

Wednesday 05.09.2018, 10:00 – 13:00 Pre-Congress-Workshops, Page 11

PW 01

Hilarion Petzold: cancelled

PW 04

Enrica Pedrelli & Luciano Rispoli: cancelled

Thursday 06.09.2018, 17:25 – 18:15 Plenary Lecture, Page 14

PL 02

Carmen Joanne Ablack:

"Towards intercultural working – pitfalls and possibilities for Body Psychotherapy"

Thursday 06.09.2018, 18:45 – 19:35 Plenary Lecture, Page 15

PL 03

Rae Johnson:

"Navigating Gender in Body Psychotherapy"

Thursday 06.09.2018, 19:40 – 19:50 Plenary Lecture, Page 15

PL 03 –1

Ilse Schmidt- Zimmermann:

"In memory of Stanley Keleman"

Friday 07.09.2018, 15:00 – 16:30 WORKSHOPS, Page 17

W 14

Lisbeth Marcher: cancelled

W 14 NEW

Christoph Helferich:

Grounding through Healing Touch: Techniques of Nurturing Contact and the Therapist's Experience

W 17

Ilse Orth: cancelled

W 22

Karin Schreiber-Willnow: cancelled

Friday 07.09.2018, 17:00 – 18:30 WORKSHOPS, Page 18

W 45

Hodd Shaham: cancelled

W 46

Xanthippi Svolopoulou & Christina Samara: >> moved to saturday – W 93

W 50

to be W 74

Courtenay Young: The future of Body Psychotherapy

Saturday 08.09.2018, 15:00 – 16:30 WORKSHOPS, Page 22

W 59

Angel Buster: cancelled

W 63

Kamila Czepczor-Bernat, Natalia Kołodziejczyk & Anna Brytek-Matera: cancelled

W 63 NEW

Gautier Pidou:

Meaning of Life through links between Quantum Physics, Evolution, Spirituality and Body Psychotherapy

W 72

Katharina Sutter: cancelled

W 74

to be **W 50**

Heidi Presterud Wiese & Kari Evelin Arellano Lorentzen: Psychotherapeutic yoga

Saturday 08.09.2018, 17:00 – 18:30 WORKSHOPS, Page 24

W 79

Paul C. Briggs: cancelled

W 81

Ana Beatriz Degues & Mario Goretti Coelho: >> moved to friday – W 32

W 95

Elke Wagner: cancelled

W 97

Lene Wisbom & Hadi Adam Bahlawan Marcher: cancelled

Sunday 09.09.2018, 11:45 – 13:00 Panel V, Page 27 and 34

NEW: Maurizio Stuppigio:

„The road to recognition of Body Psychotherapy“

Abstracts

Friday 07.09.2018, 17:00 – 18:30 WORKSHOPS Abstracts, Page 43

W 45 NEW

Christoph Helferich:

Grounding through Healing Touch: Techniques of Nurturing Contact and the Therapist's Experience

This workshop is an introduction to "nurturing contact", a set of techniques of direct body-work. These techniques were developed by Malcolm Brown, a former collaborator of Alexander Lowen and founder of Organismic Psychotherapy. They aim at profound integration of the embodied soul.

"Nurturing contact" essentially means non-directive, long-term contact (of usually 10 – 15 minutes), which allows for the patient to enter into regressive states of mind in order to gain access to deeply hidden emotions. As this process takes time, one of the major countertransference problems is the therapist's anxiety: He wants to "do something" for the patient. A prerequisite for successful body-work, however, is the therapist's ability to wait, to tolerate uncertainty, and to develop a subtle sensitivity towards non-verbal organismic experience – within the patient's body as well as within his own body.

The participants will work in dyads to explore and to share the effects of these techniques. *(in English)*

Saturday 08.09.2018, 15:00 – 16:30 WORKSHOPS, Page 46

W 63 NEW

Gautier Pidou:

Meaning of Life through links between Quantum Physics, Evolution, Spirituality and Body Psychotherapy

The question of the meaning of life is demanding because it refers to „Why“. Our western society tends today to get lost in the „How“, making our tools (work, communication ...) always more „effective“: yes, but to go where? Recent studies in the world of work have shown that the loss of meaning in our daily tasks is one of the greatest sources of suffering.

To rediscover this meaning, we will explore the origins of the dual polarized world in which we live and which, if lived as such, can also be a source of feelings of lack and incompleteness. Through the links between Quantum Physics, Evolution, Spirituality and Body Psychotherapy, and a practical application, we will see that from this duality a Love story can be born which brings us back to Unity.

(in English, French)

Saturday 08.09.2018, 15:00 – 16:30 WORKSHOPS, Page 48

W 73

Joachim Vieregge:

The Selfvaluefeeling. Transformation of a negative Selfvalue-image.

Any violated selfvalue creates negative selfvalue-images, which also affect the body. In this selfexperiential workshop we first will try to find a negative selfvalue-image and sense it in the body. During a intermediate-step we will dissociate from this negative image while expanding our consciousness into the space around our heart. Then we will visualize a positive selfvalue-image we had in our past or we long for, and we will feel it also in our body. Finally we put both images side by side and may experience how the positive changes the negative and also our bodyawareness. In the end we will share our experience. *(in English, German)*

Das Selbstwertgefühl. Transformation negativer Selbstwertbilder.

Das verletzte Selbstwertgefühl hinterlässt negative Selbst-Bilder, die auch körperliche Auswirkungen haben. In diesem Selbsterfahrung-Workshop geht es darum, zunächst ein negatives Selbstwert-Bild aufzuspüren und körperlich zu empfinden. In einem Zwischenschritt desidentifiziert man sich von diesem negativen Selbstbild, indem man sein Bewusstsein auf den Herz-Raum ausweitet. In einem dritten Schritt visualisiert man ein erfahreneres oder ein ersehntes positives Selbstwertbild und empfindet es körperlich. Man stellt dann die beiden Bilder nebeneinander und kann erfahren, wie das positive Selbstwertbild das negative verändert und körperlich spürbar wird. Abschließend werden die Erfahrungen ausgetauscht.