



THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS
NEWSLETTER

INTERNATIONAL ISSUE



LETTER FROM THE PRESIDENT

Dear Colleagues,
It's hard to believe that we are coming to the end of the year. As the year ends I am aware of our global community and how we are alike and how we are each different. For some of us we are entering colder months where we want to snuggle up with a blanket and a good book by the fire. Others of us are in the blooms of spring moving into summer, a time of expansion and outdoor activity.

A Bio colleague and friend (Gail Warner) wrote a book of poetry and one of her poems is called "The Earth's Intelligence". One stanza reads:

Your intelligence is in the seasons,
You are able to hold them all,
Not preferring one over another,
You know the beauty of each.

In reading this poem today I thought of how that fits the IIBA and the BoT. The season of the current BoT is over. We say goodbye to some of them and thank them for all the hours they have dedicated to the health and workings of the IIBA. A new BoT constellation will be formed after the election. A new season.

Members of the BoT do their best to "hold them



Diana Guest

President, IIBA

www.dianaguest.com

all”, we have many different countries with different cultures, different expectations and different wants from the IIBA. Sometimes these wants are at odds with one another but we do our best to “hold them all, not preferring one over another”. As a representative on the BoT sometimes this can be difficult. Sometimes we wrestle with conflicting needs but we do this with respect and consideration of the other. One is elected to represent their region however, they are also given the responsibility to care for the health of the organization as a whole. Keeping the core beliefs of Bioenergetics alive, upholding financially responsibility grounded in reality while keeping the heart and soul of our organization organism in good shape.

At the end of November, we have a holiday in the US called Thanksgiving. It is a time when families come together, usually around food, and also give thanks for what we have. I am thankful for the friendships I have made in this community, for the knowledge about running a global organization, for the experience of being on the BoT as your president. My life is richer because of it. I have a stronger connection to the world outside my “neighborhood”.

I wish you all a good holiday season, whatever and however you may celebrate and a happy new year filled with self-awareness, self-possession and self-expression. A sense of aliveness and connection to this global community of bioenergetic analysis.

With deep gratitude,

Diana Guest

Diana Guest

President, IIBA Board of Trustees

P.S.

What is one thing you could do this next year to contribute to feeling more connected to the IIBA community outside your neighborhood?

NEW IIBA STRATEGIC PLAN

While this Strategic Plan itself sets out our roadmap for the next three to five years, it is important that it is understood as part of a trajectory, beginning with our foundation more than 50 years ago and building on our past Strategic Plan 2011.

Our success depends on our ability to be grounded in reality, to encourage and nurture open discussion and communication, and to examine and evaluate our beliefs and their manifestation in how we conduct ourselves as people, as therapists, and as members of the organization.

Thank you for your passion and commitment to our strategy!

Link: http://www.bioenergetic-therapy.com/images/attachments/Attachments_IIBA/IIBA_Admin_Documents/Long_term/IIBA_Strategic_Plan_Oct2019.pdf

NEWSLETTER TRANSLATION SUPPORT

We are looking for people to help translate the newsletter into our main languages.

Please let us know if you can volunteer some time.

Please contact Ingrid Cryns
(Newsletter Editor)
ingrid@buildingsoul.ca



IIBA ELECTIONS

DEC 1 - 15, 2019



IIBA election time is here, you will have from Dec. 1- Dec. 15 to cast your ballot. Please remember to exercise your right to vote. Even if there is only one person running in your region your vote of support is important for our association.

An email with the instructions on how to vote will be sent to you by email on Dec 1, 2019.

Thank you kindly,

IIBA Election Committee
Europe: Christoph Helferich
North America and New Zealand: James Elniski
South America: Cristina Piauhy
The Committee is chaired by Janet Pinneau

IIBA JOURNALS (1984 - 2001) ARE READY FOR DOWNLOAD

Thanks to Maria Rosaria Filoni (current Vice President) and Claude Thovex (Webmaster) we are now happy to inform that many articles of the historic IIBA Journals (1984 – 2001) are ready for download at our website.

- 1) How to find the articles?
- 2) Go to our website: www.bioenergetic-therapy.com
- 3) Click on menu.
- 4) Search for Our Resources.
- 6) Click on IIBA Publications.
- 7) Enter in Clinical Journals.

There you will find the complete list of the Clinical Journals of the IIBA. The articles for download are marked.

Now available for free download:

- What is Bioenergetic - Analysis by Alexander Lowen - IIBA Journal 1.1 Year 1984
- Morning Work in Groups by Angela Klopstech - IIBA Journal - 1.2 - Year 1985
- Bioenergetic Analysis and My Voyage to Self-Discovery by Robert Lewis - IIBA Journal - 7 Year 1996

And many more ...



I I B A P D W 2 0 2 0

EMBRACING AGGRESSION: RESPONDING TO VIOLENCE, FEAR AND POLARIZATION



Date: November 6-11, 2020

The PDW begins at 1pm Friday November 6 and closes at 12 noon Wednesday November 11 to allow travel and flight connection time.

Location: Koningsteen Center Kapelle-op-den-Bos, Belgium. A beautiful countryside retreat and conference venue, 30 minutes from Brussels, Ghent or Antwerp.

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?

Contact the PDW committee if you have questions.

Alex Munroe - amunroe@golden.net
Claudia Ucros - claudia.ucros@mac.com
Miriam Mantau - mantaumiriam14@gmail.com

[More information and download flyers ...](#)

English



French



Italian



Portuguese



Rates

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

You can hold your spot with a deposit of 90 EUR to IIBA and pay the balance by April 30, 2020.

Accommodation & Board at Koningsteen Kapele-op-den-Bos

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.

[Register now ...](#)



SOCIETY REPORTS

SGFBA: 35+ ANNIVERSARY OCT. 11-13, 2019



The rather small South-German Society for Bioenergetic Analysis has a very active core of committed members. But still, in 2018 we could not manage to organize a conference on the occasion of our 35th jubilee. That is why we decided to postpone the whole project for one year and named the conference '35 plus Jubilee'.

We invited members of all German and many European societies for Bioenergetic Analysis and also interested people from other therapeutic approaches.

It took us a year with a lot of enthusiasm and work and now this anniversary conference really took place this October in a wonderful hotel in the idyllic Odenwald. To this sunny weekend 44 participants came from near and far. We were happy to welcome people from all over Germany, but even from Belgium, Austria and Greece. And we are thankful that some societies sent us very appreciative congratulations that were read in the beginning.

In preparation of our jubilee it turned out that there are some very gifted artists among us and we started the conference with a moving exhibition of paintings, sculptures, poetry and even a song especially composed for this event.

Afterwards our oldest and our youngest member had an 'Intergenerational Dialogue' dealing with the emergence and the development of the SGfBA. Furthermore, our members offered nine different workshops which were all very well attended, as well as a lecture and an exercise-class each morning. The atmosphere was very affectionate among all participants and we enjoyed getting to know each other, good food, a gala dinner on Saturday night with dancing afterwards and a sensitive DJ who could really bring a lot of people on the dance floor till late at night.

As far as we heard in the closing ceremony everyone appreciated to have come and we ended the anniversary conference before having lunch by singing altogether this great bioenergetic song from the start.

Wera Fauser
President of the SGfBA
www.sgfba.com

INSTITUTO LUMEN: SOCIAL PROJECT FOR YOUNG ATHLETES

The Instituto Lumen (Instituto Neo-reichiano Lumen Ribeirão Preto, Brazil) invested the IIBA Project Fund 2018 and 2019 in a social project for young athletes from low-income families.

Lumen helps with Bioenergetic training's for many physical, mental and social well-being in order to improve their way how to deal emotionally with young athletes, provides lectures and orientations regarding topics like sexuality, education, healths, etc. and offers the opportunity to the athletes and their families to have individual therapy. They just have to pay a symbolic price.



SOCIETY REPORTS

INSTITUTO LUMEN: SOCIAL PROJECT FOR YOUNG ATHLETES CONT'D



Suely Freitas
www.institutolumen.com.br

DID YOU KNOW ...



Since 2014 the IIBA makes annual grants to affiliated local societies and training groups (equivalent to 15% of fees paid by that society in the current year) towards projects that the society considers will enhance the knowledge and spread of Bioenergetic Analysis.

Through this project fund many projects were supported, like book translations, developing new training programs and specific workshops, conference organizations, scholarships, updates of websites and social media strategies, development of regional federations, video projects, social clinic support and many others.

SIAB: NEW TRAINING GROUPS

SIAB - Società Italiana di Analisi Bioenergetica is set to begin the next professional training groups in psychotherapy in January 2020.



S.I.A.B. Società Italiana di
Analisi Bioenergetica

The interviews for admission are open! You can learn more about the training by visiting www.siab-online.it.

Patrizia Moselli
www.siab-online.it

C O N F E R E N C E S

VIII IBERIAN CONFERENCE DAYS OF BIOENERGETIC ANALYSIS JAN 25 - 26, 2020

The Iberian Days of Bioenergetic Analysis will be held in Lisbon on January 25 - 26, 2020.

These Conference happens every two years and is organised successively by the different Spanish Bioenergetic Analysis Societies and also by the Portuguese Bioenergetic Analysis Society (Associação Portuguesa de Análise Bioenergética).



**VIII IBERIAN CONFERENCE DAYS
OF BIOENERGETIC ANALYSIS**

The Psychotherapeutic model of Bioenergetic Analysis in 2020
challenges and opportunities

January 25 - 26, 2020
Lisbon

APAB . Associação Portuguesa de Análise Bioenergética

We are looking forward to meeting with you. For further information, please contact APAB (Associação Portuguesa de Análise Bioenergética).

Pedro Ribeiro da Silva
papis.pedro@gmail.com

VIOLAINE DE CLERCK 3-DAY WORKSHOP IN MONTREAL FEB 8-10, 2020

Violaine De Clerck will be holding a 3-day workshop (Feb 8-10, 2020) in Montreal on her approach to healing shock and trauma in Bioenergetic Analysis, which is related to her perspective on catharsis and relationship, integrating original and modern bioenergetics.



There are still some spots remaining. This workshop is open to advanced trainees and CBTs. The cost will be \$350USD per person for Violaine's teaching, and an additional \$50-60CND to cover space rental (final amount to be determined by number attending).

The maximum capacity will be 14 and the minimum will be 10 (although Violaine might accommodate a smaller number at her discretion).

Violaine will provide a receipt for the teaching portion of the cost. There will be 6 hours daily of teaching.

If you have any questions, please contact us. This is a joint effort in which the four of us are sharing. One of us will reply to you.

Marina Rozenberg,
Carol Melnick,
Robin Goldstein and
Leeiner Munoz

Canada inquires: carolluise.melnick@gmail.com
USA inquires: docrgpsych@gmail.com

More information: <http://www.bioenergetic-therapy.com/index.php/check-info-inside/events/events-manager/79-approach-to-healing-shock-and-trauma-in-bioenergetic-analysis>

C O N F E R E N C E S

SCIBA CONFERENCE FEB 27 - MAR 1, 2020

We are excited to announce the keynote speakers for the 2020 SoCal Bioenergetic Conference. With over forty years of working in the somatic relational psychotherapy field, Diana Guest and Stephan Zusman are long-time organizers, supervisors, and faculty representatives of the Southern California and San Diego Institutes of Bioenergetic Analysis. They bring years of experience and ground breaking work to Lake Arrowhead to educate and enlighten us in the understanding of our bodies in relation to working with the breath, and the power of grounding through co-regulation.

Keynote speakers:



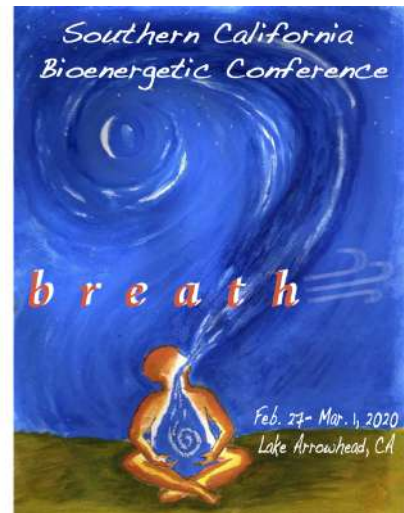
Diana Guest LMFT, CBT, is the current IIBA President, a member of the IIBA international Faculty and has taught in the US, Brazil, Argentina, New Zealand and China. She is the coordinating trainer for SCIBA, New Zealand and Shanghai training groups.

She closed her private practice in December 2018, yet is far from “being retired” and now focuses on training and supervision.



Stephan Zusman, Ph.D., CBT, has a private practice Encino, CA where he blends his certifications as a Bioenergetic Analyst, Somatic Experience Practitioner, and a Brainspotting Practitioner to assist patients with processing and healing traumatic events.

He trained in Bioenergetic Analysis in the 1970's and was Executive Director of SCIBA. The Crucial Role of Co-Regulation, Dr. He will embark on an exploration of this critical, yet often overlooked portion of our relational mental health. The role of co-regulation between patient and clinician and the value of the soothing mother and her breath.




Please forward it any clients, mental-health professionals or individuals you feel can benefit from this deeply-personal, intensive, healing experience.

Janet, Laura, Priscilla, Jackie & Anshul
2020 SCBC Conference Committee
www.conference.sciba.org



C O N G R A T U L A T I O N S

... TO THE NEWEST KNOWN CBTS

 **S.I.A.B.** Società Italiana di Analisi Bioenergetica Arianna Marzano, Ilaria Vergine, Barbara D'Amelio, Ersindo Nuzzo, Erica Di Leone, Stefania Colombo and Albertomaria Gatti from SIAB, Italy.



Daniel Baum from ISBA (Israeli Society for Bioenergetic Analysis), Israel.

... TO THE NEWEST KNOWN LOCAL TRAINER



Maria José Van der Avort from Libertas (Associação de Análise Bioenergética do Nordeste Brasileiro), Brazil.

E D I T O R I A L C O N C L U S I O N



Ingrid Cryns
Registered Psychotherapist,
CBT, Toronto (Canada) www.buildingsoul.com

EDITOR'S LAST WORD: DARK INTO LIGHT LIGHT INTO DARK

The solstice in the northern hemisphere allows the light to come back in. Giving us hope that we can work with things more clearly. Whereas those in the southern hemisphere are beginning to enter the shorter days of darkness coming back into the subconscious mind.

Allowing the light to come in, we also have to go into the darkness. It is a time to stretch yourself spiritually, a period of inner growth.

The darkness shifts us into our fears. The light increases our faith. The more conscious we are about our fears, the better we can deal with them. We use our faith in the life process to deal with our fear, to strengthen our resolve for a balanced life. To deal with reality we need this internal process. We reflect the rhythm of the universe.

The natural rhythms of the seasons allow us to experience the trials and tribulations of life. In honouring these seasons, we can practice how to integrate the dark times back into light. By acting with moderation, we can hold better balance through these changes

In bioenergetics we are committed to going deep within to deal with our fear ...to open ourselves to a stronger flow of our life force. Celebrate this solstice. Happy Holidays. Happy New Year!

Warmest,

Ingrid Cryns
Newsletter Editor

NEWSLETTER DEADLINE

The next International Newsletter (Issue 021 • Spring 2020) will appear in April 2020. Please send us your reports, writings, essays with photos.

Please keep it brief as we are getting more news and need to reduce the total length. We'd love to hear what's going on in your region; in your events; and in your thinking, feeling, and practice.

Next Newsletter Submission Deadlines are:
March 30, 2020

Send to iibanews@gmail.com

Thank you for contributing to the newsletter!



Do you have any question, ideas or feedback?
Please get in touch with us via iiba.spain@bioenergeticanalysis.com

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