



THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS
NEWSLETTER

INTERNATIONAL ISSUE



LETTER FROM THE PRESIDENT

Dear Members,

It was such fun to see friends from afar and meet new people at the **25th IIBA International Conference in Portugal**. The weather was perfect for walks on the beach and beautiful sunsets. We had a full house with 300 plus people in attendance and a variety of interesting workshops.

Virginia Wink Hilton and **Bob Lewis** were interviewed about their experiences of the past and the changes they have seen as Bioenergetic Analysis has evolved from its origins without

losing our core values.

There certainly seemed to be feelings of **“love, healing, connection and authenticity”** at the conference. I want to thank the Scientific Committee and Logistics Committee for all their hard work.

By now you should have received your **2019 Clinical Journal**. We currently have the abstracts in 6 languages: English, French, Spanish, Portuguese, Italian, and Russian. Currently the journal is published in English and an additional language rotating with German being the language



Diana Guest

President, IIBA

www.dianaguest.com

this year.

On our website, there are a collection of papers on shame written by the PDW 2018 participants that were in the IIBA Faculty applicant group.

Go to the **IIBA website** and look for them. It will be worth it.

It is time to think about running for the Board of Trustees. Leaving the BoT at the end of 2019 are the following members. Ana Lúcia and Maria Rosaria have completed their 2 terms and Paola, Anja and Scott have decided to leave after the end of their first term.

- Ana Lucia Faria. -Latin America 6 yrs
- Maria Rosaria Filoni - Europe 6 yrs
- Paola Bacigalupo - Europe 3 yrs
- Anja van der Schrieck Junker - Europe 3 yrs
- Scott Baum - NANZIBA 3 yrs & 6 yrs prior

I want to thank them for all the work they have done on behalf of the IIBA. We work well as a team and feel proud of our accomplishments. They still have 6 months left to serve but **I mention this because we have elections coming up later this year.** We have one opening in Latin America, three openings in Europe and one in NANZIBA. Serving on the BoT is such a rich experience. You get to know people from other areas of the world and learn about and make decisions on behalf of the IIBA. You can help shape the future of Bioenergetic Analysis.

You learn about balancing the needs of the individual societies/countries with the needs of the organization as a whole.

There is an annual meeting in March, traditionally held in Lisbon that is 3.5-4 days long depending on the agenda with a couple of online meetings during the year as well. This annual meeting usually starts on Wednesday afternoon and ends Saturday evening so that everyone can get home on Sunday. If you have any questions feel free to contact any of your current BoT representatives or Nina Schubert, our IIBA administrator at:

iiba.spain@bioenergeticanalysis.com

and she can let you know how to contact your representative. **Let people know if you are interested. As I said it is such a rich experience.**

I hope you are enjoying your summer, or winter in the southern hemisphere, surrounded by family and friends whom you love and love you. That you have fun and pleasure as you live the life of the body.

I hope you are happy, healthy and surrounded by love ones.

Warmly,

A handwritten signature in black ink that reads "Diana Guest".

Diana Guest

President, IIBA Board of Trustees

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



SOCIETY REPORTS

QUEBEC SOCIETY (SOQAB)

The Quebec Society (Société Québécoise d'Analyse Bioénergétique - SOQAB) has actively **participated in the 2nd edition of a Conference dedicated to body psychotherapy in Quebec**, which took place on May 3rd and 4th. This event reunited 3 major schools of body psychotherapy: Bioenergetic Analysis, Gestalt Therapy, Integrative Body Psychotherapy, and a modality named "abandon corporel" (surrendering to the body) developed in Quebec more than 40 years ago. This Conference was first initiated by the Quebec Society, back in 2017, as we reached out to the other groups and invited them to create this event with us. The 2017 Conference was such a success that a 2nd edition took place this year. Réjean Simard, a CBT from our society chaired both Conferences, and Marie-Anne Lamy, CBT and president of the SOQAB was also actively involved in the Organizing Committee of the Conferences.

This year, the theme of the Conference was: "importance du corps dans la relation thérapeutique, le chemin vers l'intégration psychique"
(The Importance of the body in the therapeutic relationship, the road to psychic integration)

86 participants came to this 2nd edition of the Conference, mostly therapists from the four approaches, but also therapists from more conventional approaches as well as soon-to-be therapists completing their doctorate in psychology.

The purpose of the Conference was to get to know each other's specificity and develop a sense of solidarity in the face of the lack of recognition of body psychotherapy by the mainstream institutions. Indeed, although our Bioenergetic Analysis Training Workshops have all been recognized by the Order of psychologists since 2012 (which is a huge accomplishment in itself), body psychotherapy is still viewed as somewhat suspicious in the eyes of official institutions, in Quebec.

During the Conference, the participants took part in various workshops of a 2 ½ hours duration each, offered in morning and afternoon sessions. For each time slot, they could choose a workshop offered by a representative of each of the 4 approaches.

There were also plenary sessions, one at the opening of the Conference, devoted to highlighting the specificity of each approach, and another one at the closure, to wrap up the experience.



SOCIETY REPORTS

QUEBEC SOCIETY CONT...

We are happy and proud to say that the bioenergetic analysis workshops attracted much interest and won high regards for the quality of the presentations that were made. Cheryl Waddell, a CBT from our Society, had her participants experience A bioenergetic exercise class; Réjean Simard offered a workshop on the theme of The dreamer and the body of the dreamer, and Louise Fréchette, IIBA Faculty and member of the Quebec Society, led a workshop on The work on shame though body work interventions.

One of the most positive aspects of the Conferences was **the atmosphere of interest, openness, mutual respect and appreciation** that the participants demonstrated for approaches different from their own. Above all, there was the joy of discovering “cousins” sharing the same passion for the work with the body, each in their own way. The newcomers who were not familiar with body psychotherapy commented that they were excited and in awe of what they had discovered during the Conference.

More specifically for us, bioenergetic therapists, we could see that our approach commands respect in the community for the sophistication of our theoretical model as well as for the depth of the work that we do. In that sense, we feel that we have contributed in making bioenergetic analysis better known and appreciated in the community of psychotherapists by actively participating in both Conferences.

Louise Fréchette

Member of the IIBA International Faculty
Member of the Société Québécoise d'Analyse Bioénergétique (SOQAB)

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NORTH GERMAN INSTITUTE (NIBA-EV)

We at the NIBA will do again an international, bi-lingual training in Berlin, in English-German, integrating participants with different levels of training.

In 2020, we start Module 2, the 2nd year of our modular training. The first workshop is in March 12-15, with Heiner Steckel.

Place: Ströme-Institut, 12049 Berlin, Germany

For more information, please visit our website.

Alice Moll
NIBA

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alice.moll@posteo.de

Nordeutsches Institut für
Bioenergetische Analyse e.V.



Nordeutsches Institut für
Bioenergetische Analyse e.V.



**BIOENERGETISCHE ANALYSE
TRAINING BERLIN**
Modul II - Körper und Persönlichkeit
Struktur Entwicklung Psychodynamik
Modulares Training NIBA/IIBA
1 Jahr - 2 Jahre - Übungsgruppenleiter
4 Jahre - klinische Phase - Therapeut CBT

**BIOENERGETIC ANALYSIS
TRAINING BERLIN**
Modul II - Body and Personality
Structure Development Psychodynamics
Modular Training NIBA/IIBA
1 year - 2 years - Exercise class leader
4 years - clinical phase - Therapist CBT

Mitglied im
International Institute for
Bioenergetic Analysis
www.niba-ev.de

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SOCIETY REPORTS

ISRAELI SOCIETY (ISBA)

We would like to share with our precious and world wise community that the Israel Society for Bioenergetic Analysis **held a day conference this last March named: "Reich: From the radical edge to the heart of the ongoing Body Mind inquiry"**.

100 therapists from different streams of psychotherapy who hold interest in embodied psychotherapy and specifically in Bioenergetic Analysis and it's primordial Reichian origins attended the conference with great excitement and satisfaction.

The conference opened with a song that was composed and sung by three of our fourth-year students in our training program. The composition process intended to put into music something of Reich's spirit and movement in the world and it was inspired by his poem "I Planted the Seed" which ends his book "Listen Little Man" (CLICK below on YouTube to hear)



https://www.youtube.com/watch?v=hL0z6Z_ScZQ#action=share



This very exciting opening was followed by two very interesting and awakening key lectures given by two of our members. The first one dealt with Reich's theoretical and clinical core philosophy. The lecture focused on Reich's basic paradigmatic shift that offered to go beyond drives beyond seeing the human organism as an isolated organism, motivated by inward drives, to perceive the human being as a flowing energetic pulsating system resonating with other energetic systems and with the cosmic energy surrounding it.

The second lecture brought Reich's core contributions into Lowenian core philosophy integrated with modern Bioenergetics and embodied psychoanalytic theories (Winnicott, Gent, Daniel Stern etc.). This lecture focused on our natural body mind unity, on our inevitable fate to encounter in one way or another a tragic split in this unity and on the ways Bioenergetic Analysis deals with restoring this basic split.

Five very deep and fruitful workshops guided by our members, followed these two lectures. Each workshop held a basic Reichian idea around the body mind enquiry. Each workshop leader presented her unique interpretation of one of Reich's ideas through her long-standing experience as a Bioenergetic clinician. Each participant could choose one of the five offered. The workshops were also structured to metabolize and end the experience the participants went through along the whole day conference.

We were so happy to encounter so many participants that following the conference showed lively interest in Bioenergetic Analysis.

Some of them have registered to our coming new training program that will start this autumn.

On this note we would like to proudly announce the ending of a very successful four-year training program headed by Scott Baum as the coordinating trainer and by Anat Gihon as the head of the teaching committee. We deeply enjoyed five very gifted and deeply dedicated students that without a doubt will add richness to our ever-developing society.

Dina Marcus

Director of the Israeli Society

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SOCIETY REPORTS

PERM SOCIETY & MOSCOW TRAINING GROUP

Elena Bezvodinskih is my long-time friend and colleague, we have been working side by side for more than fifteen years. And I think the number of people in our city, involved by her in self-knowledge and work with the body, is measured many hundreds. Together we passed our Bioenergetic Training Program in 2009-2014 (the first in Russia). Elena has a very rich clinical experience, she is an excellent diagnostician working in contact with medical doctors.

Elena Bezvodinskih (PSBA): "For more than 20 years of experience as a psychologist in psychotherapeutic hospital, I see how has changed the contingent of patients and their requests. Unfortunately, much more people are looking for "a magic pill". The dominance of modern antidepressant policies leads to the social opinion expressed in the maxim that "after forty age there is no happiness, but there are well-chosen antidepressants". And when these depressed women and men with their tired energy get acquaintance with the practice of bioenergetic exercises, a breakthrough occurs - in feelings and in a new understanding of yourself. They surprised, and most importantly then they have the interest to themselves!

In this regard, we hope that TRE method by David Berceli as "subsidiary enterprise" will allow us to create a salutary environment necessary for the development of Bioenergetic Analysis in our region (and, in particular, the organization of a new Training Group in future). This way of working with the body forms a "field" in which people who have not had previous experience and willingness to "take care of themselves" gradually understand the direction of movement and the possibility of change. They are starting to see perspective. I noticed that it is the practice of TRE that causes a fairly quick transition from the passive, people's attitudes



towards therapy as a service, towards a deeper and more respectful attitude towards themselves and is an excellent way to transition to a long-term psychotherapeutic process, if necessary. In this July, the second module of the third cycle of training on TRE will start. We are happy that the geography of the participants is expanding, and our colleagues from the Moscow community, as well as from Sochi and Mordovia, come to us. **After our efforts, also the medical doctors began to pay attention to the method."**



Alexey Titenkov is one of creative and socially active Russian CBTs. He is a very sincere and open person, cordial and distinctive therapist, and also a handyman in the manufacture of equipment for bioenergetic therapy - elegant bioenergetic stools and high-quality transforming mattresses, which turns into a cube for strikes. Alexey always generously shares his experience and reflections in our Facebook group, participates in professional discussions. Together with his like-minded persons in his region (Samara is a city at the Volga on the distance about thousand kilometres from Moscow), he created a therapeutic project, which they called Odyssey. In short words, the **Odyssey is a body-oriented therapy in a meadow, with grounding and air in the direct sense, when a "outer" journey at the homeland becomes at the same time "inner".**

SOCIETY REPORTS

PERM SOCIETY & MOSCOW TRAINING GROUP CONT...

Alexey Titenkov (Moscow Training Group, Samara, Russia): "Every morning, before breakfast, we do group bioenergetic work, and then swim in the lake. After breakfast, we have one long session. The middle of the day we devoted for free time, and in the evening, after dinner, we have film therapy ... In my sessions I try to work on the general theme of the group, which usually sounds at the beginning, on the first day of Odyssey. Also, every day we try to work with the stages of development, gradually moving from one to another. For example, on the first day, we work a lot with the voice, to find a resonance in the sound. On the second day, we work with the theme of maintaining warm contact and the ability to give and take the warmth... during the sessions we also work with tension and the possibility of its discharge. We investigate the characterological meaning of our resistance and its representation in the body in the form of tensions. And so on, mastering the five human rights that a child master after birth, as is described by A. Lowen. In our practice, we try to ask, accept, express, fill the missing experience of support, love, contact, recognition and compassion happened due to developmental injuries. In Odyssey, we work in a therapeutic trio, supporting each other in co-therapy."

In our Russian professional space, there are such remarkable people as bioenergetic translators. In this case, I mean not so much those professionals who provide translation in a training program at workshops held by foreign trainers as well and in communication between these events. So, I want to open more about enthusiasts who find interesting materials on Bioenergetic Analysis in English, translate them and share it in our professional bioenergetic space. Only in the last month, two such events have occurred.

First, **Dmitry Aleynikov** from Moscow translated **A. Lowen's little-known essay "Beethoven: Music and the Cosmos"**, which came to him from a well-wisher as a photocopy (we know that this essay was published in our clinical journal in 1985).

Dmitry presented his translation in our Facebook group and remarked that Lowen's interpretation of Beethoven's music is very interesting and unusual, and in a new way reveals the essence of Bioenergetic Analysis.

The second case concerns the translation of Webinar about **"What is Bioenergetic Analysis"**, conducted by Scott Baum for Chinese Training Group, this material is posted on YouTube. **Anna Demina** from Samara translated only the English part of this material. And we decided to make it in the form of a transcript, and not as subtitles - this is a single text with timestamps so that you can not only read but also watch to the video itself. As far as I know, all Scott Baum speeches have a profound impact on many of us.

Of course, this is not all of our significant events, and other people could be also represented.

It seems to me that our Russian bioenergetic space exists due to the fact that professional ties gradually develop between those people who are interested in pursuing their development, who have ideas and are ready to cooperate with everyone else, despite distances and disagreements. **The support of senior colleagues and integration into the international BA world is also important.** Therefore, I look forward to the Strategic Plan, whose principles were announced in the March Minutes of the BoT.

Svetlana Dinaburg
CBT (PSBA)

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Сообщество Биоэнергетического Анализа

SOCIETY REPORTS

SWISS SOCIETY (SGBAT)

The Swiss Society **received good news** on May 1st 2019 from the Swiss Department of the Interior. The councilor informed us, that the SGBAT got licensed as a teaching institute for psychotherapy. This means, that trainees, who study and get trained with our curriculum in Bioenergetic Analysis will be awarded the state-approved title “psychotherapist”.

The councilor’s letter ended with the words (translated from German): “At this occasion, I thank you for your commitment in developing a highly qualified curriculum in the field of psychotherapy. Sincerely yours, Alain Berset, Federal councilor.”

It was an evaluation process of three years, which we had to go through, and which finally had this happy end.

We are planning to start the next SGBAT training group in January 2020.

Hugo Steinmann

Dipl. Theol. Psychotherapeut und Supervisor
ASP / SGBAT
Präsident SGBAT

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hugo.steinmann@bluewin.ch

DALLAS SOCIETY OF BIOENERGETIC ANALYSIS

It is hard to find an anatomy course that is taught by a Bioenergetic Analyst, **Linda Hines**, one of our local trainers, **continues to offer a summer anatomy course in her home** with lodging and very healthy meals included.



She titles it “**Touch and Tell Anatomy for Body Psychotherapists**”. She lives in Oklahoma City, Oklahoma. Please contact her at lindahines@lindahines.com if you are interested.

Rick Spletter

Dallas Society for Bioenergetic Analysis

www.bioenergetics-dallas.com

MASSACHUSETTS SOCIETY (MSBA)

Save the date Nov 5 - 8, 2020 for the **next fall Bioenergetic Conference** in Essex, MA.

Helen Resneck-Sannes will give a keynote talk and lead the advanced group. More details to come.



MSBA/ACSBA joint training group is accepting new trainees for 2019/2020! Training held at Shilo Farm in Eliot, ME over 5 extended weekends per year.

For more information and to apply go to

www.massbioenergetics.org

SOCIETY REPORTS

MASSACHUSETTS SOCIETY CONT...

Enrichment workshop for training graduates and CBTs - Shilo Farm in Eliot, Maine (near Portsmouth). Sat, Oct 26, led by Leslie Case, PhD, IIBA International Trainer.

This coincides with the 1st weekend of the training group for 2019/2020. We will meet at 10:15 AM with Leslie in the beautiful barn on the property. At 11:15 we will share an exercise class and lunch with our trainees. In the afternoon the trainees will go back to their group and the rest of us will meet with Leslie from ~ 2 - 6 for group work/individual sessions. Cost is \$150 which includes a gourmet vegetarian lunch. Registration available soon on our website.

www.massbioenergetics.org

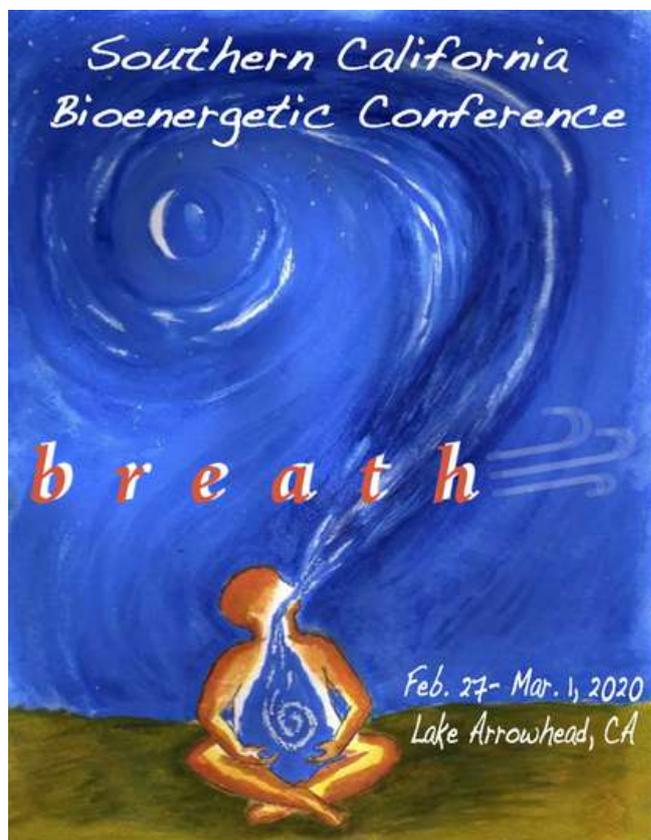
Finally, we are also offering a **Writing weekend** for those interested in writing about topics related to Bioenergetics - Wed, Oct 23 - Sun, Oct 27.

We will rent a house near Portsmouth, NH and work individually on our writing each day. In the evenings we will gather for a communal dinner and share what we have written to offer support, encouragement & feedback. We aim to submit writings to mainstream journals such as Psychotherapy Networker, Somatic Psychotherapy Today, Psychology Today, etc as an important part of growing bioenergetics. You can also be writing to submit to the IIBA journal. Please let me know your intention to join by August 30 and I will look for a house to rent. We will share the costs of the rental and work out the food - I'm guessing about \$400 - 500 per person. Also let me know if you need a single room or if you are willing to share.

Laurie Ure
LICSW, CBT

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SOUTHERN CALIFORNIA INSTITUTE (SCIBA)



Announcing the **2020 Southern California Bioenergetic Conference in Lake Arrowhead, CA.**

Breath. Inhale, 2, 3, 4... Pause... Exhale, 2, 3, 4... Pause... Inhale, 2, 3, 4...

The rhythmical nature of breath connects us to our bodies, to others, and to the pulse of the earth. Inhaling, we take in the world around us: the scent of another, the aroma of baking bread, the crispness of a cold winter morning.

Exhaling, we release built up tension and toxins in our bodies; we come back to the reality of ourselves and our bodies. Breath connects us to our sadness and fear, our loneliness and joy. In fear, we hold our breath. In safety, we let go. The continuous rhythm of inhale and exhale, breathing in and breathing out, is our body's intimate contact with life, our opportunity to ground, our chance

SOCIETY REPORTS

SOUTHERN CALIFORNIA INSTITUTE CONT...

to expand.

Come explore with us all aspects of BREATH at the 2020 SCBC Conference in Lake Arrowhead. Find more details at our website.

www.sciba.org

The SCIBA trainees in the picture bellow, have successfully completed year 1 of training:



Pictured: Carol Kole, Laura Markgraf, Julianna Biundini, Garet Bedrosian (trainer), Fernando Suarez, Tina Hartney, Nicolette Re (assistant trainer), Andrea Vaz Antunes

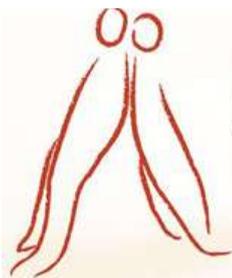
It is necessary to pick them up in their projection and to clear the ground through the physical expression of fear, aggression, hatred, anger, so that it becomes possible to go back: back to taking responsibility for one's own feelings. Vita Heinrich-Clauer, for example, has used the figure of "Gollum" from Lord of the Rings to illustrate the combination of hatred, despair and deep sadness that is in us and pushes outwards, is held back and then emerges very aptly. As a helpful body work, she proposes the forced and reinforced expression in the face, jaw, neck, solar plexus area, voice and tongue are significantly involved.

In total, the contact with 300 Bioenergetic Analysts from all over the world from Brazil, the USA and Canada to Norway, Russia, Poland, Lithuania, Spain, Germany, as well as China, Japan and New Zealand has also contributed to the reduction of feelings of foreignness and the development of confidence building. The wonderful location of the conference hotel on the coast of Portugal has certainly supported this process.

Regina Trotz

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AUSTRIA SOCIETY (DÖK)



*Kontakt zum Du
wird erleichtert durch
den spürbaren
Kontakt zum Boden.*

A personal essay from Regina Trotz about her participation at the 25th IIBA International Conference: A common thread that I was able to discover ran along the quite socio-political question: Where does negativity – paranoia in society come from and what solutions does Bioenergetic Analysis offer?

Evil is projected from the inside out – for example on migrants or refugees – which relieves the person in the short term. The more burdened the person is, the more urgent he or she takes this opportunity.



WORKSHOP REPORTS

BORIS SUVOROV: "A MALE BODY: STRENGTH AND VULNERABILITY"

I presented my workshop "A Male Body: Strength and Vulnerability" at the 25th IIBA International Conference last May. **I would like to create an international research group on the base of the ideas and outcomes of the workshop. Both men and women are welcome to participate in this group. If you are interested, please send an e-mail to souvorov@7birds.ru.** The brief description of the workshop is given below.

A Male Body: Strength and Vulnerability

This workshop is devoted to the way a man perceives themselves in the modern society when the traditional male and female roles are undergoing significant changes. A.Lowen stated: "You are your body". During the workshop we are going to explore why a male body is a unique combination of strength and vulnerability, rooted in the male anatomy, which provides the psychological aspect: to obtain genuine male strength a contemporary man has to accept their vulnerability – their need to express emotions and the right to give up, when they run out of resources without losing the right to be called a man.

Starting from the end of the 19th century there have been considerable changes in the perception of the role and place of a woman in the society. It's a huge step in the social development and inevitable trend of the development of the humanity.

At the same time in the present day society the man feels lost, unstable and not having their place, dependent on a social opinion and evaluation on women's part in the first place which is very often manipulated by the gynecocentric mentality of the modern society. In various conflict situations society takes the side of women using the presumption of guilt principle in relation to men.

And still a man continues to bear lots of responsibilities in the society as well as in the family.



How can a man perceive themselves in the modern world, how to cope with the challenges of life when the world and society are changing dramatically but fathers' experience is less and less applicable to new conditions?

Boris Suvorov
CBT

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I I B A A W A R D S R E P O R T

During the Membership Meeting at the 25th IIBA International Conference in Torres Vedras in the end of May, Miriam Bergamini, our **IIBA Awards 2019** Central Convenor, announced the winners of **IIBA Awards 2019**:

RESEARCH

Livia Savarese from Italy



2019

Mixed-method research on the effectiveness of the process of Bioenergetic therapy in fostering embodiment and grounded transformative narratives



CLINICAL

Iana Carolina Maciel Franza from Brazil



2019

A never-ending plight for authentic love - handling schizoid ambivalence



SOCIAL

Maria Adélia Piquet Gonçalves Menezes from Brazil



2019

Grounding: the bioenergetic analysis as a support for the young adolescent apprentice in the labor market



The IIBA Awards honor the most outstanding papers submitted. The winners (3 categories: research, clinical and social) received a cash prize of 500 EUR, an award certificate and a free pass to the IIBA International Conference.

Other papers submitted:

RESEARCH CATEGORY

- **Alexandre Franca Barreto** from Brazil: Efficacy of Bioenergetics in the health of patients with depressive symptomatology attended by the unified health system: a randomized clinical trial
- **Lindervania Dos Santos Silva** from Brazil: The approach of Bioenergetic Analysis and its contributions to the humanization of childbirth care

CLINICAL CATEGORY

- **María Inés García Laredo** from Argentina: Vital energy beyond paralysis - Bioenergetic work with a physically disabled patient
- **Scheila Patricia Nascimento Gomes** from Brazil: Packages of the heart: the passage of the medium
- **Vicenta Giménez Mollá & Amaia Alejos Martín** from Spain: A traumatic event: Bioenergetic therapy applied in a company environment

SOCIAL CATEGORY

- **Alexandre Franca Barreto** from Brazil: Bioenergetics as a public policy of integrative health
- **Ana Alonso Martín Loeches, Nuria Castaño Gutiérrez, Inmaculada Díaz Pérez, María Fresno, Ainoa Martín Sánchez, Mikel Pagola & Blanca Peral Cabrera** from Spain: Creation of a new social service in Bioenergetic Analysis therapy with low rates for economically disadvantaged patients
- **Monica Monteriù** from Italy: Pilot project gender violence prevention and health promotion



- **Scheila Patricia Nascimento Gomes** from Brazil: May Love awaken in all beings "Sri Prem Baba"



I I B A A W A R D S R E P O R T S

IIBA AWARDS 2019 CONT...

Abstracts, posters and/or papers are published on our website.



P U B L I C A T I O N S

PDW 2018 PAPERS

This is the first time papers from a Professional Development Workshop (PDW) have been published. The 2018 PDW was held in Salvador Bahia (Brazil) and the theme of the workshop was “Shame”. We had a larger group of people presenting as part of their journey to become International Faculty Member. What was amazing was that there was very little repetition in the presentations. They looked at shame as it related to attachment, trauma, sexuality, binge-eating, grounding, vulnerability, dignity, children and more; all from the lense of a Bioenergetic therapist.

After hearing the variety, the BoT decided to publish papers from these presentations and share them with our IIBA community in the form of an E-book. A great deal of time and energy goes into these presentations at the PDW. After the workshop the presenters were asked to put their presentations into an article format. This is the result of their work.

Available in English and Portuguese.



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

... TO THE NEWEST KNOWN CBTS

Dallas Society for Bioenergetic Analysis: Jenny Streit-Horn

www.jshorn.com

Former Karlsruhe Training Group: Bettina Kohleisen-Gmach and Gerhard Liebertz

New York Society for Bioenergetic Analysis: Sarah Meehan, Marina Rozenberg and Robin C. Goldstein

EDITORIAL CONCLUSION



Ingrid Cryns
Registered Psychotherapist, CBT, Toronto (Canada)
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EDITOR'S LAST WORD: HEALING CLIMATE CHANGE TRAUMA

The 25th IIBA International Conference in Portugal this past May was definitely an exciting experience! It was wonderful to meet people from so many different countries, explore the incredible variety of workshops offered and get re-inspired and more committed to working with Bioenergetics as the foundation of our healing work.

What I noticed that was not mentioned during the conference was an awareness of how our therapy for clients addresses our current ecological crises in regards to global warming and climate change.

In my opinion, this is the most primary issue of our times and will eventually be a collective world trauma to understand how to work with to heal ourselves and our planet.

ECO-PSYCHOLOGY

Following my article on Eco-Spirituality in the last Newsletter, I would like to discuss the role of Bioenergetics in supporting the world and our clients in the deep Ecological grief and anxiety that is increasing exponentially.

We are in the beginnings of serious climate change distress. There are continuing long-term emergency issues of global warming catastrophes and natural disasters that are occurring more regularly than many of us expected. We are in an existential crisis of meaningless, suffering, chaotic politics and increasing confusion about the future of our planet, including the continuing existence of human and other species (such as animals / birds / insects / reptiles / fish / plants / trees / coral reefs, etc.).

We need to bring together more cross-disciplines to understand the full scope of how the psychology of our ecological crises can be fully addressed. Eco-psychology addresses this as;

"Ecopsychology is situated at the intersection of a number of fields of inquiry, including psychology, ecology, spirituality, and environmental philosophy, but is not limited by any disciplinary boundaries. Put most simply, Ecopsychology explores the synergistic relation between personal health and well-being and the health and well-being of our home, the Earth."

www.ecopsychology.org/about-ecopsychology/

A FEW SIMPLE CLIMATE CHANGE FACTS

Here are a few facts about our Global Warming crisis:

1) The world global average surface temperature has increased by 1.8 degrees Fahrenheit since 1880 (1.0 degrees Celsius) [1]. Another 2 degrees Celsius and the life on the planet in general will be very challenging with much eco-systems damage that is irreversible. This potential danger appears to

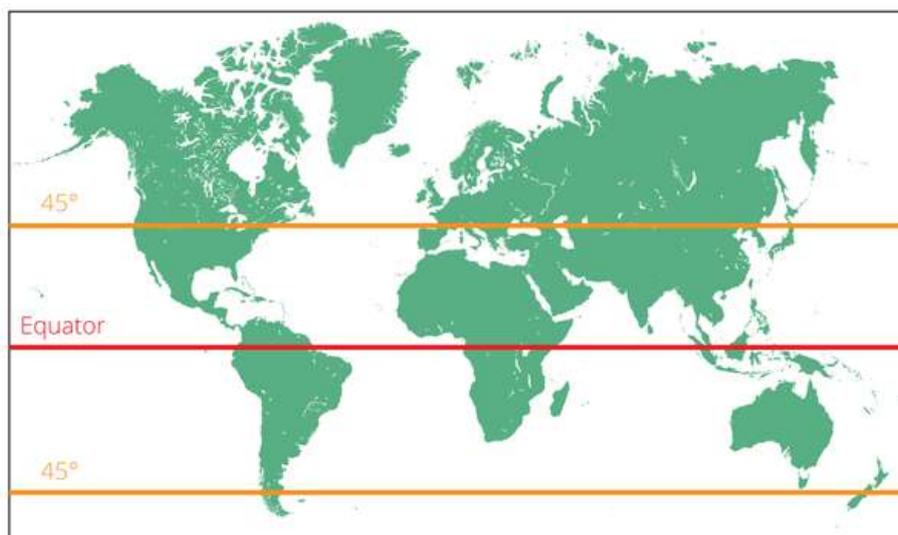
EDITORIAL CONCLUSION

very likely be possible within the next 5 years if no actions are taken by all world governments [2].

2) According to NASA, 17 of the warmest years on the earth have occurred since 2001 [3]. This means that the oceans will continue to rise as the ice melts, flooding coastal communities and that the weather will continue to be increasingly more unstable including further droughts (maybe decades long), increased rain and snowfall precipitation, wind, wildfires, and intense storms and hurricanes [4]. This is causing overwhelming population relocations, threats to our food security and health issues growing with urban air pollution increasing [5].

3) Some experts have even predicted that we may lose 70-90% of the world's populations within the next 30 – 50 years. This makes it hard for our children to plan anything of meaning for their futures [6]. These experts continue to state that within the next 15 – 20 years, anyone living within the north and south 45th parallel lines will be experiencing increasingly highly chaotic and unstable fluctuations of general life with greater severity, frequency and scale [7]. (see below picture). That's for all of us in our current lifetimes. I'm already experiencing the direct effects of climate change on my personal property, north west of Toronto, Canada, (driving by 1 hour), and the 45th parallel line is only about a 3 hour drive north of me.

Migrating North or South of the 45th Parallel



CLIMATE CHANGE ECO-PSYCHOLOGY ISSUES TO CONSIDER

There is a growing epidemic of stress, depression, anxiety, suicides, PTSD and more in relationship to climate change. We are feeling more immobilized and hopeless with what we can do individually as governments become increasingly polarized and are unable to effect the critical changes that are needed urgently to be more resilient and adaptable to the earth's increasing dysregulation due to growing global warming.

The rise of anxiety and depression in clients all over the world, needs to also be understood as an overall collective environmental melancholia about our paralyzing powerlessness and sense of primal loss. This is continuing daily in the natural disasters that are increasing, the growing extinction of many species, as well as multiplying refugee relocation's everywhere. Our clients are not feeling safe, are feeling disoriented, dislocated and confused about how to plan for the future and often have an unnamed deep eco-grief and terrifying anxiety that they are unable to address directly.

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As you can imagine, the psychological ramifications of this world collective trauma will be overwhelming for all of us. In fact, it already is, as there is a continuing problem of world consensus of what to do and a general denial or numbness for many people to know how to make some effort at addressing this on a personal level. Psychology Today, USA, published an article in 2017 about the general existential dread that Climate Change has been creating, citing studies that document increased rates of depression, PTSD, suicides, substance abuse, social isolation, stress and anxiety [8]. Clients reported feeling shame about not doing enough or not knowing what to do about it. They feel powerless and don't know how to feel safe. Younger clients are beginning to question about having children anymore.

In Canada, the northern Inuit indigenous peoples have slowly been feeling climate change through the melting of sea ice that has eroded their ability to hunt for food as they are solely dependent on the sea fish. They reported having increased anxiety, anger, sadness deep grief and loss [9]. Their identity of place as "people of the sea ice" is beginning to no longer exist. All over the world, the existential crisis of the landscape is changing and the collective ecological grief is growing as a profound phenomenon of exponential proportions. Ecological grief can be experienced in a multitude of ways such as "lost landscapes, ecosystems, species, or places that carry personal or collective meaning [10]".

HOW CAN WE HELP AS BIOENERGETIC THERAPISTS?

There are a number of different approaches that we can take to support ourselves and our clients;

1) We can include in our therapy with clients a questionnaire and fact sheet about climate change issues, possible psychological symptoms and get a sense of individual and general client's concerns about this and report in to the IIBA to get a stronger sense of our international issues.

2) We can offer clients a number of ways to manage their emotional symptoms in regards to any climate change issues. Here are a few suggested options;

a. Help clients to connect with and develop more empathy with Nature and the Earth. Consider finding ways to create experiences of connecting with the consciousness of the Earth or other species with their body sensation awareness through a variety of different indigenous wisdom vision journeying practices.

[Such as what I offered as a workshop called Wild Earth Wisdom at the 25th IIBA International Conference this past May. A paper explaining some of the workshop content may be requested to my email below]

b. Teach clients how to work with spending time in Nature as a way of connecting back to themselves by meditating while walking in Nature (called Forest Bathing in Japan), or sitting in one spot for an hour daily for a week or more (as a regular practice) and simply observing with their 5 external senses what they experience and can find some meaning or connection to in their own stories (called a Sit Spot practice).

c. Teach clients to learn how to connect with the body felt sense and to empower them to do the same process with connecting to Nature and their 5 external senses of how to meditate and connect to the sense of stillness and connection while in Nature.

d. Teach our clients that it is important to consider the feelings that come up in regards to climate change issues and to not be in denial or apathy about it. To encourage them to talk with others about it and find ways to come together to consider possible actions to deal with their local issues. Teach them skills of how to become proactive, adaptable and resilient in the face of general psychological change that can transfer to their ability to also do so with the actual physical changes to the planet and their

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eventual life style choices and patterns of living.

3) We can as therapists **join the Ecopsychology International Community** (ecopsychology.org), and offer workshops and courses to educate our local communities.

4) We can run local **Ecological Emotional Therapy Bioenergetic Process Groups** to share our collective grief and anxiety and promote encouraging actions that can shift the powerlessness and numbing denial and apathy that is currently a hidden collective problem.

5) We can write articles to our local papers to educate the public more about the psychological issues that we are witnessing in our practices or that we are aware of in our local or larger country issues.

The above are only a few ideas. I would love to get feedback from you of more ideas to consider to include in future newsletters, so please write back to me when you can about this to my email below.

In summary, we are deeply inter-connected to our planet and cannot co-exist in balance without her ability to hold it for us. I believe that she will survive the deep imbalance that our increased technological advances over the past 150 years have created in our over consumerist model and abuse of fossil fuels. She's gone through these major ecological shifts a few times in her thousands of years of existence. The real question is, how many of us will survive past the next 50 – 100 years?



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[1] <https://climateatlas.ca/climate-change-basics>

[2] <https://www.vox.com/energy-and-environment/2018/1/19/16908402/global-warming-2-degrees-climate-change>

[3] <https://climate.nasa.gov/evidence/>

[4] <https://www.nationalgeographic.com/environment/global-warming/global-warming-effects/>

[5] <https://www.nationalgeographic.com/environment/global-warming/global-warming-effects/>

[6] https://www.joboneforhumanity.org/about_job_one_for_humanity

[7] https://www.joboneforhumanity.org/about_job_one_for_humanity

[8] <https://www.psychologytoday.com/ca/blog/there-is-always-another-part/201710/the-existential-dread-climate-change>

[9] <https://www.cbc.ca/radio/checkup/growing-ecological-grief-is-the-mental-health-cost-of-climate-change-1.4871666>

[10] <https://www.cbc.ca/radio/checkup/growing-ecological-grief-is-the-mental-health-cost-of-climate-change-1.4871666>

NEWSLETTER DEADLINE

The next International Newsletter - Issue 020 • Fall 2019 - will appear in October. 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:

- Sept 30, 2019
- Dec 15, 2019

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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