

Workshops

Saturday 8. September 2018 – 15:00 – 16:30

(in alphabetical order by presenter)

The Integration of Somatic Experiencing, Mindfulness & Ericksonian Mind Body Healing Therapies: Cultivating Resiliency, Happiness & Core Creativity *(in English)*

This workshop will explore the advances in the fields of neuroscience, somatic and integral psychologies that have revolutionized current thinking about the resolution of trauma and psychosomatic disorders. Participants will learn new clinical skills, discuss theory, and observe a new model for the practice of an Integral Mind Body Therapeutic approach, as integrated with contemporary mindfulness and somatic experiencing therapies. This dynamic approach addresses trauma and somatic resolutions: the contact boundary disturbances, energy wells, healing and trauma vortex regulation, therapeutic presence, and relational healing dialogue. It will use the modalities of Somatic Experiencing and Mindfulness for accessing one's core creativity to deepen their healing process.

Presenter(s)

Ronald A. Alexander, PhD, MFT, SEP *(Somatic Experiencing Practitioner) is a psychotherapist, leadership coach, and clinical trainer in the fields of Somatic Trauma Healing Therapies, Mindfulness Meditation, Transformational Leadership and Core Creativity. As the Executive Director of the OpenMind Training® Institute he draws upon his extensive background as an early pioneer in Holistic Health, Behavioral Medicine, Positive and Self Psychology, Gestalt Therapy, Somatic Experiencing, Ericksonian Mind-Body Healing Therapies and Eastern Wisdom Traditions. www.RonaldAlexander.com

The Original Body *(in English)*

We will work with the **Reichian** four stages: **stimulation-Charge-discharge – relaxation**
The participants will be invited to delve into the four stages to discover and experience the situations and conflicts that are in the body and soul. Accompanied by movement, breathing, and psychopathic work.

The workshop is 3 hours long designed for up to 20/25 participants.

Presenter(s)

Assaf Avraham, Physician, Reichenian and relational psychotherapist. He explores and deepens mental and physical contexts. Instructs and teaches psychotherapy groups at the Reidman College and privately. Member of ILABP and E.A.B.P.

Structural Consolidation through Body-Mind Intervention *(in English)*

Personality disorder is characterised by a split between body and mind. Usually it arises from unbearable experiences of violence or neglect. The split becomes a cycle of psychopathology passed down through the generations and is what I understand as inherited birth pain of knowledge. After a theoretical introduction to this problem at the beginning of the workshop, we will explore a set of biodynamic exercises to overcome the pathology of structural deficits and use bodily techniques to strengthen ego function, such as improving

body perception, coordination, the capacity to contain affective charge and vegetative self-regulation.

Presenter(s)

Siegfried Bach is a clinical psychologist and biodynamic body psychotherapist. Qualifying in the 70s, he accompanied Gerda Boyesen in her last decade of teaching. Today he works with chronic-pain patients at the Westfalen Clinic in Dortmund and teaches at the London School for Biodynamic Psychotherapy.

Trauma, Schmerz, Entfremdung *(in German)*

Trauma und chronischer Schmerz gehören zu den schwersten körperlichen Entfremdungserfahrungen die wir Menschen kennen. Das in der traumatisierenden Situation überlebenswichtige Abschalten von Gefühlen, führt neurobiologisch zur Fehlverarbeitung von Schmerzerleben mit Folgen für die Körperwahrnehmung und Störungen des Körperbildes. Vitalität und Flow gehen bei vielen Betroffenen gänzlich verloren, insbesondere in aktuell belastenden privaten und beruflichen Lebensumständen. Wir vermitteln unsere langjährigen verfahrensübergreifenden Erfahrungen mit akut traumatisierten PatientInnen und chronifizierten SchmerzpatientInnen. Aus gemeinsamer körperpsychotherapeutischer Sicht ist die Selbstwahrnehmung der Körpergrenzen und der aktiven Handlungsorientierung notwendig, um traumatische Erfahrungen verarbeiten zu können und Schmerz in Gefühl, Resonanz und Lebensintensität zu überführen.

Presenter(s)

Ute Backmann, Therapeutin für Konzentrierte Bewegungstherapie (KBT), Dipl. Sozialarbeiterin, Master of Arts, Fortbildungen in Traumatherapie bei Reddemann und Huber.

Martin J. Waibel, Lehrtherapeut für Integrative Bewegungstherapie (IBT), MSc (Psychotherapie), Dipl. Supervisor, Dipl. Sozialarbeiter, versch. körperth. Verfahren.

Body-Psychotherapy - grounded in Quantum Physics *(in English and German)*

Lecture, Exercises - How can resonance, energy and creativity be seen through the new physics and philosophy and in a new perspective different from esoterism. Away from old mechanistic view (Newton), where empathy and healing must stay inexplicable, we go to the open possibilities ("Heisenberg`s uncertainty"), shown in quantum physics and the experience of wholeness. Quantum effects don't only relate to the microscopic world, but to everything, especially living systems, which is proven for example in photosynthesis. Quantum physics appear very complicated, but conclusions and implications for Body Psychotherapy are easy to share.

Die Körperpsychotherapie - verwurzelt in der Quantenphysik

Die heutige Quantenphysik belegt Grundannahmen der Körperpsychotherapie. Wir verstehen das Thema unseres Vortrags als Herausforderung, uns damit auseinanderzusetzen.

Presenter(s)

Christian Bartuska, 1946, Body Psychotherapist, Dynamic Group Psychotherapist, Core Energetics.

Gabriele Bartuska, 1952, Body Psychotherapist, Clinical and Health Psychologist, Client Centered Psychotherapy. We both are trained in Biodynamic Body Psychotherapy, Organismic Psychotherapy, working for more than 40 years, trainers for Body Psychotherapy since 1986, editors and authors of „Zeitschrift für Körperpsychotherapie“, married, living in Vienna. www.bartuska.at

Developmental aspects of wisdom – how compassionate mental insight is born *(in English)*

In this workshop we will discuss and practice the childhood development sequence of how embodied, compassionate insight develops during childhood, known as *mentalisation* in modern psychology. Mentalisation develops through three primary stages, a) embodiment and concrete experience, b) symbolization & role play and finally c) mental reflection. We will focus on experiencing and playing with relationship between the three levels of mentalisation to find new pathways to embodied insight into ourselves and others.

Presenter(s)

Marianne Bentzen is a Bodypsychotherapist and author. A Bodydynamics trainer 1985-97, from 1998 she and psychologist Susan Hart have charted a cradle-to-grave overview of neuroaffective personality development (NAPD). Marianne's work spans psychomotor development, developmental neuropsychology, trauma treatment, evolutionary psychology and systems approaches. A long-time meditator, she also brings a spiritual perspective to her work.

The role of body image experiences in the treatment of overweight and obesity: the REMEBI complex psychological intervention

(in English)

The purpose of the study was to evaluate the effectiveness of the *REMEBI* complex psychological intervention which focused on three different aspects: emotion regulation, mindful eating and body image. The study included four measurements during the *REMEBI* intervention and a 2-month follow-up. Participants (BMI > 25 kg/m²) were randomly assigned to the treatment group (approach based on Emotional Schemas versus several techniques from different perspectives) or waiting-list control group. It was assumed that the *REMEBI* intervention would result in improvement in body image experiences. Thereby, emotions regulation, mindful eating and body image should be taken into consideration in obesity treatment.

Presenter(s)

Kamila Czepczor-Bernat¹, Natalia Kołodziejczyk¹, Anna Brytek-Matera² Interdisciplinary Doctoral Studies at the SWPS University of Social Sciences and Humanities, Wrocław Faculty of Psychology, Poland; ² SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Poland.

Ignorance and Denial of Man's Spirit in Post-Modern Society

(in English)

The author is a student of the master healer and theoretical physicist, Nicolai Levashov, He has been able to verify Levashov's description of the spirit and how it functions with our physicality and operates in life. Problems of malaise can readily be traced to an inability of modern men and women to reach their spiritual potential. We know that "something is missing" in our lives. The author will describe the spirit, its development, the origin of our malaise and how to cure it.

Presenter(s)

Richard A. Blasband is a psychiatrist trained in medical organomy by Elsworth F. Baker, appointed by Wilhelm Reich to train organomists. He has published over 60 papers on medial and physical organomy. Over the past 25 years he has been practicing world-wide as a healer trained by Nicolai Levashov in his healing methods.

Aus der Einengung in den „Flow“ der Begegnung *(in Deutsch)*

Ängste und Stress engen unsere Vitalität ein, begrenzen neue Erfahrungen. Wir laden Sie ein zu erlebnisorientiertem Erforschen: Wie schützen und stabilisieren wir uns durch Abgrenzen? Wie öffnen wir unsere Grenzen und lassen uns ein auf Begegnungen mit uns, mit anderen und der Welt? Wie transformieren wir Angst und Stress zu Neugierde und „Flow“? Wie können wir gleichzeitig verbunden sein mit uns selbst, den anderen und der Situation? In leiblichen und zwischenleiblichen Experimenten werden Selbstwahrnehmung und Selbsterkenntnis angeregt. Theoretische Konzepte der IBT wie „Hermeneutische Spirale“, „Komplexes Lernen“ und „Zwischenleiblichkeit“ werden verdeutlicht.

Presenter(s)

Ingrid Braunbarth

Soziologin, Integrative Bewegungstherapeutin (IBT), Paartherapeutin, Systemische Coach; seit 1996 als Bewegungstherapeutin in einer psychosomatischen Klinik mit Schwerpunkt Angststörungen, Depression und Burnout tätig.

Veröffentlichungen: Angststörungen. In: Waibel, Jakob-Krieger (Hrsg): Integrative Bewegungstherapie 2009, Die 4 Wege der Heilung bei Depression. (s.o.)

Klara Kreidner-Salahshour

Sportpädagogin; Motopädin; Entspannungspädagogin; Integrative Bewegungstherapeutin; seit 1993 Bewegungstherapeutin in der Allgemeinpsychiatrie, davon über fünfzehn Jahre Arbeit mit psychisch kranken Straftätern im integrierten Maßregelvollzug und seit fünf Jahren überwiegend in einer psychiatrischen Tagesklinik tätig; langjährige Lehrtätigkeit in der Ausbildung von Motopäden und in der Erwachsenenbildung

Manic Depression: Clinical Evidences and Reichian Therapy *(in English)*

I propose a new approach to body analytic treatment - based on Reichian psychoanalytic model - for Bipolar disorders. This approach supports a three-dimensional perspective of mental pathology based on Character analysis, Vegetotherapy and Character analysis of the relationship. Particular emphasis is placed on embody activations (actings) connected to internal arrow of the time. The influence of the trait, state and somatic level of counter-transfer will be also explored. Finally, I will present a case to illustrate the therapeutic approach and the functional diagnosis in reichian view. In this theory, bipolar disorders are considered as "Depressive condition that affects First Big Mouth" linked to hysterical co-fixation". **Keywords:** reichian therapy; bipolar disorders; bodily countertransfer.

Presenter(s)

Robert Brumărescu, Ph.D in Psychology, Sapienza University, Bodily Psychotherapist, training in Reichian Therapy, SOCIETA' ITALIANA ANALISI REICHIANA (SIAR)

An Embodied Dialogue Process for Leadership *(in English)*

As a trained body-oriented psychotherapist and as a leadership and organizational wellbeing consultant, I work mostly with leaders who struggle with the relationship side of their roles (and may have been identified as Narcissistic/Psychopathic by HR), whose style of leadership may be contributing to high stress in their teams. Combining the knowledge of body practice with Dialogical Leadership (Van Loon, 2017), I introduce a process which supports leaders to engage in an embodied, reflective dialogue with themselves and others to increase awareness and improve overall system wellbeing. This workshop will provide theory and background, allowing participants to engage with the process.

Presenter(s)

Angel Buster, MA, MSc. is a psychologist and body-oriented therapist in private practice, specialized in work-life energy management and the development of relational capacities. Using an embodied dialogical approach, she supports individuals and organizations to transition to more compassionate and authentic forms of leadership.

Body Psychotherapy in our Changing World - Our body holds thousands of untold stories *(in English)*

Based on the short film exploring 'Body Psychotherapy in Our Changing World', the workshop integrates a range of material – using a mix of case studies, visual and interactive experiential activities to provide a central narrative encouraging critical appraisal and curiosity. With a focus on the ways 'Our body holds thousands of untold stories', this hands-on workshop explores what people understand by subjective wellbeing and how these understandings change over time and across many cultures. Recent developments in this field of knowledge and its contributions and implications for Body Psychotherapy and the psychotherapeutic process will be explored.

Presenter(s)

Sheila Butler works as a Clinical Researcher and Co-ordinator of Projects in Mental Health Psychological Therapies in the National Health Service (NHS) in UK. She is a practicing psychotherapist and also a lecturer at the Open University. Current developments have focused on working to develop and implement Practice / Practitioner Research Networks and Reflective Practice Networks to provide a space for exploration and mutual learning across a community of practitioners. She is also a member of the Society of Psychotherapy Research

(SPR). She has recently designed and co-produced the short film 'Body Psychotherapy in the Changing World' for EABP.

Vitality and Flow Vs Alienation: What happen during the perinatal time? *(in English)*

Nowadays, the alienation looks like the "normal" way of life. In these psycho-social conditions, what happens during the perinatal time? What happens to the baby and to the parents? Find out the confidence in one's own feeling, emotion and in the wisdom of the body; trust in the flow of the life and don't be afraid of vitality may be the answers to the alienation. During our workshop we can experience how we can restore a deep contact with oneself body, emotions and feelings during pregnancy, birth, breast feeding, up to standing on your own legs, to prevent the alienation.

Presenter(s)

Fabio Carbonari & Francesca Zoppi are Psychologists and Reichian Body Psychotherapists, co-founders of the "Istituto Reich per la Prevenzione Primaria e la Psicoterapia Corporea". In the prevention field their approach is based on Eva Reich's Gentle Bio-Energetics.

Savoring Aliveness: A bodymindfulness practice *(in English)*

Savoring or "staying with" sensations, especially those that are pleasurable can expand your capacity to enjoy contact with yourself and others. The awareness practice of "staying with" invites you to become more grounded and to experience what "gets in the way" of opening to contact. In this experiential workshop you will have the opportunity to experience the power of "noticing, focusing and following through" on what you sense so you become more present to the bodyself moment. Discover how you stop yourself from taking in pleasurable contact. The sensing experiments are drawn from the Sensory Awareness work of Charlotte Selver whose teacher, Elsa Gindler practiced in Berlin.

Presenter(s)

Ginger Clark, Ph.D. has been practicing somatic psychotherapy for the past 30 years in Venice, California USA. She is a licensed psychotherapist, a certified Bioenergetic practitioner, trained in Gestalt Therapy and Bodydynamics and was certified as a leader of Sensory Awareness by Charlotte Selver. She has co-led Peak/Life Quality workshops with Erik Jarlnaes in Moscow. She published her book "Tuck Yourself In: using your senses to soothe yourself, softening your resistance to self-care in 2013.

Group for professional support: developing universal skills for body-oriented psychotherapy *(in English)*

Our workshop is about how therapists can take care of themselves and help each other, and is aimed at all the congress participants. Unlike traditional supervision and intervision, our suggested group format allows to get support and advice on specific cases and questions, and also upgrade your professional skills. Self-consciousness, ability to maintain your attention and nonjudgmental observation skills are important for every therapist regardless of approach and professional experience. At our workshop, we will share the results of more

than 5 years of searching for such group formats. The workshop will be equally devoted to our presentation and time for practice, feedback, and discussion.

Presenter(s)

Svetlana Ermakova, body-oriented psychotherapist, Bodydynamic practitioner, Feldenkris practitioner, Gestalt therapist, business consultant, EAPB full member, Moscow, Russia.

Anna Gurina, histirian, body-oriented psychotherapist, the tanatotherapist-trainer, the director of the Institute of Practicional Psychology "Terra", Voronezh, Russia.

Alleviating Anxiety *(in English)*

This workshop will explore the notion that *reconnecting with oneself alleviates anxiety*. I will highlight what I believe is a missing component in many anxiety treatments — the *intrapersonal* relationship of the individual. Perls wrote "The formula of anxiety is the gap between the now and then." It is the *intrapersonal* relationship that fills this gap, and it is breathing and grounding, which manifest this relationship in a direct and highly effective way. Connecting the historical perspective of more than a century of body-psychotherapeutic research to our present-day clinical work, aids in providing a roadmap to alleviating anxiety.

Presenter(s)

Yaniv Gafner, Biosynthesis Body-Psychotherapist, and Life Coach. Experienced in the field of community mental-health, accompanying people coping with anxiety, depression, trauma and various personality disorders. Specializes and researches alleviating anxiety using tools for self-connection. <http://www.yanivgafner.com>

Gestures in expectation of a change *(in English)*

Psychoanalysis affirms the importance of the past in the life of the person, but in the clinical situation what is observed at the moment is a great yearning for the future. There is a kind of contemporary suffering, a kind of depression manifested by the absence of the future and loss of the sense of originality and uniqueness. This lack of future and loss of meaning, causes a cerebral disorganization that can lead to a chaotic experience or rigid stagnation.

In this workshop we will explore the possibility of a reunion with a dynamic balance that allows us to show possible paths towards the future. We will experience possibilities or even supervise possibilities, after a theoretical explanation.

Presenter(s)

Rubens Kignel, Psychotherapist, Body psychotherapist. Doctor in Communication and Semiotics University of Bologna. Ex president and founder of Brazilian Association of Psychotherapy. Member of EABP since the foundation. Guest teacher at University of São Paulo. Independent trainer for different schools of Body Psychotherapy around the world. Founder and director of the Japanese School of Body Psychotherapy BIPS.

Embodied Awareness of Shared Presence and Inter-Connectedness

(in English)

Experiential workshop with short introduction. Nurturing the abilities for deep inter-connectedness is getting urgent in the “liquid modernity” age. What are the very basic modalities of interpersonal contact, which enrich our life and restore healthy emotional flow? How to be able to share closeness without getting into traps of habitual defensive reactions? Working with embodied experience through movements, touch and joint attention we will investigate qualitatively different states of emotional-affective interconnectedness, which are unfolding in the course of child neurobiological and social development, and which support our mutually secure and energizing contacts throughout life. This Workshop is being prepared **in collaboration with Erik Jarlnaes**, Bodydynamic co-founder, EABP member since 1989. erikjarlnaes1944@gmail.com

Presenter(s)

Elena Osipova, MSc, Dipl.ClinPsych, Bodydynamic Practitioner, gestalt therapist, Full member of Russian Professional Psychotherapeutic League, in the process of applying for EABP membership. e.ossipova@gmail.com

Vitality restoration intervention in chronic cephalic pain

(in German and English)

Symptoms and stress related disorders occur as an interruption of the flow of vitality. Also Cephalgia leads to a progressive retreat, which results in closure and an association with maladaptive disorders (depression or state anxiety). Functional Psychotherapy provides a holistic approach to treat and rehabilitate the patient. This therapeutic intervention, through means which are adapted to the individuality of the person, aims to restore and re-construct people's altered cognitions. During the workshop it will be possible to experiment some mind-body techniques, which are included in a specific intervention protocol for patients with Cephalgia; you will also be shown the recording of an intervention.

Interventionen zur Wiederherstellung der Vitalität bei chronischem Kopfschmerz

Stresskorrelierte Symptome und Störungen drücken sich aus in einer Unterbrechung des Vitalitätsflusses. So weisen auch Kopfschmerzen in ihren verschiedenen Formen eine Rückzugsdynamik auf, die sich im Abbrechen diverser Aktivitäten äußern: im Arbeitsbereich, auf Beziehungsebenen und in der Pflege des eigenen Befindens; hinzu treten dann Symptome aufgrund dysadaptiver Prozesse wie depressive und Angststörungen.

Die Körperzentrierte Funktionelle Psychotherapie basiert auf einem holistischen Menschenbild, sieht folglich Körper und Geist nicht als voneinander abgespaltene Dimensionen an, sondern sucht individuelles Leiden und Genesen zu verstehen als Integral und Ausdruck aller psychophysiologischen Systeme. Für die Behandlung bedeutet das, die vorhandenen Techniken auf die typischen Beschwerden des betreffenden Menschen auszurichten und seine alterierten Basisfunktionen wieder instandzusetzen.

Im Workshop wird Gelegenheit gegeben, einige Techniken zu erproben, die zu einem spezifisch kopfschmerzbezogenen Interventionsprotokoll der Körperzentrierten Funktionellen Psychotherapie gehören; dazu zeigt ein Demonstrationsvideo, wie bei gleicher therapeutischer Intention die Basistechnik von Person zu Person modifiziert werden kann.

Presenter(s)

Giuseppe Rizzi, Psychologist and Psychotherapist. In Padua: Founder, President of the W. Reich Study Center, of the Association Center for Psychology and Functional Psychotherapy- Ist. S.I.F., Educator, Lecturer, Coordinator of the Training European School of Functional Body Psychotherapy (Murst Recognized, D.M. 08/11/2005), Past President and S.I.F. Partner.

Giuseppe Rizzi, Psychologe, Psychotherapeut. In Padova: Gründer, Präsident der Vereins "Centro studi W. Reich", des Vereins für Psychologie und funktioneller Psychotherapie – Ist S.I.F., Lehrer, Professor, Koordinator der Europäischen Schule für die Ausbildung zum funktionellen Psychotherapeuten (von Murst, D.M. 08/11/2005) anerkannt, Präsident und Mitglied von S.I.F.

Umberta Dal Cero, Psychologist and Psychotherapist (Functional Psychotherapy), works in the field of counseling and therapy for children, adolescents and adults. She intervenes in Merano (Italy), and in a clinical environment, in a socio-therapeutic community for teenagers. She is also a S.I.F. Partner.

Umberta Dal Cero, Psychologin und Psychotherapeutin (Funktionelle Körperpsychotherapie) arbeitet in der Beratung und Therapie von Kindern, Jugendlichen und Erwachsenen. Schwerpunkte: Ängste, Depressionen, psychosomatische Beschwerden, Stress. Sie übt ihre Tätigkeit in Meran (Italien) und im klinischen Bereich in einer soziotherapeutischen Wohngemeinschaft für Jugendliche aus.

Karin Gusella, psychologist and psychotherapist (Functional Bodypsychotherapy) operates as counseller and psychotherapist of children, adolescent and adults. She practices in Brixen (Italy) at Studio REHAteam.

Karin Gusella, Psychologin und Psychotherapeutin (Funktionale Körperpsychotherapie) arbeitet im Bereich Beratung und Psychotherapie für Kinder, Jugendliche und Erwachsene. Sie übt ihre Tätigkeit in Brixen (Italien)- Studio REHAteam- aus.

Silent lines and lineages *(in English)*

Collegial Symposium discussing aspects of female embodiment around (Non)-Motherhood.

For many centuries, the fulfillment of a woman's life was seen as giving birth to a son. Modern women of the west have won the freedom of choice or combining career and family. As women have a strong affinity to feelings of insufficiency experiences of a difficult birth or motherhood, unwanted or chosen childlessness, miscarriages, etc. stay often as a lifelong psychosomatic marker and wound in the system as on the other side beautiful experiences around motherhood reveal a potency and potential but both are rather neglected in the psycho-therapeutic discourse or just seen as individual trauma or fulfillment. The energetic activation of the vertical line through pelvis and upper body can support resources for transformation, integration and understanding. A collegial discussion will be initiated to create a bridge from personal experiences to professional attitudes, consequences and theories.

Presenter(s)

Bettina Schroeter, Dipl. Päd., HP, ECP, Trainer, Supervisor and Therapist in BPT, Director of the Training Institute for Transformative Bodypsychotherapy, Berlin. Initiated and moderated panels about gender issues in recent DGK- and EABP Congresses. Coeditor with H.Krüger-Kirn of „Embodiment of Femininity. A gender sensitive perspective on BPT processes.“

Dr. Cristina Angelini, has been working for 25 years as psychotherapist: Analytical and Body Approach (SIAR), EMDR, Child treatment. For 16 years consultant in projects concerning women's health: sexual and reproductive health and GBV (Gaza, Jordan, Syria, Nepal, Tanzania, Ethiopia, Burkina-Faso, Iraq-Kurdistan, Lebanon). Trainer for: EU, UNICEF, UNFPA, UNHCR, AIDOS, Italian Delegate at Women Deliver, Kuala Lumpur, Malasya, 2013. Lecturer at UN CSW (UN Committee on the Status of Women) 2014/15 New York, US

Marilena Komi is a Psychopedagogue and Body-psychotherapist, trainer and supervisor. President of the "Wilhelm Reich" Center for Psychotherapy and Counselling in Athens, Greece. In the field of natural birth and the prevention of neurosis, she conducts since 1990 groups for pregnant women and seminars for midwives and dulas, based on a body-mind centered model. ISC member, ECP holder and author of "The group, the body and psychotherapy", Thymari Editions, Athens, Greece.

Anna Willach-Holzapfel, Berlin. She has been working since 1983 as a Body- and Traumapsychotherapist, Trainer and Supervisor with Individuals and Groups. Board member of the German Association for Body Psychotherapy (DGK). Author and co-author of articles on the issues of Trauma and Bodypsychotherapy. She is married and mother of two young women and very interested in women and gender issues.

The acting in Characteroanalytic Vegetoterapy, and its application in function of the Structure (Psychotic, Borderline, Neurotic)

(in English and Spanish)

From the contributions of some orgonterapeutas ,-fundamentally Ola Raknes and Federico Navarro, to the Vegetoterapy of W. Reich-, we have investigated and observed that the way to apply this systematics with the use of neuromuscular actings, must have a proper form for each human structure (Psychotic, borderline or neurotic), and must always be carried out within a setting with a specific psychotherapeutic relationship. Clinical and experiential exposure.

El "acting" (accion neuromusucular) en la Vegetoterapia Caracteroanalítica, y su aplicación en función de la Estructura (Psicótica, Borderline, Neurótica)

A partir de las aportaciones de algunos orgonterapeutas , fundamentalmente Ola Raknes y Federico Navarro, a la Vegetoterapia de W.Reich, hemos investigado y observado, que la forma de aplicar esta sistemática con el uso de los actings neuromusculares, debe tener una forma propia para cada estructura humana (Psicótica, borderline o neurótica), y siempre se debe realizar dentro de un setting con una relación psicoterapéutica específica. Exposición clínica y vivencial.

Presenter(s)

Xavier Serrano Hortelano (Director of the Spanish School of Reichian Therapy, Es.Te.R.), www.xavierserranohortelano.com

The counselling-psychotherapeutic method of METAMORPHOSE

(in English, German)

The method of Metamorphose that I have developed, allows an incomparably far-reaching access to the individual and collective unconscious as it was accessible up to now by other advisory-psychotherapeutic methods. It integrates scientific findings and technologies from

Psychoanalysis, Attachment-Psychotherapy, Systemic Family and Organization Constellations and Body Psychotherapy and implies a paradigm shift for psychosocial counselling, psychotherapy and civil conflict transformation. Particularly it is suited for the discipline of psychotraumatology.

It opens essentially new knowledge about the causes and pacification possibilities of human destruction and to the unconscious individual and collective transmission processes of undigested traumas. The method is suited amongst other things for counselling and psychotherapy for individuals, couples, families, supervision and management consultancy.

Metamorphose

Das von mir entwickelte beraterisch-psychotherapeutische Verfahren der METAMORPHOSE ermöglicht einen unvergleichlich tiefergreifenden Zugang zum individuellen und kollektiven Unbewussten, als er bislang durch andere beraterisch-psychotherapeutische Methoden erreichbar war. Es integriert dabei Wissensbestände und Techniken aus Psychoanalyse, Bindungspsychotherapie, Systemischer Aufstellungsarbeit und Körperpsychotherapie und impliziert einen Paradigmenwechsel für Psychosoziale Beratung, Psychotherapie und Zivile Konfliktbearbeitung. Besonders geeignet ist es für den Bereich der Psychotraumatologie. Es eröffnet essentiell neue Erkenntnisse zu den Ursachen und Befriedungsmöglichkeiten menschlicher Destruktion und zur unbewussten individuellen und kollektiven Weitergabe unverarbeiteter Traumata. Die Methode eignet sich u.a. für Einzel-, Paar-/ Familientherapie, Supervision und Unternehmensberatung.

Presenter(s)

Katharina Sutter, Educationalist M.A., long standing experience in psychosocial, educational and life counselling, temporary lecturer to psychosocial counselling and psychoanalytic pedagogy, freelance practise for psychological counselling, family therapy and supervision. www.metamorphose-institut.de, familientherapie-heidelberg@t-online.de, www.familientherapie-heidelberg.de

Presenter(s)

Katharina Sutter, M.A., Erziehungswissenschaftlerin (M.A.), langjährige Tätigkeit in Psychosozialer, Erziehungs- und Lebensberatung, Lehrbeauftragte zu Psychosozialer Beratung und Psychoanalytischer Pädagogik, freiberufliche Praxis für Psychologische Beratung, Familientherapie und Supervision.

Praxis für Psychologische Beratung, Familientherapie und Supervision, Friedensstraße 59, 69121 Heidelberg, Tel. 06221-895886, familientherapie-heidelberg@t-online.de, www.familientherapie-heidelberg.de

SEST - Spiritual Ego-States Transformation *(in English and German)*

In this workshop we will experience a SEST-process. After a short introduction I will work with a participant's problem of self-value (or with the whole group), using SEST. We will observe how a self-devalueating ego-state can be transformed into a self-loving attitude with the help of a spiritual consciousness-level. We will have also have a discussion about this process and about the therapist's role. There will be available a paper about SEST in English.

SEST - Spirituelle Ego-State-Transformation

SEST ist eine Verbindung von Elementen der Ego-State-Therapy, der Körperwahrnehmung (sensory awareness), Systemaufstellung und der Lehre von den Elementalen nach

Daskalos. Ich erkläre, wie es zu der Entwicklung von SEST kam, für welche Persönlichkeitsstörungen SEST gedacht ist und wie ein SEST-Prozess abläuft. Anschließend findet eine Aussprache statt. Für Interessenten gibt es ein Paper über SEST in Deutsch und Englisch.

Presenter(s)

Joachim Vieregge, born in Berlin 1939, former High-School-teacher. Healing Practitioner (ECP), member of EABP, Bodypschotherapy (CoreEnergetics) and System-Constellations. Office in Munich since 1985, Workshops and lectures on "Self-value-feeling" in many countries; Publications on meditation and spiritual bodypschotherapy (only in German).

The Future of Body Psychotherapy *(in English)*

Not much has been written about the possible future (or futures) of Body Psychotherapy. There are several trends that can be extrapolated; there are some distinct possibilities; but there are also several challenges and some possible pit-falls. In this presentation, I will try to address most of these points in this oral presentation and then open it up for discussion.

One main issue is the relationship we have to research in the field of Body Psychotherapy and Somatic Psychology? Can we continue to stand on our present (somewhat inadequate) level of research; or what can we do differently about it?

Presenter(s)

Courtenay Young is a UK-Body Psychotherapist of more than 35-years standing; past-General-Secretary and President of EABP; co-editor of *The Handbook of Body Psychotherapy & Somatic Psychology* (North Atlantic Books, 2015); editor of several books from *Body Psychotherapy Publications*; and the author of many BP articles.