



EDITO

Dear colleagues and friends:

It has been a very eventful year in the IIBA. Those of us who had the pleasure of attending the recent conference in San Diego experienced in an immediate way the excitement and vitality of our organization at this time. We were living out the commitment we all share to a community that is inclusive, to work that is integral and rigorous, and to open authentic communication that takes account of our shared values as well as respects and appreciates our differences.

We heard from presenters from within and outside our community who illuminated the critical issues in theory and practice that we are all preoccupied with in our work. We spoke our many languages to each other, both implicit and explicit, and we danced, and sang, and had a good time. All of this was made possible by the dedicated and immense hard work of a group of people under the able direction of Alex Munroe as chair of the Scientific Committee, Jan Parker as chair of the local organizing committee, and Diana Guest as Board of Trustees liaison and overall conference chairperson. On the administrative side, Pilar Llobregat was tireless in her work to make things run as smoothly as possible. I watched all this preparation unfold over two years of steady effort, and then watched the execution of those plans come to life in a conference that I think all those in attendance agree was outstanding in every way. It is not possible to overstate the work and commitment brought to this project by the leaders of the planning and their dedicated committee members. We are in their debt for the contribution made to our organization. And we are now in full planning mode for the next IIBA conference, which will be held in Europe in 2013.

At the conference in our membership meeting we distributed the Strategic Plan approved by the Board of Trustees. If you have not read it, it is available on the IIBA website. This plan is the Board's best effort to organize and structure the work of past restructuring committees in a coherent institutional framework, and brings to organizational fruition the restructuring process undertaken these last ten years. More needs to be done, bylaw amendments have to be proposed, a system to rebate a part of dues must be approved, relations between the IIBA as central organization and regional and local groups and members have to be tended to in an effort to assure that all of us are as well taken care of by the organization as we can manage.

At the same time, the work of maintaining the aliveness and responsiveness of the organization, and the attention to policy matters and administrative requirements is hard and demanding work. We on the current Board do it because we believe (I feel I can speak for my co-members on this) that the work of Bioenergetic Analysis and bioenergetic therapists is important for us all, and for the world. In the demanding project of bringing the insights gained from our work to a world filled with strife, and violence, and intolerance, we need the support system of an organization that brings us members together in a community that models what can be done, even in the face of such grave difficulties.

At the conference I said something about my personal participation in this project as part of the leadership of the IIBA. I absolutely believe that leadership is a responsibility incumbent on us all. We must each take our turn at the wheel and be accountable for the welfare of the organization and its care of members, and the pursuit of our agreed-to mission. From my point of view an essential part of the restructuring of the IIBA involves the institutionalization of regular and predictable transfers of power and authority to new groups of members ready to shoulder the work of moving us forward during their term. For this to really work requires that members put ourselves forward as candidates for leadership, and it requires that we all make a good faith effort to own and be responsible for the power and authority we each have as members of the group.

I envision the IIBA as a tree. The ground on which the tree rests, and derives nourishment and support are we, the members. The trunk is the central IIBA organization that supports branches, local societies, regional groups, which in turn bring us all nourishment and energy from within themselves and from the outside world. It is an endless cycle. We all need each other if we are to take on the daunting tasks of facing and ameliorating the suffering we see all around us. We have many projects and plans and programs to discuss. We on the Board have the feedback from those of you who joined us at the membership meeting at the conference. I hope you will all continue to communicate your thoughts, feelings, and ideas as we go along. Your act of communication, even when critical, is supportive to us, because it represents the energy of commitment, of engagement, and of mutuality. I look forward to hearing from you. With warmest wishes for the New Year—2012. Scott



Scott Baum,

Ph.D. ABPP, President IIBA
Board of Trustees



REPORTS

Financial Result of the IIBA Conference



Scott Baum

Accounts for the recently held **IIBA conference in San Diego** are closed. After all expenses have been paid, including a very large bill for translation, the remaining profit exceeds USD 30,000. This is an excellent outcome, since the IIBA like most organizations like it, requires regular infusions of funds that can be used for projects and special needs. Member dues just cover operating expenses, and the Board has been focused on keeping expenses as low as possible, while still acting on our mission. This result could not have been achieved without the support and co-sponsorship of National University. That institution paid for many items the cost of which would have brought down our income substantially if we had to pay for them ourselves. That support was offered because of the high regard in the University community for one of our members, Jan Parker, Ph.D. We are all indebted to Jan and to the University for this great gift of assistance.

For your information, all IIBA budget information is available to any member. Budgets are on the website, or can be obtained from our office by contacting Pilar at iibaspain@bioenergeticanalysis.com.



Summer 2010:

Fred Lowen and family (with friend) departing Montauk after a day at the beach with IIBA President Scott Baum and his wife Elaine Tuccillo.

It was a day of good talk, good food, and even a dip in the sea

Conference 2011



Diana Guest

The balloons have long been deflated, the flags are folded and stowed in Barcelona and the slide show is put away. Another IIBA conference is behind us and we are already looking forward to the one in 2013.

But before we say goodbye to the 2011 Conference in San Diego, I'd like to share some of the highlights of this conference. In beginning to plan this conference the BOT made a strong commitment to inclusiveness and translation so that this could be an international conference where everyone would feel represented. The feedback I got during and after the conference was that this goal was achieved. In keeping with this theme, the Scientific Committee, headed by Alex Munroe, worked to give fair representation from all regions in both the morning presentations as well as the afternoon workshops.

When people entered the main meeting room for the first time their eyes cast upon a 12 high by 35 feet wide "quilt" of flags. We began on Wednesday night with a welcome from Scott Baum and a cruise around the bay on a paddle boat with cocktails and appetizers. It was a beautiful starry night. The opening slide show on Thursday morning had pictures of members from the 34 countries where IIBA members reside. This opening was greeted with cheers and applause as people were able to feel represented and included from the very beginning of the conference.

We began each day with our customary bioenergetic exercise classes. We had excellent workshops each afternoon. I heard often it was hard to choose due to the high caliber of presenters and topics. We had a moment of silence on Friday as it was the anniversary of Al Lowen's death. The talk by Dan Siegel was well received and he was educated about Bioenergetic Analysis as he watched a video of a session with Louise Fréchette. This followed with a discussion between the two and Bob Hilton. We also had three other keynotes by our own members and a panel discussion on Sunday tying everything together. There was a Friday night, Songs before Bedtime, where various members entertained us with singing and piano playing. What talent is among us!

The membership meeting during the conference focused on hearing from the membership about how their ideas and needs can be realized. And continuing with this theme of participation during the Gala the closing committee, headed by Jim Elniski, helped gather everyone's breath in balloons and then attendees made sculpture centerpieces from these balloons for their Gala table. It was such fun to see the creativity of these sculptures. They were gathered after the Gala and a community sculpture was made by the closing committee to represent our "collective breath". Ron Panvini also added an element of fun into the conference program, leading us in his originals songs, on two occasions, and creating another element of inclusion.

So as I look back on the conference it is with a feeling of satisfaction, pride and appreciation for all the people who worked for two and half years for this conference to become a reality a place where our community can come together to share their knowledge, friendship and commitment to Bioenergetic Analysis.

For those of you who were not able to attend please note that many of the keynote addresses are on

<http://www.youtube.com/user/dantemoretti/featured>.



Guy Tonella
and



Maryse Doess

This Year 2011 was particularly rich with activities and events :

- Our Bioenergetic Analysis Training Group CFAB 1 has finished their first training year, following the classical IIBA training Model (5 years).
- We just transformed the classical 5 year training model to a modular one (12 units instead of 5 years). It is possible to apply to :
 - o only 1 unit (tailor-made training),
 - o 8 units (National training to become "Bioenergetics Oriented Psycho-Body Practitioner"),
 - o 12 units (International training to become "Certified Bioenergetic Therapist" - CBT),
 This new model encouraged a group of 12 professionals (psychologists, psychotherapists, osteopaths, medical doctors) of the Island "La Réunion" to apply to the 8 Unit Training (eventually with a further wish to go on up to CBT). We continue to receive more applications as this more flexible structure seems to be a better fit to actual expectations.
- The CFAB organized this year the Yearly Conference Days of the French Speaking Bioenergetic Analysis Societies in Europe (October 1-2) on the theme "Memories for the Body": 7 lectures and 3 workshops focused on Memory and articulated around memory, regulation, trauma, attachment and emotion's neurobiology. It was a success, particularly for a professionals' audience who didn't know Bioenergetics. The whole content will be published in the French speaking Journal "Le Corps et l'Analyse".
- The CFAB organized training workshops with Bertrand Caroff, osteopath, that should go on next year to "visit back" to classical bioenergetic exercises.
- A Scientific Committee of the CFAB was organized (T. Papouin, neurobiologist; W. Nieves, MD, neurologist, associated researcher at the Neuropsychanalysis Institute of Northern America; G. Tonella, PhD, CBT, Antonio Montoya, MD hematologist). Three research axis began: 1) "The sense of Future", with W. Nieves and G. Tonella, 2) "Emotion and Immune system", with A. Montoya, 3) "Reformulation of Bioenergetics' theory including discoveries of neurobiology and attachments' theory", with G. Tonella.
- New publications can be found on CFAB's website <http://www.cfab.info>.

All colleagues, from all of our Societies are welcome to participate with their reflections and researches. All of your contributions are necessary for a multidisciplinary research and will be quoted.

Thank you in advance!

Activities in 2012 from NIBA- Germany

- 4-5 Year Training "Bioenergetic Analysis", IIBA standards, open classroom, entrance possible every February.
Detailed information: <http://niba-ev.de/fortbniba/struktur.php>
- March 2nd-3rd: NIBA Study day with interesting lectures for body- psychotherapists.
Detailed Information: <http://niba-ev.de/fortbstudtag/studenttag2012.php?aok=0&qll=0>
- TRE (Trauma Release Exercises), Certified Training with David Bercelli, Heiner Steckel and Barbara Oles.
Detailed information: <http://niba-ev.de/fortbtre/terminekosten.php>
- Terapia Comunitaria (TC), Certified training with Mariano Pedroza.
Detailed information: <http://niba-ev.de/fortbpedroza/allgemein.php>

Hello from the New York Society

Much has been happening here!

This fall we published a monograph entitled "Modern Bioenergetics". It reflects many years of our development and collaboration regarding Bioenergetics. Following completion of the monograph, we offered a professional workshop on the theme of Modern Bioenergetics, which was well attended and very well received. In fact it contributed to the formation of a training group. We are very excited to announce that the new training group will begin in January 2012!

In addition we continue to hold weekly Bioenergetic Exercise classes, and bi-monthly Clinical Seminars. This is a very exciting time for us here at the New York Society.

Danita Hall



Olaf Trapp



NEWS (CONTINUED)

A Training in the Boston area



Susan Kanor

The Massachusetts Society for Bioenergetic Analysis (USA) has a Training Group in the Boston area. Now in the second year, it is organized as a one room schoolhouse and is open to new trainees.

Please contact Susan Kanor at susankanor@gmail.com for more information.

INVITATIONS

PWD 2012 Recife, Brazil

Summer / Fall dates to be announced, in Ilha de Itamaracá, near Recife, in the Northeast of Brazil :

Attachment and Sexuality, New bonding patterns and sexual behaviors

Sexuality and attachment are two basics determinants of psychobiological development, emotional experiences, and relational capacity. Attachment theory describes precisely how the primary bondings are built up, and these discoveries bring an important change in the "sexual focused analysis" from Freud to Lowen. Also the world has changed and we face in our offices and in our trainings a new reality, new tendencies in sexual behaviors, and new family formations.

This workshop will be an opportunity to share, explore, and gain a deeper understanding of how primary attachment patterns determine sexual development and behaviors and vice versa. We will examine the role of sexuality in relationship with organismic self-regulation. Self-regulation with regards to sexual energy is a crucial aspect in a world that leads to acting out sexuality and where sexuality is used as a way to enhance one's self-image and sense of potency rather than a response to a basic libidinal need. We will explore sexual Identity and oedipal resolution in the context of a culture that diminishes generational boundaries and where parents behave incestuously. What is the correlation between secure attachment and sexual health?

Main goals and setting: The work will take place in small groups with participants at a similar level of advanced skill and experience in bioenergetic analysis. Three tracks will accommodate participants from advanced trainees to experienced therapists and trainers. Track 1 is for newly graduated CBTs and advanced trainees (4 plus years of training). Track 2 is for advanced CBTs. Track 3 is for supervisors, local trainers and IIBA faculty applicants. Group themes will include advanced considerations about transference and counter transference, supervision of participants and other case material, teaching theory and practice. The work will be of an intensive experiential and supervisory nature. There will be an opportunity for those interested in application as IIBA faculty to develop their skill as teachers and to be seen and evaluated by members of the Selection Committee.

Program: The program will include large group sessions presented by the staff of the workshop or from faculty applicant participants. The topics that will be addressed in the large group are:

Attachment and Sexuality - Sexuality and self regulation - Sexual identities...new reality, new challenges - Sexuality, Narcissism and Self-image.

In the small groups, topics will be processed through personal experience and exercises focusing on transference/counter-transference issues.

We are looking forward to welcoming a group of committed, open, dedicated Bioenergetic therapists for five days of hard work, exciting learning, and enriching personal development. Join us on the beautiful Ilha de Itamarca, near Recife, Brazil.

More details to come.

Ilha de Itamarca



Recife





INVITATIONS (CONTINUED)

Formentera, Spain

Marianne IngenHousz

Marianne IngenHousz and Thomas Ehrensperger will co-lead again our 10 day workshop on the beautiful island of Formentera, Spain, this time from 16 to 26 April 2012.

We've been working together for 25 years and the workshop in Formentera is our most intensive. The possibility to work with an experienced couple in these great surroundings has proven very fruitful to many people both professionally and personally.

The course-language is German. For more information see: <http://www.sqbat.ch/images/formentera2012.pdf> or Thomas' website: <http://www.ehrensperger.com>.

Dr. Frank Hladky and His Work with Bioenergetics

Practitioners and students of Bioenergetics will be pleased to know about our series of DVDs:

"Dr. Frank Hladky and His Work with Bioenergetics".

Frank Hladky, M.D. graduated from the University of Oklahoma School of Medicine in 1946. He became a Board Certified Psychiatrist in 1953 and was the director of the Tulsa Psychiatric Center for 15 years. He was introduced to Bioenergetics by its creators, Dr. Alexander Lowen and Dr. John Pierrakos and became an international trainer in 1976.

Dr. Hladky collaborated with Dr. Lowen for over 25 years, leading workshops in New York City and Pawling, NY with the IIBA. He also led workshops for other Bioenergetic Societies in the United States, Canada, Europe and South America.

This DVD series documenting Dr. Frank Hladky's work with Bioenergetics is presented in a clear and easy to understand format. These DVDs are for therapists, students and the general public. For those with different levels of experience and understanding of Bioenergetics, they are a powerful learning tool, as the nuances in the interactions between Dr. Hladky and his clients can be observed in real sessions. After each session, Dr. Hladky explains how he sees his clients and their process, facilitating the understanding of the inner-workings of Bioenergetics and its Fundamentals.

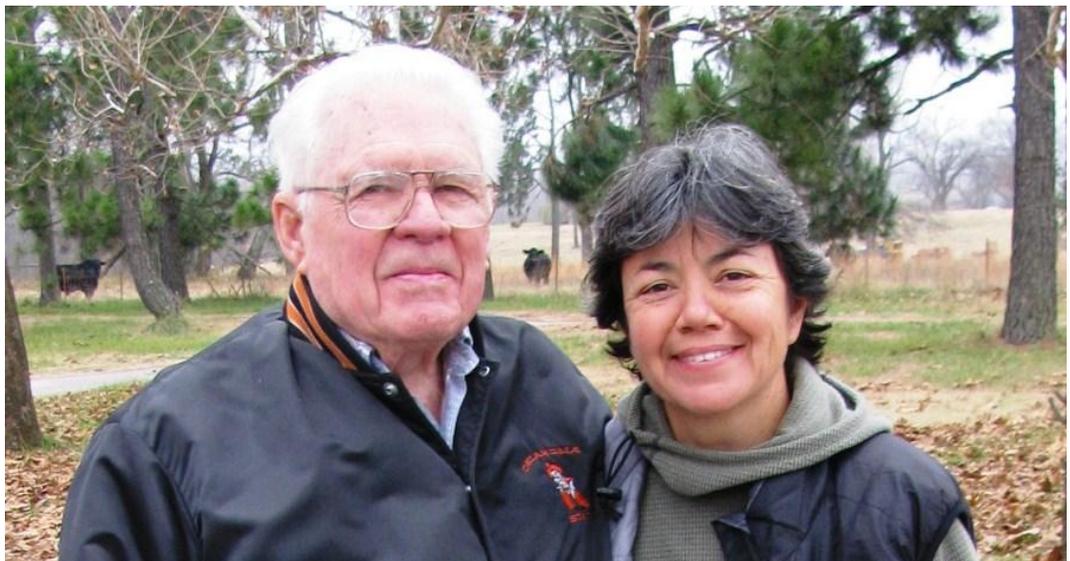
Heiner Steckel, member of the IIBA faculty, says of these DVDs:

"I am so glad that Isabel Carvalho did this tremendous job to document the unique style of Dr. Frank Hladky doing Bioenergetic Therapy. I am using this video-material in training and also recommend it strongly to everybody to deepen their knowledge and perspective of our method. This DVD series also shows clearly what it means to help the patients trust in their own body and its impulses again, and how important this is for the therapeutic process. For those who have had the chance to know Dr. Hladky and learn from him, as I did for many years, the videos are a very important and precious record. Dr. Hladky still practices at the age of 88 in his home in Oklahoma."

Please visit our website for more information and to order these DVDs <http://riolibravisions.com>.



Isabel Carvalho





INVITATIONS (CONTINUED)

The Michigan Society for Bioenergetic Analysis (MSBA)



Robin O'Grady

Hello from the Michigan Society for Bioenergetic Analysis (MSBA).

We are pleased to announce the launch of our website at <http://www.bioenergeticsmsba.org>. We invite other societies to join us in mutual marketing. Please let us know if you would like a link to your website listed in our resources section.

Wishing all the members of the IIBA a very pleasurable New Year!



Bend into Shape

Vincenia Schroeter

"Bend into Shape-Techniques for Bioenergetic Therapists" is a 385 page manual of classic and modern Bioenergetic techniques, compiled in book form that was completed in October, 2011 by trainers and CBT's Vincenia Schroeter and Barbara Thomson.

The book is useful for trainers in teaching Bioenergetics and useful for students and CBT's as a reference to techniques. Step by step directions, cautions and illustrations make the book user friendly. Techniques are divided by character type, body segments, as well as special populations and issues. Books can be ordered through PayPal at <http://www.vinceniaschroeterphd.com>.

Breathing Stools

Herbert Conze



I bought my first bioenergetic stool from Träger of Bochum, a joinery specializing in casket-making. That was 25 years ago. A collapsible model then came along: It was Thomas Ehrensperger in Basel who put this innovation on the market for bioenergetic accessories. Later, I got together with a master carpenter and personal friend to design my own model. As the numbers of bioenergetic trainees declined, so did the demand for bioenergetic stools.



But there has been another source for "breathing stools" since December 2010. This latest version of the stool is called "Breathe" and was created in a collaborative effort involving a product designer, a joiner, an upholsterer and a Computer Aided Design (CAD) studio. The seat is a novel feature. Its function: From a sitting position you can move very safely and gradually into the stretching-back position. Only the finest materials are used for the frame, fittings and upholstery. Produced in small numbers, the stool is not what you'd call cheap – but it's certainly a designer object worthy of the 101st anniversary of Alexander Lowen's birth: <http://www.bioenergetischeanalyse.de>.

Summer Work/Play Shops



Bob Lewis

Bob Lewis, IIBA Trainer since 1971, announces his annual series of **Summer Work/Play Shops** in Cutchogue, Long Island (NY) July 12 – 16, August 2 – 6 and August 23 – 27 2012. Additional dates can be arranged in September and June for groups of at least 4 participants. On request, we can also offer smaller/more intensive seminars for 3 people maximum, Friday-Sunday. Contact: docboblewis@gmail.com

Workshop location: The work/play-shops will be held at a magnificent seaside setting on the Peconic Bay, Long Island, 45 minutes from the world famous Hampton Ocean beaches, 1½ hours from J.F.K. airport and 2 hours from Manhattan.

Format – Ambiance: In this safe and supportive environment people have found a healing place for their trauma. The workshops have been an intense, rich experience, not only for the participants, but also for my wife (hostess/chef), and myself.

The workshops are small (maximum 6 people) and I give each participant an individual session every day - in the group setting. Bearing witness to and sharing each other's struggle, adds a potent dimension to our work.

This year we are announcing three 5-day workshops, but this is potentially flexible. Typically, we work from 9:30 am till 1:30 pm, then we lunch, rest and play till 5:30; work resumes for another 2 hours, and finally we feast under a starry sky and let the evening envelop us. Registration is limited to 6 participants, so register early.

For more information : contact Bob at docboblewis@gmail.com or at this web site : <http://www.bodymindcentral.com>.



CONGRATULATIONS TO THE NEWEST KNOWN CBT's



From the Atlantic Canada Society :

Leslie Ann Costello
Paula Marie Foley

From the Quebec Society :

Ginette Quevillon
Cheryl Waddell

From the Denmark Society :

Michael Nissen

From the Portugal Association :

Ana Botas
Sara Calazans

From the Society of Northern California :

Kelly Ravenel

From the Southern California Institute :

Laura Partridge



EDITORIAL CONCLUSION

Hello and Welcome to 2012!

I hope you each had an emotionally rich 2011 ending and 2012 beginning. Along with being with loved ones another highlight for me in the closing months of last year was attending and participating in the 2011 International Bioenergetic Conference held in San Diego, CA, USA. I would like to share with you, both in words and some photos, some of what I was so moved by while at the Conference. Here's a list of what were some of my favorite experiences:

The location ...



The Conference Opening with the flags, the slideshow and participants from so many countries!



... and the climate!



The Keynote by (and education of) Dr. Dan Siegel. His presentation of his work in the field of Interpersonal Neuro-Biology further substantiating our work in Bioenergetic Analysis. Our Dr. Louise Fr chet te exposing and educating him and the rest of the conferees, via a videotaped session, to the organismically integrating effects of Bioenergetic Analysis.





EDITORIAL CONCLUSION (CONTINUED)

Beholding beloved David Campbell slow dancing with his loving wife, June McDonach at the Gala.



The excitement, pleasure, energy and music that was so palpable at the Gala!



The **Presentations** of each of the other Keynote Speakers: Margit Koemeda PhD, CBA; Robert Lewis MD, CBA; Helen Resneck-Sannes, PhD, CBA; the **Workshops** and the richness of variety and skill offered by the presenters; the **pleasure** of re-meeting longtime colleagues and acquaintances and getting to meet new ones; The joy shared while wining and dining and talking and listening with good people for four days! The **Membership Meeting** that was rich with energy, participation, passion, commitment and ideas.

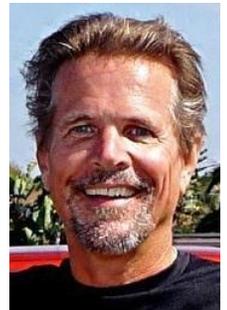
The Closing Ceremony and how warm, loving and emotionally appreciative we were towards the those who worked for 2+ years to make this phenomenal Conference happen and towards each other as we gathered near the flags and the collected-breaths balloon sculpture to say goodbye.



It was indeed a vitalizing Conference experience, the nourishing and stimulating effects of which I am experiencing to this day! I wish each of us a bioenergetically rich and active 2012, both personally and relationally!

Thanks to all the contributors to this issue, and a big thanks to H el ene G enier for once again designing our IIBA Newsletter.

Michael Brennan
MA, CBA
Newsletter Editor



Layout: H el ene G enier