tarea. Si se os ocurre alguna persona que pudiera desempeñar adecuadamente el puesto, comunicadlo por favor a la oficina del IIBA para que pueda ser contactada. Estaría muy bien que alguien de Europa asumiera esa función; trabajaría en una relación estrecha con el BOT y sería una manera de promover una mayor presencia europea en el funcionamiento del IIBA.

El Congreso Internacional de este año tendrá lugar en Buzios (Brasil). Está patrocinado conjuntamente por el IIBA y la Federación Latinoamericana, que en la práctica está asumiendo un papel preeminente en su organización. Esta situación supone en realidad un desafío: cómo conseguir una cooperación plena entre ambas organizaciones que conceda mucha independencia a la parte regional y al mismo tiempo otorgue al instituto internacional una cierta capacidad de aportar ideas y supervisar el proceso. Parece

que se está consiguiendo un equilibrio entre ambos aspectos que maximizará las oportunidades de conseguir una conferencia estimulante en lo intelectual y personal, con una base económica sólida. Se invita con cariño a la participación en él de gente de todas las regiones.

Taller de desarrollo profesional (PDW): el próximo PDW debe llevarse a cabo en Norte América. Hay contactos en marcha para encontrar una ubicación apropiada y una sociedad deseosa de participar en su organización. Se es consciente de la necesidad de reconsiderar los objetivos y el formato de esta clase de encuentros.

Esperamos que dos asuntos interrelacionados ocupen un lugar central en nuestro trabajo en este nuevo año: la mejora de la comunicación dentro del IIBA y el avance en el proceso de reestructuración.

Somos completamente conscientes de que tiene que mejorar la **comunicación** entre BOT, regiones, sociedades y miembros individuales, en ambas direcciones. Tenemos que crear los procedimientos prácticos para llevarla a cabo. Existe la voluntad de comunicarse, pero eso no es suficiente, se tienen que desarrollar canales eficientes de comunicación que sean fáciles de usar; recibiremos gustosamente sugerencias de toda clase para realizarlo. Por favor, sentirnos con confianza para contactar con los representantes europeos en el BOT para proporcionar sugerencias o comentarios sobre cualquier tema de vuestro interés.

Reestructuración: Se ha obtenido mucha información en los años previos sobre los cambios deseados por miembros individuales, sociedades y regiones en la estructura y funciones del IIBA. Esos deseos tienen que ser estructurados y formulados en propuestas concretas de cambios, que tienen que ser discutidas y votadas para ser incluidas en los estatutos. Ésta es una tarea inmensa que esperamos avance significativamente en este año.

Continúa existiendo una excelente atmósfera de trabajo y una sensación de equipo entre los miembros del BOT. Disfrutamos trabajando juntos y nos entusiasma el futuro y el tener la

oportunidad de de participar en determinar la forma que adopte.

Francisco García Esteban,

En nombre de los representantes europeos en elBOT

Fina [Pla: petxina@copc.es](mailto:petxina@copc.es)

[FranceKauffmann:francekauffmann @wanadoo.fr](mailto:francekauffmann@wanadoo.fr)

Francisco [García:francisco@antropo.com](mailto:francisco@antropo.com)

June [McDonach: dafcampbel@aol.com](mailto:dafcampbel@aol.com)



«GETTING OUT OF OUR OFFICE»¹

For a Bioenergetic Analysis Social Clinic *

The international congress of Bioenergetic Analysis, «*The Individual and the Community – creating links in a time of rift*» – was held in Seville in 2007 encourage Bioenergetic Therapists to ponder the social questions arising from the contemporary context of our therapeutic practices.

New Bioenergetic practice, supplementing existing classical treatment are developing in this direction. Brazilian associations of Bioenergetic Analysis² have more than 20 years of experience in conducting what they call «*social clinics*» and «*movement groups*». Being drawn to their methodology as a therapist and social worker, I was invited during the summer of 2007 to observe projects upon which they were presently working. In the context of a university thesis³, I served as group leader at a center for socio professional insertion in Brussels with my colleague Emérita Zapico⁴.

Here in Europe, social Bioenergetic practices exist as well, but are isolated and unknown⁵. During the last General Assembly of the EFBAP, certain representatives of member associations made known to me their desire to share our experiences in this domain. This article invites you to foster a network of exchange on our methods and thoughts on this subject.

But what are, in Brazilian societies, «*social clinics*» and Bioenergetic Analysis «*movement groups*»?

The «*Bioenergetic Social Clinics*» integrating «*social using psychotherapy*» is a project designed with a sociotherapeutic goal. It is intended to integrate bioenergy analysis throughout the social spectrum. In the Brazilian associations we've met, social clinics are an area of intervention that has his specific organisation in the «*bioenergetic institute*». The social clinics intend to interact with modern social conditions. Their intention is to take care of' «*the individual, society, and the plan et*»⁶ while observing the poverty of the human condition, in the large sense and in the material sense of the word.

Cited from Grace Vanderlei Director of the «*Libertas Association present at the International Convention of Bioenergy Analysis*», Seville 2007 «*It's time to get out of our offices and incorporate a social dimension in our work*»

1. For a listing of the organizations present, see the end of the article.
 2. VAN SCHUYLENBERGHT «*Tensions within the body and tensions in identity*» Thesis UCL Open Faculty for Economic and Social Political Science September 2008
 3. EMERITA ZAPICO, Licenciée en politique économique et sociale, Psychothérapeute en Analyse Bioénergétique en formation, SOBAB.
 4. I have discovered recently through some European associations in Bioenergy Analysis the existence of the wonderful work of Sabine Mattner. In the last 12 years she has been able to mix individuals of varying social strata. Other activities of this type are among others taking place in Italy, Spain and Norway.
6. Websites from the encountered societies : Clinica social, frutta de uma semente plantada por Reich; www.institutolumen.com.br/clinicasocial.asp.
Websites of IABSP, LIGARE, IABASP-ES : <http://www.Bioenergetica.com.br>; SAPS, Serviço de Atendimento Psicoterapêutico Social.
Website <http://www.libertas.com.br>; social psychotherapist.

They give particular attention to individual painful experiences (*violence, lost of self-esteem*) related to the social context.

These clinics promote a healthy lifestyle as Reich and Alexander Lowen postulated it. The «*socialising psychotherapy*» is considered as a socio-political practice in the sense of the Reichian «*bio-psycho-social*» concept, whose objectives and reflections have a bioenergetic, socio-economic and ecological perspective.

Social clinics are meant for individuals in dire social need and distress, and to social persons and organizations integrated in global society. They adapt their interventions¹ and method to the specific need of a particular demand. They are able to integrate bioenergetic analysis with other complementary methods such as the sociology of organizations, consulting, or different forms of artistic expression.

Through their practices, as well with individuals, with families, with community, or with different social structures or work (*enterprises or others organisations*), education, public health organizations etc... Bioenergetics Associations, through the social clinics, have an impact on different levels of Brazilian society.

Here are some examples of the Brazilian social clinics practice that integrate bioenergetic analysis work:

- Making available facilities for individual and collective consultations at an affordable price (*women groups, pregnant women, children, teens, individuals confronted with domestic violence and the elderly*)
- Creating project for delinquent teens to restore self-esteem and dignity, to support reconstruction of one's life project, through music, dance, artistic expressions, and the sense of mutual sharing (cf... «*Cochicho Das Aguas*»)
- Some social clinicians are going into villages, *favelas*, sometimes working together with other help organizations
- Children and teen athletic training, together with bioenergetic exercises, lead by Sidney, a former Olympic champion (see «*Instituto Lummen*»).
- Creation, together with children and teens from the *favelas*, of a high quality choreography, which the use of emotional and bodily bioenergy analytic work (See *Paula Vital Project «Dança Vida»*)
- Integration of body work and the «*frevo*» dance, in a village of Recife. (see *Auxiliadora Leite Falcao «Libertas»*)
- Bioenergetic analysis work with farming families (See «*Libertas*»)
- Bioenergetic analysis work for mentally sick persons of a popular mental health structure.
- Punctual intervention, with bioenergy analysis, for specific group in a crisis stage, to facilitate the resolution of the conflict and restore group solidarity. (ex. *Help for «without ground movement» Libertas*)
- Enterprises interventions combining bioenergetic analysis and organisation's sociology (See *ABSP and «Libertas»*)
- Introduction to bioenergetic analysis to teachers and trainers through a daily television broadcast featuring bioenergetic body exercises.
- «*College clinics*» which offer, at a fee adapted to the individual situation, therapeutic support, help for pre-examinations stress and assistance for studies orientation

¹ A methodology that is in «*common with solidarity movement groups* » consists of combining physical therapy techniques in real situations of social difficulty that the members can relate to on a family or work related level.

«Movement groups» of Bioenergetic Analysis

In Brazil, «movement groups» («grupos de movimento») are a major practice of the «social clinic» approach. What is called «movement groups» assemble different types of group activities that are made in various social contexts. Those all use the practice of bioenergetic exercises to gain physical and mental energy. They all have the purpose to improve feelings, self perception, self identity. It is frequently by offering bioenergetic exercise class, that they reach a target group (*unemployed, communities in distress, teens*). That practice help groups constitution by meeting with the shared desire to «feel better in ones body in regards of their daily reality».(6) They are made to actively encounter and reach the needing persons.

These « movement groups»are sometimes open to a public at large within a specific geographic area. The group leaders are going into the community seeking potential participants among restaurant employees, homemakers, municipal workers, students, young mothers, office employees, hotel personnel, etc, (*during time table for example*). «Movement groups»are also practice within social service organisations such as a hospitals revalidation section, or psychiatric clinic.

Group leader are sometimes trainees (*under supervision*), it helps them to gain experience and develop as practitioner. When «movement group» are associated with a particular field, as dance for example, they will permit to work with a new public.

In conclusion, I found that social clinics experience, among others in Brazil, is extremely rich, showing a great deal of vitality, diversity, and creativity of practices. I warmly thank all those who shared their experiences with us, with openness and generosity.

As a delegate of the EFBAP, I enjoin you to come together with our thoughts, ideas, and/or experiences of «*bioenergetic social clinics*» here in Europe.

As a first step, please contact me: Thierry.vanschuy@skynet.be

Tel: 00.32.2.375.73.47.

I am looking forward to your participation.

Very cordially

Thierry Van Schuylenbergh

SOBAB (*Société Belge d'Analyse Bioénergétique*)

WEBSITES FROM THE ENCOUNTERED SOCIETIES:

- Centro Reichiano Cochicho Das Aguas : <http://www.cochichodasaguas.com.br>
- Instituto de Analyse Bioenergetica Lumen (*àRibeirao Preto*) ; Centro de Estudos Neo-Reichianos Lumen; <http://www.institutolumen.com.br>
- Instituto de Analyse Bioenergeticade Sao Paulo : <http://www.bioenergetica.com.br>
- Projeto «Dança Vida» : <http://www.dancavida.com.br>
- Sociedade de Analyse Bioenergetica do Nordeste Brasileiro : Comunidade Libertas <http://www.libertas.com.br>

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- VAN SCHUYLENBERGH T., «*Sortir de nos cabinets de consultations ”: l'analyse bioénergétique aupouls de la société brésilienne*» rencontres et d couvertes au Br sil - t 2007.

* **Translaters : Barry Mc Neese & Violaine De Clerck**

«SORTIR DE NOS CABINETS DE CONSULTATIONS»¹

Pour une Clinique Sociale en Analyse Bioénergétique

Le congrès international en analyse bioénergétique: «*Self et Communauté - créer des liens dans une ère de ruptures*», organisé à Sville en 2007, nous conviait à penser comment traiter des questions sociales mergeant du contexte contemporain dans notre pratique thérapeutique.

De nouvelles formes d'intervention en analyse bioénergétique, complémentaires aux pratiques courantes, sont en développement dans ce sens.

Les sociétés brésiliennes d'analyse bioénergétique² en mènent notamment l'expérience depuis plus de 20 ans, par la réalisation des «*cliniques sociales*» et des «*groupes de mouvements*».

En tant que travailleur social et thérapeute, je me suis intéressé à leur démarche et ai tout cordialement invité durant l'été 2007 à découvrir différents projets en cours. Dans le cadre d'un mémoire de licence universitaire³, j'ai entrepris en ce sens l'animation d'un «*groupe de mouvements*» dans un centre d'insertion socio-professionnelle à Bruxelles, avec ma collègue Emrita Zapico⁴.

En Europe, des pratiques de l'analyse bioénergétique orientées vers le champ social existent galement, mais elles semblent isolées et peu connues⁵. Au cours de la dernière assemblée générale de l'EFBAP, des représentants des sociétés membres m'ont fait part de leur intérêt à partager nos expériences dans ce domaine. Cet article vous convie à développer un réseau d'échange de nos pratiques et de nos réflexions dans cette perspective.

Mais qu'entend-on dans les sociétés brésiliennes rencontrées, par «*cliniques sociales*» et «*groupes de mouvements en analyse bioénergétique*»?

La «*Clinique Sociale en Analyse Bioénergétique*» ou «*Psychothérapie Socialisante*» est un projet à visée socio-thérapeutique, ouvert à la diversité du champ social, intégrant l'analyse bioénergétique.

Auprès des sociétés brésiliennes rencontrées, les «*cliniques sociales*» constituent un axe d'intervention spécifique, dans l'organisation existante des «*instituts d'analyse bioénergétique*».

Les cliniques sociales se veulent être en prise avec les enjeux sociaux contemporains.

Elles s'inscrivent dans la démarche de prendre soin de: «*l'individu, la société, la planète*»⁶, en regard d'un constat de pauvreté dans le sens humain et large du terme, portant une attention vive aux situations souffrantes vécues (*violence, perte du self, ...*), en lien avec le contexte social.

Les cliniques sociales visent à la promotion de la santé telle que la conçoit Reich et Alexander Lowen. La «*psychothérapie socialisante*» constitue une démarche sociopolitique dans le sens «*bio-psycho-social*» reichien en posant des objectifs et une réflexion dans une perspective bioénergétique, socio-économique et écologique.

1. Extrait de la citation de Grace Vanderlei, Directrice de la société «*Libertas*» au Congrès international d'analyse bioénergétique, Sville 2007: «*Il est l'heure de sortir de nos cabinets de consultations et de réintégrer la dimension sociale dans notre travail*».

2. Sociétés rencontrées : voir sites et bibliographie en fin d'article.

3. VAN SCHUYLENBERGH T., «*Tensions corporelles et tensions identitaires. Expérience d'un groupe de mouvements en analyse bioénergétique en insertion socioprofessionnelle*», mémoire UCL, Faculté ouverte de politique économique et sociale, septembre 2008.

4. EMERITA ZAPICO, Licenciée en politique économique et sociale, Psychothérapeute en Analyse Bioénergétique en formation, SOBAB.

5. Selon les informations reçues des Sociétés Européennes en Analyse Bioénergétique, nous avons connaissance d'un travail passionnant mené par Sabine Mattner depuis 12 ans à Cologne, mêlant des personnes de toutes conditions et classes sociales. D'autres pratiques sociales sont réalisées à notre connaissance en Italie, Espagne et en Norvège.

6. Voir sur les Sites Internet des Sociétés rencontrées : Clinica Social, frutta de uma semente plantada por Reich;

www.institutolem.com.br/clinicasocial.asp

Site de IABSP, LIGARE, IABASP-ES : <http://www.Bioenergetica.com.br> : SAPS, Serviço de Atendimento Psicoterapêutico Social.

Site <http://www.libertas.com.br.social> psychotherapist.

Les cliniques sociales s'adressent tant à un public en détresse sociale qu'aux personnes et structures intégrées dans la société globale, et adaptent leurs méthodes de travail aux nécessités du cadre d'intervention. Elles peuvent intégrer ainsi l'analyse bioergétique à d'autres approches complémentaires telles que la sociologie des organisations, la consultation ou l'expression artistique sous différentes formes.

En intervenant tant auprès des individus, de leurs familles, de leur communauté qu'auprès des structures sociales du travail (*entreprises et organisations diverses*), de l'enseignement, de la santé publique, etc., les instituts d'analyse bioergétique rencontrent influent, par la « *clinique sociale* », à différents niveaux de la société brésilienne.

Voici quelques exemples de pratiques des cliniques sociales en analyse bioergétique au Brésil :

- Mise à disposition d'espaces de consultations individuelles et collectives, qui proposent une méthodologie (durée, *conditions de participation*) et un prix adaptés à la situation socioéconomique des patients (*groupes défemmes, femmes enceintes, enfants, adolescents, personnes en situations de violences familiales, personnes âgées, . . .*). Certains thérapeutes en clinique sociale se rendent dans les villages, les favelas, parfois en collaboration avec d'autres structures d'aide existantes.
- Projet mené avec des adolescents en difficulté, de restauration de leur sentiment de dignité et d'orientation dans un projet de vie en recourant à la musique, la danse, l'expression créative, la ritualisation, le partage en groupe (cf. *Edson Galrao de França* - « *Cochicho Das Aguas* »).
- Formation en athlétisme d'enfants et adolescents et exercices corporels en analyse bioergétique menée par Sydney, ex-champion olympique et l'équipe sociale de Lummen (cf. *Suely Freitas* - « *Instituto Lummen* »)
- Création d'un spectacle de chorégraphie de haut niveau, présenté en public, avec des enfants et adolescents habitant les favelas, avec travail motionnel et corporel en analyse bioergétique (cf. *Paula Vital* *Projet «Dan ça Vida* »).
- Travail en analyse bioergétique combiné à la danse du «*frevo*» auprès de villageois à Recife (cf. *Auxiliadora Leite Falcao*).
- Travail en analyse bioergétique menée auprès de familles d'agriculteurs.
- Accompagnement en analyse bioergétique de malades mentaux dans un centre de santé mentale en milieu populaire.(cf.*Luciana Teixeira*).
- Intervention ponctuelle intégrant l'analyse bioergétique, auprès de groupes en crise.
- Intervention dans les entreprises combinant analyse bioergétique et sociologie des organisations (cf. *Marcia Barreto Rezende* (« *IABSP* ») et *Grace Vanderlei* et *Jaime Paneira Alves* à « *Libertas* »).
- Sensibilisation à l'analyse bioergétique auprès de formateurs d'enseignants et d'enseignants proposant l'analyse bioergétique à leurs élèves via une mission thématique et d'exercices diffusés régulièrement (cf. « *Libertas* »)
- « *Cliniques universitaires* » qui offrent un support thérapeutique à un prix adapté (cf.« *Instituto Lumen* »)

Les groupes de mouvements en analyse bioergétique :

Les groupes de mouvements au Brésil (« *grupos de movimento* ») constituent un mode d'intervention majeur dans la démarche des « *cliniques sociales* ».

L'appellation et la pratique des « *groupes de mouvements* » recouvrent différentes formes d'animation de groupe dans des contextes sociaux variés, qui intègrent la pratique d'exercices bioergétiques et visent l'amélioration de la vitalité corporelle et psychique. Ils visent à retrouver la sensation profonde de son identité, de Soi.

C'est souvent par la proposition de participer à un groupe de classe d'exercices corporels en analyse bioergétique, que se constitue un lien avec un public ciblé (*personnes sans emploi, communauté en difficulté, adolescents, etc.*). Cette pratique permet la constitution d'un groupe réunissant autour du thème de « *se sentir mieux dans son corps, en regard de son vécu quotidien* »¹. Ils s'organisent dans la démarche d'aller à la rencontre des personnes en difficulté.

1. Une méthodologie spécifique de « *groupes de mouvements solidaires* » consiste à combiner le travail corporel avec un moment de mise en commun des difficultés sociales (*familiales, professionnelles, etc.*) vécues par les membres du groupe.

Les groupes de mouvements sont ainsi parfois ouverts au « *tout venant* » dans un secteur géographique d termin . Les animateurs vont à la rencontre du public potentiel susceptible d’y participer. Il peut s’agir du personnel des restaurants du quartier, de managères, boueours, tudiants, jeunes mamans, employ s de banque, personnel hôtelier, etc. (*au cours de moments de pause de travail par exemple*). Les groupes de mouvements sont aussi pratiqu s au sein de services sociaux comme un service de traumatologie ou un dispensaire de psychiatrie en milieu populaire. Anim s aussi par des th rapeutes en cours de formation (*super-visés*), ils permettent à ceux-ci de d velopper leur pratique professionnelle.

Ces groupes de mouvements peuvent constituer, associ s à la danse, par exemple, une manière d’entrer en relation et de d velopper un travail avec un nouveau public.

En conclusion, le travail des cliniques sociales r alis notamment au Br sil est particulièrement riche d’exp riences. J’ai pu y d couvrir une grande vitalit , diversit et cr ativit des pratiques et je remercie chaleureusement tous ceux et celles qui nous l’ont partag avec ouverture et g n rosit .

Comme membre d l gu à l’EFBAP, je vous propose de mettre en commun nos r flexions et nos pratiques de “*clinique sociale*” europ ennes.

En première tape de cette d marche, vous pouvez me contacter à: Thierry.vanschuy@skynet.be.
T 1. 00/32 2 375 73 47.

Au plaisir de cette collaboration,

Thierry Van Schuylenbergh.

SOBAB (*Société Belge d ’Analyse Bioénergétique*).



SITES INTERNET DES SOCIETES RENCONTREES:

- Centro Reichiano Cochicho Das Aguas: <http://www.cochichodasaguas.com.br>
- Instituto de Analyse Bioenergetica Lumen (à Ribeirao Preto) ; Centro de Estudos Neo-Reichianos Lumen; [http:// www.institutolumen.com.br](http://www.institutolumen.com.br)
- Instituto de Analyse Bioenergeticade Sao Paulo: <http://www.bioenergetica.com.br>
- Projet «*Dan ça Vida*» : <http://www.dancavida.com.br>
- Sociedade de Analyse Bioenergetica do Nordeste Brasileiro : Comunidade Libertas <http://www.libertas.com.br>

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- VAN SCHUYLENBERGH T., «*Tensions corporelles et tensions identitaires. Expérience d ’un groupe de mouvements en analyse bioénergétique en insertion socioprofessionnelle*», m moire UCL, Facult ouverte de politique conomique et sociale, septembre 2008.
- VAN SCHUYLENBERGH T., «*Sortir de nos cabinets de consultations:l ’analyse bioénergétique au pous de la société brésilienne*» rencontres et d couvertes au Br sil - t 2007.

THE FUNCTIONAL IDENTITY OF BODY AND MIND

Let me start telling a little story:

I was walking downtown without any special interest. A lot of people were around in the street, young men, older men, pretty women etc. Suddenly I felt bad. My heart was beating very hard, the pulse went up, the chest became narrow, some flashes shot through my body. Oh my god, that's a heart attack. I need help very quickly or I will die. Looking around very desperately I realized a woman that I had already seen before. At once a very big flash attacked me again. *«Wow – what a wonderful woman. I had never seen such a beauty.»* This woman must become my friend – no, my wife. I will create a family with her, have children. So my life will change completely and I will be happy up to my end.

«Ok, you are not ill but have fallen in love.» But now I had to think about how to meet her – a very difficult challenge.

«Ah – let it be. Probably she will not be interested and reject you.»

«That's always the same disaster with you. There is so much fear of women. The nicer the woman the greater the fear. When you will get married with this woman you have to stand your fear.»

So I created some strategies to meet her. That was the beginning of a happy end.

Now this story shall show you what we mean by the functional identity of body and mind:

At the beginning there are different sensations – we usually call them emotions. They are represented in my brain and alert me that there is something going on with me. I have to take care of myself looking for a doctor or for any other help. In addition to the bodily information of my excitement I get aware of this woman. Now both information are linked and become a picture or a visualisation in my brain. By this bodily process my excitement becomes a meaning and a feeling: I am not ill but fallen in love.

So you can say: Feelings are the representation of different linked sensations in the brain. Or – the brain creates feelings by linking and representing bodily sensations.

By this process of linking different bodily sensations the psychic world becomes vivid. The psychic reality is the result of bodily self regulation processes of which you get aware. The psychic world seems to be something like a screen on which you can see the status of the functioning of your organism and all these pictures and feelings will show you what is needed to regulate anew in your body or what you need from the outer world of you or from your social community.

My story shows, without that feeling of falling in love I would have been brought into a clinic. This feeling is the starter to activate me thinking about the strategies to meet her.

I start thinking how I will overcome my old pattern of fear of women.

I start making decisions of marrying, where I want to live with my family. How many children we will have etc. That means the feelings start a cognitive process.

There is no thought, no rational decision possible without feelings, emotions, bodily sensations.

There is an inseparable link between emotion (*and feeling*) – cognition and behaviour:

1. Behaviour is always connected with specific thoughts or ideas and with specific emotions. Nothing will happen without emotions like interest, anxiety, aggression, pleasure etc.

2. Cognition is always linked with ideas and pictures, which are the representation of emotions in your brain, the bodily sensations. You never can think without any pictures.

3. Emotions are the motor or the energy for cognition and behaviour.

Therefore you always need good contact to your emotions if you like to create clear thoughts and if you must make important decisions. You will change behavior only if you change the connected emotion.

All the patterns of behavior, attitudes rules and ideas in psychotherapy which should be changed are the sum of emotion, cognition and behavior. Which modality of psychotherapy you will ever use you have to touch all three levels. You will never be able to work without the body.

Perhaps you will object that I only relate to the human organism and its structure of functioning. And that this will never explain what makes us alive and why we live. There must be a power outside of the body and outside of our well known world. Yes, I agree with you. But I limit my concepts on those data which can be observed and experienced. And I don't try to create an answer where it seems totally impossible to find. Some people say that it is the spirit (instead of god) which will enable and regulate human life. May be. But be aware that this spirit is something totally different to the spiritual world of our mind.

Rainer Mahr

SGfBA (*Süddeutsche Gesellschaft für Bioenergetische Analyse*)

Input for the workshop: «*The Work with Bio energetic Analysis: different accents, different paradigms?* » XIX International Conference of the IIBA, Seville, 2007



REPORT OF THE FIRST EFBA-P THEORETICAL WORKSHOP ON BIOENERGETIC ISSUES

Some colleagues all over Europe met in Wiesbaden, a spa town in Germany, last March, attracted by the proposal from Rainer Mahr. The proposal consisted in the idea of Bioenergetic Analysts from different countries meeting to share and exchange our knowledge about BA. We came from Spain, France, Belgium, Norway, Switzerland, Germany, Austria and Hungary.

The place Rainer had prepared for us was excellent. We divided our time into four blocks, three to explore each one of the proposals: Exercises, Energy, Relationship and the fourth, to synthesize.

We started dealing with Exercise. Several colleagues proposed to experience with different exercises and we worked and reflected upon them.

Rainer started and proposed a kind of hitting exercise, first done quickly, then slowly. We saw it could be worked on many levels: to express assertiveness, to feel centered, to feel strength, to experience with the movement and coordination of different parts of the body. Changing the mind being more powerful depends on changing the Haltung of the body physically. The changed physical reality creates a new consciousness. It is not a question of illusion. Then Arild proposed some exercises focused on sensing the backbone axis and the centering. The aim was not expressing but centering and integration, being in contact with the surroundings without losing your center. Staying on one leg and this leg being supported by the other was lived differently by the participants. We commented it could be good for rigid structures but maybe too stressful for others. We also worked on the use of symbols like an image of a weight on your head to center and ground.

Regine proposed a grounding exercise, how to really feel your feet on the floor and we spontaneously started to use our voice. This led to a discussion if sometimes the use of the voice can have an

acting aspect and reduce self-awareness.?

Next morning Lucien proposed some exercises with our arms and at the same time exploring with a hissing sound, and proposed a variation of the bow that can be done in pairs, one holding the other.

We did the exercises as a way to start each session and we saw how much richness and possibilities lie there and how creative each one of us can be.

We discussed the role of exercises. The importance to know why you propose them, what issue you want to address: self awareness, grounding, release of tensions, self-expressiveness, work group dynamics. We concluded there were two main aims in doing exercises: to work on your own self (*awareness of your tensions, sensations and movement, breathing*) and to work on your relational capacities.

The next issue was Energy.

We worked on what we mean in Bioenergetic Analysis when we say energy. It refers to movement, quality of skin, aliveness or lack of it, in the body, in the eyes, quality of breathing, quality of voice. We worked with a concept of energy that is a kind of energy we can see: vibration, color of skin, transpiration, also at an emotional level through expression of feelings. We know from quantum physics that energy happens at a cell level too, but we do not deal with this level up to now. Some expressed the difficulty in explaining our understanding of the concept to other colleagues who are not in a body approach. We agreed that we, as bioenergetics analysts, we can feel and sense energy, we can work with it but it is difficult to define it as energy. It can be dealt on so many levels: muscle level, cell level, emotional level, relational level. We aim to understand how the energetic flow is blocked in a body system. We start to understand how emotional conflict correlates and affects the flow of energy in a body. We concluded we need much more investigation to understand the myriad of possible energetic processes.

In the third block we explored the concept of relationship and we stated that this issue opened a vast array of possibilities. Relationship is a contact and a process between two people. We saw three levels taking place simultaneously in a relationship: emotional, bodily, energetically. There are two other levels acting simultaneously: conscious and subconscious. Our task is to decode the unconscious and see how the unconscious manifests on the three levels: emotional, bodily, mental or verbal.

We tried to clarify what is specific of the therapeutic relationship. It is an asymmetric relationship, with different roles, different responsibilities, different functions on each side. The therapist facilitates the flow of a process but he doesn't do it.

A relationship is an act, a process that needs to be worked upon. We talked about which are the necessary conditions for a good therapeutic relationship: the need for the therapist to be real, authentic, not just to be nice. To feel a respect for the patient, to give permission to the patient to be there as he/she is. This means, for us therapists, to work in the direction of developing an unconditional acceptance towards the other. Of course, this is a complex process, it is an aim. Then the patient feels permission to be. We opened the issue of countertransference, the importance for us, as therapists to deal with our own issues. Then the concept of love came up. What do we mean when we think of love in the therapeutic relationship: love as a bond, a commitment, something sacred. Is love needed in such a relationship? In which way do we love a client? What do we mean when we say love? We agreed that some conditions were very important: to be there, to listen emphatically, with respect, no judgement. We concluded that love is essential in the therapeutic relationship, it is a process that needs working, nursing, feeding.

By the end of the workshop I felt we left with many questions. We had opened some important issues, had gone through a very stimulating group process and it was obvious we had only started a path that was promising and stimulating.

I left with the sense of how important it was bonding for us, as therapists. We need to create a network that can be useful to stimulate and support us and for that to happen we need to create proposals and spaces to meet and share among us, as it was obvious how much knowledge has each of us to share.

I want to thank Rainer for having thought and created this space for sharing. It has been a stimulating experience which, I hope, will continue.

I also want to thank Rainer for providing me with some notes from the workshop, which have been a helpful reminder.

Fina Pla

ACAB (*Associació Catalana en l'Anàlisi Bioenergetica*)

BERICHT VOM STUDIENTAG IM MÄRZ 2009

Wie in jedem Jahr fand am ersten Märzwochenende (6./7.3.) unser Studientag statt, eine Veranstaltung, die für kleines Geld unseren Mitgliedern und Gästen interessante Beiträge aus dem Arbeitsfeld der Körperpsychotherapie bietet. Es ist inzwischen Tradition geworden, dem NIBASTudentag einen Tages-Vorworkshop am jeweiligen Freitag voranzustellen. In diesem Jahr bot Mariano Pedroza aus Brasilien eine Einführung in die Community Therapie (*TC terapia comunitaria*) an. 24 TeilnehmerInnen waren gekommen, um diese, das Gesundheitssystem durch ressourcenorientierte Arbeit im Gemeinwesen entlastende Arbeit kennenzulernen.



Mariano Pedroza

Das Norddeutsche Institut für Bioenergetische Analyse e.V. wird ab 2010, als erste Institution in Deutschland, die einjährige Ausbildung für Community-Therapie unter der Leitung von Mariano Pedroza anbieten. Diese Ausbildung steht jeder/m offen, die/der beruflich oder ehrenamtlich daran interessiert ist. Nähere Informationen sind demnächst auf unserer Web-Seite www.niba-ev.de zu finden. Wer über unseren E-Mail-Verteiler direkt informiert werden möchte, trage sich bitte auf der Web-Seite in die Verteiler-Liste ein.

Für den Studientag selber erweiterte Habbo Habbinga dieses Jahr die Kapazitätsgrenzen seines wunderschönen Tagungshauses in Ovelgönne in der Wesermarsch. Wir konnten 45 Teilnehmer/innen begrüßen.

Den Auftakt machte am Freitagabend, nach einem gemeinsamen Abendessen und einer Schweigeminute zu Ehren von Dr. Alexander Lowen, Frau Dr. med. Heike Buhl von der WilhelmReich-Gesellschaft, Berlin. Sie referierte über „Orgonmedizin in der ärztlichen Praxis“ und gab anhand von Fallbeispielen einen eindrucksvollen Einblick in Ihre Arbeit.



*Dr. Heike Buhl (rechts)
im Gespräch mit Teilnehmern*

Das gemütliche Beisammensein im Anschluss wurde reichlich genutzt um Kontakte zu pflegen bzw. neue zu knüpfen. Immerhin schafften es mehr als die Hälfte der Teilnehmer/innen am nächsten Morgen um 7:15 Uhr, vor dem Frühstück, an der Übungsgruppe, angeleitet von Heiner Steckel, teilzunehmen. Heiners angeleitete Übungen sind für jeden Bioenergetiker ein Genuss, wer es jemals erleben durfte, weiß, was der Schreiber dieses Artikels meint.

Weiter ging es mit der Fortsetzung des letztjährigen Vortrags zum Thema „**Die Bedeutung der Differenzierung für die Bioenergetische Paartherapie**“. Monika Koch und Klaus Lennartz, beide Mitglieder des Weiterbildungsausschusses im NIBA, energetisierten die Zuhörer mit den markanten Thesen von David Schnarch. Die anschließende lebhaftige Diskussion musste aus Zeitgründen abgebrochen werden, es wurden Stimmen laut, die sich nochmals eine Fortsetzung des Themas im nächsten Jahr wünschten.



Monika Koch und Klaus Lennartz sorgten für eine kontroverse Diskussion

Vor dem gemeinsamen, abschließenden Mittagessen referierte Dr. Konrad Oelmann, internationaler Trainer im NIBA, über „Körpersprache im bioenergetischen - analytischen Prozess bei psychosomatischer Erkrankung“. Er stellte die Psychodynamik der Psychosomaten in den Mittelpunkt, bezog sich hier auf verschiedene somatische Ausdrucksformen und setzte sie in Bezug zu emotional- sozialem Lernen in verschiedenen Lebensaltern. Auch dieser Vortrag, fachlich von hoher Qualität und von Konni amüsan und lebendig gestaltet, fand bei den Zuhörern großen Anklang.



Dr. Konrad Oelmann, NIBA- Studientag 2009

Schon jetzt laden wir herzlich ein zu unserem nächsten Studientag am 5i6. März 2010. Die ReferentInnen werden Dr. Jörg Clauer, Monika Koch & Klaus Lennartz und Dorothea Habbinga sein. Den Vorworkshop leitet Dr. Konrad Oelmann

REPORT FROM THE STUDY DAY, 6TH-7TH OF MARCH

Like every year during the first weekend of March, we organized the NIBA study day, an event, which offers our members and guests interesting lectures concerning body-oriented psychotherapy at a low cost.

It has become a tradition to proceed the study day with a one-day pre-workshop on Friday. This year Mariano Pedroza from Brazil offered an introduction in Community Therapy (*TC terapia comunitaria*). 24 participants attended, getting to know this recourse-oriented work, which relieves the health system in local communities.

The North German Institute of Bioenergetics Analysis e.V. will offer in 2010, as the first institution in Germany, one-year education training for Community Therapy with Mariano Pedroza. This training is open for everybody, who is interested in it, professionally or on a voluntary basis. You will find more information about it shortly on our web site: www.niba-ev.de.

For the study day itself, Habbo Habbinga extended the capacity limit of his wonderful conference guesthouse at Ovelgönne. We were able to accommodate 45 members and guests.

On Friday evening after a common dinner and a minute of silence, honoring Dr. Alexander Lowen, we started with Dr.med. Heike Buhl from the Wilhelm Reich Society in Berlin. She gave us a lecture about «*Orgonmedicine in the Doctors office*» and an impressive insight into her work.

The following get-together was used to maintain contacts or to make new ones. The next morning at 7:15 a.m., before breakfast, more than half of the participants enjoyed bioenergetics exercises instructed by Heiner Steckel. Heiner's instructed exercises are a real treat for every bioenergetics therapist. Those who have shared this experience once know what the author of this article means.

Next came the continuation of last years lecture with the title «*The meaning of differentiation for bioenergetics couple therapy*». Monika Koch and Klaus Lennarz, both members of the committee for continuing education energized the audience with the distinctive theses from David Schnarch. The subsequent lively discussion had to be discontinued due to lack of time. Some participants wished that this theme could be continued next year.

Before the concluding lunch Dr. Konrad Oelmann, International trainer at the NIBA, gave us a lecture about «*Body language in Bioenergetics with psychosomatic diseases*». He placed the emphasis on the psychodynamics of psychosomatic patients und showed them in relationship to emotional-social learning at different ages. This presentation of highly professional quality, presented by Konni (*Dr. Oelmann*) in a lively and amusing manner, was well received by the audience.

We would like to extend an invitation to our next StudyDay on March 5th and 6th 2010. The speakers will be Dr. Jörg Clauer, Monika Koch & Klaus Lennartz and Dorothea Habbinga. The preworkshop will be with Dr. Konrad Oelmann.

EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY (EAP) MATTERS VIENNA 20/2 1 FEBRUARY 2009

Main topics

The core principles of Psychotherapy

The EAP by means of an open working group directed by Alexander Fits is elaborating a definition of psychotherapy and its core principles in differentiation from psychology and psychiatry.

The European platform

For migration problems the EU installed the project **SOLVIT** (*an on-line problem solving network in which EU Member States work together to solve without legal proceedings problems caused by the misapplication of Internal Market law by public authorities*). There is a SOLVIT centre in every European Union Member State (*as well as in Norway, Iceland and Liechtenstein*). See [http://ec.europa.eu/solvit/site/about/index_en.htm!](http://ec.europa.eu/solvit/site/about/index_en.htm)

The EAP started its own **Psychotherapist Migration Research Project** under Albina Colden of the Sigmund Freud Private University Vienna, who presented its status at the meeting.

The genuine EAP issue is the **Joint Platform Project**: According to Alfred Pritz the EAP is the only profession-representation left trying to establish an EU-wide platform. The goal this platform is aiming at are EU-wide general agreements on the requirements for psychotherapists and psychotherapy and their legal fixation.

An important step into this direction is

The template for a national psychotherapy law

which has been created by Alfred Pritz and Albina Colden, who presented it at this meeting. There have been discussions about it, mostly arisen by misunderstanding the template as the final text, but also substantial changings were demanded. By adding some amendments in the definition of psychotherapy the template won the agreement of nearly all representatives.

March 2009

Johann es Rastbichler
DÖK (Die Österreichische Gesellschaft für körperbezogene Psychotherapie Bioenergetische Analyse)

THE « COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE » (CFAB)

It was created in 2007. It is affiliated to the IIBA and to the European Federation (EFBAP). It is growing and already has 20 members. Our motivation is strong, centered on Bioenergetic Analysis' development, information and transmission of its actual evolution, large audience information, and publication. Next January (2010) begins a new bioenergetic analysis training group, led by Guy Tonella and Maryse Doess. Several post-training workshops will be proposed, as well as activities of supervision, theoretical teaching and therapeutic groups.

The CFAB already participated to several Conferences : in France (2008 : *French Speaking Societies Conference - Marseille; Conference of Psycho analysis - Toulouse; International Conference of Body Psychotherapy - Paris*), and in South America (2008 : *Bioenergetics South American Conference - Recife, Brazil. 2009; Pan American Conference of Body Psychotherapies - Curitiba, Brazil; and later this year International Conference of Bioenergetic Analysis, Rio, Brazil*).

The CFAB website's address is www.cfab.info. The menus are translated into several languages, in order to allow an access for foreign visitors. The content of pages will be translated gradually. All of our activities are presented there, and several articles are published, sometimes in various languages. Please, feel welcome in sending us articles, reflections and suggestions, in any language.

Come and visit us on our web!

Guy Tonella

CFAB (Collège Français d'Analyse Bioénergétique)

Guy Tonella

LE « COLLEGE FRANÇAIS D'ANALYSE BIO-ENERGETIQUE » (CFAB)

Il a été créé en 2007. Il est affilié à l'IIBA ainsi qu'à la Fédération Européenne d'Analyse Bioénergétique (EFBAP). Il grandit et compte déjà plus de 20 membres. Notre motivation est forte, centrée sur le développement de l'analyse Bioénergétique, la diffusion de son évolution actuelle, l'information après du grand public et la publication. En Janvier 2010, démarre un cursus de formation en analyse bioénergétique dirigé par Guy Tonella et Maryse Doess. Diverses minaires de post-formation sont programmés, ainsi que des activités de supervision, d'enseignement théorique et des activités de thérapie de groupe. Le CFAB a d'ores et déjà participé à divers Congrès : en France (2008 : *Journées Francophones d'Analyse Bioénergétique - Marseille ; Congrès de Psychanalyse - Toulouse ; Congrès International de Thérapies Psychocorporelles - Paris*) et en Amérique du Sud (2008 : *Congrès Sud-Américain d'Analyse Bioénergétique - Recife, Brésil. 2009: Congrès Pan-Américain de Thérapies Psychocorporelles - Curitiba, Brésil et bientôt Conférence Internationale IIBA - Rio, Brésil*).

Il est possible de consulter le site web du CFAB à l'adresse suivante : www.cfab.info. Les menus de ce site web ont été traduits en 4 langues pour permettre un accès aux visiteurs étrangers et le contenu des pages principales sera traduit progressivement. Toutes les activités du CFAB vous ont proposées et de nombreux articles y sont publiés, parfois en plusieurs langues. Bienvenu pour nous envoyer des articles, vos réflexions et vos suggestions, quelque soit la langue.

Visitez nous sur notre site!

CFAB (Collège Français d'Analyse Bioénergétique)

«*JOURNÉES FRANCOPHONES D'ANALYSE BIOÉNERGETIQUE*»

LES 03 & 04 OCTOBRE 2009

A BRUXELLES sur le thème: «*LE CORPS DU THÉRAPEUTE*»

«*Interroger Laplace, interpellé par l'engagement du psychologue thérapeute dans la relation thérapeutique*»

Le Corps du thérapeute, Laplace du Psychologue thérapeute et son engagement.

Les thérapies psychocorporelles explosent, et pourtant la délicate question du « *corps* » du Psychologue thérapeute *actif* dans la relation thérapeutique est rarement approfondie. Tout est dit du corps du patient, mais rien ou si peu de l'*engagement*, de l'*implication* et du *positionnement* du clinicien!

Le constat et l'interrogation sont d'autant plus cruciaux que les demandes de la clientèle changent en choix aux changements de notre société particulièrement individualisante. De nouvelles pathologies, plutôt narcissiques, forcent l'intervention active du clinicien ; le *soi* du patient demande l'engagement du *soi* du clinicien comme partenaire d'une relation intersubjective. Et, parmi les Psychanalystes, certains accompagnent maintenant les cures dans des modalités nouvelles.

Comment se conjuguent proximité/intimité, corps du thérapeute/corps du patient? Selon quels principes? Selon quelles règles? Pour quels résultats?

Comment le corps de psychologue thérapeute « *souffre-t-il* » ces mobilisations motrices et corporelles vécues par de multiples patients.

Quid d'une *neutralité active*? Quid du *corps-thérapeute*? Quid des *renoncements* nécessaires à la construction d'un sujet?

Ces journées francophones de l'Analyse Bioénergétique traiteront donc sous différents angles l'un ou l'autre de ces enjeux, mêlant paroles d'Analystes Bioénergéticiens, de Praticiens Psychocorporels d'autres écoles, et de Psychanalystes. Mêlant aussi rappels de théories fondamentales (*Freud, Reich, Lowen...*) et nouvelles constructions de repères théoriques ; mêlant en-

core vignettes, présentations de cas commentés et panels de cliniciens.

Et la SOBAB se réjouit de vous rencontrer corps-à-corps à ces journées.

Les « Journées francophones » relèvent du projet de collaboration réalisée depuis une vingtaine d'années. Entre la Société Française d'Analyse Bioénergétique (SFABE), L'Institut d'Analyse Bioénergétique France Sud, (IABFS), la Société Belge d'Analyse Bioénergétique (SOBAB) et plus récemment du Collège Français d'Analyse Bioénergétique (CFAB)

Outre l'organisation conjointe de la formation de psychologues thérapeutes en Analyse Bioénergétique et la publication de la revue « Le Corps et l'Analyse », les Journées francophones sont l'animation de cette dynamique de concertation

Thierry Van Schuylenberg

SOBAB (Société Belge d'Analyse Bioénergétique)

The Belgian Society of Bioenergetic Analysis (SOBAB) is pleased to invite you to:

«***THE FRENCH-SPEAKING DAYS OF BIOENERGETIC ANALYSIS***»

On October 3rd & 4th 2009

In BRUSSELS, on the topic: «***THE THERAPIST'S BODY***»

«*Examining the therapist's role, questioning his commitment in the therapeutic relationship*»

The therapist's body, his place, his commitment...

While body-oriented therapies are developing, the tricky issue of the body of the therapist, who plays an active part in the therapeutic relationship, is still rarely explored. Everything has been said on the patient's body whereas nothing or so little is regarding the clinician's *commitment, involvement and posture*.

It is all the more crucial to make such an observation and to address this subject as the patients' expectations change in response to the changes of our individual-oriented society.

New pathologies, mainly narcissistic ones, compel the clinician to play an active part: the patient's *self* calls for the commitment of the clinician's *self* as a partner in an intersubjective relationship.

Among Psychoanalysts, some have now added new modalities to the therapies.

How do proximity/intimacy, therapist's body/patient's body interact? Which principles are they based on? What are the rules? For what results?

To what extent is the therapist's body «*affected*» by these emotional and bodily mobilizations aroused by several patients?

What about «*active neutrality*»? What about the «*other's body*»? What about the *renunciations* that make the development of a patient possible?

Thus, these French-speaking days of Bioenergetic Analysis will deal with these topics from different perspectives as Bioenergetic Analysts, body-oriented Therapists belonging to other schools and Psychoanalysts will confront their points of view.

Fundamental theories will be reminded (*Freud, Reich, Lowen...*) while new ones will be presented. Clinical cases will be exposed and commented upon in the presence of a panel of clinicians.

The SOBAB is delighted to meet you then body-heart-spirit.

The «French-Speaking Days» are the result of a 20-year-old collaboration project between the French Society of Bioenergetic Analysis (SFABE), the Institute of Bioenergetic Analysis South France (IABFS), the Belgian Society of Bioenergetic Analysis (SOBAB) and more recently the French College of Bioenergetic Analysis (CFAB).

In addition to the joint training of Bioenergetic Therapists and the publication of the review « Le Corps et l'Analyse », this dynamic cooperation made the organization of the French-speaking days possible.

Thierry Van Schuylenberg

SOBAB (Société Belge d'Analyse Bioénergétique)

**Translators : Ghislaine Bentammar
& Maureen Field**

PRESENTATION OF THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS CONFERENCE

«Body in Poetry – Unveiling the Grace of Self».

21st - 25th of October, 2009

Búzios, Rio de Janeiro, Brazil

Dear Colleagues

It is my great honour and pleasure to write this welcoming letter to you all. Our forthcoming IIBA Conference will be held in the city of Búzios, Rio de Janeiro, Brazil from the 21st to the 25th of October, 2009, and is entitled *«Body in Poetry – Unveiling the Grace of Self»*.

The theme of the conference stems from a dialogue about the refinement of our identity as body therapists and the realization that throughout the years we have been working on our ability to promote and express the ART OF BEING. We hope we will be using this conference to further develop this art, as well as to embody our own poetry, creating our personal rhymes by means of the work we do as Bioenergetic Therapists. Also, we will use this opportunity to propose a more harmonious and multidisciplinary dialogue with other fields of study.

In our struggle to deal with life's brisk pace and in our the search for inclusion (= *paradigm shifts*), we face the challenge of building ourselves continuously as free, integrated human beings who use their bodies, language, perception and expression to achieve their goals.

During the Conference we will also pay tribute to the founding member of Bioenergetic Analysis, Alexander Lowen, whom we dearly miss. Alexander Lowen was the original poet who helped us inscribe our bodies with meaning. A year after his death, we will be able to reflect upon the path we have walked so far as well as the one that lays ahead and how we intend to live and honour the legacy that was bestowed on us.

In a moment of great international insecurity and reluctance to invest in new projects, we trust our sense of grounding will help us organize this event. As alchemists of the human nature we sincerely hope to be able to weave together a web of possibilities, which will undoubtedly include growth and contention. Our ultimate goal is to find a new metric which will help us face our new global reality.

From this perspective, all members of Bioenergetic Analysis Societies are kindly invited to join us in this event which will be dynamized and vitalized by the presence of a number of well-known IIBA trainers from all over the world.

Anyone who wishes to submit a paper, lecture or lead a workshop is warmly welcomed to do so. The conference will last four days and the event's plenary sessions will be translated into English and Portuguese. Other languages may be considered on request, provided there are more than 30 speakers of the language enrolled.

Búzios, where the conference will be held, is situated on the coast - a two and a half hour drive from Rio de Janeiro. The city's cosy atmosphere is, in itself, an invitation for a poetic dialogue with our own bodies. The city also offers first-class infra-structure with comfortable accommodation and a safety environment which is truly conducive to the work and growth we have in mind.

The 2009 International Institute for Bioenergetic Analysis Conference is being prepared with love and care and we are looking forward to see you there. Together we will be celebrating the magic and joy of Being.

Miriam Mantau & Guilherme B. Pacheco

On behalf of the Organizing Committee

THE SITUATION OF PSYCHOTHERAPY IN GERMANY

The legal situation of psychotherapy in Germany is based on two laws. One provides the permission

to work as psychotherapist. The second provides the payment by insurance companies.

There is a third law in Germany and this is typical for Germany. It gives permission to work as psychotherapist on the base of the «*Heilpraktikergesetz*»¹?

Medical doctors and Psychologists with a university degree and with additional qualification can ask for approbation. This is the official permission to work as a Clinical Psychotherapist. Not automatically induced the payment by insurance companies.

The second law provides the payment by the insurance company. This includes only three Therapy methods: Psychoanalysis, Behavior Therapy and «*Tiefenpsychology*»². All other Psychotherapy methods are not accepted. As psychotherapist you are allowed to practice any other method, but this kind of therapy will there not be paid by insurance company.

On the other hand there is a «*ree health market*», where qualified Psychotherapists without approbation can work. This social field can be understood as «*free psychotherapy market*».

There are strong political efforts and applications to get other psychotherapy methods to be accepted (*Gestalt Therapy*, *Client-Centered-Therapy*). But there is no good chance for any method to be accepted or to be accepted within a short time.

This has influenced psychotherapy-training. The training in a classical methodic is well accepted, in contrast to the training of other

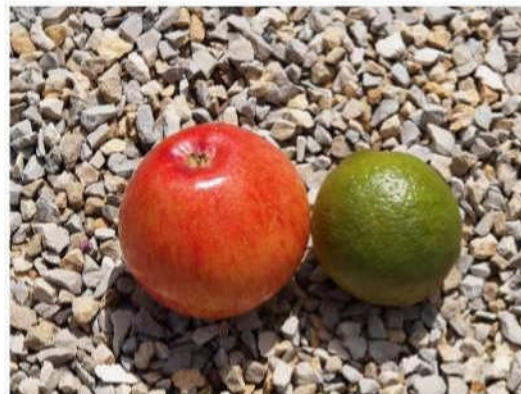
Heilpraktikergesetz: the law for the «*Heilpraktiker*» a very special German institution which cannot be translated.

Tiefenpsychology: depth psychology similar to psychoanalysis, less strong.

psycho therapy methods (*just like Bioenergetic Analysis*).

Thus clients have to wait for a therapy for a long time, sometimes up to nine months; there is no chance then to get paid by the insurance company, if you choose a non-accepted method. Only sometimes, when the waiting list is too long, there is an opportunity to get paid by the insurance company (*you must ask for a pers on alpetition*). The insurance company then pays part of the official rate.

Ulrich Sollmann
NIBA -e V Norddeutsches Institut für Bioenergetische Analyse E. V.



LAGE DER PSYCHOTHERAPIE IN DEUTSCHLAND

Psychotherapie ist in Deutschland in zweierlei Hinsicht gesetzlich geregelt. Ein Gesetz regelt die Zulassung/Approbation. Ein anderes Gesetz die Möglichkeit, Psychotherapie sozialrechtlich über die Krankenkasse abrechnen zu können.

Darüber hinaus gibt es in Deutschland eine Besonderheit, dass Psychotherapie nämlich nach dem Heilpraktikergesetz ausgeübt werden kann, wenn man die Prüfung als Heilpraktiker bestanden hat.

Berufsrechtlich haben Ärzte und Diplompsychologen mit zusätzlicher Qualifikation die Möglichkeit, arbeitsrechtlich eine Anerkennung im Sinne der Approbation zu bekommen. Sie dürfen dann offiziell Psychotherapie ausüben, dies schließt nicht die Bezahlung durch die Krankenkasse mit ein.

Die sozialrechtliche Regelung, d. h. die Bezahlung von Psychotherapie durch die Krankenkasse, ist beschränkt auf die klassischen Verfahren: Psychoanalyse, tiefenpsychologische Psychotherapie und Verhaltenstherapie. Alle anderen Verfahren sind nicht anerkannt. Sie dürfen wohl praktiziert werden, können aber nicht durch die Kasse bezahlt werden.

Darüber hinaus gibt es einen gesetzlich nicht geregelten freien Markt, in dem qualifizierte, nicht-approbierte PsychotherapeutInnen tätig sind. Dieser gesellschaftliche Raum kann als freier Psychotherapiemarkt verstanden werden.

Es gibt starke berufspolitische Bestrebungen bzw. Anträge, dass andere Psychotherapieverfahren, wie Gesprächspsychotherapie, systemische Therapie usw., Anerkennung finden. Die Chancen für eine Anerkennung sind jedoch sehr gering bzw. die Anerkennungsverfahren dauern über Jahre.

Dies hat auch Einfluss auf die Ausbildung von Psychotherapie. Die Ausbildung in den klassischen Verfahren ist gesichert. Die Ausbildung in anderen Psychotherapieverfahren (wie *bioenergetische Analyse u. a.*) findet weniger Zulauf.

PatientInnen müssen in Deutschland jedoch lange auf einen Therapieplatz warten. Nicht

selten bis zu neun Monate. Ebenso haben keine Möglichkeit, andere als die klassisch Psychotherapieverfahren zu wählen. Gelegentlich, wenn es wirklich eine extreme Unterversorgung gibt, besteht die Möglichkeit, über einen Einzelantrag auf Kostenerstattung Psychotherapie teilweise durch die Krankenkasse bezahlt zu bekommen.

Ulrich Sollmann

NIBA -e V. (Norddeutsches Institut für Bioenergetische Analyse E. J)



IN MEMORIAM

Dear Colleagues, members of the International Institute for Bio energetic Analysis (*IIBA*),

On Saturday the 2nd of May, 2009, our colleague *Jan Ponne* passed away in the presence of the ones he loved, at 10 in the evening.

He was an honorary member of NIBA-NL- (*The Dutch Institute for Bio-energetic Analysis*).

Jan Ponne was buried on Saturday the 9th of May.

We, the board, wish to give our warm sympathy to his family and friends.

Jan Ponne realized the education of the first group of therapists in the Netherlands together with his colleague Jan Velzeboer. This was in 1977, after inspiring encounters with Alexander Lowen. The Dutch Institute for Bio-energetic Analysis was founded in cooperation with Jan Ponne on November 26th, 1981. Jan Ponne is one of the founding fathers of the NIBA.

Jan will be remembered as a very dedicated Therapist and Colleague, a loving friend and former member of the NIBA.

To many he played a valuable role in their development as a person and therapist.

Jan will be remembered by his colleagues as an inspiring man who loved unconditionally and lived and worked respectfully towards others.

He applied himself 100% as chairman of the NIBA.

He was trainer, supervisor and teacher-therapist and trained many members of the NIBA and IIBA to become Bio-energetic Analytical therapists. He actively contributed to the development of Bioenergetic Analysis, both nationally and internationally: he gave workshops, delivered lectures, held investigations and wrote various papers.

The board and a few NIBA members regularly contacted Jan and his 2 sons in his last days and during these moments Jan's commitment to Bioenergetics became so very clear.

He remained involved and connected to our work as therapists, to the NIBA and IIBA organizations and to their members until the end.

His way of living and working has inspired many of us and will be kept alive in cohesiveness with ourselves, the work and the people around us.

On behalf of the NIBA board

Tanja Mars

President of NIBA-NL (Nederlands Instituut voor Bioenergetische Analyse)



*« When you die
Be sure to choose a sunny day*

*So I don
't stay behind
With the rain*

**EUROPEAN FEDERATION FOR
BIOENERGETIC ANALYSIS PSYCHOTHERAPY**

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Integrated by Societies members of IIBA

www.bioenergeticanalysis.net

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Web site of EFBA-P Coordinated by Edith Liberman (SOMAB-Spain)

eliberman@va.com

Events- Conferences	Place- Time	Trainer-Society	Costs	Information
Training of the Principals and Techniques of Body Psychotherapy on the base of the Concepts of Bioenergetic Analysis.	From June 2008, 2 Years Heidelberg/Germany In German	Wera Fauser Thomas Heinrich SGfBA	Various	info@fauserconsulting.de thomas.heinrich@plus-mannheim.de
Psychotherapeutic group for women, «Experience yourself with Bioenergetic»	Saturday once a month Wednesday, twice a month. Bensheim/Germany In German	Gabriele Füting SGfBA	Various	gabriele.m.fueting@t-online.de www.sgfba.com
«Experience yourself, growing, change» Exercise group for everybody	Saturday workshop	Karl-Heinz Schubert, Karlsruhe SGfBA	Various	k-heinz.schubert@t-online.de www.sgfba.com
Journées Francophones d'Analyse Bioénergétique: «Le Corps du Thérapeute»	03 rd -04 th October 2009, - Bruxelles/Belgique In French	SOBAB	Not yet determined	www.analyse-bioenergetic.com
XX ^o Conference of the International Institute for Bioenergetic Analysis « Body in Poetry – Unveiling the Grace of Self».	21 st – 25 th October 2009, Búzios/Brazil In English & Portuguese French, Spanish & German depending on the participants' number	IIBA & FLAAB	Various	www.metodorio.com.br/conference2009/
General Assembly Meeting of the EFBA-P 2009	27 th -29 th November 2009, Amsterdam/Netherlands In English	EFBA-P	Not yet determined	EFBA-P www.bioenergeticanalysis.net Rainer Mahr: rmahr@t-online.de
<p>Your contributions for the next issue « BASIC 19th » Please send them before 15th October 2009 And for the Special one about Alexander Lowen before 20th September 2009</p>				