

# Workshops

Friday 7. September 2018 – 15:00 – 16:30

(in alphabetical order by presenter)

## **The impact of pre- peri- and postnatal trauma and how it can heal**

*(in English)*

Negative experiences in our early life, when we are very sensitive and dependant from co-regulation, can block our original vitality and determines the way we experience the world and how we relate, even in later life. In extended Biodynamic Birthwork we build resources, heal traumatic experiences, free the birthreflex, and complete unfulfilled needs. This leads to increased vitality, better relationships and a deeper feeling of who you really are. In this workshop you participate in interventions, to experience the effect of Biodynamic Birthwork.

### **Presenter(s)**

**Renate Abel**, 1953, Biodynamische Körperpsychotherapeutin, Heilpraktikerin für Psychotherapie, Pädagogin, seit 1994 als Körperpsychotherapeutin in eigener Praxis tätig. Schwerpunkte meiner therapeutischen Arbeit: Geburt und Tod, vor allem die Lösung prä- und perinataler Traumen. Homepage: [www.renateabel.de](http://www.renateabel.de), [renateabel@netcologne.de](mailto:renateabel@netcologne.de)  
[www.renateabel.de](http://www.renateabel.de)

**Ilona Göttges**, Jahrgang 1958, Biodynamische Körperpsychotherapeutin, Therapeut Naturheilkunde. Ab 1994 eigene Praxis für Massagetherapie und Schwangerschaftsbegleitung. Seit 2003 Praxis für Körperpsychotherapie (Biodynamik) in Amsterdam. 6 Jahre Weiterbildung in Mystik und Transpersönlicher Psychologie bei Atum O'Kane. Schwerpunkte meiner Arbeit sind Schwangerschaft, Therapeutische Geburtsarbeit und die natürliche Behandlung von Depression. [ilonagoettges@hotmail.com](mailto:ilonagoettges@hotmail.com) - [www.biodynamischetherapie.com](http://www.biodynamischetherapie.com)

## **Deepening our understanding of interbodily processes** *(in English)*

How client and therapist look, sit, move, breathe sends messages in both directions. Julianne has developed a way of understanding and working within the body-to-body-communication in a relational, field-oriented way. We will explore how our bodies communicate, resonate, reply to each other. To deepen our awareness of interbodily processes we will do experiential exercises and look at case studies. We will discuss how to harness this knowledge to develop embodied interventions and experiments, without physically touching each other.

Julianne's practice is underpinned by Dialogical Gestalt Psychotherapy, Relational Psychoanalytical thinking and is situated within research fields of neuroscience, attachment, developmental psychology.

### **Presenter(s)**

**Julianne Appel-Opper**, Dipl.-Psychologist, Psychological Psychotherapist, UKCP Registered Integrative Psychotherapist, MUKAHPP, Supervisor, visiting tutor at psychotherapy training institutes internationally. She has 30 years clinical experience and has been in private practice in Berlin. She has run international training programs about interbodily processes in Berlin for many years.

## **Beyond the Complicity of Expression and Interpretation: A Manifesto for Radical Healing.** *(in English)*

This seminar elucidates the problematic complicity of self expression and interpretation. How all expression depends on prior interpretation and how the reinterpretation of lived experience is inevitably governed by what Nietzsche called the 'eternal return of the self same' will be discussed. Procedures of self expression and interpretation thus limit the healing power of both somatocentric and ideocentric treatments. Using ideas loosely drawn from Bataille, Adorno, Derrida and several contemporary commentators, the possibility of treatment processes that are not drawn into 'repetition compulsivity' will be explored, with emphasis on the practical implications of these philosophical ideas for our current praxis of body psychotherapy.

### **Presenter(s)**

**Barnaby B. Barrat**, Barnaby B. Barratt, PhD, DHS, Director of Studies, Parkmore Institute; Training Analyst, South Africa Psychoanalytic Association; Senior Research Associate, WITS Institute for Social and Economic Research, University of Witwatersrand.

## **Fibromyalgia – is there any hope of recovery?** *(in English)*

This presentation is based on a real (own) case, and used complementary methods for supporting health, and practiced them receiving positive results. It incorporates a broad vision of both the causes (roots of the disease), and effects. It uses a holistic approach to not just focusing on symptoms but considering the life history of a patient and their psychological problems, support what was damaged, neglected and ignored and what was still healthy and full of life. It shows how to heal the body, mind and spirit to recover.

### **Presenter(s)**

**Dr. Ewa Danutda Bialek**, former scientist in medicine, pioneer of psychosynthesis in Poland, founder of the Institute of Psychosynthesis in Warsaw. Author of "self-education" and "health education" programs, 40 books and 120 scientific publications. Ten years ago she overcame fibromyalgia. She conducts workshops and consultations for individuals.

## **The body as a partner - from physical experience to cognitive understanding** *(in English and German)*

The intensive psychodynamic short-term therapy (IS-TDP) according to Davanloo is a psychoanalytic treatment approach in which the repressed, split-off or dissociated affects are brought into the physical experience in order to integrate projectively externalized self- and object portions. The feelings are activated on neurophysiologically defined paths, experienced inwardly and symbolized in thoughts and ideas.

In the case of a traumatized patient, basic principles of therapeutic action are conveyed and shown how the patient disengages from the traumatic system and finds herself again.

Video sequences demonstrate how, with the consistent inclusion of physical phenomena, an intensification and consolidation of the therapy process within the transference relationship can succeed.

This workshop is particularly suitable for body therapists who want to make better use of the transference relationship and thereby revitalize and enrich their therapeutic everyday life.

## **Körperliches Erleben in der IS-TDP nach Davanloo-Der Körper als Partner - vom körperlichen Erleben zum kognitiven Verstehen**

Die intensive psychodynamische Kurzzeittherapie (IS-TDP) nach Davanloo ist ein psychoanalytischer Behandlungsansatz, der auf die Arbeit mit Emotionen, Übertragung und Widerstand fokussiert. Nach Davanloo kommt es darauf an, die verdrängten, abgespaltenen oder dissoziierten Affekte in das körperliche Erleben zu bringen, um projektiv externalisierte Selbst- und Objektanteile zu integrieren. Dabei ist das direkte körperliche Erleben der archaischen Gefühle in der Übertragung der Schlüssel zu verdrängten traumatischen Kindheitserfahrungen. Diese Gefühle werden auf neurophysiologisch definierten Bahnen aktiviert und innerlich erlebt und symbolisiert in Gedanken und Vorstellungen.

Anhand eines Falles einer mehrfach traumatisierten Patientin sollen Grundzüge des therapeutischen Handelns vermittelt und gezeigt werden, wie die Patientin durch das intensive körperliche Erleben der Affekte in Verbindung mit der analytischen Arbeit wieder zu sich und zur Fähigkeit zu lieben gefunden hat. Es werden Videosequenzen aus einem 1,5jährigen Behandlungsverlauf gezeigt, anhand derer deutlich wird, wie unter konsequenter Einbeziehung körperlicher Phänomene eine Intensivierung und Verdichtung des Therapieprozesses innerhalb der Übertragungsbeziehung gelingen kann.

Dieser Workshop eignet sich besonders für Körpertherapeuten aller Richtungen, die die Übertragungsbeziehung besser nutzen und dadurch ihren therapeutischen Alltag vitalisieren und bereichern möchten.

### **Presenter(s)**

**Dr. rer. nat Michelle Brehm**, Dipl Psych., Priv. Doz. at Department of Education and Psychology/ Clinical Psychology and Psychotherapy Freie Universität Berlin working in Private practice (Berlin). Training in Cognitive Behavioral Therapy and in psychodynamic therapy. Teaching Psychotherapy, Supervision at several instituts .Training and Certificate in Schema Therapy, International Society of Schema Therapy. Training in Intensive Short-Term Psychodynamic Therapy (Davanloo), German society of IS-TDP .

**Dr. phil., Waltraud Malin**, Clinical Psychologist, Psychanalyst, working in Private practice, Teaching Psychotherapy, Supervision at several instituts. Training and Certificate in Behavioral Therapy, psychodynamic therapy, Katathym-Imaginative-Psychotherapie, (KiP) Göttingen, Germany, Training in Intensive Short-Term Psychodynamic Therapy (Davanloo), Member of the Core-group of German society of IS-TDP.

### **Medical Trauma on Both Sides of the White Coat** *(in English)*

Medical Trauma on Both Sides of the White Coat will highlight the integrative somatic treatment of a 39 year old woman traumatized by a lengthy heart ablation procedure performed without anaesthetic. A highly functional academic returned to her teaching and consulting for almost 18 months before being overcome by symptoms she was unable to understand or control. Our first 6 months of treatment will be described along with her subsequent decision to jettison the parts of her profession that were no longer of interest and to concentrate on more aesthetic and activist interests. She is an inspiring example of post-traumatic growth. Presentation will include both classic and patient's own artwork illustrating the process.

### Presenter(s)

**Jacqueline A. Carleton**, PhD, has had a private practice in Manhattan since the 1970's and has taught both body psychotherapy and psychoanalysis for more than 35 years. She is the founding editor of the *US Association for Body Psychotherapy Journal* and the *International Body Psychotherapy Journal*. She is working on a book on integrative treatment of medical trauma. [www.jacquelineacarletonphd.com](http://www.jacquelineacarletonphd.com)

## Physical attunement and body empathy *(in English)*

"Give sorrow words; the grief that does not speak knits up the o-er wrought heart and bids it break". W. Shakespeare.

When pain is not shared it feels bottled up and makes us still more unhappy. J. Liss. Unshared pain creates tension, contraction, heaviness, suffocation, weakness and emptiness. These all come from stuck emotions trapped within the body. We can go into these deep emotions and then move from problems to solutions through body sensation. Using the biosystemic method, we will feel the body sensation moving from pain to relief. We will work with body empathy. There will be two phases: first: the person can explore their own emotions, second: there will be group exercises in which we attune our movement to each others, showing people's capacity for moving together.

### Presenter(s)

**Dr. Rita Fiumara-Liss**, together with her husband **Prof. Jerome Liss**, is co-founders of Biosystemic Therapy. She is a teacher in Biosystemic School of Bologna. She's running groups in Italy. She wrote several books, the last one is "La Biosistemica, la scienza che unisce".

## Working with emotional processes in body psychotherapy *(in English)*

This workshop will deal with the significance of working with emotions and emotional processes in body psychotherapy. I will present a model of the various aspects of an emotional process and a model of an affective cycle which both can be related to three different therapeutic tasks: enhancing awareness, stimulating and regulating emotional arousal and the hedonic tone of emotional experience, and transforming categorical emotions like rage, grief or fear. I will delineate the different body psychotherapeutic tasks and how to use relevant methods to meet them.

### Presenter(s)

**Ulfried Geuter**, body psychotherapist and psychoanalyst in Berlin, honorary professor for body psychotherapy at the University of Marburg, training analyst, supervisor, teaches at various psychotherapeutic training institutes; numerous publications on body psychotherapy; last book: *Body psychotherapy. Outline of a theory for clinical practice* (in German).

## Global warming: If I think about it too much, I'll go mad. *(in English)*

Greenhouse gas emissions rise quickly. Every society is existentially and traumatically threatened. Traumatized people do not think clearly, especially when unable to name the cultural response-to-threat dynamics in which we are embedded. To address this lack of understanding, a group of us will define humanity's unconscious global societal response to

climate warming. We will produce a practical way for educated people everywhere to think about climate warming, clearly and together. I will host a 3-day intensive in June 8, in Washington, DC. EABP members are welcome. In Berlin, we will review our analysis together and discuss next steps.

### **Presenter(s)**

**Herbert Grassmann**, PhD, is the director of EAST, the Executive Director of the Institute for Structural Core Therapy (SKT), and founder of SomaticMemory. Eric Wolterstorff, PhD, is the founder and CEO of Sovereignty First, a freelance diplomatic firm. He is expert in cultural trauma dynamics.

**Eric Wolterstorff**, PhD, Founder & CEO, Sovereignty First, (303) 638-2451 – Cell (703) 272-5012 – Office, eric.wolterstorff – Skype [www.sovereigntyfirst.com](http://www.sovereigntyfirst.com)

## **Effectiveness of biodynamic psychotherapy in the case of easy and medium depression** *(in English and German)*

The scientific seminar presents the results of a pilot study, which was carried out from the society of biodynamic psychology and psychotherapy in cooperation with the clinic of psychotherapy and psychosomatic of the Technical University Dresden. In the study participated were 26 patients. The statistic evaluation includes 13 patients. The questionnaires BDI II, SCL-90 and Dresdener Körperbildfragebogen were applied in three moments: to the beginning of therapy, to the end of themselves and a half year after the therapy. We want to present the results of the study and the applied interventions, which was noted in minutes of the therapy sessions.

Das wissenschaftliche Seminar stellt die Ergebnisse einer mehrjährigen Pilotstudie vor, die von der Gesellschaft für Biodynamische Psychologie/Psychotherapie in Zusammenarbeit mit der TU Dresden durchgeführt wurde. Daran waren 26 Klienten beteiligt, von denen 13 in die Datenauswertung einbezogen wurden. Die Messungen erfolgten zu Beginn und zum Ende der Therapie, sowie ein halbes Jahr nach Beendigung mit folgenden Fragebögen: SCL-90, BDI II und Dresdener Körperbildfragebogen. Es geht sowohl um die Effektstärke der Therapie insgesamt als auch in einzelnen abgefragten Dimensionen. Stundenprotokolle geben Aufschluss über die jeweils eingesetzten Interventionen und ermöglichen Rückschlüsse auf deren Wirksamkeit.

### **Presenter(s)**

**Thomas Haudel** Jg.1960 Psychologischer Psychotherapeut, Studium für Klinische Psychologie in Leipzig, Ausbildungen in Tiefenpsychologisch-fundierter, Biodynamischer Psychotherapie und Traumapsychotherapie, Psychotherapeut in eigener Praxis für Kinder, Jugendliche und Erwachsene in Berlin, Prenzlauer Berg und in der Erziehungs- und Familienberatungsstelle Berlin Friedrichshain/Kreuzberg.

**Tina Schubert**, Jg. 1988, Diplompsychologin, in Ausbildung zur tiefenpsychologisch-fundierten Psychotherapeutin in Dresden, derzeit PiA in der Klinik für Psychiatrie und Psychotherapie am städtischen Klinikum Görlitz.

## **Team body psychotherapy** (in English)

Body psychotherapy is often performed by individual therapists. In the 1980s researchers like Bessel Van der Kolk, observed that patients suffering from severe trauma such often need a team of therapists composed by experts in different fields, in different forms of psychotherapy and psychiatry, somatic medicine, body-mind therapies (yoga, Chi Kong, etc.), and physical therapies. In the Le Noirmont clinic, we use team psychotherapy for severe psychosomatic malfunction. My presentation describes what patients we see, and how we help them. Our methods are particularly useful to zoom on organismic dissociation produced, that's combines physiological and psychological symptoms.

### **Presenter(s)**

**Michel Heller** initially trained in Piagetian developmental experimental psychology and body psychotherapy (in Biodynamic Psychology with Gerda Boyesen and her team) in Geneva (Switzerland). He is now psychotherapist in Lausanne (recognized by the Swiss Association of Psychologists (FSP and AVP)), assistant psychologist in Le Noirmont clinic (Jura, Switzerland), trainer and supervisor, as well as honorary member of the EABP. Author of *The Flesh of the Soul* (on the 2001 EABP Congress), *Body psychotherapy: History, Concepts, and Methods* (also in French and German), *La Méduse, Postural Dynamics* and more than 70 published articles on body-mind issues. He became doctor in nonverbal communication and social experimental psychology at Duisburg University; participated in the editorial team of several body psychotherapy journals; and was previously chairman the EABP ethics and scientific committees, as well vice president of the EABP board. Website:[www.aqualide.com](http://www.aqualide.com).

## **Bioenergetik als mentalisierende Körperpsychotherapie** (in German)

Das Mentalisierungskonzept der Gruppe um Peter Fonagy stellt die wichtigste Weiterentwicklung der tiefenpsychologisch fundierten Psychotherapie der letzten 25 Jahre dar. Obwohl die mit diesem Konzept verbundene neuropsychoanalytische Forschung immer mehr darauf hinweist, dass ein großer Teil struktureller, narzisstischer und Borderlinestörungen im Rahmen einer erwachsenen Sprachkultur allein nicht zu bearbeiten ist, fehlt bis heute fast jede Berücksichtigung des Körpers und der körperpsychotherapeutischen Methodik. Der Workshop führt in theoretischer und praktischer Form und unter besonderer Berücksichtigung der prämentalisierenden Modi in das Mentalisierungskonzept ein. Dabei stellt er körpertherapeutische Übungen vor, die helfen können, die Mentalisierungsfähigkeit der Klienten zu fördern.

### **Presenter(s)**

**Reinhard Weber-Steinbach**, Dr. med., Facharzt für Kinder- und Jugendpsychiatrie und -psychotherapie, bis 8/2015 Chefarzt der Klinik für Kinder- und Jugendpsychiatrie und -psychotherapie, Ruppiner Kliniken, Neuruppin, Bioenergetischer Analytiker (CBT), Lehrbeauftragter der Medizinischen Hochschule Brandenburg und der Hochschule Mittweida, Dozent an psychotherapeutischen Weiterbildungsinstituten, Mitherausgeber des Buchs „Bioenergetik als mentalisierende Körperpsychotherapie,“ V&R-Verlag (2018).

**Carsten Holle**, M.A. Counselling (Australien), Körperpsychotherapeut an der Klinik für Kinder- und Jugendpsychiatrie und -psychotherapie, Ruppiner Kliniken, Neuruppin. In seiner Arbeit mit besonders auffälligen Kindern und Jugendlichen bildet das Thema der Aggression und Aggressionsregulierung einen wichtigen Schwerpunkt. Hierfür hat er mit dem „Therapeutischen Raufen“ spezielle körperpsychotherapeutische Interventionen entwickelt.

## **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 Bodynamic material, Erik now focuses on his favorite topic - Peak Experience. A journalist, a Bioenergetic & Bodynamic Analyst, with BA's in Political Science and Psychomotor Education, Trauma Therapy Specialist, and former Danish champion hurdler, high-level chess player.

[erikjarlnaes1944@gmail.com](mailto:erikjarlnaes1944@gmail.com) [www.peakexperience.dk](http://www.peakexperience.dk)

## **Is there a conflict between body psychotherapy and the mores of the post-modern world?** *(in English)*

Body psychotherapists use their own bodies to become aware of clients' process and the therapeutic relationship, but what if this is at odds with the messages from the politico-social world. How can we trust the wisdom of our own and our clients' bodies, especially in sensitive areas such as sexuality, without 'transgressing' the hidden codes of the post-modern world? If we see the post-modern world as disconnected from the body, or at least putting the body second, should we, as body therapists, do the same or should we stand up for the body however unacceptable that may be to the current zeitgeist? There are no easy answers to these questions, but my intention is to explore, and facilitate the exploration, of these and other related questions in this seminar.

### **Presenter(s)**

**Geoff Lamb** trained in Reichian Bioenergetic Analysis with Tricia Scott between 1980 and 1985. He trained in Contextual Couple Counselling with Re.Vision/Centre for Gender Psychology and is qualified as a Sexual Grounding Therapist. He holds a BSc (1st Class) in Neuroscience and an MSc in Health Psychology.

## **Fear of Life** *(in English)*

This workshop explores the energetic aspects and neurophysiology of fear, highlighting the relevancy of Alexander Lowen's book "*Fear of Life*" for our anxious times. The fear we all experience creates defensive structures in our bodies, and patterns of behavior and expression. In that way, fear determines our fate. We are left with the feeling and belief that we must "do something" to earn the love we seek. Being who we are naturally was rejected by parents and society; now we are afraid of being ourselves. This workshop will explore ways to face our fears, change our bodies, and our fate.

### Presenter(s)

**Frederic Lowen**, son of Alexander Lowen, M.D., Bioenergetic psychotherapist (CBT); Executive Director of The Alexander Lowen Foundation; manager of Lowen copyrights. With extensive experience in Bioenergetics, Bioenergetic therapy, workshop and training groups since 1966, Fred seeks to expand the visibility, appreciation, and use of Bioenergetics.

## Dependencies and independence *(in English)*

In the individualistic valued part of the world we live in, it is a challenge to feel deeply connected. As well it is a presumption which many have, that in order to have deep connection one has to be dependent and at the same time dependency seems like a bad thing. For the therapist, it is a challenge when their client strives for independence and the same time that client cannot connect deeply. So how to differentiate between deep connection and independence? How to combine the two? Through lecture and bodywork we will get to journey through the themes.

### Presenter(s)

**Lisbeth Marcher** is the Founder of Bodydynamic System and a former president of EABP. She has worked in her 50 years career with children, grown ups, management and people in psychiatric institutions. L. Marcher has taught in different universities around the world. Now she is the head of the Bodydynamic education.

## Potential of Motherhood –the big five *(in English, German)*

70 % our clients are women 75% of them are mothers, so mothers represent the biggest proportion of our clients. Their social role is characterized by selflessness and self-sacrifice, in their subjectivity they disappear mostly in the psychotherapeutic discourse. To look at the psychosomatic symptoms predominantly individually and biographically fails to recognize social and historical conditions and culture embossing. It needs a structural and differentiated understanding of the altered embodied identity of mothers and their social reality for transforming their 5 main symptoms. The workshop offers theoretical background and practical work approaches as well as discussing how the potential of motherhood, which is considered individually and socially more from a deficient perspective, can be experienced as a resource in body psychotherapeutic work.

## The big five oder Mutterschaft als Ressource

70% unserer Klienten sind weiblich und 75 % davon Mütter. Mütter stellen die größte Klientengruppe. Ihre soziale Rolle ist geprägt von Selbstlosigkeit und Selbst- Aufopferung, als Subjekte verschwinden sie weitgehend aus dem psychotherapeutischen Diskurs. Das psychosomatische Beschwerdebild vieler Mütter überwiegend individuell und biographisch zu betrachten, verkennt soziale und historische Bedingtheit und Prägung der Mutterrolle. Es braucht ein differenziertes Verständnis verkörperter Identität und der sozialen Realität von Müttern, um den 5 Leitsymptomen zu begegnen. Der Workshop vermittelt theoretische und praktische Arbeitsansätze. Das Potential von Mutterschaft, was individuell und gesellschaftlich eher unter defizitärer Perspektive betrachtet wird, kann durch die körperpsychotherapeutische Arbeit als Ressource erlebt werden.



### Presenter(s)

**Anne Meinhold**, Soziologiestudium, Artistin Ausbildung, Schwerpunkt Tanztheater, freischaffende Künstlerin, Körperpsychotherapeutin, Traumatherapeutin, NLP-Coach, Studium Erwachsenenbildung. Seit 1997 tätig in freier Praxis mit einzelnen Paaren, kriegstraumatisierten Menschen und Gruppen; Mutter von drei Kindern & ein „Bonus Kind“.

**Anne Meinhold**, sociology studies; Artist school, dance-theater, performer; body psychotherapist, trauma therapist PITT, NLP coach, adult education studies; private practice with individual clients, couples, women's groups and war-traumatized people. Trainer for communication, teams and Leadership WB; mother of 3 children & a "bonus child".

## **Unwillkürliche Bewegungen als Ressourcen in der Traumaheilung - TRE® - Tension & Trauma Releasing Exercises - (in German)**

Die Neurowissenschaften haben ein neues Verständnis von Trauma ermöglicht. Ob ein Trauma körperlich, kognitiv oder emotional war, es wurde immer zuerst - instinktiv - vom Körper beantwortet und wird im ungünstigen Fall dort aufrechterhalten. Den Teilnehmern wird ein neuer Weg im Umgang mit Trauma vorgestellt, der den natürlichen (Selbst-) Heilungsprozess des Körpers aktiviert. Dieser folgt einem ganz individuellen und autonomen Rhythmus.

Die TRE®-Übungsserie wird weltweit in Katastrophen- und Krisengebieten, in Gruppen und einzeln von fortgebildeten KollegInnen kurativ wie präventiv eingesetzt. Den praktischen Körperübungs-Erfahrungen für den Eigengebrauch geht eine kurze theoretische Einführung vorweg.

Vorkenntnisse nicht erforderlich, bitte bequem anziehen, Unterlage mitbringen.

### Presenter(s)

**Barbara Oles**, Dipl.-Soz.-Päd., Heilpraktikerin für Psychotherapie, Bioenergetische Analytikerin CBT, certification trainer für TRE®, seit 1994 in freier Praxis, zuvor mehr als 10 Jahre Therapie und psychologische Beratung bei freien Trägern und im klinischen Bereich (Neuropsychologie)

## **Working with "relational body images" - ways to counter multiple alienation (in English and German)**

Central positions: The human being is *ab ovo* a social being (*Portmann*), disposed for "friendly companionship" (*Trevarthen, Tomasello*). He is socialized by "intercorporeality" (*Merleau-Ponty, Petzold*) and "embodies" the impressions of the corporeality of significant others (the caregiver, e.g. the mother) in the "Tonusdialog / tonic dialogue / dialogue tonique" (*Julian de Ajuriaguerra*), which at the same time also characterizes the forming of one's own body. People live in their lifespan in "interpersonal relationships" that can provide the quality of beneficial affiliations, as well as qualities of damage and alienation. This becomes recognizable and tangible in the diagnostic and therapeutic technique of "relational body images" (*Petzold / Orth 1993, 2017b*) and opens up therapeutic approaches to treatment, ways out of alienation, with which I gained experience over more than thirty years. In this workshop I would like to convey something of these experiences to my colleagues.

### **Ilse Orth Workshop: Arbeit mit "relationalen Körperbildern" – Wege aus multipler Entfremdung.**

Zentrale Positionen: Der Mensch ist *ab ovo* ein soziales Wesen (*Portmann*), auf „friendly companionship“ disponiert (*Trevarthen, Tomasello*). Er wird durch „Zwischenleiblichkeit“

sozialisiert (Merleau-Ponty, Petzold) und „verkörpert“ die Eindrücke von anderer Leiblichkeit (die der caregiver, z. B. der Mutter) im „*Tonusdialog/ dialogue tonique*“ (Julian de Ajuriaguerra), was zugleich auch die Ausbildung eigener Leiblichkeit prägt. Menschen leben *ein Leben lang* in „Zwischenleiblichkeit“, die die Qualität förderlicher Zugehörigkeit bieten kann, aber auch Qualitäten der Beschädigung und Entfremdung. Das wird in der diagnostischen und therapeutischen Technik der „relationalen Körperbilder“ (Petzold/Orth 1993, 2017b) erkennbar und erfahrbar und erschließt leibtherapeutische Zugänge der Behandlung, Wege aus der Entfremdung, mit denen ich über mehr als dreißig Jahre Erfahrungen sammeln konnte. Davon möchte in diesem Workshop KollegInnen etwas vermitteln.

### Presenter(s)

**Ilse Orth**, Dipl.-Sup., MSc. (Psychotherapie), Psychotherapeutin, Leib- und Bewegungstherapeutin, Kunsttherapeutin, Lehrtherapeutin, Lehrsupervisorin. Mitbegründerin der Integrativen Therapie, Leitfigur im Bereich kreativer Therapieformen. Entwickelte eine Fülle kreativer psycho- und leibtherapeutischer Behandlungsmethoden, Internationale Lehrtätigkeit an Hochschulen; zahlreiche Buch- und Fachpublikationen. Leitungsgremium der „Europäische Akademie für biopsychosoziale Gesundheit“, Hückeswagen.

## **Intervention on Sensations and Contact alterations in depression disorder treatment** *(in English)*

In Functional Psychology, Basic Experiences of the Self (BES) are necessary experiences for an integrated and whole development of the Self. The workshop will focus mainly on the BES of *Sensations* and *Contact*, which are always altered in alienation and lackness of flow, and related to Depressive Disorders. Will be offered a sequence of Functional Psychology techniques that will cover Sensations and Contact BES. After that there will be a comparison with the attendees that it will allow to share the experiences we went through. Also we will reflect on the need to intervene on such BES for those people suffering from Depressive Disorders.

### Presenter(s)

**Enrica Pedrelli & Luciano Sabella**

**Enrica Pedrelli**, Psychologist, Psychotherapist, she is member of Functional Psychotherapy Italian Society (SIF, [www.psicologiafunzionale.it](http://www.psicologiafunzionale.it)) teacher, supervisor and trainer in Functional Psychotherapy European School since 2003 (SEF). Member of EABP Forum. She's been working for several years in the field of trauma and parenthood.

**Luciano Sabella**, Psychologist-Psychotherapist. Specialization in Functional Psychotherapy, SEF. Specialization in Relational Pedagogy. He is a trainer and clinical supervisor at European School of Functional Psychotherapy (SEF). Member of EABP Forum. President of Cum-Tactum, Association of Functional Psychology. President of Koinonia, Association of Psychology and Pedagogy. Member of SIF, Italian Society of Functional Psychotherapy.

## **Nourishing vitality through sexuality** *(in English)*

The purpose of this workshop is to discuss the importance of promoting a healthy and positive sexuality in the contemporary society, seen as an opportunity of personal and interpersonal growth. We will analyse the Basic Functionings that can allow to reach an authentic sexual life. We'll then introduce techniques aimed at developing a healthy sexuality and restore the Basic Functionings that past negative experiences might have altered. The focus will be on the importance of playing as a tool to promote change in a fun, delicate and efficient way.

### **Presenter(s)**

**Irene Rizzi**, Psychologist, Psychotherapist, member of Functional Psychotherapy Italian Society (SIF). She is a private practitioner in Udine and Padova. She works as a body Psychotherapist with adolescents, adults and families through personal sessions or practical seminars. She is also trainer and supervisor in educational field and parenthood.

**Chiara Verzegnassi**, Clinical Psychologist, psychotherapist, co-founder of Centro Funzionale Integrato, Trieste, Italy. Private practice in Trieste and Udine, works in individual and group settings. She has been working with traumatized refugees, victims of child abuse and gender based violence.

## **Stehen Sie auf wann Sie wollen** *(in German)*

Aspekte der Konzentrativen Bewegungstherapie (KBT) in der klinisch-psychiatrischen Arbeit. In diesem Workshop wird anhand von klinischen Fallvignetten und Selbsterfahrungselementen auf die Behandlung von Patienten mit Antriebsstörungen eingegangen, um grundsätzliche Therapieelemente der KBT zu erarbeiten. Maximale Teilnehmerzahl: 20, bitte eine Decke mitbringen.

### **Presenter(s)**

**Christoph Rother**, KBT-Therapeut, Zertifikat des DAKBT, Psychotherapie (HPG), Mitglied in der NAPP, Tätigkeit mit KBT: langjährig tätig in Psychosomatischen Kliniken, seit über 20 Jahren tätig in der Psychiatrie, in eigener Praxis.

## **„See me, feel me, touch me - heal me! “Body-psychotherapeutic work with aggression** *(in English and German)*

A healthy attitude to aggression plays a key role for our entire personal development. This has to include both the *fruitful* as well as the *harmful* aspects of aggression. For the therapeutic access to both of these sides we use a pragmatic model of contaminated aggression on one hand and a decontaminated one on the other hand. We explore this subject in settings of „*dialogical confrontations*“. This means body- and contact-exercises distinguishing between “*suppressing*” and *channeling* one’s own aggressive force supportive to our personality, health and fairness with others.

### **Presenter(s)**

**Thomas Scheskat**, geb. 1956, degree in education m.a., Biodynamic Bodypsychotherapy (Speyer/Boadella/Boyesen), trainings in further approaches of BPT (Hakomi, Bütting, Aalberse); professional development in therapy of sexual offenders and DBT. Working at a forensic-psychiatric state clinic and offering trainings for men and aggression balance trainings.

## **Exhaustion and Vitality – Challenges in Body Psychotherapy with the Elderly** *(in English and German)*

Dealing with the ageing body is a special challenge for everyone. In a time, which is characterized by self-optimisation, the elderly easily feel offended by physical diseases or losing strength. We as body psychotherapists are not excluded from this zeitgeist phenomenon. How can the desire for staying autonomous and the necessity of support in elderly be integrated? How can we become friends with the weakening body? For several years I am working on a ward for inpatient psychotherapy in the process of ageing. During the workshop we will practice by means of Concentrative Movement Therapy (KBT) and discuss some case vignettes.

## **Erschöpfung und Vitalität – Herausforderungen einer Körperpsychotherapie mit Älteren**

Der Umgang mit dem alternden Körper ist eine besondere Herausforderung für alle. Nachlassende Kräfte und körperliche Erkrankungen im Alter werden in einer Zeit, die von Selbstoptimierung geprägt ist, schnell als Kränkung erlebt. Wir KörperpsychotherapeutInnen sind davon nicht ausgenommen. Wie lässt sich der Wunsch nach Erhalt der Selbständigkeit mit der Notwendigkeit von Unterstützung im Alter verbinden? Wie kann man sich mit dem nachlassenden Körper anfreunden? Ich bin seit einigen Jahren auf einer Station für Alternspsychotherapie tätig. Im Workshop werden diese Fragen praktisch mit Konzentrativer Bewegungstherapie (KBT) erprobt und an Hand von Fallvignetten diskutiert.

### **Presenter(s)**

**Karin Schreiber-Willnow**, Dipl.-Math., Dr. rer. medic., body psychotherapist (Concentrative Movement Therapy KBT, HPG, ECP) and scientific collaborator at the Rhein-Klinik Bad Honnef, Hospital for Psychosomatic Medicine and Psychotherapy. Member of the Research Group for KBT, of the German College of Psychosomatic Medicine (DKPM), co-leader of the Research Group for Inpatient Group Psychotherapy. Publications on empirical research in KBT and inpatient group psychotherapy.

**Karin Schreiber-Willnow**, Dipl.-Math., Dr. rer. medic., Therapeutin für Konzentrativer Bewegungstherapie (KBT) und wissenschaftliche Mitarbeiterin an der Rhein-Klinik Bad Honnef. Psychotherapeutin (HPG, ECP), Forschungsgruppe des DAKBT, DKPM, Co-Leiterin des Arbeitskreises Stationäre Gruppentherapie. Veröffentlichungen zur empirischen Forschung in der KBT und in der stationären Gruppentherapie.

## **A Male Body. Strength and Vulnerability** *(in English)*

This workshop is devoted to the way a man perceives themselves in the modern society when traditional male and female roles are undergoing significant changes. A. Lowen stated: "You are your body". During the workshop we are going to explore why a male body is a unique combination of strength and vulnerability, rooted in the male anatomy, which provides the psychological aspect: to obtain genuine male strength a contemporary man has to accept their vulnerability – their need to express emotions and the right to give up, when they run out of resources without losing the right to be called a man.

### **Presenter(s)**

**Boris Suvorov** – Moscow, MD, psychiatrist since 2000, body-oriented psychotherapist since 2002, CBT since 2017, EABP full member since 2012, founder and Head of psychological center "7 birds" (individual and group body-oriented psychotherapy), senior lecturer and trainer (body-oriented psychotherapy) in Institute of Psychotherapy and Clinical Psychology.

## **Somatic Experiencing Praxis: Bridging the Neurobiological Chasm of Somatic Therapies & Neurobiology** *(in English)*

Research has demonstrated the efficacy of Somatic Experiencing (SE) as an experiential intervention or therapy to help renegotiate the symptoms of traumatic stress. Dr. Walling's research on SE has focused on the evolving evidence base for bottom-up processes and reasons that the incorporation of body psychology may serve an effective treatment for posttraumatic stress and related comorbidities. In this seminar Dr. Walling will explore the themes of SE's origins, intervening psychobiological categories of proprioception, interoception, and vagal tone, and finally, the consequential clinical applications of SE as a viable therapeutic adjunct.

### **Presenter(s)**

**Dr. Chris Walling**, PsyD, MBA, SEP is a licensed clinical psychologist and the current President of the United States Association of Body Psychotherapy. He also serves as Chairman of the Education Advisory Committee for the Alzheimer's Research and Prevention Foundation and is an international educator in body psychotherapy. A former executive in academic medicine, his research on the neurobiological foundations in Somatic Experiencing Praxis received the 2016 California Southern University President's Award for Research Excellence.

## **Groundlessness--Safety- Love** *(in English)*

Rapid changes in society in recent times challenge our illusions of enduring stability. We cannot take for granted social, political and economic structures, which have provided a sense of continuity.

This workshop will explore the anxieties that we all live with and that many of our clients find unbearable. The focus of the workshop will be on safety, contacting essential health and love, and taking that into relationships and the environment. It will also explore building true resilience rather than using only techniques and will-power, or just powering through. Inspiration will be drawn from within body psychotherapy and Buddhist psychology.

### **Presenter(s)**

**Gill Westland** is founding director of Cambridge Body Psychotherapy Centre. She is co-editor of *Body, Movement and Dance in Psychotherapy*, Associate Lecturer on the M.A. Body Psychotherapy, Cambridge, UK, author of *Verbal and Non-Verbal Communication in Psychotherapy* (2015), and various articles and book chapters. [www.cbpc.org.uk](http://www.cbpc.org.uk)