

Workshops

Saturday 8. September 2018 – 17:00 – 18:30

(in alphabetical order by presenter)

Seeding workshop *(in English)*

We find ourselves on the verge of burnout from always doing. Leaving ourselves we seek outside until we reach exhaustion. The more we strive to accomplish each day, the more the body needs to stay. Often at that point comes the urge for death. A need to return to the womb where all is motionless and nurturing. We stay into the body, where the caves exist and the seed rests still and contained. This experiential workshop that was birthed from personal experiences combines body psychotherapy with movement, sound and voice, seeking the balance between being and doing.

Presenter(s)

Kalli Alevizou, studied Reichian body psychotherapy in Athens. She is also a regression therapist, shamanic practitioner and family constellation facilitator of the Hellinger method. Kalli does private sessions and facilitates workshops in all the modalities that she practices. Her site is www.soulretreat.gr

Katerina Polemi, studied at the Berklee College of Music. 2011 release of first album and concerts in USA and Europe. Besides the music festivals around the world, she has performed at Carnegie Hall and the Stravinsky Auditorium. She attends music and voice improvisation in Hawaii and the US.

Race, Inclusion and Embodied Reflexivity *(in English)*

The lack of diversity awareness in psychotherapy professional circles means that unacknowledged white therapist privilege will neglect the embodied realities of clients enduring systemic racism, who experience micro aggressions accumulating into paranoia, depression, anxiety or dissociation. As a predominantly white middle class group, somatic psychotherapists hold the power and responsibility to address Whiteness as a secure attachment and baseline normative experience of relationship and embodiment that is not shared by everyone.

In this workshop we will explore how therapists can further inclusion and social relatedness through using somatic competencies that support embodied reflexivity and the critical reflection of their own position, power and privilege.

Presenter(s)

Sophia Ansari has a Master in History from SOAS, she is a psychotherapeutic counsellor, yoga teacher & integrated movement therapist in private and community practice in Cardiff, Wales. Sophia offers specialised consultancy and somatic trainings in diversity and inclusion to mental health, caring and teaching professionals. SOPHIA ANSARI, MA., Restorative yoga, counselling & somatic psychotherapy www.sophiaansari.co.uk Embodied training in diversity & inclusion www.beingwithdifference.co.uk

Erotic and Sex Signals in Therapy – a desirable challenge

(in English and German)

How do you work with erotic signals like flirting or sexual energy in therapy? Do you overlook, marginalize, or taboo them? How can you go beyond mere acceptance and actually use them for the client's process?

This workshop gives space and guidance to discover how we can master this exciting challenge personally and as therapists without getting stuck in fears, regulations, or helplessness. Safety, boundaries and role (power) consciousness are requirements. From there, we will explore and share new ways, experiences, and personal edges around sensuality and sexuality in therapy and how it ties into better support for clients.

Presenter(s)

Philipp Alsleben 1980; diploma in psychology (University of Osnabrück); 2009-2013 corporate consultant, coach and counselor; Bodydynamic® student and foundation training assistant since 2012; private practice for process-oriented body-psychotherapy in Freiburg, Germany, since 2014; including hypnotherapy, body work (Somatic Education) and Process-Oriented Psychology (A. Mindell); www.catlike.de

Somatic Resonance and Intervision: a new approach to group supervision *(in English)*

We bring the experience of 2 groups of body psychotherapists, who have been meeting for 4 years using the Intervision model.

With this method of supervision no one has the final responsibility to interpret and decide. The authority is the process, grounded in self-responsibility and self-awareness. The presenting therapist is responsible for what to take and what to refuse. The other “supervising” psychotherapists are responsible for their own feedback.

Using somatic resonance, a synergy of sensations, feelings, intuitions and experiences evoked in the bodies of the other psychotherapists, a collective wisdom emerges that offers insights into the patient's and the therapist's inner world.

A case will be presented followed by the practice of somatic and emotional resonance.

Presenter(s)

Ermanno Bergami is a clinical somatic psychotherapist and accredited supervisor with the Psychotherapy & Counselling association of Australia. Trained in England in Bioenergetics and Group therapy since 1980 and recently in Functional Analysis. He resides in Australia and divides his work between Italy and Australia. He is one of the founders of the Intervision groups in Italy. ermannobergami@gmail.com

Somatic Experiencing® Informed Therapeutic Group for the Care and Treatment of Biopsychosocial Affects Upon a Gender Diverse Identity *(in English)*

Somatic Experiencing®, a well-recognized treatment model, can address social trauma, and can decrease the negative symptoms of depression, anxiety and feelings of social isolation. This presentation shares our experiences after conducting a 10 week SE™ informed psychotherapeutic/psychoeducational group experience for Transgender/gender non-

conforming people, who experience higher incidences of depression, anxiety, mental health concerns, and suicide.

We have demonstrated that participants can feel more self-empowered, more educated, more resilient, more unified, and less alienated. This model can be replicated and modified for use in the care and treatment of the affects of social injustice upon other oppressed and marginalized populations.

Presenter(s)

Paul C. Briggs, MSW, LCSW, LMT, SEP, (SW 5478, MA 34970)

Therapist • Educator • Advocate • Consultant. Psychotherapy, Somatic Experiencing®
Phone: 305.310.4591, e-mail: miasowo@bellsouth.net; Be sure to visit my website:
www.PaulCBriggs.com

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.

Connective Tissue: the ground of flow and vitality *(in English)*

The „inner holding“ of psyche and soma is not as Reich said to be found in the muscular armor, but in functional units of connective tissue. Connective tissue is a continuous constitutive network throughout the whole body, which has the unique quality to change it's state from crystalline to liquid, and many states in between, according to local conditions. It is here in the fluidity and plasticity of the connective tissue where flow can be experienced and restored. Using recent research to underline this hypothesis, I will show the structure and dynamic of connective tissue.

Presenter(s)

L.A. Davis, born 1957 in Germany started Training with Ch. Kelley, Radix Institute, Los Angeles in 1981 and worked for Radix Europe as Supervisor and Trainer between 1984 and 1993. Now she is a Supervisor and Trainer with Functional Analysis and works since 1999 in her private practice in the South of France.

She is a member of The EABP, The French Federation of Psychotherapists and Psychoanalysts and the European Association of Psychotherapists.

Sexuelle Liebe zwischen Entfremdung und Bindung (in English and German)

„Ein Baum mit tiefen Wurzeln wird vom Wind nicht gebeugt“ (aus einem koreanischen Gedicht)
Gelebte Sexualität entfaltet ein großes Potenzial: – anarchisch, wenn sie Sozialschichten, Nationen, Ideologien verbindet, – kreativ, wenn die Liebenden Kinder natürlich zeugen, – destruktiv, wenn sie entgleitet. Aktuelle unendliche Möglichkeiten in Sex und Partnerschaft, unmittelbar oder virtuell gelebt, öffnen neue Welten, wecken Neugierde und Vitalität – oder entarten suchtartig, entfremden, erschöpfen, vereinsamen – ja sogar: ent-erotisieren. Wenn die Partner ihre Beziehungen zur Herkunftsfamilie klären, entdecken sie bisher ungenutzte Potentiale, finden mehr Freiheit und Stärke. Wir zeigen Theorie und konkrete Erfahrungsstrukturen unseres körper- und beziehungs-orientierten Ansatzes basierend auf Sexual Grounding® Therapy. Das eröffnet neue Wege für das Liebesleben unserer Klienten in der heutigen Welt.

Sexual love between alienation and relatedness

Lived sexuality has great potential: - anarchic, when it connects social classes, nations, ideologies, - creative, when the lovers naturally conceive children, - destructive when it becomes unregulated. Current infinite possibilities in sex and partnership, lived either directly or virtually, open new worlds, arouse curiosity and vitality - or become addictive, alienate, exhaust, isolate and even de-eroticise. As the partners clarify their relationships with their families of origin, they discover untapped potential and find more freedom and strength. We will illustrate, by means of theory and concrete experience, a body and relationship-orientated approach based on Sexual Grounding® Therapy. This opens up creative relational possibilities in the developing love-lives of our clients in an alienating postmodern society.

Presenter(s)

Notburga Fischer, geb. 1961 in Österreich, eigene Praxis für Integratives Coaching, Paar- und Sexualtherapie seit 1989; Dipl. Erwachsenenbildnerin HF, Lehrcoach und Supervisorin am IBP-Institut (CH).

Autorin von „Reifestufen der sexuellen Liebe – Wie Herkunft prägt und intime Beziehungen (dennoch) gelingen“ Innenwelt 2018

Robert Fischer, geb. 1955, Dr. med., Facharzt für Psychotherapie und Psychiatrie FMH in eigener Praxis, Lehrtherapeut und Supervisor in der Ausbildung von Psychotherapeuten am IBP Institut (CH). **Notburga und Robert Fischer** leben mit ihren beiden Töchtern nahe Bern, leiten MannFrau Seminare & Trainings, sind Lehrbeauftragte am IBP (Integrative Body Psychotherapy) Institut CH, leiten die Fortbildung für Sexualtherapie und Sexualberatung, sind Sexual Grounding® Therapeuten und Trainer, www.mann-frau.com

Presenter(s)

Notburga Fischer, born 1961 in Austria, runs her own practice for Integrative Body Psychotherapy, Couple and Sexual Therapy in Bern. IBP (Integrative Body Psychotherapy) teaching coach and supervisor; Author of: „Reifestufen der sexuellen Liebe – Wie Herkunft prägt und intime Beziehungen (dennoch) gelingen“ Innenwelt 2018

Robert Fischer, born in 1955. Medical doctor, specialist for psychotherapy and psychiatry FMH, teacher and supervisor in the IBP-education and training of psychotherapists.

Notburga and Robert Fischer are married to each other and live with their two daughters near Bern. They founded MannFrau Seminare & Trainings since 1989, they lead a further education program in sexual therapy and sexual counselling (IBP-Institute). They are Sexual Grounding® therapists & trainers. www.mann-frau.com

The organic roots of the sense of security: the use of body contact in psychotherapy *(in English and Italian)*

Body contact can be considered an effective tool of psychotherapy.

In cases of trauma, *talking cure* is significant but not sufficient to modify the automatic physiological and hormonal response of the body, which remains hypervigil or collapsed, as if living in a state of constant threat.

The contact, understood as a bottom-up way to repair the lacking sense of security, modulates the arousal level of the central nervous system, favouring the perception of one's body as "safe base".

Participants will be able to give and receive contact and to experience the emotion of "feeling at home" in their own body.

Supporto per traduzione in Inglese: Dott.ssa Rita Fiumara

Le radici organiche del senso di sicurezza: l'uso del contatto corporeo in psicoterapia.

Il contatto corporeo può essere considerato uno strumento efficace della psicoterapia.

Nei casi di trauma, la *talking cure* risulta significativa ma non sufficiente a modificare le risposte fisiologiche e ormonali automatiche del corpo che rimane ipervigile o collassato, come se vivesse in uno stato di continua minaccia.

Il contatto, inteso come via *bottom up* per riparare la mancanza del senso di sicurezza, modula il livello di *arousal* del sistema nervoso centrale, favorendo la percezione del proprio corpo come "base sicura".

I partecipanti potranno dare e ricevere contatto e esperire l'emozione di "sentirsi a casa" nel proprio corpo.

Presenter(s)

Dr. Alessandra Giovagnoli. Psychotherapist, Coordinator and trainer of the Biosystemic School of Psychotherapy, Bologna, Italy. Teacher at the Somatic Psychology Institute of Natal, Brazil. Author of an article on the body-mind integration in dreamwork, co-author of the book "The well-being of emotions".

Energetic Vibrational Psychoanalysis and BreathBalance® to manage stress in rigid patient *(in English)*

Vibrational energy psychoanalysis proposes a model of intervention that provides cues to the patient's neurological system, its energetic system and its historical- emotional imprinting. The workshop is precisely designed to give deconstructing messages to the rigid character traits and organizing to "suggest" a new possibility of relating to the world, softer, more relaxed and more flexible. A new balance between the flexor and erector muscles, combined with a greater differentiation of the Reichian body levels, combined with vegetative acting, offer a taste of how vibrational energy psychoanalysis works with a rigid patient.

Presenter(s)

Alfonso Guizzardi, Psychologist, Vibrational Energy Psychoanalyst (P.E.V.), clinical sexologist, Triest and Rome.

People without rest: treating insomnia and distress *(in English)*

Our modern society requires individuals to struggle for success without taking into account personal costs and needs. The scientific community agrees that negative stress produce functional changes not only on the psychological level but also through the vegetative nervous system, the endocrine system and the immune system. Sometimes, this general imbalance manifests itself in a form of sleep disorder. The objective of the workshop is to present a clinical study and some techniques applied in a particular kind of intervention on patients suffering with insomnia. The Antistress Functional Intervention is developed to reduce negative stress recovering the ability to modulate the transition from activation to de-activation.

Presenter(s)

Iacono M., psychologist, psychotherapist, trainer of the European School of Functional Psychotherapy (S.E.F.), member of the Italian Society of Functional Psychotherapy (S.I.F.) and E.A.B.P. candidate member.

Capovilla E., psychologist, psychotherapist, member of the Italian Society of Functional Psychotherapy (S.I.F.).

Early childhood development from a psychoanalytical-bioenergetic view: Consequences of early deprivations and early separations

(in English and German)

It all started with Freud, who looked at the important psychological developments from birth to the fifth, sixth year of life. Later on, even more intensive the even more early experiences were examined. Among those, who did this, were Melanie Klein, René Spitz, J.J. Robertson, Wilhelm Reich and Alexander Lowen. They looked also to the very early stages of development, the prenatal, the perinatal, the first weeks of life and the first two years of life. In the Workshop some of these findings will be explained, perhaps also by means of the films of Spitz (1948ff) and of J.J. Robertson (1953ff) and the experiences will be deepened by bioenergetic exercises.

Frühkindliche Entwicklung aus psychoanalytisch-bioenergetischer Sicht

Folgen von Mangelserfahrungen, frühen Trennungen, mit bioenergetischen Übungen und Filmen von René Spitz und J.J. Robertson. Ausgehend von Freud, der die wesentliche psychische Entwicklung von Geburt an bis ins etwa 5te, 6te Lebensjahr betrachtete, wurde immer intensiver die noch früheren Erfahrungen erforscht. Hierzu gehören unter anderem Melanie Klein, René Spitz, J.J. Robertson, Wilhelm Reich und Alexander Lowen. Zeitlich wendet(e) sich der Blick zu immer früheren Phasen, zum pränatalen, perinatalen, den ersten Lebenswochen und den ersten zwei Lebensjahren. Im Workshop werden einige der Erkenntnisse dargestellt, u.U. in Filmen von Spitz (1948 ff) und Robertson (1953ff) vertieft und durch bioenergetische Übungen erfahrbar gemacht.

Presenter(s)

Hanna Kotowski; Diploma in Sociology, Diploma in Psychology, classical psychoanalyst for children, Teens, adults, Bioenergetical Analyst (CBT), Private Practice in Munich, Germany

Vom Vertrauen auf die Unbestechlichkeit und Freundlichkeit des Leibes in Zeiten der Selbstoptimierung

Körperpsychotherapeutische Möglichkeiten der Funktionellen Entspannung

(in German)

Von den frühesten Momenten unseres Lebens an bewegen wir uns in ständigen Vorgängen wechselseitiger Regulation, die sich einverleibt. Im gegenwärtig Spürbaren sind alle biographischen Erfahrungen auffindbar, gedeihliche wie lebensfeindliche, sowie alle Verarbeitungsleistungen. Gleichzeitig können wir Zugang finden zu dem Ursprungspotential aus frühesten Erfahrungsbereichen. Im geduldigen Spüren, dem feinfühligem, am Prozess orientierten Ebenenwechsel integrieren sich Möglichkeiten aller Bereiche, finden ständige Verknüpfungen von Bottom up zu Top down und umgekehrt statt. Da in der therapeutischen Begegnung TherapeutIn und PatientIn gleichzeitig in dieser Weise mit sich umgehen, entsteht ein zwischenleiblicher Raum, in dem vorher nicht planbare Lösungen auftauchen. Die Orientierung gibt das sich einstellende Wohlgefühl.

Presenter(s)

Verena Lauffer, Fachärztin für Psychosomatik, Lehrbeauftragte Funktionelle Entspannung, Integration von Funktioneller Entspannung, pränataler Körperpsychotherapie, Kurzzeittherapie- Steve de Shazer, Hypnotherapie- Milton Erickson, systemischer Ansätze. Niedergelassen in eigener Praxis

Gracefulness: our most natural state of being! *(in English and German)*

Gracefulness is a possible answer against alienation. Gracefulness happens grounded and in connection with the universe. Without any doubts, one knows, who one is, without knowing who one is. I discovered in Africa, Senegal, the complex meaning of gracefulness. It's an indication of health. Gracefulness makes mind expansion possible in a bodily, earthbound way and opens the deep, female wisdom. This knowledge needs to be rescued in our present time. The workshop shall be an exchange of experiences about gracefulness, and could work on practical recommendations for the health in the society.

Anmut: unser natürlichster Zustand im Sein!

Anmut ist eine mögliche Antwort auf Entfremdung. Anmut geschieht... geerdet und kosmisch verbunden... Es gibt keinen Zweifel, wer man ist, ohne zu wissen, wer man ist. Mir erschließt sich in Afrika, Senegal, die komplexe Bedeutung von Anmut. Sie ist ein Zeichen von Gesundheit. Anmut macht Bewusstseinsweiterung auf körperlich, bodenständige Weise möglich und erschließt tiefe, weibliche Weisheit. Dieses Wissen muss geborgen werden in unserer heutigen Zeit. Der Workshop, ist als Erfahrungsaustausch über Anmut gedacht und könnte praktische Vorschläge für die Gesundheit in der Gesellschaft erarbeiten.

Presenter(s)

Kristine Lötsch, Lehrerin,HP / ECP, Biodynamische Körperpsychotherapeutin, Ausbildung

bei Gerda Boyesen, Ebba Boyesen und Mona Lisa Boyesen, Trainerin (10 J.), zeitweise GBP-Vorstandsarbeit , in eigener Praxis (25J.), lebt seit 6 Jahren (9Mon. im J.) im Senegal, Afrika, und studiert eine so gut wie nicht traumatisierte Gesellschaft.

Kristine Lötsch, teacher, HP/ECP, Biodynamic Body Psychotherapist, trained by Gerda Boyesen, Ebba Boyesen and Mona Lisa Boyesen, trainer (10 y.) , GBP-board (some years), own practice (25y.). Lives since 6 years in Senegal, Africa and studying an almost non traumatised society.

Cartography of Chakras MCKS Pranic Healing *(in English)*

Relation between the Cartography of Chakras MCKS Pranic Healing with the inner organs and psychological aspects. **Methodology:** Protocols PH Basic, Advanced, Psycoterapy and Cristal in four volunteers. **Discussion:** After the PH the volunteers reported improvement in relation to the main complaint, besides the feeling of well-being and physical and emotional rebalancing. **Conclusion:** PH is a tool that is easy to learn, take care the energy of the bioplasmatic without touch the body and improve the quality of life.

Key works: Choa Kok Sui, Pranic Healing, Chakras, Quality of Life, Bioplasmatic Body.

Presenter(s)

Ruth Nobuko Nakabayashi, therapist and Instructor of In Prana Centro de Pranic Healing, Vice-president of Instituto Brasileiro de Pranic Healing – ONG (Inbraph), student in Master in Health at IAMSPE, São Paulo, Brazil. ruth@ruthprana.com.br

Viviani Barnabé, PhD, Professor and researcher in the UNICID, São Paulo, Brazil. vivianibarnabe@gmail.com.

Awakening the Body Ego *(in English and German)*

In this workshop we want to gain a stronger access to our bodily resources again, to our own specific and personal sensations and movements, in order to experience our Body Ego more directly and joyfully. To this end I will introduce you to the Biodynamic model of Ego Aspects: a model that has the Body Ego as its core which is the „carrier“ of all our self-related body experiences as well as of our emotions. Bit by bit we have been losing the natural capacity to sense our bodies as we were conditioned by the society around us to disregard, devalue and mistrust our own bodily sensations as well as through painful traumatic experiences. The consequence is a fundamental alienation from ourselves and from others. In the course of this workshop we will do specific exercises to reawaken the natural joy and forces of self-regulation of our Body Ego.

Das Körper-Selbst wecken

In diesem Workshop wollen wir verstärkten Zugang zu unseren körperlichen Ressourcen gewinnen, unseren eigenen spezifischen Empfindungen und Bewegungen, um unser Körper-Selbst und seine Lebendigkeit erfahrbar zu machen. Dazu möchte ich Ihnen das Biodynamic Modell der aufbauenden Selbstaspekte vorstellen: Das Körper-Selbst bildet hierbei den „Kern“ unseres Erlebens und ist Träger unseres körperlichen Selbstgefühls wie auch unserer Emotionen. Durch gesellschaftliche Konditionierungen, die körperliches Erleben abwerten sowie durch traumatische Erfahrungen verlieren wir schrittweise den Kontakt zu unserem

Körper. Die Folge ist eine „Entfremdung von uns selbst und anderen“. Im Rahmen dieses Workshops werden wir gemeinsam spezifische Übungen durchführen, um die (Selbstheilungs-) Kräfte Ihres Körper-Selbstes zu wecken.

Presenter(s)

Michael Rupp is a licensed psychotherapist working in private practice in Munich, Germany. He is a Bodydynamic therapist, supervisor and part of the international trainer team of Bodydynamic and has been teaching in Germany, Russia and Brasil. Before he was working as a social pedagogue and therapist for many years, notably as facilitator for 2 pedagogic Healing Centers for children.

Bodypsychotherapy in constellation work *(in English)*

The systemic therapy method „family constellation work“ makes inner images of clients, essential entities and their relations to each other visible. This and the field which supports this phenomenon can be experienced only physically for every participant: protagonist, representatives, leader and observers. In this workshop we will focus on the concomitant mechanisms: which abilities support people to feel deeper, how can we bodily support the effect of new experiences and how can we create a healing field?

I would appreciate people in this workshop who are willing to bring in a personal matter e.g. from their everyday work.

Körperpsychotherapie in Aufstellungen – der Körper in systemischen (Familien-)Aufstellungen

Die systemische Methode „Aufstellung“ externalisiert innere Abbilder von wesentlichen Entitäten und deren Beziehungsqualitäten eines Systems zueinander. Diese und das Feld, in dem sie entstehen sind, wie jede Lebenserfahrung, nur leiblich erfahrbar und zwar von allen Beteiligten, dem Aufstellenden, dem Leiter und den Stellvertretern. Sie dient somit als Gruppenerlebnis der Körper-Geist-Seele-Einheit. In diesem Workshop werden wir den Fokus auf die begleitenden Wirkmechanismen legen: Was unterstützt die Fähigkeit zu Fühlen? Wie kann das Geschehen tiefer wirken, auch auf die Stellvertreter und Beobachter? Wie kann das heilende Feld eingeladen werden? Welche körperlichen Interventionen begünstigen die Integration des Erlebten?

Presenter(s)

Gregor Reinold Schmitt, alternative practitioner since 2013 in own praxis. Trained in Postural Integration which includes bodywork (especially deep tissue and energetic system work according TCM), systemic therapy training in Haus Regenbogen which included constellation work with shamanic elements (forces, soul), further education in trauma healing.

Heart Awareness – in loving flow *(in English and German)*

The heart is where the rhythm of life originates as pulsation and it is also an energy centre which may be regarded as a palpable source of consciousness.

Through Heart Awareness Training and its 12 expressive gestures of the heart, we become aware of subtle information that flows through it and we experience ourselves as being in harmony with the flow of life.

We will perform some heart awareness exercises together. You will notice how dissolving patterns of self-regulation anchor us in the parasympathetic nervous system and connect us with the universal heart of Love.

Der Herzkreis – im liebevollen Flow mit dem Leben

Das Herz ist das Zentrum des Menschen in der Mitte zwischen Himmel und Erde. Unser Herzpuls ist der Basisrhythmus. Sind wir ganz bei der Sache, sind wir zeitlos, strömend im Jetzt verbunden mit der Herzenergie und im Flow.

Der HERZKREIS ist ein Zyklus von 12 Ausdrucksbewegungen, die hier in ihrer Energie und ihrer spirituell- emotionalen Botschaft erfahrbar werden. Nach einem Impulsvortrag über das Konzept werden im gemeinsamen Üben vitalisierende, zentrierende Selbstregulierungskräfte spürbar, die uns tiefen, weiten und mit der Herzenergie verbinden.

In einer individualisierten Welt braucht es den steten Bezug zu unserem „Energiekörper“, wie zur Kraft des Herzens, um in den Turbulenzen des gesellschaftlichen Wandels angstfreier wirksam zu SEIN.

Dr.med. Michael Schmidt, Birgit Fiedler-Rumpel

Presenter(s)

Dr. med. Michael Schmidt, born 1952, living in Kassel, Germany, MD, Master in Education, Specialist in Psychosomatic Medicine and Psychiatry, Author and Quan Dao Martial Arts Master.

Birgit Fiedler-Rumpel, born 1962, living in Kassel, Germany, Diploma in Education, Practitioner for Psychotherapy, Trauma therapy, Body psychotherapy-ECP, Individual-Couple- Group Therapy

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.

One root of postmodern challenges: civilisation in the light of Quinn's cultural criticism and evolutionary medicine *(in English)*

Body psychotherapists seem to agree that an adaptive body-mind connection is essential for the maintenance and restoration of health, and that socio-cultural effects can strongly damage it. Some traced back the historical origin of chronic body suppression to the beginning of civilisation. We present here cultural criticism of Quinn which explains the properties and consequences of civilisation, and evolutionary medicine which explores the discrepancy between biological and cultural evolution in civilized societies. We suggest that civilised lifestyle is one root of damaged body-mind connection. We propose questions and suggestions how to deal with the effect of civilisation in therapeutic processes (60 min. seminar).

Presenter(s)

Benedek T. Tihanyi. MD PhD: researcher of the Eötvös Loránd University, teacher of theory of Body Psychotherapy at HABP, trainer of Focusing and instructor of yoga. Research interest: personal connection with body, body pleasure, psychobiology of 'energy' experiences, sustainability. **Benedek T. Tihanyi, Barbara Csala, Ádám Balázs Czinege** ELTE Eötvös Lóránd University, Faculty of Psychology

Bathe in Abundance *(in English and German)*

In my workshop I will show some effective methods, developed in Dance therapy HKIT®, that are applicable to various settings and invite to experience the own body through dancing. Vital are the „Basics HKIT®“; motions of life arising from front-back, right-left, up-down such as swinging, rocking, turning. Movements of the pelvis while walking, standing, sitting, sleeping. Basics, small moves, present in the cellular liquid, in the structure of protein. Front-back and right-left movements combined with up-down, the outcome of this is the circle, the helix. Macro- and microcosm meet in a cosmic whole. Through this movements we can connect with our inner source, the flow of life energy and dance in the flow. This source, never running dry, is the most important resource of dance for me.

In der Fülle baden

Dieser Workshop zeigt wirkungsvolle Methoden aus der Tanztherapie HKIT®, die sich leicht in unterschiedlichste Settings übertragen lassen und die dazu einladen, über den Tanz in einen Dialog mit dem eigenen Körper zu treten.

Im Zentrum stehen dabei die Basics der HKIT®. Bewegungen des Lebens aus vor-zurück, rechts-links, hoch-runter: Kippen, wiegen, kreisen. Beckenbewegungen beim Gehen, Stehen, Sitzen, Schlafen. Basics, kleinste Bewegungseinheiten, wie wir sie in der Zellflüssigkeit wieder finden, in der Spirale der Eiweißstruktur. Vor-zurück und rechts-links Bewegungen verbunden mit hoch-runter Bewegungen, daraus entsteht der Kreis, die Spirale. Makro- und Mikrokosmos treffen sich in einem kosmischen Ganzen.

Über diese Bewegungen können wir uns an die innere Quelle, den Fluss unserer Lebensenergie anbinden und im Fluss der Lebensenergie tanzen. Diese Quelle, die nie versiegt, ist für mich eine der wichtigsten Ressourcen des Tanzes.

Presenter(s)

Elke Wagner, Jahrgang 1967, Tänzerin, Dipl. Sozialarbeiterin FH. Seit 1997 Leitung des von Gabriele Fischer 1986 gegründeten Ausbildungsinstituts HEILENDE KRÄFTE IM TANZ® und der Ausbildungen zur Tanzpädagogin HKIT® und Tanztherapeutin HKIT®. Address: Vor den

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Elke Wagner, born in 1967, dancer, choreographer, social pedagogue. 25 years professional experience with groups in dance and movement therapy/education/pedagogy. Since 1997 director of Institut HKIT® - dance pedagogy HKIT® and dance therapy HKIT® education.

Estrangement – Orientation – Transformation in Practice and Theory *(in English and German)*

We are physicians and therapists, familiar with ICD diagnoses and lived experiences of our patients embodied self-awareness; the latter through Rosen Method Bodywork. Estrangement of one self and one's own embodied self-awareness has reached serious consequences: the lack of prospective, the feeling of being left alone. How can trust provide new orientation to follow the body's self? The simple analysis of the autonomous nervous system shows the affected individual's state of health. The participants will experience and observe the medical analysis. We will present the transformative treatment of Rosen Method's therapeutic touch.

Entfremdung – Orientierung – Umgestaltung in Praxis und Theorie

Als Ärztinnen arbeiten wir mit ICD-Diagnosen. Als Therapeutinnen arbeiten wir mit den erlebten Erfahrungen unserer Patientinnen und Patienten in der Selbstwahrnehmung der Körperarbeit mit der Rosen-Methode.

Entfremdung von sich „selbst“ und der eigenen Körperwahrnehmung hat ein folgenschweres Ausmaß angenommen. Wie begegnen wir Perspektivlosigkeit, dem Gefühl von Allein-gelassen-Sein? Wie kann sich Vertrauen neu bilden, dem Körper-Selbst folgen zu können und zu dürfen? Die einfache Analyse des vegetativen Nervensystems spiegelt den Betroffenen ihr Befinden. Die Teilnehmer lernen sie kennen. Die ursächliche Behandlung in der Selbstwahrnehmung mit der Rosen-Methode werden wir darlegen und den Teilnehmern durch Berührung erfahrbar machen.

Presenter(s)

Andrea Werner is physician and certified Rosen Method practitioner. She attends to her patients in her private medical practice with Rosen Method and with psychotherapy at the psychosomatic day clinic at the University of Würzburg. Currently, she is doing her doctorate to finish her dissertation about „Somatic Therapies as Treatment Approach in Psychosomatic Medicine“. More @ www.praxis-aw.de

Andrea Werner ist Ärztin und zertifizierte Rosen-Methode Praktizierende. Sie begleitet Menschen in ihrer privatärztlichen Praxis nach der Rosen-Methode und in der Psychosomatischen Tagesklinik der Universitätsklinik Würzburg psychotherapeutisch. Aktuell promoviert sie und beendet ihre Dissertation „Körpertherapie als Behandlungs-ansatz der Psychosomatischen Medizin“. Mehr Infos unter www.praxis-aw.de.

Helmi Boese is MD, trained in psychiatry; mother; Rosen Method practitioner, trained in USA 2006-2009 and Europe 2009-2011; body psychotherapist in private medical practice, all of this with heart and soul. Alike, the author of the German textbook translation of: The Psychophysiology of Self-Awareness (hardcover) / Body Sense (paperback), Alan Fogel, Norton, 2009/2013; as: Selbstwahrnehmung und Embodiment in der Körperpsychotherapie, Alan Fogel; Schattauer Verlag, 2013 – more @ www.helmi-boese.com

Helmi Boese ist mit Leib & Seele promovierte Ärztin mit Ausbildung in der Psychiatrie; Mutter; Rosen-Methode Praktizierende, Ausbildung in USA, Europa 2006 – 2011; Körperpsychotherapeutin in privatärztlicher Praxis; Fachbuchautorin als Übersetzerin:

Selbstwahrnehmung und Embodiment in der Körperpsychotherapie, Alan Fogel, Schattauer Verlag, 2013. – mehr bei www.helmi-boese.de

The Shy Moments *(in English)*

What is it that happens with us when we get wet hands, red cheeks, a little foggy in our heads? Or get all pale, chills and feel so wrong? In this workshop you will get to know how to use these moments as a resource in our everyday life and how important it is to address it with our clients. The Bodydynamic method will be used to address these questions, though theory and practice.

Presenter(s)

Lene Wisbom, senior teachers worldwide at all levels in Bodydynamic International ApS., Publisher of Bodydynamic Books, written several manuals and revised all other manuals used in the educations, member of the board and planning team in Bodydynamic, member of the Danish Psychotherapist Association since 2001 and EABP since 2012. www.bodydynamic.com, info@bodydynamic.dk

Hadi Adam Bahlawan Marcher, 3th generations of Bodydynamic, what was created by his grandmother Lisbeth Marcher, co-owner, board member and International teacher of Bodydynamic. Pedagogue for people with different psychiatric diagnosis and body psychotherapist.

The terrible psychotherapist *(in English)*

We work often from the field of “too much Wanting to save” the client. My idea is to take apart the role of the therapist in real sessions and to do wrong things only. And hopefully to have great fun!

Presenter(s)

Virginia Zaharieva is body psychotherapist and artist. She is a Director of the Bulgarian Institute of Neoreichian Analytical Psychotherapy. Virginia has more than 20 years of experience in Body Psychotherapy. In her practice, she integrates body-psychotherapy and Zen practices. Her novel Nine Rabbits is among the most important Bulgarian books to appear over the past two decades. Writing, capturing sounds, creating performances and installations – these are all part of her art activities. In all of her literary and civic endeavors over the years, Virginia Zaharieva has been working to help the female voice be heard. E-mail: virginia.zaharieva@gmail.com www.virginianotes.com