

PROFESSIONAL DEVELOPMENT WORKSHOP 2021

Embracing Aggression: Responding to Violence, Fear and Polarization

How can we hold, recognize and contain the violence that arises within us when we are confronted with human and nature violence in its different forms (mistreatment, indifference, destruction, ruptures, life shocks, etc.). Can we stand with healthy aggression which keeps connection with us and with others?



May 21 (1 pm) - May 26 (12 AM), 2021



Koningsteen Center - Kapelle-op-den-Bos (Belgium)



EMBRACING AGGRESSION:

RESPONDING TO

VIOLENCE,

FEAR

AND

POLARIZATION

Aggression, in the sense of **confidence, self-assertion, determination, vigour**, is energy moving into the musculature, especially to the large muscles of the back, legs and arms so we can move/reach towards or grasp what we want and move/push away from or cast off what we don't want. We find a balance in the intensity and timing of the reaching or pushing away that also allows space for the wishes of the other. We learn to wait, modulate and shape our aggression. We also carry armour from residual trauma, wounds, deficits, attacks previously endured ... held aggression ready to ward off further attacks and insults.

Climate crisis, political chaos, population migration, to name just three current upheavals, add to a state of stress, uncertainty and ungroundedness for a great many people. This PDW will explore how we return to a **self-assertion** style of aggression after being in a state of defensive aggression which is often desperate and destructive. Our exploration will re-visit how past trauma can re-ignite; how, when stress is high, it is so difficult to hold conflicting views / beliefs either within self or between self and other; and how difficult it is, even at the best of times, to accept one's vulnerability.

The **PDW 2021** will explore some of these themes through experiential presentations in the larger group and follow this with individual work in each track to deepen our understanding. The PDW has three tracks:

TRACK 1 is for newly graduated CBTs and those preparing for graduation. The focus will be to examine your own issues related to the theme and explore the impact on your work as you develop new and creative ways to work with these issues. Supervision of your work with clients is also an option.

TRACK 2 is for CBTs with four or more years post-certification. The issues explored in this track could come out of supervision sessions done in the group, or content brought in by presenters or the leader(s) of the group. Included in this will be careful attention to the management of transference processes and the nature and effect of counter-transference on the therapeutic process.






TRACK 3 is for Supervisors, Local Faculty and International Faculty applicants, who are interested in experiential learning about supervising and teaching this theme. The workshop will be a process group with a focus on supervision and counter-transference issues in bioenergetics, related to the theme of the workshop. You will explore how to teach the theme, ie creating introductory material, developing relevant experiential exercises and working with transference and counter-transference.

There can be opportunities for up to 5 participants to give a 90 minute presentation to the large group and be evaluated. (The principle of "first come first gets the spot" applies. For applying to the International Faculty, please contact the IIBA Back-Office.)

There is a maximum of 10-12 people in each Track.*

INTERNATIONAL FACULTY TEACHERS

Track 1	Track 2	Track 3
		
Anat Gihon	Alex Munroe	Diana Guest

Program format

Each morning and afternoon session begins with a presentation. (For example, Anat Gihon will present on “Recognizing healthy, grounded aggression”; Alex Munroe will present on “Defensive aggression” and Diana Guest will present on “How to hold connection in the presence of differences”.) These will then be followed by work in each track to deepen understanding of how to more effectively work with clients, in supervising other therapists and in teaching therapists. This deeper understanding is built upon continued increasing awareness about how aggression touches each of us and how we touch others - in healthy ways, in defensive ways and in the presence of strong differences.

We are all in this together. We will also have movement groups and open evening time that we can plan in more detail as we gather on Friday May 21, 2021.

Rates*

Track 1	Track 2	Track 3
365 EUR	460 EUR	585 EUR

* You can hold your spot with a deposit of 90 EUR to IIBA and pay the balance by January 31, 2021.



Registration

Accommodation & Board**

Accommodation & Board must be booked separately by the participant. Prices from 400 EUR, including a shared bedroom with coffee breaks, 5 lunches, 5 evening meals and 5 breakfasts.

For further information, please see registration form Koningsteen.

**Please note that the general conditions from Koningsteen apply.



Book your accommodation & board

Important Notice

This PDW is aiming to pay for itself. To accomplish this, Faculty have substantially reduced their fee for this PDW. There is now the option for registrants to pay in two instalments. We have set a deadline of January 31, 2021 to have paid registration by at least 21 people (70% of capacity), or we will have to cancel the PDW 2020/21 That allows time for Faculty to then make travel arrangements at reasonable cost and without penalty.

We hope you can work within this framework. We think we have an exciting and timely theme that we are looking forward to exploring with you.



Contact the PDW Committee if you have questions.

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