

# Workshops

Friday 7. September 2018 – 17:00 – 18:30

(in alphabetical order by presenter)

## **Introduction into working with the Body Image Sculpture Test (BIST)** *(in English and German)*

Body Image Sculpture Test is a projective technique accessing multidimensional aspects of Body Image, works with clay and utilises psychodynamic interview techniques. The BIST has been applied in numerous clinical studies; researching psychotherapy, dance therapy, as well as body work. It is also a powerful therapeutic tool, providing unique access to subconscious fantasies, beliefs and emotions. The BIST can help to gain back a basic sense of body perception, as a first step toward self efficacy. To meet the expectations of todays society with healthy autonomy and self care being grounded in the body is vital.

## **Einführung in den Körperbildskulpturtest (KST)**

Der Körperbildskulpturtest ist ein dreidimensionales, projektives Verfahren zur Erfassung multidimensionaler Aspekte von Selbst- und Körperbild, in welchem Modellieren mit Ton, sowie ein psychodynamisches Tiefeninterview zum Einsatz kommen. Der KST wurde in zahlreichen Therapiestudien eingesetzt, um Störungen des Körperbildes abzubilden. Als therapeutisches Verfahren ermöglicht das Verfahren einen einzigartigen Zugang zu unbewussten Phantasien, Vorstellungen und Gefühlen. Durch seinen selbstintegrierenden Charakter eignet sich der KST besonders zum Spüren von Selbstwirksamkeit. Gut verankert im eigenen Selbst einschließlich des Körpers zu sein, unterstützt die Bindungsfähigkeiten in kleinen Gruppen ebenso wie in der Gesellschaft, um so den gesellschaftlichen Anforderungen mit Autonomie und Selbstfürsorge zu begegnen.

### **Presenter(s)**

**Angela v. Arnim** (Berlin, Germany), Dr. med., Registerd Psychotherapist, Bodypsychotherapist; Functional Relaxation (Funktionelle Entspannung nach Marianne Fuchs), Member of Deutsches Kollegium für Psychosomatische Medizin (DKPM), Thure-von-Uexküll-Akademie für Integrierte Medizin (AIM); at Kollegium für Psychosomatische Medizin Berlin, Deutsch-dänisches Institut für Familientherapie Berlin, Institut für Psychotherapie Potsdam, SRH-Fachhochschule Heidelberg.

**Sybille Aßmann** (Berlin, Germany), Psychologist (M.Sc.), Registered Psychotherapist, Massage Therapist, [Craniosacral Practitioner](#) (CTET, London); in private practice, member of the German Psychotherapy Association and DPtV.

**Yvonne G. Strack** (Berlin, Germany), Psychologist (M.Sc.), Registered Psychotherapist, Jungian Psychoanalyst, Speech Therapist, in private practice. Member of C.G. Jung Gesellschaft Berlin e.V., C.G. Jung-Institut Berlin e.V., Institut für Psychotherapie e.V. Berlin.

## **Selbstgrenzen als Grundlage von Kontaktfähigkeit nach Innen und Aussen** *(in English and German)*

„Honouring your own boundaries is the clearest message to others to honor them, too“ Gina Greenlee

Integrative Body Psychotherapy (IBP) by Jack Lee Rosenberg sees the self as a physical, nonverbal sense of well-being, identity and continuity. Touching the core, especially for structurally vulnerable people, is not evident. Therefore, working with and on boundaries is elementary in IBP. This experimental worktool gives excellent information about the relational style of clients. It enables further to clear primal fears, (re-)connects to the inner voice and gives access to the live flow. For therapists, in order to provide containment esp with traumatized clients, it's indispensable to establish a reflected regulation of their own boundaries.

### **Selfboundaries – the foundation for getting in contact with oneself and others**

„Honouring your own boundaries is the clearest message to others to honor them, too“ Gina Greenlee

Integrative Körperpsychotherapie nach Jack Lee Rosenberg (IBP) versteht das Selbst als eine körperliche, nonverbale Erfahrung des Wohlbefindens, der Identität und der Kontinuität. In unserer beschleunigten Gesellschaft ist besonders für strukturell vulnerable Menschen der Zugang zum Kern keine Selbstverständlichkeit. In IBP-Therapien ist deshalb die Arbeit an und mit Grenzen ein zentrales Element. Die Beschäftigung mit Selbstgrenzen ermöglicht eine Klärung von Grundängsten und damit die (Rück-)Verbindung zu Eigenimpulsen und zur individuellen Lebendigkeit. Für therapeutische Fachpersonen ist, gerade im Umgang mit traumatisierten oder strukturell geschwächten Menschen eine reflektierte Grenzregulation im Hinblick auf eine gute Selbstfürsorge unabdingbar. Im Workshop wird die Arbeit mit Grenzen praxisnah vorgestellt.

#### **Presenter(s)**

**Judith Biberstein**, State approved Psychotherapist, formed in education and psychology, runs her own practice in Bern as bodypsychotherapist, teacher and supervisor in the IBP-education and training of psychotherapists and coaches. Trainer for IMPACT selfdefense. Co-Author of the recently appeared IBP Book (Hrsg Fischer & Kaul, 2016)

Judith **Biberstein**, Eidg. Anerkannte Psychotherapeutin, ausgebildet in Pädagogik und Psychologie, arbeitet seit 2006 in eigener Praxis für Integrative Körperpsychotherapie und Supervision in Bern/Schweiz, am IBP Institut Winterthur als Lehrbeauftragte und als Trainerin für Kurse in Selbstsicherheit. Sie ist Mitautorin des Lehrbuches Integrative Körperpsychotherapie IBP (2016).

**Astrid Grossert** is Psychologist, postgraduate integrative body Psychotherapist (IBP) at the Department of Psychosomatic Medicine and Medical Oncology, University Hospital Basel, Switzerland. Body integrity and integrity disturbances from the psychological & somatic perspective in patients are of her main interest. As PHD student she was enrolled in the developing, testing and integrating process of a web-based stress-management program for newly diagnosed cancer patients to enhance patient's capability for coping. [www.inneremraumgeben.ch](http://www.inneremraumgeben.ch) | [www.ibp-institut.ch](http://www.ibp-institut.ch) | [www.selbstsicherheit.ch](http://www.selbstsicherheit.ch)

**Astrid Grossert**, Eidg. Anerkannte psychologische Psychotherapeutin (IBP). Als Psychoonkologin arbeitet Sie in der Klinik für medizinische Onkologie sowie der Psychosomatik des Universitätsspitals Basel, Schweiz, einerseits klinisch andererseits wissenschaftlich. Im Zentrum ihres Interesses steht der Umgang mit körperlicher Integrität und Integritäts-

verletzungen aus der psychosomatischen Perspektive. [www.inneremraumgeben.ch](http://www.inneremraumgeben.ch)  
[www.selbstsicherheit.ch](http://www.selbstsicherheit.ch) [www.ibp-institut.ch](http://www.ibp-institut.ch)

## **Oriental Dances (Belly Dancing) benefits through seven bodily levels** *(in English)*

The physiological effects of Dance seem to be like those ones caused by pleasure (the production of endorphins), the act of dancing produces narcotizing and euphoric effects, bringing wellbeing, happiness and relaxing tensions about.

The Eastern Dance helps to unlock pelvis, to train and to urge the perineal muscles and to acquire a larger perception of the all involving organs.

Dance, in its own way, tends to re-establish the various organic functions and to integrate them.

In this workshop we shall give a short theoretical introduction and we will dive together in the movements detecting effects through the bodily levels: Eastern Dance origins and background; therapeutic properties. Dance as a practice of propitiatory rites and Mother Earth's (Mother Goddess) ancient religious cult. Natural symbols and shapes in Dance.

Bodily Levels release and integration. Connections and differences between dance and therapy.

### **Presenter(s)**

**Marialuisa Biggio**, Psychologist, Body Psychotherapist (S.I.A.R.), EABP Student Final Paper Award 2016 Winner (1st Place) – Italy. She practiced courses in Oriental Arab Dancing where began to gain a deeper understanding of the multiple connections between dance, movement and therapy, and how dance can support the therapeutic process.

**Samir Ben Mokhtar**, Oriental Dance Teacher, Kinesitherapist, Oriental Arts and Disciplines – Tunisie. In 1985 he completed a 3 years graduation course at Folk Dance Statal School in Tunisia. Since 2004 he teaches Oriental Dance and Oriental Stretching in Rome.

## **Dynamic Orgonomy** *(in English)*

W.Reich's term: Pleasure Anxiety, seems to be out of touch with our modern psychological spirit of the age! But is it really so? Has not the sexual freedom Reich advocated in the 30s and 40s often become too functional, - even somewhat compulsive - or, to use his own word: mechanical. We will work with the exercises of Dynamic Orgonomy, which works directly on the subtle "holding back" of Head, Heart and Pelvic region. Let us again be inspired by Reich's Orgonomy as a strong Body meditation, which activates the libidinous reflexes and pulsations. In this workshop we would like to facilitate your space to explore your body's optimal energetic expression, which can never be outdated! The workshop will focus on experiential work, movements and music.

### **Presenter(s)**

**Mona Lisa Boyesen** (\*1945. Norway), EAP.certified psychotherapist. Cofounder of Biodynamic Psychology® together with Ebba Boyesen, Paul Boyesen and the main-founder Gerda Boyesen (+2005). Since 1993, director of the European School for Biodynamic Psychology (ESBPE. [www.biodynamik.de](http://www.biodynamik.de)) Mother of a son (Dorian) and lives in Kiel (Germany).

**Ebba Boyesen** (\*1945. Norway), EAP.certified psychotherapist, and biodynamic Vegetotherapist with a deep rooting in the tradition of Gerda Boyesen, Ola Raknes and the

neo-Reichian work. Cofounder of Biodynamic Psychology® and founder of Psycho-Energetic & Birth-Release. Since 1993 co-director, trainer and supervisor of the European School for Biodynamic Psychology (ESBPE. [www.biodynamik.de](http://www.biodynamik.de)).

### **The three respiratory diaphragms** *(in English)*

Respiration is hampered in persons with physical or mental diseases, or problems. The Process oriented body-psychotherapy is based on the Norwegian psychomotor physiotherapy, and is in the Reichan tradition. Respiration is the guideline in the therapy. How is your respiration? I work with the upper, the middle, and the lower diaphragms. In a power point presentation I inform about theoretical background. After this presentation, I do the movements on a therapist, then on all participants. Thereafter the participants work in small groups, before the discussion.

#### **Presenter(s)**

**Berit Heir Bunkan**, Dr. philos., Ass. professor emerita OsloMet University, Norway, Physiotherapist 1949, psychologist 1977. Worked at Oslo university hospital, 13 years. Became a student of Aadel Bülow-Hansen. In 1993 this lead to University college education for the students. I give, international, courses, do therapy, and guiding. Of my books, five are, translated.

### **Trauma without the Drama – Mobilizing the Undamaged Self** *(in English)*

I will present case vignettes where the patient finished with a traumatic event without having to work it through and/or relive it. It is possible to go below, before, the event and work with the undamaged, embodied, subjective Endo self. The patient usually goes through this process by themselves between sessions without feeling threatened. I will offer a model of how to explain this process and then would like to engage in discussion with colleagues.

#### **Presenter(s)**

**Will Davis**, over 40 year's experience practicing and training in America, Japan & Europe. Member of editorial boards of two journals, the Italian Society of Psychologists and Psychiatrists, the EABP, AETOS and teaches as a guest trainer.

### **From the Ground to Verticality. From the Self to the Other. From the Womb into the World** *(in English)*

In this workshop, we focus our attention on the vital core and the inner movement that expands to the extremities, seeking contact. We place the first year of life in the adult's body, exploring all the body possibilities that arise from the maturation process, which allows us to experience an energetic flow that is the basis of all the body and emotional integration. We propose a search for the genesis of the self, leading the individual to connect with his vital core and the vibration of his heart, rediscovering the pleasure of the encounter.

#### **Presenter(s)**

**Ana Beatriz Degues**, graduated in Dance from the Human Motricity Faculty, Technical

University of Lisbon. Dancer of Contemporary Life. Teacher. Co-creator of the Dançar com o Coração® method, which integrates the psychotherapeutic model of Bioenergetic Analysis and various techniques and methods used in Contemporary Dance.

**Mario Goretti Coelho**, clinical Psychologist and Specialist in the Psychotherapeutic Model of Bioenergetic Analysis, certified by the IIBA. Individual and group psychotherapist. Co-creator of the Dançar com o Coração® method, which integrates the psychotherapeutic model of Bioenergetic Analysis and various techniques and methods used in Contemporary Dance.

## **Sex is not enough: Why Aging and Dying Matter to Life, Love, and Community** *(in English)*

Aging, grieving and dying in modern cultures are rejected socially and personally, portrayed as processes of little value, the very picture of alienation. Our field has also given little attention to these primary somatic processes, seeing them as “anti-life”, presenting only growth and sexuality as emblems of vitality. Yet work with death shows that a “good death” fosters intimacy, vitality *and* community. Might our theories of vitality and connection be incomplete? In this talk I will present why I think that this is so, how we therapists must change our ideas of life to meet the existential crises of our times.

### **Presenter(s)**

**Jeanne Denney** is a transpersonal and somatic therapist, a hospice worker, healer, teacher and founder of Pilgrim SoULL (School of Unusual Life Learning). Jeanne has spent years at bedsides, contributed pioneering ideas to somatic psychology, death and grief work, and has helped create the Art of Dying projects in New York City. She is the author of “The Effects of Compassionate Presence on the Dying.”

## **Gerda Boyesen’s model of body layers and its application in body psychotherapy** *(in English and German)*

To heal the soul through the body, we need a clear focus on the body layer we are working with in a treatment. “Do not change the layer during a treatment!” said Gerda Boyesen. Skin, muscle, fasciae, periosteum, bones. The fluid layer. When touching, when moving, the body layers meet us with their connections to emotions. Wilhelm Reich said “The ego is in the muscle”. Simone de Beauvoir said “I am here. My heart beats.” This existentialism requires competence in body layers to make the way from emotions to perception. A workshop with exercises from dance therapy HKiT.

## **Das Ebenenmodell von Gerda Boyesen und seine praktische Bedeutung in der Körperpsychotherapie**

Wollen wir über den Körper die Seele heilen, dann braucht es eine klare Ausrichtung auf die Körperebene mit der wir in einer Behandlung arbeiten. „Wechsle nicht die Ebene während einer Behandlung!“ O’ton Gerda Boyesen. Haut, Muskel, Faszie, Periost, Knochen. Flüssigkeitsebene. In der Berührung, in der Bewegung kommen uns die Körperebenen in ihrer Vernetzung mit den Gefühlen entgegen. Wilhelm Reich sagt: „Das Ich sitzt im Muskel.“ Simone de Beauvoir sagt: „Ich bin da. Mein Herz schlägt.“ Da geht es ganz existenziell um Ebenenkompetenz. Von den Gefühlen zum Fühlen. Ein Teaching mit praktischen Übungen aus der Tanztherapie HKIT. Mitbringen: Bequeme Kleidung, Matte oder Woldecke, warme Socken.

### Presenter(s)

**Gabriele Fischer**, developed biodynamic dance therapy HKiT in close collaboration with Gerda Boysen in the 1990s. The institute for HKiT is located in the Tanzheimat Inzmühlen ('Home of Dance Inzmühlen') in the Lueneburg Heath since 1998. [www.heilende-kraefte-im-tanz.de](http://www.heilende-kraefte-im-tanz.de)

**Gabriele Fischer**, entwickelte in den 1990iger Jahren in enger Zusammenarbeit mit Gerda Boysen die Biodynamische Tanztherapie HKIT. Seit 1998 Sitz des Instituts HKIT in der Tanzheimat Inzmühlen in der Lüneburger Heide. [www.heilende-kraefte-im-tanz.de](http://www.heilende-kraefte-im-tanz.de)

## **The imprisonment of the heart and the stiffness of the neck in post modern society** *(in English)*

The approach of body psychotherapy. In post modern society people suffer from narcissistic wounds which are imprinted on the neck. Following certain convictions that have been inscribed during childhood, they have lost the ability to contain and to be contained resulting in the imprisonment of their heart. Thus, there is a split between the two segments.

In this workshop we will approach this issue theoretically, based on character analysis and vegetotherapy, and experimentally with acting aiming at the connection between the neck and the heart.

### Presenter(s)

**Konstantinos Gkourtsoulis** is a Body, Reichian psychotherapist since 1993. Also trainer at E.I.N.A (Greek Institute of Vegetotherapy and Characteranalysis) and supervisor. He is holding a psychology degree, he is an ECP holder and EABP member. He participated in lots of congresses, either as organizing, or with workshops and lectures.

## **The Inner Helper** *(in English)*

A bodypsychotherapeutic Way of Using Imagination to Improve Emotional Regulation and Bordering – Process. In this Workshop I want to demonstrate a specific Technique of Imagination to explore threatening and overwhelming events and Trauma-Situations. The Inner Helper is a safe and systematic Intervention to activate forgotten Resources and get back in State of Resilience and Selfregulation. Practical Demonstrations and Peer Work will be done to experience the Effects of the Work.

### Presenter(s)

**Thomas Harms**, bodypsychotherapist, trainer and author, has worked in the field of Baby-Parent-Bodypsychotherapy for more than 25 years. He is leading a Centre for Crisis-Intervention, Bodypsychotherapy and Emotional First Aid in Bremen. [www.thomasharms.org](http://www.thomasharms.org)

## **Peak Experiences** *(in English)*

For nearly 40 years, Erik has interviewed and taught PE analysis to business leaders, sports people, and clients. Sharing a PE awakens happiness not only in the one who shares but also in those who hear the PE story because of the High Energy and Vitality the PE radiates. We all have had intense Heart-opening moments of Bliss, Grace and Awe. But most of us never shared them and therefore never used the power in the PE. I help to identify, bring-out and

integrate PE elements into daily life, access PE power for more Flow and Connectedness, to enhance Life Quality.

#### Presenter(s)

**Erik Jaerlness:** After 35 years of teaching and developing the Bodydynamic material, Erik now focuses on his favorite topic - Peak Experience. A journalist, a Bioenergetic & Bodydynamic Analyst, with BA's in Political Science and Psychomotor Education, Trauma Therapy Specialist, and former Danish champion hurdler, high-level chess player.  
[erikjarlness1944@gmail.com](mailto:erikjarlness1944@gmail.com) [www.peakexperience.dk](http://www.peakexperience.dk)  
[erikjarlness1944@gmail.com](mailto:erikjarlness1944@gmail.com) [www.peakexperience.dk](http://www.peakexperience.dk)

## Queering / Querying the Body: Working with Body Norms in Psychotherapy *(in English)*

It is not uncommon to mistake social norms about bodies as also physically natural, psychologically healthy, and morally right. As a result, clients and therapists alike may minimize the cost required to bring the body into compliance with social norms of physical appearance and comportment. Likewise, it can be tempting to deflect how frequently we judge the worth of others based on the degree to which they conform to prevailing body image ideals. In this experiential workshop, participants will explore how queering/querying the body provides a means for disrupting social norms of the body, facilitated by a turn toward the lived, felt experience of the body and an intentional cultivation of the body's deep curiosity. By privileging sensation, attending to movement impulses, and honoring embodied intuition, we access a subjective data set that informs our relationship to objective body standards and provides a means for supporting the transformation of client's body shame.

#### Presenter(s)

**Rae Johnson, PhD, RSMT** is a Canadian scholar working at the intersection of somatic studies and social justice. Key themes in her work include the embodied experience of oppression, somatic modes of inquiry, and the kinesthetic imagination. She is the author of *Knowing in our Bones*, an exploration of the embodied professional knowledge of somatic educators, and the forthcoming *Embodied Social Justice*, a practical guide for counselors on the role of the body in learning and unlearning oppression.

## Embodiment in therapeutic work *(in English and German)*

To strengthen our body awareness and study our relationship towards our body are substantial areas to work with, especially in early developmental disorders. In this workshop I would like to show very practical tools from my Somatic Movement background to help bridging the gap between body and mind. It is possible to lead our awareness towards specific body systems and learn about the 'mind' of a system like bones, organs or fluids. There will be a theoretical and a practical introduction to create a connection to your own work.

## Verkörperung in der therapeutischen Arbeit

Stärkung der Körperwahrnehmung und Erforschung der Beziehung zum eigenen Körper sind substanzielle Ansatzpunkte der therapeutischen Arbeit, gerade bei frühen Entwicklungsstörungen. In diesem Workshop möchte ich praktische Methoden und Anwendungen aus der somatischen Arbeit vorstellen, die helfen, Klient\*innen in die Aufmerksamkeit zum eigenen Körper zu führen. Den theoretischen Hintergrund bildet eine kurze Einführung in die Differenzierung der Körpersysteme wie Knochen, Organe oder

Flüssigkeiten. In einem kleinen Erfahrungsprozess werden wir diese Systeme praktisch erkunden und für die eigene Arbeit zugänglich machen.

### **Presenter(s)**

**Susanne Kukies**, Somatic Movement Therapist® and Physical Therapist and Performance Artist. Trained at Moving On Center in California 1994/95. Following up the program as assistant and teacher. Since 2007 running an own educational program in Berlin and since 2018 in Leipzig. In my work Healing Arts and Performing Arts come together.

**Susanne Kukies**, Somatic Movement Therapist®, Ausbilderin, HP, PT, im letzten Jahr der Ausbildung in Transformativer Körperpsychotherapie. Ausgebildet am Moving On Center in Kalifornien 1994/95. Weitere 10 Jahre als Assistentin und später als Lehrerin im Ausbildungsprogramm tätig. Seit 2007 Entwicklung und Durchführung eines Ausbildungsprogramms in Berlin, ab 2018 in Leipzig. In der Körper- und Bewegungstherapie vereinen sich meine beiden Laufbahnen als Performancekünstlerin/Tänzerin und Krankengymnastin. Performing Arts und Healing Arts kommen zusammen. Seit über 35 Jahren bin ich auf dem Gebiet der Körperarbeit tätig und seit 20 Jahren begleite ich Menschen individuell bei ihren Heilungsprozessen in meiner therapeutischen Praxis.

## **On the effects of attrition in daily worklife and why self-optimizing is no solution – even not in psychotherapy** *(in English)*

We want to show how big companies - Bettelheim called them mass-organisations – function, in which concrete subtle ways workers are treated so their personality weakens or desintegrates and managers become swell-headed and dispotic to themselves as well as to their employees, how unethical or criminal actions take place and were endured in organisations. Can there really be a good life in a bad system? Insights over the wall and behind facades. Seminar language english, german handout.

### **Presenter(s)**

**Lutz Grell-Kamutzki**, Weilrod. Former teacher of politics and ethics, longtime training in Unitive Bodypsychology, practicing psychology (HP), works with individuals and groups.

**Heike Langfeld**, Langgöns. Longtime training in Unitive Bodypsychology, worked 10 years as coach and consultant of managers, teams and organisations, after that 11 years as co-manager of a HR-department in a big company. Now working in a nursing home for elderly and in a hospice.

## **Sexual Life and Vitality after Prostate Cancer** *(in English)*

Prostate cancer is the most common malignancy in elderly men. Erectile dysfunction is a critical point to men treated for prostate cancer and it is strongly associated with depression, significant distress, affecting vegetative vitality.

The psychological pain caused by erectile dysfunction in this patients can be more disabling than those related to chronic physical problems, affecting their self-esteem, negatively impacting interpersonal interactions.

Group psychotherapy has shown a positive impact on patients and their partners. The identification of the patient's own needs, expression of emotions, managing themselves in search of a better balance within their own limitations.

### **Presenter(s)**

**Angela Naccarato**, Degree in Psychology, experimental research MsC, science Ph.D at



UNICAMP - Brazil. Psychologist at Department Urology Oncology UNICAMP. Body Psychotherapist, emphasis in Clinical Reichian-Psychotherapy, Psycho-Oncology and Sexual Dysfunctions. Member International Society of Sexual Medicine, Latin American Society of Sexual Medicine and Brazilian Society of Psycho Oncology.

**Ivan Munic Silva**, Bachelor's degree in Psychology, Psychologist at the Department of Oncological Urology at UNICAMP - Brazil. Master degree student at Medicine Faculty - UNICAMP. Professional graduation in Gestalt-therapy with emphasis in Psychotherapy. Gestalt-therapist at private clinic.

## **The Four Wisdoms: Body Process and Field Perception** *(in English and German)*

„The Four Wisdoms“ is the name of a process work integrating aspects of Gestalt Therapy and Body Psychotherapy. It takes up basic psycho-physiological principles of originally indigenous and taoist outlooks. In the course of this workshop we will explore the profound experience we can gather through focused and open-minded sensing into the four cardinal directions. We can perceive subtle emotions and receive messages evoking inner images: intuitive knowledge of the self in contact with the universal field. We connect this intuitive knowledge with our everyday topics and problems, thus gaining new orientation – a profound basis for acting authentically.

## **Die vier Weisheiten: Körperprozess und Feldwahrnehmung**

Die vier Weisheiten ist der Name für eine Prozessarbeit, die gestalt- und körpertherapeutische Aspekte integriert. Sie knüpft an die psycho-physiologischen Grundlagen von indianischen und alten taoistischen Anschauungen an. In diesem Workshop erforschen wir die persönlichen Erfahrungen, die wir im zentrierten, offenen Spüren in die vier Himmelsrichtungen erleben können: Gefühle, Botschaften, innere Bilder und intuitives Wissen. Wissen des Selbst im Kontakt mit dem Feld, das tiefer geht als neurotische Gedankenproduktion. Wir bringen dieses innere Wissen in Verbindung mit unseren Alltagsthemen und erhalten so neue Orientierung: Wo stehe ich? Wo geht es hin? Dies gibt uns eine gute Grundlage für authentisches Handeln.

### **Presenter(s)**

**Johannes Oehlmann**, PhD, graduate psychologist, Gestalt therapist, supervisor and training therapist for psychodynamic psychotherapy, formerly holding an executive position in a psychosomatic clinic. I work in my own practice near Marburg specializing in organization development, supervision, therapy and training. Print publications: Die Klangreise (The Sound Journey), Reichert, 2014, and: Die Kunst einen Gong zu spielen (The Art of Playing a Gong), ehp, 2017. [www.johannes-oehlmann.de](http://www.johannes-oehlmann.de) and [www.vierweisheiten.de](http://www.vierweisheiten.de)

**Johannes Oehlmann**, Dr.phil., Dipl. Psych. Gestalttherapeut, Supervisor und Lehrtherapeut für tiefenpsychologische Psychotherapie. Frühere Leitungstätigkeit in einer psychosomatischen Klinik. Ich arbeite in eigener Praxis in der Nähe von Marburg. Organisationsentwicklung, Fortbildungen, Buchveröffentlichungen: Die Klangreise, Reichert 2014, und: Die Kunst einen Gong zu spielen, ehp 2017. [www.johannes-oehlmann.de](http://www.johannes-oehlmann.de)

## **Embodying Vitality, Increasing Fluidity: The Heart of the Matter**

*(in English)*

Our bodies are predominantly water. This fluid resource gives us the potential to move freely with ease and grace. In this Dance Movement Therapy exploration, we will deepen our connection to this reservoir of vitality that resides in us, and open pathways through the completeness of the fascia. In this workshop, using special Somatic Awareness exercises we will sense and feel the heart and move into it from its still point, coupled by the navel/pelvis. This brings a profound sense of belonging.

### **Presenter(s)**

**Maria Sangiorgi** is a Dance Movement Therapist from Australia, living in Italy. Maria comes from a background of dance, creative & fine arts, bodywork & massage. She has facilitated therapeutic dance workshops and retreats in many parts of the world. She recently completed training in Functional Analysis.

## **Flexible but clear boundaries to inside and outside space and in relationship** *(in English and German)*

Perceiving one's own (bodily) boundaries and (bodily) spaces in a structured way supports the Self to unfold, stakes out one's own territory and facilitates the relationship with fellow human beings. We will work in this workshop with conscious breath-movements and the movement of energetic and spatial awareness. The goal is to enable a flexible and conscious oscillation between internal and external focuses. Among other things, this ability is useful for communication, burnout prophylaxis and dealing with conflicts.

## **Flexible aber klare Grenzen im Raum und in der Begegnung**

Die eigenen (Körper-) Grenzen und (Körper-) Räume strukturiert wahrzunehmen ermöglicht es, das Selbst zu klären, das eigene Territorium abzustecken sowie die Beziehung zu Mitmenschen zu erleichtern. Ich arbeite in diesem Workshop mit bewusst zugelassenen Atembewegungen sowie dem „Movement of Energetic and Spatial Awareness“. Ziel ist es, ein flexibles und bewusstes Oszillieren zwischen internen und externen Fokussen zu ermöglichen. Diese Fähigkeit dient unter anderem der Kommunikation, der Burnout-Prophylaxe und dem Umgang mit Konflikten.

### **Presenter(s)**

**Sabine Schrem**, Breath Therapist and Breath Psychotherapist AFA®, Body Psychotherapist, ECP, Naturopath. Works in own practice since 1990, in Dresden since 1998; lecturer at educational institutes. She loves to dance and to do performing arts, which also enriches her work.

**Sabine Schrem**, Atemtherapeutin und Atempsychotherapeutin AFA®, Körperpsychotherapeutin, Heilpraktikerin (ECP). Arbeitet seit 1990 in eigener Praxis, seit 1998 in Dresden sowie als Dozentin an verschiedenen Bildungseinrichtungen. Sie tanzt gerne und nimmt teil an darstellenden Kunstaufführungen, was auch ihre Arbeit bereichert.

## **How to establish a therapeutic alliance with the narcissist/ new character of this age** *(in English)*

Increasing my work with clients that suffer from Narcissistic traits/personality had changed my perception about the ability to crack open the ego structure that is unaware of the ways in which it is feeding itself for survival. Therapy can become another way for those clients to continue doing so.

I would like to present a case study that will open a discussion about how body psycho-therapy may have ways that permit us to override the conscious mind and address the unconscious to allow some insight, growth and healing to the wounded child within.

### **Presenter(s)**

**Hodd Shaham**, Integrative Body Psychotherapy MA/DIP, Chiron center for Body psychotherapy/Anglia Ruskin University, Accruing a degree in philosophy and literature followed by Holistic healing and Alternative medicine and finally Body Psychotherapy all to address the main inquiry: How can we heal? Wrote a research paper (2014) on a new character structure the one that represents this age.

## **Blossoming Heart Synapses, theory- practice workshop** *(in English)*

This is a workshop focused on the human heart as the biological source of life and the spiritual place of love and compassion. It is the heart's transformative power which provides the potential for emotional balance in the healing process. We will explore different forms of contact, through body movement- postures, breathing and creative expression. This is an experimental approach of creating blossoming synapses, as a resource of empathy for ourselves, for others and cosmos.

### **Presenter(s)**

**Xanthippi Svolopoulou, M.A** in Literature & History, N. Sorbonne. Biosynthesis body psychotherapist & Bodydynamic practitioner. Student of L. Marcher in Rebirth & D. Marcher in PTSDI, Archetypes. Trained in Art-Dance Therapy, Psychoanalysis & Education. 20 years teacher of Literature (Experimental Music High School) & psychosomatic education facilitator for adolescents.

**Christina Samara, M.A** in Education, San Francisco State University & Bodydynamic Practitioner. Trained in peak performance, dance, holistic health & reiki. An instructional designer & TV producer in programs for children, adults, companies. Designer & facilitator of preschoolers programs incorporating elements of body psychotherapy.

## **Körperpsychotherapie und Sexualität** *(in German)*

Die Auseinandersetzung mit der Sexualität und sexuellen Problemen und Störungen der PatientInnen ist ein klassischer Gegenstandsbereich der Körperpsychotherapie. Auf dem Hintergrund der reichianischen Tradition und ihrer Weiterentwicklungen, der Entwicklungspsychologie, Säuglings- und Bindungsforschung werden die psychosexuellen Entwicklungsphasen des Kindes, einschließlich der Pubertät, reflektiert. Sexuelle Probleme und Störungen sind häufig Teil der Persönlichkeitsproblematik des/r PatientInnen und treten häufig in Verbindung mit Depressionen, Ängsten auf. In Theorie und Praxis wird ein Eindruck des körperpsychotherapeutischen Umgangs mit Sexualität und sexuellen Störungen vermittelt. Ausgewählte körperpsychotherapeutische Übungen zur Lockerung bzw. Lösung

psychosomatischer Blockaden und Hemmungen werden demonstriert. Die Integration des körperorientierten Vorgehens in den humanistischen Beziehungsprozess wird diskutiert.

### **Presenter(s)**

**Manfred Thielen**, Dr.phil., Dipl.-Psych., Psychologischer Psychotherapeut, Körperpsychotherapeut, Ausbilder, Lehrtherapeut, Supervisor, Leiter des Instituts für Körperpsychotherapie Berlin, Dozent am Institut für Psychotherapie Potsdam, der Berliner Fortbildungs-Akademie, an der Akademie für angewandte Psychologie und Psychotherapie Köln, Lehrbeauftragter an der Hochschule Magdeburg-Stendal, Mitglied im Redaktionsbeirat des Psychotherapeutenjournals, Delegierter der Berliner Psychotherapeutenkammer und der Bundespsychotherapeutenkammer, Vorsitzender der DGK, Vorsitzender der AGHPT. Autor zahlreicher Veröffentlichungen zur Körperpsychotherapie, zuletzt: Thomas Harms & Manfred Thielen (Hg.): Körperpsychotherapie und Sexualität. Grundlagen, Perspektiven und Praxis. Gießen 2017, Psychosozial-Verlag.

## **Passion and Aggression** *(in English)*

Psychotherapists are often seeking for more than the absence of pathology; they are striving for a vivid and passionate way of life, for which we need unblocked access to our aggressive potential. To work therapeutically with aggression is often frightening for therapist and client. Depending on the client's character structure, one may also encounter destructive, violent aspects of aggression, which therapists understand as a reaction to traumatic life experiences. This self-experiential workshop will demonstrate how therapeutic work with aggression can be conducted in a constructive spirit, with regard to the particular basic structural level of the client.

### **Presenter(s)**

**Olaf Trapp**, Certified Bioenergetic Therapist (CBT), IIBA Vice President of the European Federation for B.A. (EFBA-P), massage therapist, 35 years experience in bodywork, international workshops, working in private practice with an emphasis on early disorders and psychosomatics.

## **How Postmodern Love puts us through the Wringer** *(in English and German)*

One of the hallmarks of postmodern times is the disappearance of set rules about our roles in loving partnerships. That creates deep insecurities, contradictory expectation, disappointments and enormous tensions. Since everything can be questioned and disputed, and almost nothing is preordained, partners have to find their own standards for a life together.

This workshop will explore how we can use the body to explore our own personal truths and needs, and what kinds of skills help to negotiate unique solutions for each couple. You will learn: How somatic-emotional states shape a relationship. How to use mindful somatic tools to explore essential personal truths. Which skills make it possible to negotiate a shared intimate culture. How mindful faculties generate self-support and compassion.

### **Presenter(s)**

**Halko Weiss**, Ph.D., Dipl.-Psych., PP, co-founder and Senior Trainer of the Hakomi Institute in Boulder, Colorado, and the Hakomi Institute of Europe in Nürnberg, teaches and presents to psychotherapists, couples therapists, and business executives. Numerous articles and 8 books on body psychotherapy and on mindfulness, among them the “Handbook of Body-Psychotherapy”, and “Hakomi Mindfulness-centered Somatic Psychotherapy”.

## **Psychotherapeutic Yoga** *(in English)*

Yoga is said to be the oldest body-mind oriented discipline in the world. The intention of yoga has always been therapeutic. Yoga involves a variety of life-promoting processes that influences many dimensions of the human organism. By calling this workshop “psychotherapeutic yoga” we want to illustrate how modern yoga can preserve its healing intentions; by drawing on and including knowledge from modern psychotherapeutic approaches. Maximum 30 participants.

### **Presenter(s)**

**Heidi Presterud Wiese**, Psychomotoric physiotherapist and yogateacher.

**Kari Evelin Arellano Lorentzen**, Clinical psychologist and yogateacher.