

*A bioenergetic view
of love, healing,
connection and authenticity*



SpiralHearts by Vincentia Schroeter



25TH IIBA INTERNATIONAL CONFERENCE

MAY 22 – 26, 2019
TORRES VEDRAS (PORTUGAL)





25TH IIBA INTERNATIONAL CONFERENCE

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25TH IIBA INTERNATIONAL CONFERENCE



25TH IIBA INTERNATIONAL CONFERENCE





25TH IIBA INTERNATIONAL CONFERENCE

MAY 21 – 22, 2019 – TUESDAY AND WEDNESDAY

MORNING AND AFTERNOON

9.00 – 13.00 Pre-Clinical Workshop

ROOM: SANTA RITA, FLOOR: 0

14.30 – 17.00

Heiner Steckel

Basic Issues of Bioenergetic Analysis: New Developments of Neurophysiology related to Emotions and Trauma and the Significance of Self-regulation in Bioenergetic Body-work

Please bring: ---

9.00 – 13.00 Clinical Workshop

ROOM: SANTA CRUZ, FLOOR: 0

14.30 – 17.00

Rebeca Lea Berger

The Therapist's Self as the Tool of the Psychotherapeutic Process Working with Transference and Counter-transference

Please bring: 1 pillow



25TH IIBA INTERNATIONAL CONFERENCE

MAY 22, 2019 – WEDNESDAY

MORNING AND AFTERNOON

10.00 – 13.30 Pre-Conference Workshop 1

ROOM: ATLANTICO, FLOOR: 2

15.00 – 18.00

Garet Bedrosian

Residing in the Connection: The Importance of The Pause in Couples Therapy

Please bring: 1 towel
1 blanket

10.00 – 13.30 Pre-Conference Workshop 2

ROOM: GLACIAR, FLOOR: 2

15.00 – 18.00

Jörg Clauer

Parental Love and Collaboration with the Infant: The Significance of the 'Primary Triangle' and the Myth of Oedipus and his Perforated Feet

Please bring: 1 pillow
1 blanket

10.00 – 13.30 Pre-Conference Workshop 3

ROOM: MEDITERRANEO, FLOOR: 2

15.00 – 18.00

**Ana Lúcia Faria, Grace Wanderley de Barros Correia and Jayme Panerai
Alves**

The Siblings: Horizontal Relations and Impacts Beyond the Family

Please bring: ---



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25TH IIBA INTERNATIONAL CONFERENCE

MAY 22, 2019 – WEDNESDAY

AFTERNOON AND EVENING

18.30 – 19:30 **Opening Ceremony**

Room: OCEANO, FLOOR: 4

Chair – **Pedro Ribeiro de Silva** (APAB PRESIDENT)
Opening and Welcome Speech – **Diana Guest** (IIBA PRESIDENT)
Speeches – **Olaf Trapp** (EFBAP VICE PRESIDENT) and
António Guerra (FEPPSI VICE PRESIDENT)

Keynote speaker

Prof. José de Abreu Afonso (BOARD MEMBER OF THE PORTUGUESE
PSYCHOANALYTIC SOCIETY)

The Body Speaks. How a Psychoanalytic Therapist and University Teacher of
Psychology “reads / perceives / understands” the body in a Psychoanalytic
Therapy Practice

Musical Performance

Katia Eulília Claudino

19.30 – 20.00 **Welcome Cocktail**



25TH IIBA INTERNATIONAL CONFERENCE

MAY 23, 2019 – THURSDAY

MORNING

7.15 – 8.00 Morning Movement Groups

ROOMS: TO BE CONFIRMED

Please bring: 1 pillow
1 towel

09.30 – 13.00 Plenary Session

ROOM: OCEANO, **FLOOR:** 4

Chair – **Francisco Garcia Esteban**

Keynote speakers

Prof. Luigi Zoja

The Other as a Potential Enemy

Garry Cockburn

The Face and Body of the Other in Bioenergetic Analysis

Affinity Groups and questions to the keynote speakers

AFTERNOON

15.00 – 16.30 Workshops and Lectures

ROOMS: PLEASE SEE WORKSHOP
DESCRIPTIONS

17.00 – 18.30

18.30 – 19.45 Society Directors & Presidents Meeting

ROOM: CONTINENTE, **FLOOR:** 4



13.00 – 15.00 Bookstore Table

ROOM: RECEPTION AREA, **FLOOR:** 0

18.30 – 20.00

Journals and Readers on Sale



25TH IIBA INTERNATIONAL CONFERENCE

MAY 24, 2019 – FRIDAY

MORNING

7.15 – 8.00 Morning Movement Groups

ROOMS: TO BE CONFIRMED

Please bring: 1 pillow
1 towel

09.30 – 13.00 Plenary Session

ROOM: OCEANO, **FLOOR:** 4

Chair – **Maryse Doess**

Keynote speakers

Prof. Darcia Narvaez

Companionship and Connection: Repairing the Cycle of Life for a Thriving World

Vita Heinrich Clauer

Connecting Authentically with Ourselves and Others -Expressing the Emotional Truth

Affinity Groups and questions to the keynote speakers

AFTERNOON

15.00 – 16.30 Workshops and Lectures

ROOMS: PLEASE SEE WORKSHOP
DESCRIPTIONS

17.00 – 18.30

18.30 – 19.45 Honoring our Colleagues

ROOM: OCEANO, **FLOOR:** 4

Scott Baum interviews **Virginia Wink Hilton**, **Ron Panvini** interviews **Bob Lewis**



13.00 – 15.00 Bookstore Table

ROOM: RECEPTION AREA, **FLOOR:** 0

18.30 – 20.00

Journals and Readers on Sale



25TH IIBA INTERNATIONAL CONFERENCE

MAY 25, 2019 – SATURDAY

MORNING

7.15 – 8.00 Morning Movement Groups

ROOMS: TO BE CONFIRMED

Please bring: 1 pillow
1 towel

09.30 – 13.00 Plenary Session

ROOM: OCEANO, **FLOOR:** 4

Chair – **Miriam Bergamini Mantau**

Keynote speaker

Guy Tonella

'Life force'. Source of Self-regulation, Love and Connection

Panel

Pye Bowden, Patrizia Moselli, Odila Weigand

Affinity Groups and questions to the keynote speakers

AFTERNOON

15.00 – 16.30 Membership Meeting

ROOM: OCEANO, **FLOOR:** 4

17.00 – 18.30 Workshops and Lectures

ROOMS: PLEASE SEE WORKSHOP
DESCRIPTIONS

EVENING

20.00 – 24.00 Gala Dinner and Dancing

ROOM: RESTAURANT BOMBARDO, **FLOOR:** 3



13.00 – 15.00 Bookstore Table

ROOM: RECEPTION AREA, **FLOOR:** 0

18.30 – 20.00

Journals and Readers on Sale



25TH IIBA INTERNATIONAL CONFERENCE

MAY 26, 2019 – SUNDAY

MORNING

09.30 – 11.30 Plenary Session

Room: OCEANO, Floor: 4

Chair – **Diana Guest**

Panel

Louise Fréchette, Eulina Ribeiro, Pedro Ribeira Da Silva

Next steps for a Modern Bioenergetic Analysis from this 25th IIBA International Conference

Debate with participants

11.40 – 12.45 Closing Ceremony



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MAY 23, 2019 – THURSDAY

WORKSHOPS AND LECTURES (SLOT 1 – 15.00 – 16.30)

Dream, character and poetry - Part 1/2

EU-04


PT / ES / FR


24


Jean-Marc Guillerme

Focus: Narration of the dream, reading of the body, relation between the dream's content and character's elements and working through

Description: Some volunteers will get the chance to explore a dream in an energetic way, moving, breathing and using voice. The dream as energy, the dream as movement, the dream as breathing, the dream as a body poem. Here are the themes of this workshop.

Room: Indico **Floor:** 2

Please bring:
1 pillow
1 towel (optional)
1 blanket (optional)

Cephalic shock: diagnosing cephalic shock - Part 1/3

NA-11


EN


40


Robert Lewis

Focus: Love, healing, connection and authenticity are abstractions to the extent that our mind and body are split - that Cephalic Shock causes us to hold on to ourselves for dear life and prevents us from loving and healing with authenticity and integrity.

Correlations will be made with current neurobiological research.

Description: Bob's work with Cephalic Shock complements the classical bioenergetics approach to grounding the body. In individual demonstrations and group dyadic experience you will feel how fully or incompletely the basic longitudinal pulsation, occurring with every breath (stressed by Dr. Lowen) unifies your head with the rest of your body. You will work hands on with head and its connections to the diaphragm and pelvis.

Room: Atlantico **Floor:** 2

Please bring:
1 pillow
1 towel
1 blanket

Wild earth wisdom: resourcing love, joy & ecstasy through nature, sounds and body postures

NA-10


EN


50


Ingrid Cryns

Focus: The workshop introduces concepts from a paper that I am writing integrating Bioenergetics with an embodied energetic and spiritual awareness through an earth-based eco-spirituality (a draft PDF of essay may be requested: ingrid@buildngsoul.ca). The main focus of the workshop is how to cultivate the authentic need to consistently experience the positive emotions of Love, Joy and Ecstasy, through body posture and sounds, integrating intuitive, spiritual and scientific principles.

Description: We live in an ecstasy deprived culture, where we catch glimpses of the ultimate, ecstatic joy that we all have the capacity to experience through sex, the initial infatuation of romantic love, or through drugs, dancing, or perhaps rave experiences. Imagine a culture of people, who choose to cultivate a regular



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Wild earth wisdom: resourcing love, joy & ecstasy through nature, sounds and body postures

NA-10



EN



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Ingrid Cryns

practice of ecstatic joy (alone and/or with each other), through consistent entrainment, that is safe, stable, non-drug induced, immunity enhancing and life-force expanding.

- How can we cultivate, sustain and hold the feeling of pleasure, joy or orgasmic ecstasy in a grounded, bodily way that is not split into a manic state, or addicted through constant sex or induced with a pill or herb?
- And what might the purpose be to expand and grow into these heightened states for the body, soul and the human race in general?

Following Lowen's ideas about Spirituality that he developed in his later life, Lowen laid the foundations of an idea of an embodied spirituality that includes our connection with the greater body of the Earth. I invite participants to envision a larger scope of understanding, including spirituality, energy fields, and an environmental awareness into Bioenergetics. I am introducing how a grounded spirituality is deeply connected with the Earth, that I am calling 'Wild Earth Wisdom': A greater inherent indigenous wisdom that is found in our intrinsic connection with the sacred wilderness of the Earth, and through the right brain explorations of consciousness. This query includes a greater awareness of working with subtle energy fields in and around the body, altered states of consciousness, eco - psychology and encourages positive, resources into Bioenergetics. The science and greater purpose of these practices and how it shifts the body into a higher frequency of deep connection with self and beyond-self will be explained and demonstrated.

You will learn simple sounding exercises, including the importance of your clarity of intent, how to feel sound through your heart and other chakras, how simple sounding practices helps to expand the self, regulate and calm over-charged emotions.

As Bioenergetic Therapists we have learned that through implicit memory, the body holds our past somatic, relational, history. Based on the work of Felicitious Goodman, Anthropologist, the body can also be experienced as a portal to explore alternate 'spiritual' states of consciousness that can teach people an experience of deep inter-connectedness with Nature, as well as access different forms of profound wisdom within. Through the repetitive rhythm of a rattle, vocal sounds, and the establishment of sacred space, an altered and ecstatic trance state of consciousness will be induced by shutting off the left brain, while standing in a specific body posture for 15 minutes.

Room:	Artico	Floor:	2
Please bring:	1 pillow 1 towel 1 blanket		

The neuroception of safety: creating a safe space within the therapeutic dyad

EU-11



EN / ES



30



Fina Pla i Vila

Focus: To understand the neuroception of safety in the therapy session, how it works and to provide some clues about how to foster it in the therapeutic relationship and in the environment.

Description: From Bioenergetic Analysis and the latest research in Neuroscience and Relational Theory we know how important it is the presence of a somato-attuned therapist to regulate the patient's somatosensory states. Polyvagal Theory helps us deepen the understanding of the neuroception of safety as a vital ingredient to facilitate co-regulation and therapeutic change.



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The neuroception of safety: creating a safe space within the therapeutic dyad

EU-11


EN / ES


30


Fina Pla i Vila

A body-grounded and emotionally connected therapist can enter into a co-regulatory state with his/her patient that calms the patient's involuntary dysregulated states and enables a feeling of safety that facilitates the inhibition of states of alertness and threat.

This workshop aims to deepen into the importance of safety as a vital clue for our patients in the process of healing their inner wounds. How can we promote a ventral vagal regulatory state that helps us and our patients move towards empathy and connection so that they can open themselves into their traumatic memories? The workshop will include both a theoretical explanation and some practical exercises.

Room: Porto Santo **Floor:** 1

Please bring: ---

The body of love: the heart as the centre of healing and connection

LA-13


PT / EN


20


Edna Ferreira Lopes

Focus: This work proposes to follow the path of the corporal blocks that prevent the delivery of Love with the objective of favouring the encounter with the heart realizing possible integrations between head - heart - pelvis.

Description: This work proposes to follow the path of the corporal blocks that prevent the delivery of love with the objective of favouring the encounter with the heart realizing possible integrations between Head - Heart - Pelvis.

Theoretical-practical workshop based on the bibliographical research of Lowen's work (1988, 1990, 1984) about the body and its relationship with Love approaching the surrender to the body, fear of loving, grounding and amorosity, creativity and spontaneity, vitality and self-expression. Relating the theory of Bioenergetic Analysis to organ systems, especially the brain, heart and pelvis introducing concepts of somatic education incorporating the various themes on Love and Love in the contemporary world. (Bauman, 2004)

With this theoretical basis and from these concepts will be experienced by the group of participants Bioenergetic Analysis exercises individually and group that will have as main focus the unblocking of the Thoracic and Pelvic segment associated with the experience of movements of somatic education by the Body Mind Movement method (Taylor, 2017).

Having the heart as an organ of communication that through the blood vessels inhabits the whole body through the movements; of the bioenergetic exercises with the blocks and breastplates; with the awareness of the energy flows that circulate up and down the body to regain our grace, vitality and expressiveness opening body space for the free flow of loving energy.

Room: Madeira **Floor:** 1

Please bring: 1 blanket



25TH IIBA INTERNATIONAL CONFERENCE

Compulsions and personality disorder

LA-10


PT / EN


40


Mara Luiza Vieira
Ceroni

Focus: A proposal of ludic and creative techniques to of seeking involvement and intimacy. Allowing intimacy and a safe haven to put into movement forces for the patient's health, against the invasion and intrusion of the outside world. It provides an agreeable environment, in a circumscribed period that is predictable and repetitive, with a beginning and an end, that can help, greatly so, in recovering the destroyed or the poorly built borders. By constituting a safer and less ruptured envelope of contention. Strengthening the personality structure, making it healthier and more adapted. What Lowen called the trend of affirmation in life.

Description: One of the main diagnostics in those cases of people involved in violent shootings, according to literature, is Schizoid Personality Disorder (SPD) with characteristics of detachment, isolation and difficulties of contact with other human beings (DSM-V, 2013). People so called "rampage shooters". The loss of capacity to establish social relationships and intimacy hamper and may sometimes impede a psychological treatment based on connection possibilities.

The bioenergetic view of love, healing, connection and authenticity for diagnosed SPD patients stands out in a scenario in which rapprochement and contact are a priority, also as an approach that is open to new care techniques and alternative investigations in helping people to open their hearts to life and love. If this objective is not achieved, the outcome, according to Lowen (1991) is tragic: "To go through life with a closed heart is like crossing the sea locked in a ship's hold".

President Barak Obama (December 16, 2012) pronounced following a shooting in Connecticut in an elementary school in Newtown and killed 20 children and six staff members before killing himself: "We cannot tolerate this anymore. These tragedies must end". Juvenile violence statistics increased dramatically in the last 50 years and because of this early diagnosis is so important for the prevention and treatment of those cases. There may be a compensation effect, for these youngsters are frequently victims of exclusion, rejection and bullying. 43% of rampage shooters kill themselves after killing the greatest possible number of victims. Studies indicate that this might have been their only way to attain fame and visibility. Many researchers seek to identify characteristics rampage shooters have in common, such as family life, personality, history and behavior. These youngsters were categorized in three groups: traumatized, psychotic and psychopaths (Langman, 2009).

Most of psychotic shooters had Schizophrenia Spectrum Disorders, including Schizophrenia and Schizoid Personality Disorder (SPD). Socially detached, cold, lonely and weird – this is usually the view of those who live together with people that have Schizoid or Paranoid Spectrum Disorders. Some characteristics observed in schizoid patients regarding their body structure and bioenergetics condition corroborate this data. Mainly the indication of reduced aggressiveness, that when released in a compulsive form may turn into murderous fury. This sub-charged energetic system, be it due to little energy circulating in the extremities of the body – which are the contact points - be it by energetic disorganization; reflect upon the internal sense of the fragmented self. Schizoid personality disorder is characterized by social alienation as previously described. This pattern of emotional restriction, coldness and apathy in interpersonal relations, a lonely lifestyle, begins in adult age and becomes apparent in a variety of contexts. People with Schizoid Personality Disorder show a lack of desire for intimacy and are indifferent to opportunities of developing intimate relationships. The connection with these patients is a great challenge for therapists. They resist any possibility of contact and find it difficult to connect and will not accept personal involvement. The impression is that at any moment they may abandon therapy. They build a safe barrier between patient and therapist.

Room: Glaciar **Floor:** 2
Please bring: ---



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Marital love: weaving ways to self-regulate intimacy in the relationship

LA-15


PT / EN


20


Eliane Regina Marques

Focus: In my clinical experience with couples, there are recurrent complaints: the lack of attention, support and care; feeling of giving more love than receiving; feeling of pressure, suffocation and constant collection. These phenomena have awakened me to the importance of understanding the intimacy of the couple, as well as the expectations expressed in the relationship, in view of the individual affective needs.

Description: Perhaps the greatest dreams and sufferings of the human being are linked to the search for Love, looking for a loved one to relate to, as well as to the fear and anxiety, while facing the threat of rupture in the bond. In addition to all the pain and emotional suffering that comes from grief, when separations occur.

The regulation of conjugal intimacy is a primordial theme linked to love and conjugality, related to great joys and intense conflicts. To regulate the conjugal intimacy in a level of mutual comfort is one of the challenges faced by couples, in the contemporaneity

As per the Bioenergetic Analysis, family-related injuries are absorbed into the body through chronic stresses that ensure the survival of the individual. These defensive limitations restrict the vital energy of the organism and compromise the connection with the other. Bowlby's Attachment Theory assumes that the internalized model of reality is constructed from the first experiences of attachment, and this model is transposed into other interpersonal relationships. Winnicott says that if developmental needs are not met, emotional development ceases, causing a wound that affects a person's life, especially their relationships in adult life.

Based on such assumptions, the Workshop aims to promote awareness of the tensions that block the bonding, and the whole process of regulating intimacy (approaching / departing), with an emphasis on conjugal relationships, in addition to family and affective relationships. Through breathing exercises, grounding and expressive work some defences can be smoothed and the energy flow unlocked, which will enable people to regulate the intimacy in their relationships.

Room:	Berlengas	Floor:	1
Please bring:	1 pillow 1 towel		

Belonging and connectivity

LA-08


PT / EN


20


Maria Fernanda de
Andrade Lima

Focus: Based on my clinical experience and my research with couples and family as well as individually, I have developed, in the therapeutic setting and training courses, bioenergetic analysis exercises and systemic relational practice, integrating the expansion and the emotional and corporal contraction in the development of contemporary ties.

Description: The objective of this work is based on clinical experiences and the foundations of Bauman (2004), Andolfi (2018), Wilhelm Reich, Alexander Lowen, John Bowlby, and authors selected by the International Institute for Bioenergetic Analysis (2005-2018), such as Guy Tonella, Bob Lewis, Helen Resneck-Sannes, Garet Bedrosian, among others.

The central proposal is the articulation of the systemic vision through the generational energy that influences behaviours and repetitions in the relationships. Culture, beliefs, values, ruptures, secrets and family myths can be perpetuated by leaving traces in the new formations of the family. "We do not have a body, we are a family body." The passage from one generation to other leaves us positive and negative legacies. The immaturity lived in a family system hinders the differentiation of the self as an individual, and interferes in the feeling of belonging and the formation of bonds.



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Belonging and connectivity

LA-08


PT / EN


20


Maria Fernanda de
Andrade Lima

Using the exercises of bioenergetic analysis with families through looking, touching and grounding in therapeutic setting, I realized that the embodiment and inclusion of generational history facilitates the understanding of faults and desires that are frequently transferred to the other, preventing conjugal and parental relationships that integrate individuality and the relational system.

In the first moment of the present work, I will use grounding exercises, with the whole group, developed to strengthen the feeling of connectivity and expansion through the body; in a second moment, in subgroups, I will use techniques of the systemic practice with the intention to develop the sense of belonging from the images and perceptions felt.

The final proposal is that each participant, individually, can find the integration between the polarities of suffering and pleasure, love and lack, conflicts and the search for healing, through the generational and ancestral force.

Room: Santa Cruz **Floor:** 0
Please bring: 1 pillow

Contact and intercorporeal connection in bioenergetics analysis

EU-27


EN / IT


12


Piero Rolando

Focus: Backgrounding role of intercorporeal dynamics toward a deep comprehension of enacting and talking in a therapeutic work.

Description: Today we have to take advantage of many new resources in order to understand therapeutic processes. In neuroscience a new paradigm is established. Affective neuroscience research confirms the main place given by bioenergetic analysis to emotions and to the body in therapy. Embodied simulation theory, resulting from mirror neurons discovery, brings to stare at intercorporeal dynamics in backgrounding relational dynamics during the therapeutic session.

We will use the microanalysis of the local level to understand the dynamic interaction in therapeutic process.

Room: Santa Rita **Floor:** 0
Please bring: 1 pillow

A healing and integrative spiritual body-scan - Part 1/2

EU-12


EN


40


Jörg Clauer

Focus: One of Lowen's heritage is the 'Spirituality of the Body'. Betty Esthelle, another teacher of mine called this Body-Enlightenment. This deepening dimension of our therapeutic work is not addressed and used very often. Participants in my workshop will experience an extended 'Body-scan' that I use regularly with my clients. It is a guided inner relaxing journey using energy, chakras and breath as means for healing, experiencing our inner structure and integrating the female and male parts within us. The feedback of the clients is that this experience has a healing quality for them. They feel more grounded with an increase in embodied self-awareness (bodyfulness) and become more integrated with more self-care.



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A healing and integrative spiritual body-scan - Part 1/2

EU-12



EN



40



Jörg Clauer

Description: In attending this workshop, you should be able to take part in the whole process and maybe have some time for yourself after. In addition, you should be able to take care of yourself and your own needs. It will be helpful to bring one or two pillows with you depending of your needs when you be situated on the ground for a long time.

Room: Mediterraneo **Floor:** 2

Please bring: 1-2 pillow(s)
1 blanket (optional)

Our ethic code in practice

EU-18



EN



30



Anja van der Schriek-
Junker

Focus: More than 20 years ago (1996), a “Code of Ethics” was formulated for Bioenergetic Therapists. It is based on six categories: Responsibility, competence, moral and legal standards, ethical responsibility to clients, relationships to colleagues and confidentiality.

Description: What is still missing, however, is a fair and accepted procedure for all parties involved, if an accusation of malpractice or unethical behaviour is brought to an ethic committee.

Room: Pico **Floor:** 1

Please bring: ---



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MAY 23, 2019 – THURSDAY

WORKSHOPS AND LECTURES (SLOT 2 – 17.00 – 18.30)

Dream, character and poetry - Part 2/2

EU-04



PT / ES / FR



24



Jean-Marc Guillaume

Focus: Narration of the dream, reading of the body, relation between the dream's content and character's elements and working through

Description: Some volunteers will get the chance to explore a dream in an energetic way, moving, breathing and using voice. The dream as energy, the dream as movement, the dream as breathing, the dream as a body poem. Here are the themes of this workshop.

Room: Indico **Floor:** 2

Please bring:
1 pillow
1 towel (optional)
1 blanket (optional)

Restoring loving oneself

EU-21



DE / EN



40



Maria Holl

Focus: Restoring loving oneself and Self-healing by using the body-oriented mindfulness approach of the Maria-Holl-method (MHM).

Description: The Maria Holl Method has a body-oriented mindfulness approach. The exercises empower the clients to overcome their psychic and psychosomatic disorders by themselves. Careful designed exercises, which have their origin partly in the TCM will loosen the resistance and the released power will cause healing by itself. The exercises are simple and easy to repeat and lead to an experience of being whole and complete. This in return enables the clients to become self-reliant, independent and being capable to lead loving relationships.

Room: Atlantico **Floor:** 2

Please bring: ---

Echo and narcissus: the body in love addiction

EU-10



IT / EN



40



Massimo Borgioni

Focus: Reflections on the body in love addiction through the myth of Echo and Narcissus

Description: The myth of Echo and Narcissus describes a love that turns into addiction, and the addiction that feeds and poisons love. Both characters seem to be forced into an emotional trap, which leads them to the same deadly result.

Both are paralyzed in a closed circuit possessed by a powerful fascination, and in opposite ways both are marked by the dissipation of their natural talents. Echo embodies the profile of love addiction, while Narcissus embodies that of contra-addiction. Echo burns in his unrequited passion until his body is completely consumed after having already lost his ability to speak. Narcissus is shining through his own hyper-conserved self, his body is frozen, and also, he is losing himself in an impossible love that cannot become real. The waste of the self that characterizes all types of addiction, including love addiction, can become so extreme that it threatens the integrity and the physical and mental health of those who are affected. A love addicted person throws himself away; he is entirely consumed because he gives himself



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Echo and narcissus: the body in love addiction

EU-10


IT / EN


40


Massimo Borgioni

unconditionally over to the game of love, whereas the narcissist wastes himself due to an excess of stinginess that leads him to lock himself up within a situation of total self-reference.

The Lecture will propose an interpretation of the myth in order to analyse its meaning and the differences between the protagonists but also the many similarities. Particularly, a body reading of the story of Echo and Narcissus will be experienced, where the loving body is at stake with all its passions and its unresolved conflicts. The body and its spontaneous joy is the primary seat of love. If the body is sacrificed or denied the experience of love, love loses its natural grounding. It loses its generative and creative force and may turn into a tragedy, because without the body, love cannot leave the prison of romantic idealization and be released to reality and pleasure.

Room: Artico **Floor:** 2

Please bring: ---

The healing power of love, passion and surrender

EU-06


EN / DE


14


Wera Fauser

Focus: The focus will be on self-experience, self-expression and the analysis of personal hindrances concerning these issues.

Description: As long as we live, human beings strive for bonding, the satisfaction of basic needs and above all for love and for being accepted unconditionally. When we grow up the strive for sexual fulfilment as the most intimate expression of love becomes more and more important. Sexuality is at the core of the life force and it is organized by early relational events. Healthy sexuality has its origin in the complex attachment process and is formed in the mutual love and joy of the parental-child bond. As adult's sexuality combined with sincere love can bring us back to our earliest injuries, but it can also be - if allowed and possible - a source of great pleasure and healing.

This workshop focuses highly on self-exploration, self-experience and self-expression we will work in the group, individually and in dyads on the theme of sexuality and on opening the heart. The defensive muscular holding patterns that emerged in our childhood can thus be felt, analysed and understood. And then ways can be found to gradually melt them and let them go.

Shame, however, and the internalized parental messages, prohibitions and restrictions prevent many of us and our clients from being authentic and spontaneous, from freely letting go and enjoy ourselves, life and our partners. To show this shame, to talk about it and thus to begin with overcoming it is a central aspect in our own growing process and in our therapeutic work. That is why an emphasis will also be laid on this issue.

Room: Porto Santo **Floor:** 1

Please bring: ---

Bioenergetic exercises with children: playing as an instrument of healing in child psychotherapy

LA-16


EN / PT


30


Périsson Dantas do
Nascimento

Focus: Bioenergetic Exercises, Clinical Application and Child Psychotherapy



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Bioenergetic exercises with children: playing as an instrument of healing in child psychotherapy

LA-16


EN / PT


30


Périsson Dantas do
Nascimento

Description: This workshop aims to demonstrate the playful use of bioenergetic exercises in the context of child psychotherapy. Considering that the child has the ego in the process of developing both character defenses and armors, the use of bioenergetic exercises is fundamental to promoting a healthier personality in psychotherapy. It is known that, since psychoanalysis, the ego is constituted from bodily sensations and, from the experienced frustrations in the environment, can build rigid muscular armors as a way to avoid contact with painful emotions.

Bioenergetics exercises, initially developed by Lowen, have the methodology of initially emphasizing the position of grounding, in a work from the bottom upwards (toes to head), distensioning the seven armor's rings recommended by Reich. In the exercise classes with children, this same logic is applied, working in a playful and gentle way, with the intention of strengthening the body consciousness, combining movement, sounds, imagination and jokes.

The workshop will focus on the awakening of the inner child of each therapist, in order to open affective possibilities of playful connection with the body itself, in a way the future application of exercises in clinical work with children. A brief theoretical exposition will be explored initially, addressing the importance of playing as a body phenomenon and its implications on child development. Subsequently, the objectives of the exercises will be presented and the specificity of bioenergetic psychotherapy with children, in order to subsidize and introduce the subsequent practice of group exercises.

Room: Madeira **Floor:** 1

Please bring: ---

Blending life experience & theory into a therapeutic style: an exploration of the therapeutic alliance

NA-05


EN


20


Alex Munroe,
Paola Alessio

Focus: How the therapist draws upon life experience and professional training to create her/his unique therapeutic style.

Description: The workshop will begin with briefly describing some of the various streams that we all draw upon as we continue to become, more and more, the therapist that we are. We will summarize 3 papers that help understand this blending. The papers are "Body, Relationship and Transference: The Three Dimensions of Bioenergetic Analysis" by Violaine De Clerck (in Handbook of Bioenergetic Analysis), "Containment, Holding and Receptivity: Somatopsychic Challenges" by Scott Baum (in IIBA Journal, 2017) and Martha Stark's book "Modes of Therapeutic Action".

We will then experientially explore and discuss how those concepts described can be a framework to examine the therapist's challenge to connect with the client and keep the client's agenda and needs as a central focus. Client-therapist dyads will be used to help you get an experiential feel for the concepts. The discussion after each experiential will help us learn from each other's experience. The goal of the presentation is for each person to leave with greater clarity on how you have created and how you use your therapeutic style in moving through the arc of therapy.

Room: Glaciar **Floor:** 2

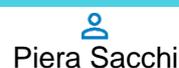
Please bring: 1 towel



25TH IIBA INTERNATIONAL CONFERENCE

From sound to words: our voice as a resonance tool

EU-03



Focus: We are used to using our voice, but we rarely experience it, except in cases where it either fails or expresses itself in a too impulsive way. We pay little or no attention to the effect that it has above all on ourselves and on our body. Specific exercises and spontaneous movements will be aimed at increasing and deepening the relationship we have with our voice and our ability to listen to it, to discover an expressive capacity that roots us in the body, unusual, sometimes surprising, authentic.

Description: The workshop intends to propose a route, at individual and group level, centred on the voice, one of the most fascinating body tools we have. According to A. Tomatis, the voice is rooted in the ability to listen developed in intrauterine life, from which originates our desire to communicate. The voice, furthermore, accompanies us with sound from birth to 18 months, when we acquire the possibility to begin learning words and then later language. The transition from sounds to words is a very important phase of our live.

The workshop will proceed in stages starting from sound exploration to words. Sound and words are the two protagonists of the voice to which are related two different languages: one preverbal and the other verbal, one linked to the right hemisphere and the other to the left, one linked to the body and to the implicit memory, the other to the thought and to the explicit memory. "Two different languages, two different ways of decoding experience: one world lives an experience but does not describe it, the other describes it but does not live it". Our voice can remain imprisoned or conditioned by these childhood experiences. According to A. Lowen, the sound expresses "the voice of the body" that allows us to give voice to ourselves with authenticity because it is rooted in our body motility. The words represent "the voice of the Ego" which operates at body level through control of the voluntary muscular system that allows a functional and stereotyped use of our voice to meet other people's expectations, to follow scripts selected by our character.

If this second "vocal score" prevails in the body, it deprives us of spontaneity and of connection with "our inner body and deep feelings, which we could define as feelings of the heart or visceral feelings"². With "the voice of the Ego" we express a part of us that lives mainly on the surface dominated by thought processes not deeply rooted in our body reality, causing a loss of resonance in our voice; we can no longer 'be our voice'. The aim of the workshop and the body work is to experience the resonance of the voice beginning from physical bases of resonance, from interoception, from listening to our voice and to other's voice, from experimentation of unusual registers.

Facilitating the full use of the voice allows a greater grounding capacity and lets the body become a sounding board and a musical instrument.

Room: Berlengas **Floor:** 1
Please bring: 1 towel
 1 blanket

A male body: strength and vulnerability

EU-16



Focus: The authenticity of a man and male body in love and connection with others in the modern world.

Description: 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".



25TH IIBA INTERNATIONAL CONFERENCE

A male body: strength and vulnerability

EU-16



Boris Suvorov

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.

On the other hand, 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 gynocentric 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?

Room: Santa Cruz

Floor: 0

Please bring: ---

Shame and sexual abuse

NA-07



Réjean Simard

Focus: Shame is an important emotion related to persons who have been sexually abused. That emotion is not easy to work in psychotherapy. Shame has negative impacts on self-esteem of the victim, at the internal states and in relationship levels. The Self is profoundly weakened and it is very hard to get on the related emotions. Also, the abused persons can be disorganized at many levels, from anxiety to psychosis. The psychotherapeutic approach with these persons must be, at the same time, a good understanding of what means sexual abuse and its impacts. The authenticity in the therapeutic relationship is important and the psychotherapist has to be aware of his own issues about sexuality and shame.

Description: This is a complex task to do psychotherapy with persons who have been sexually abused. That traumatic experience has negative impacts on the person in different ways. To make good interventions with these persons is a question of understanding the topic, their type of personality, their character, and for the therapist, to know his own issues.

Shame is an important consequence of sexual abuses. It is not easy to help client to cope with his "wound" side and to heal. Because we touch to the vulnerable side of the client. His body has been threatened or attacked and the Self is profoundly weakened. The person is disorganized at the physical, mind and relationship levels. These persons are a mix of mistrust and naivety. Their reactions can be strong or neutral, as if nothing had happened, destructive or intense, close to psychosis. The psychotherapeutic approach must be a good understanding of the impacts of sexual abuse on the client and a quality of authenticity in the therapeutic relationship.

The psychotherapist must be aware of his own issues about sexuality and shame. The workshop will be a time to be in contact with how a part of the shame of the sexually abused person may be in relation with



25TH IIBA INTERNATIONAL CONFERENCE

Shame and sexual abuse

NA-07


EN / FR


24


Réjean Simard

the psychotherapist's sexuality and shame. Short case presentations and experimentations will be used... The goal will be integration at the emotional, mind and body levels.

To cope with his or her shame help a person to recover a better self-esteem, to be more aware of who they are, in their weak and strong sides. They learn to affirm and protect differently themselves, to improve their capacity to communicate with other persons. Then they can be more alive and vibrant and feel more pleasure in their life. That work has similar side-effects on the psychotherapist.

Room: Santa Rita **Floor:** 0

Please bring: ----

A healing and integrative spiritual body-scan - Part 2/2

EU-12


EN




Joerg Clauer

Focus: Grounding yourself within an energetic body awareness and connecting the female and male parts of your personality.

Description: One of Lowen's heritage is the 'Spirituality of the Body'. Betty Esthelle, another teacher of mine called this Body-Enlightenment. This deepening dimension of our therapeutic work is not addressed and used very often. Participants in my workshop will experience an extended 'Body-scan' that I use regularly with my clients. It is a guided inner relaxing journey using energy, chacras and breath as means for healing, experiencing our inner structure and integrating the female and male parts within us. The feedback of the clients is that this experience has a healing quality for them. They feel more grounded with an increase in embodied self-awareness (bodyfulness) and become more integrated with more self-care.

In attending this workshop, you should be able to take part in the whole process and maybe have some time for yourself after. In addition, you should be able to take care of yourself and your own needs. It will be helpful to bring one or two pillows with you depending of your needs when you be situated on the ground for a long time. .

Room: Mediterraneo **Floor:** 2

Please bring: 1-2 pillow(s)
1 blanket (optional)

Research in bioenergetic analysis

NA-06


EN


30


Jan Parker

Focus: To encourage more research in Bioenergetic Analysis

Description: One of the reasons why Bioenergetic Analysis is not as accepted in some countries, is that there is little to no validated research about our approach.

This workshop will discuss various research methods which are accepted in the larger psychological community as valid. Participants are encouraged to bring their ideas for research projects to discuss in the workshop. The goal of this workshop is to motivate CBTs to do more research and publish in journals contained in professional databases.

Room: Pico **Floor:** 1

Please bring: ---



25TH IIBA INTERNATIONAL CONFERENCE

MAY 24, 2019 – FRIDAY

WORKSHOPS AND LECTURES (SLOT 3 – 15.00 – 16.30)

Enriching bioenergetic therapy: working with mentalization in body-psychotherapy

EU-01


EN / DE


40


Steve Hofmann

Focus: For the past 30 years, Peter Fonagy et.al. have developed mentalization based therapy (MBT). In their definition, mentalization means the ability to recognize one self and others as beings with a psyche. It specifically means the skill to reflect upon one's own and other's "thoughts, beliefs, feelings, desires, and motives" (Jon G. Allen). In practically all mental disorders we find, that the client's mentalization faculty is more or less impaired. Even though humans are born with the capacity to develop mentalization, this depends on the infant's early environment. If the parents are able "to see, consider and relate to her child as an autonomous being with rhythms, feelings, intentions and perspectives of its own" (Robert Lewis), the individual will be able to develop a healthy, independent self and to relate to others as separate individuals with an inner world of their own.

The mentalization approach to therapy derived from various branches of psychodynamic research, namely infant research, developmental theory, psychoanalysis and attachment theory. In my workshop I will attempt to present the difference between conflict-oriented therapy (as in traditional Bioenergetic Analysis) vs. deficit-oriented therapy (as in MBT), and how to combine the two if necessary.

Description: As society changes, the panorama of mental disorders changes as well as the challenges that clients present to us as Bioenergetic therapists. In addition to the traditional Bioenergetic character structures, which are based on conflicts between the needs of the infant and its caregivers ability to provide proper care, more and more clients come with problems which are based on deficits of their psychic structure. For this growing group of clients working through their character armor will not lead to the desired results.

This workshop therefore attempts to present the mentalization model of psychodynamic therapy and how to integrate it in Bioenergetic therapy in the best interest of our clients.

Room: Indico **Floor:** 2

Please bring: ---

Cephalic shock: treatment of cephalic shock - Part 2/3

NA-11


EN


40


Robert Lewis

Focus: Love, healing, connection and authenticity are abstractions to the extent that our mind and body are split - that Cephalic Shock causes us to hold on to ourselves for dear life and prevents us from loving and healing with authenticity and integrity.

Correlations will be made with current neurobiological research.

Description: In individual demonstrations and dyadic and group experience, Bob will invite you, via his presence and touch, to feel your heads (your cerebral fortresses) as 3-D parts of your bodies. – This is a first step in finding your ground by facing your most personal inner terror of insanity and achieving a loving and secure attachment.

Room: Atlantico **Floor:** 2

Please bring:
1 pillow
1 towel
1 blanket



25TH IIBA INTERNATIONAL CONFERENCE

Treatment of trauma in bioenergetic analysis - Part 1/2

EU-28


EN / FR


30


Violaine de Clerck

Focus: The healing power of emotion; catharsis
The condition of healing catharsis versus re-traumatization

Description: The workshop is an opportunity to share my experience in healing catharsis, even in traumatic experience. I will expose what are the somatic and relational condition for a catharsis to be healing and not retraumatizing. I will propose some of my ways to help such emotional process.

Room: Artico **Floor:** 2

Please bring: 1 pillow
1 blanket

About gaze and voice in the therapy space

EU-17


ES / EN


24


Miguel Ángel Corpas

Focus: An experiential workshop to mobilize the confluence between the senses, the expression and the nonverbal communication between therapist and patient.

The attachment gets configured in an encounter in which gazing, voicing and listening are the main sensitive and expressive factors that give meaning to it. Therefore, to rekindle in the therapy space the connection between voice and gaze enables a new way of being present for oneself and with the other.

Description: During this workshop, we will investigate other ways of living the encounter, when the possibilities of our gaze, listening and voice can be explored and elaborated. We will expand our objective and subjective knowledge about the organization of gaze and voice in the body and in the relationship between bodies. We will practice individually, in pairs and in groups.

Ultimately, this experience is intended to enrich the quality of presence and intersubjective listening of the therapist in the relationship with the patient.

Room: Porto Santo **Floor:** 1

Please bring: 1 pillow (optional)

When love avails not: challenges of working with people who cannot love - Part 1/2

NA-01


EN


24


Scott Baum

Focus: This is a workshop for therapists working in this reality. The focus will be intensely clinical using case material sent ahead by each participant who wants to do so. Special attention will be paid to the insights offered by modern bioenergetic theory and practice in working with people afflicted this way.

Description: Working with borderline and schizophrenic reveals that love is not indestructible. If destroyed, or nearly so, how does a therapist understand the functions that love serves in such a person? How are attachment, dependency, trust, the basic currencies of psychotherapy to be developed and utilized under these conditions? How do therapists examine somatopsychic process and structure, and how do we create a healing environment when we cannot capitalize on the patient's loving feelings? This workshop will examine these questions through in-depth supervision of cases. Case material will be sent by those participants wishing to present cases to the group. Specific attention will be to contributions from modern bioenergetic theory and practice to the challenging work with patients afflicted this way.

Room: Madeira **Floor:** 1



25TH IIBA INTERNATIONAL CONFERENCE

When love avails not: challenges of working with people who cannot love - Part 1/2

NA-01



EN



24



Scott Baum

Please bring: ---

Joining the force of love to the fire of sexuality

LA-14



EN / PT



25



Ana Silvia Paula

Focus: This is a work I have been developing and applying in my clients who have difficulties in opening their hearts and feeling the pelvic region issues regarding their sexuality.

Description: The present study aims to find a way to help the client get in touch with love and relieve the symptoms of the lack of energy in the pelvic, by working the release of the diaphragmatic and cardiac ring. The purpose of this work is to help women and men who have any difficulties regarding love and sexuality, to rediscover their energetic potential and be able to restore their physical, mental and spiritual health.

This will be possible by working the connection of the energy currents, unlock the breath, especially the diaphragm, working with the “grounding” in searching of the person’s essence and rooting, helping him or her to cross the difficulties in the way to love.

Room: Glaciar **Floor:** 2

Please bring: 1 towel

Identifying hurt and restoring energetic expansion

EU-26



EN



18



Arild Hafstad

Focus: The workshop will present a format for working with identified hurt and bodily contraction, in standing and lay down position.

Description: The workshop will present a format for working with identified hurt and bodily contraction, in standing and lay down position.

First, I present a stepwise model of intervention. The point of departure is a well-known model for character formation based on Reich and Hilton, and Helfaer’s notion of “seeing the person”. The client and therapist identify a core hurt and its relation to a main contracting pattern. Then we work with the pattern in one of the positions, learning a certain procedure.

In the standing position, breathing and the pulsatory grounding wave is taken advantage of. We work through the segment contractions from bellow to support expansion and blocked movement. In the lay down position, the breathing is even more essential, also here we work from the feet first, gradually approaching the bodily main contraction, supporting expansion and movement.

In the workshop, there will be demonstrations of the two techniques, then the group works in triades with the process.

Room: Berlengas **Floor:** 1

Please bring: ---



25TH IIBA INTERNATIONAL CONFERENCE

Seeing, understanding and healing shame - **PART1/2**

NA-03



EN



30



Helen Resneck-Sannes

Focus: The energetics of shame will be explored, beginning with its early developmental origins in eye contact and its similarity to shock and the freeze response. The defensive reactions to shame will also be explored.

Finally, shame is most often healed in the presence of a group. By hearing the stories of others who are similar to us, we can often begin to approach ourselves with more empathy and forgiveness.

Description: Shame is such a negative feeling of self that it not only prevents us from loving ourselves, but from also accepting the love of others and is most often healed in the presence of a group. By hearing the stories of others who are similar to us, we can often begin to approach ourselves with more empathy and forgiveness.

Participants will explore the relational aspects of shame as derived from research on early infant caretaker interaction.

They will be able to identify the observable behavioral and physiological aspects of shame in themselves and others. Participants will learn how to respond to shame dependent upon the person's reaction to being in a shame state. They will learn the impact of their eyes on the recipient of the interventions. Finally, they will learn a set of tools for working with the internalized negative voice, which prevents them from loving themselves and being loved by others.

Room: Santa Cruz **Floor:** 0

Please bring: ---

The round tour: from awareness to feeling to emotion and back to feeling and awareness

EU-13



EN / DE



20



Margit Koemeda-Lutz

Focus: In this workshop I want to briefly present a model of emotions in the context of human experience and behavior – followed by experiential sequences demonstrating how to work with some of this model's components.

Description: As body psychotherapists we focus – among other things – on touching, getting to move and melting muscular blocks. By this we most of the time set free emotions, which have been held back and / or habitually suppressed.

A model of how to psychotherapeutically work with emotions will be presented. Experiential sequences with regard to reading, regulating, expressing, and directing emotions will be offered.

This workshop aims at enhancing

- therapists' awareness of emotional content in patients' narratives
- the ability to read signs of embodied emotion
- therapists' awareness of emotional aspects in transference and countertransference reactions.

Emotion regulation techniques will be recalled, discussed and evaluated.

Bioenergetic tools for the clarification of personal emotion-related agendas and possibilities will be discussed.

Room: Santa Rita **Floor:** 0

Please bring: 1 pillow
1 towel
1 blanket



25TH IIBA INTERNATIONAL CONFERENCE

The tao in sound body dance

LA-01


PT / EN


40


Paula Vital dos Reis

Focus: The central idea of this workshop is to help participants to perceive their bodies as a versatile instrument on a deeper level. From this perception, participants are able to communicate with the sensations they experience and to connect with their ability to surrender to the waves that reverberate in the body, happening beyond character structures.

Description: The workshop associates the concepts of Grounding, Energy Flow, body sounds and movement analysis with elements of modern and contemporary dance. It seeks to stimulate a deep and sensitive listening to the impulses and sounds of the body during the activities using improvisation techniques in creative processes, addressing the following corporal themes: support, opposition, force vectors, impulses, articulations, contact and qualities of movement in connection with the sky, earth, air and space.

The thematic improvisation activities create a network of perceptions through which each participant can perceive him/herself as a self-reflexive researcher and creator, and not just an organism that reproduces patterns of movement. It facilitates the connection of each individual with their own nature, with their own truth and singularity, with their needs and desires, allowing them to be free of rules that are not inherent to their nature at the moment of improvisation, and to realize their presence. The use of voice and sound expressions in the creative experience allows for contact with the somatic negotiations between the blood pulse, muscles and respiratory flow, allowing for individual expansion, profound understanding and awareness of the possibilities of expressiveness at each moment, and in each body, the possibility to vibrate sound and energy in the respiratory tract. In this way, the internal listening of the body can be transposed into sound and movement, generating a creative impulse as an opportunity to work with the flow of the body's form, experiencing possibilities beyond character structure.

Using a body metaphor, the work explores the concept that respiratory and sound waves follow a pulse, or pulsation, that correspond to musical scales and body scales, creating a parallel between somatic functioning and musical structure. The individual can create flows in their energy centers and/or rings of tension and experience a new state of being or a new presence, like a higher octave in the musical scale. Like sound, movement in complementarity, inscribed in its oscillatory form, like in the circle of the Tao which contains the Yang impetus and the Yin rest. The creative impulse creates a state of communion, of commitment to the whole beyond the individual. Pulsating between extremes or polarities and being able to create a flow in form, offering the integration of dualities, the connection with inner reality and greater autonomy, freedom and authenticity. When this happens in our expression, we connect with Love, which is related to the flow and maintenance of life.

Room:	Mediterraneo	Floor:	2
Please bring:	---		

Weaving the threads of the therapeutic relationship: a love story

EU-15


PT / ES


14


Maria Alcina Fraga
Fernandes, José Luis
Moreno Campos

Focus: The aim of this workshop including theory and practice is to reflect about the scope of the therapeutic relationship which embraces a continuous dance, visible and invisible, conscious and unconscious, where meaning and meaningfulness intertwine and activate the perception of an unfinished story in the senses. The perception of intense and unconscious bodily sensations brings the fear of unleashing fixed and unknown energy. But it is by opening up to the sensitivity that the intelligible becomes richer and brings meaning to what we feel.



25TH IIBA INTERNATIONAL CONFERENCE

Weaving the threads of the therapeutic relationship: a love story

EU-15


PT / ES


14


Maria Alcina Fraga
Fernandes, José Luis
Moreno Campos

Description: In the therapeutic relationship, the body of the therapist gives, want it or not, visibility to his invisible world, through his presence, the way he looks, speaks and moves. In this authenticity travels complex, sensorially codified information which is captured by the patient in a way that is distant from logic and intelligibility. It's the quality of this information that will originate trust with a scope that allows the patient to "be with" and "feel the presence" of sensations and emotions that at some point of his story had to be left unfelt due to his experience of abandonment, rejection or trauma. This is a scope of security where, as Daniel Siegel puts it, "when feeling felt" the patient can feel a sensory experience inside himself which is important for his process of auto-regulation and transformation.

The body lives in continuous tension, varying from moment to moment, sliding in a continuum that goes from anxiety to ecstasy according to the principles of biological fluidity and homeostasis. The therapeutic relationship is a continuous process of mutual regulation between the patient and the therapist and, at the same time, the auto-regulation of the respective individual experiences.

And love, where is it? Let's have a look at Lowen's answer in his book "Joy": "Surrendering to the body and his feelings is surrendering to love. Love is not about giving, but about being open. This opening needs to occur to the own Self first though, and only then to the other."

Through his presence and empathy, the therapist fully shares his own Self with the other and allows a safe space within the relationship where the patient can share all that has been flooded and kept invisible because it has been suppressed, negated or dissociated.

The therapeutic relationship is a unique place where the broken, torn to pieces, unfinished and invisible threads of the patient's insecure bonds will be seen and recognised. In this delicate labour, respecting the patient's rhythm, these threads will be woven, sewed and united so that the feeling of love can become explicit and visible and inhabit a space inside himself and in the relationship with the other.

We will suggest exercises that allow to continue the never-ending process of gaining awareness about the emotional regulators in the therapeutic relationship. We will focus on: look, voice, rhythm and movement.

Room: Pico **Floor:** 1
Please bring: ---



25TH IIBA INTERNATIONAL CONFERENCE

MAY 24, 2019 – FRIDAY

WORKSHOPS AND LECTURES (SLOT 4 – 17.00 – 18.30)

Safety as the core of healing trauma

EU-20


EN / IT




Paola Bacigalupo

Focus: Polyvagal Theory gives powerful insights into how safety is viscerally experienced in relationship with others. In the therapeutic process we can learn to integrate practice principles especially with individuals who experienced traumatic experiences

Description: The Therapeutic process can be seen as a dyadic dance between risk and safety. Where the client is trying to cope with his traumatic experiences and the therapist trying to respond with his own unique personal experience to that of the client.

Allan Schore (2001) states that the therapist should be an auxiliary cortex and an emotional regulator of the disregulated emotional states of the client. Polyvagal theory enables us to deepen this perspective and embodied the cues of disregulation and of a defective neuroception with trauma patients.

But a Polyvagal Perspective can be very helpful for us as therapists, pointing out how important is being aware of our implicit ways of responding to our clients to tune the therapeutic to enhance his social engagement system and create a safe environment.

This is especially crucial in the contest of a somatic-relational therapy as Bioenergetic Analysis.

Room: Indico **Floor:** 2

Please bring: ---

Cephalic shock: treatment of cephalic shock **Part 3/3**

NA-11


EN




Robert Lewis

Focus: Love, healing, connection and authenticity are abstractions to the extent that our mind and body are split - that Cephalic Shock causes us to hold on to ourselves for dear life and prevents us from loving and healing with authenticity and integrity.

Correlations will be made with current neurobiological research.

Description: In individual demonstrations and dyadic and group experience, Bob will invite you, via his presence and touch, to feel your heads (your cerebral fortresses) as 3-D parts of your bodies. – This is a first step in finding your ground by facing your most personal inner terror of insanity and achieving a loving and secure attachment.

Room: Atlantico **Floor:** 2

Please bring:
1 pillow
1 towel
1 blanket

Treatment of trauma in bioenergetic analysis - **Part 2/2**

EU-28


EN / FR


30


Violaine de Clerck

Focus: The healing power of emotion; catharsis



25TH IIBA INTERNATIONAL CONFERENCE

Treatment of trauma in bioenergetic analysis - Part 2/2

EU-28


EN / FR


30


Violaine de Clerck

The condition of healing catharsis versus re-traumatization

Description: The workshop is an opportunity to share my experience in healing catharsis, even in traumatic experience. I will expose what are the somatic and relational condition for a catharsis to be healing and not retraumatizing. I will propose some of my ways to help such emotional process.

Room: Artico **Floor:** 2

Please bring:
1 pillow
1 blanket

Body therapy groups

LA-11


EN / PT


27


Dante Moretti Junior

Focus: The power that a group of body therapy gives to the professional of Bioenergetics. Unlock creativity, pleasure and originality. Differentiate group of movement from therapy group. Upgrade.

Description: Lowen systematized our training to be individual therapists. But how are we CBT's working with the Body Therapy Groups!? They have methodology!? Beginning, middle and end?! Goals!? Follow the stages of libido development!? Are they open?! Respect the systematic analysis of resistances!? Do they work with the character structures?!

In this workshop we will feel and understand the body therapy group. Forgotten power of our technique to answer the questions of modern life. Achieve pleasure and fulfilment. I will present my methodology of work. I have been studying since 1998 and have applied it to more than 200 people since 2006.

Room: Porto Santo **Floor:** 1

Please bring: ---

When love avails not: challenges of working with people who cannot love - Part 2/2

NA-01


EN


12


Scott Baum

Focus: This is a workshop for therapists working in this reality. The focus will be intensely clinical using case material sent ahead by each participant who wants to do so. Special attention will be paid to the insights offered by modern bioenergetic theory and practice in working with people afflicted this way.

Description: Working with borderline and schizophrenic reveals that love is not indestructible. If destroyed, or nearly so, how does a therapist understand the functions that love serves in such a person? How are attachment, dependency, trust, the basic currencies of psychotherapy to be developed and utilized under these conditions? How do therapists examine somatopsychic process and structure, and how do we create a healing environment when we cannot capitalize on the patient's loving feelings? This workshop will examine these questions through in-depth supervision of cases. Case material will be sent by those participants wishing to present cases to the group. Specific attention will be to contributions from modern bioenergetic theory and practice to the challenging work with patients afflicted this way.

Room: Madeira **Floor:** 1

Please bring: ---



25TH IIBA INTERNATIONAL CONFERENCE

Aging and bioenergetics

NA-02


PT / EN


40


Susan Kanor,
Rebeca Berger

Focus: Discussion and experiential exercises connected to aging.

Description: Bioenergetic analysis with its focus on the self, i.e. the body, and less on the ego ideal offers us an important gift for managing the aging process. While we may have the richness in our older years of wisdom, deeper loving relationships and continuing growth, we may be met with the challenges of facing our fear, meeting our physical and intellectual limitations and handling the loss of loved ones. In this workshop we will explore the various facets of aging with discussion and experiential exercises designed to enhance our awareness, understanding and feelings about the aging process.

Room: Glaciar **Floor:** 2

Please bring: ---

The dissociated attachment: a delicate road to contact and connection

NA-08


EN


20


Danita Hall

Focus: Attuning to micro movements in working with trauma to enable connection to the self.

Description: Bioenergetic therapy offers a wide range of somatic and analytic technical interventions that afford the possibility to promote and use felt experience in healing. In working with people who have been highly traumatized, the challenge for the therapist is to provide contact and containment for the disorganized and dissociated feelings and to promote the expression of aggression to enable a fuller, more integrated and matured self. For the traumatized person, the collapses and frozen internal structures may be so fragile that even small gestures of assertion lead to dissociation and disconnection with little or even nothing of an embodied feeling self.

This workshop will focus on the delicate balance of moving deeply into regressive material while supporting a progressive maturational process. There will be an emphasis on attuning to micro movements. I will share via case example what I have discovered in working with a woman with an extremely traumatic history and speak to the issues that have been particularly challenging.

In the experiential piece, we will engage in an exercise that prepares the therapist for attuning to micro movement and practice some techniques to support embodied expression when a person is on the edge of dissociation. There will be time for sharing and discussion.

Room: Berlangas **Floor:** 1

Please bring: ---

Seeing, understanding and healing shame – PART2/2

NA-03


EN


30


Helen Resneck-Sannes

Focus: The energetics of shame will be explored, beginning with its early developmental origins in eye contact and its similarity to shock and the freeze response. The defensive reactions to shame will also be explored.

Finally, shame is most often healed in the presence of a group. By hearing the stories of others who are similar to us, we can often begin to approach ourselves with more empathy and forgiveness.

Description: Shame is such a negative feeling of self that it not only prevents us from loving ourselves, but from also accepting the love of others and is most often healed in the presence of a group. By hearing



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Seeing, understanding and healing shame – PART2/2

NA-03



Helen Resneck-Sannes

the stories of others who are similar to us, we can often begin to approach ourselves with more empathy and forgiveness.

Participants will explore the relational aspects of shame as derived from research on early infant caretaker interaction.

They will be able to identify the observable behavioral and physiological aspects of shame in themselves and others. Participants will learn how to respond to shame dependent upon the person's reaction to being in a shame state. They will learn the impact of their eyes on the recipient of the interventions. Finally, they will learn a set of tools for working with the internalized negative voice, which prevents them from loving themselves and being loved by others.

Room: Santa Cruz **Floor:** 0

Please bring: ---

The salt of the earth

LA-02



Deborah Carone Bellodi

Focus: This photographic language, this gaze that unfolds in other forms of expression, can be used as a model for defining the 'bioenergetic therapist' from pain, we seek to understand, in a deeper structure, the stories registered in body and soul, and in the hearts of our patients. With this apex punctuated by humanity, we aim to transform the darkness into love, into healing, and make room for a connection between the human being with our inner self, with our patients, to the closest to their authenticity.

Description: The Salt of the Earth is a documentary about the Brazilian photographer Sebastião Salgado, made by Win Wenders and Juliano Salgado. Those three voices will tell the story.

The documentary is extremely consistent. Sebastião Salgado immerses himself in beauty to tell us about themes such as poverty, misery, violence, repression and disillusionment of human being and human existence. His path is recreated in several stories and many languages, that can be noticed in every work he performs, in every photo whose impression he captures, throwing light on the darkness. It is crucial that art shapes the reality, even though it seems difficult to man.

These photos are constantly being recreated and, based on his technique, we can observe that this photographer's work goes through a transformation in which life always prevails. And this photographic language, this gaze that unfolds in other forms of expression, can be used as a model for defining the 'bioenergetic therapist' being: from pain, we seek to understand, in a deeper structure, the stories registered in body and soul, and in the hearts of our patients. With this apex punctuated by humanity, we aim to transform the darkness into love, into healing, and make room for a connection between the human being with our inner self, with our patients, to the closest to their authenticity, promoting, through interaction, a path that continuously choose movement.

Room: Santa Rita **Floor:** 0

Please bring: 1 pillow



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Overcoming the fear of deep intimacy: releasing the pelvis to open the heart

NA-09



Focus: Experiential. Guiding participants through exercises to learn tools that can help them open the energy flow in their pelvis, feel the empowerment and the vulnerability of this flow, and then recognize how this allows the heart to open more fully.

Description: Fear is a powerful emotion. It is a vital signal that we are in danger. But it can be paralyzing, blocking our energy flow and our aliveness. This is particularly true of our fear of deep intimacy, which is impossible to achieve without surrendering to our body and allowing ourselves to be vulnerable. One of the most helpful tools I have found to help overcome fear is releasing tension in the pelvis. In mind/body theory, the pelvis is the seat of our “empowerment”, and we need to feel empowered to face strong fear. Come experience tools that will help you open your heart to deeper intimacy.

Room: Mediterraneo **Floor:** 2

Please bring: 1 pillow

Grounding through healing touch: techniques of nurturing contact and the therapist's experience

EU-09



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

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

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

Room: Pico **Floor:** 1

Please bring: ---



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MAY 25, 2019 – SATURDAY

WORKSHOPS AND LECTURES (SLOT 5 – 17.00 – 18.30)

The privilege of voice as a therapeutic instrument in bioenergetic work with a patient

EU-07


RU / EN


16


Tatyana Maslikova

Focus: Voice is a derivate of the body that never lies, as we know it. It is an absolute bioenergetic instrument that combines three pillars of bioenergetics: breathing, vibration and grounding. I think it hasn't been studied enough yet and it is underestimated as a therapeutic instrument. The main focus is on the therapeutic work that uses voice. I see this workshop as an opportunity to share my personal observations and experience.

Description: One's life often becomes an encounter with the „unknown forest“. Well-trodden paths end, and you realize that you've lost your way and have no idea where to go next. The forest that once looked welcoming has become frightening and hostile. Lack of supportive experience makes one's body to produce emotional quintessence of responses that have been storing up in the DNA, cell memory, body muscles since the age of reptiles and dinosaurs, Antantis, and the moment they assumed family scenarios... Fear and panic force breathing to collapse, they quickly interrupt the flow of energy in the legs. The person seems to melt shrinking to the size of a frightened heart. SCREAM immediately brings energy back to the body. Voice somehow „turns the lights on“ at all levels of chaos. A therapist often meets a patient who is soundless, at the peak of despair and the feeling of being lost. Voice, the quality of its sound, allows both the therapist and the patient to hear and analyse the truth about the patient's moment and give a channel to any feeling, frozen body impulse in order to connect safely with courage and lost joy. Voice-sound is a wise assistant - a wonderful gift of the creator - always finds the way that the patient needs to go here and now in order to encounter his or her own authenticity and integrity.

Room: Atlantico **Floor:** 2

Please bring: ---

The fragility of relationships in the digital age

EU-22


EN / ES


40


Edith Liberman

Focus: The goal of the presentation is:

- To briefly describe and analyse the impact of virtual interaction, particularly through social networks, on interpersonal relationships.
- To present and experience some basic resources of bioenergetic analysis, particularly contact, to facilitate the sensation and emotion of real presence.

Description: Digital communication has changed the way in which we communicate, present ourselves and interact in interpersonal relationships. Social networks have created a form of virtual connection that revolves around a cult of the image, where authenticity and emotional reality are conspicuous by their absence.

Behind the avatars of themselves that we find as "friends" on Facebook; of the sexual partners that are connected by Tinder or of the idealized searches of dream partners in Meetic, the difficulty for emotional connection, for intimacy and a drive for immediate satisfaction are often hidden.

These difficulties and traits are becoming frequent in a large part of the clients we receive in our offices, revealing the prevalence of attachment disorders that underlie this fragility in our social bonds.



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The fragility of relationships in the digital age

EU-22


EN / ES


40


Edith Liberman

We have resources to activate alternative ways to connect. The first of these resources is us, within the therapeutic relationship. We can become a secure attachment figure, a real presence that facilitates the sensation of the self and emotional connection. We will experience some of these resources, particularly contact and look.

Room: Porto Santo **Floor:** 1

Please bring: ---

The sound within neuroscience and bioenergetics: pathways to authenticity, love and deep healing

EU-23


EN / IT


30


Ada Lentini,
Alessandro Cataldi

Focus: The purpose of the authors in the present workshop is to use Bioenergetic Techniques (A.Lowen) and Musical Sounds in a dialogue with the affective neuroscience for the modulation of psychophysiological processes of the Autonomic Nervous System.

Description: The purpose of the authors in the present workshop is to use Bioenergetic Techniques (A.Lowen) and musical sounds in a dialogue with the affective neuroscience: from Basic Cerebral Emotional Systems (J. Panksepp) to Polyvagal Theory (S. Porges). On this regard music is used as a tool for the modulation of psychophysiological processes of ANS. The workshop is divided into two sections: first a theoretical exposition of what Bioenergetics and Polyvagal theory are is provided and then a practical part follows. The latter is based on an experiential energetic activation and the listening of musical stimuli given at specific frequencies aimed to the modulation of ANS while adopting specific Bioenergetic Techniques. The authors observe the effect of such techniques and how they modulate the emotional physiological state and the implicit and explicit perception.

Attention is placed on how the body has a role in the emotional regulation in the ventrovagal components when exposed to instrumental music stimuli, to singing, vocal tone, emerging gesture and movement, the mimic facial expression, the contact, the imagination in a bottom up vision and in a creative atmosphere of sharing and exchange.

Room: Madeira **Floor:** 1

Please bring:
1 pillow
1 towel
1 blanket

Re-connect to feeling to become able to think. The exercise classes with psychotic patients.

EU-25


IT / EN


40


Marisa Orsini

Focus: Lecture on exercise classes with psychotic patients. Theoretical, clinical and therapeutic considerations on the value and importance of offering a psycho-body experience in the treatment of serious pathology.

Description: • If we live, it means that the body exists. We can dare. The lecture will describe the experience of exercise classes in a Day Center (semi-residential structure for psychiatric patients). By



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Re-connect to feeling to become able to think. The exercise classes with psychotic patients.

EU-25


IT / EN


40


Marisa Orsini

working on energy and creating possibilities, strongly destructured people have been helped in order to find their resilience to rebuild themselves by accepting the positive opportunities that therapy can offer.

Room: Glaciar **Floor:** 2

Please bring: ---

Love as grounding in times of helplessness

LA-12


PT / EN


20


Miriam Bergamini
Mantau

Focus: The focus of the workshop is to work sensoriality and contact to help the therapist's body connect with the degree of helplessness of the bodies of patients we receive in our clinic.

Description: Modern life is increasingly evidence of our vulnerabilities. The subjectivation of the body connects with the accelerated objectification of the external stimuli, weakening the symbolization and therefore the contact, the connection and the bond. Faced with this reality, our burden of affection, love as the root force, which brings us into existential grounding, is being increasingly challenged by the deconstruction of stable and nurturing relationships. As therapists, our work then turns to this new setting which deals with the volatility of feelings and feelings and the impermanence of affective contracts in their various instances.

We are called to dialogue about love in psychotherapy as "grounding" for the present times. Our ability to create has never been so necessary. Create, in the sense of embodying a listening always susceptible of modifications before the impermanent and volatile and connecting to a body language of helplessness.

Room: Berlengas **Floor:** 1

Please bring: 1 pillow (optional)

Working with intention to provide a caring healing relationship

NA-12


EN




Anita Madden

Focus: The use of quantum physics principles to work with the subtle energy field of the therapeutic relationship.

Description: Essential to any relationship is the energy flow between people. This flow is subtle, yet powerful and can be altered by intention. The therapist can enhance this subtle field to provide an atmosphere of safety to facilitate healing and growth. The client is apt to block changes to energy flow. The intention of the therapist creates and maintains the focus of safety, thus helping the client to be open to energy change.

Room: Santa Cruz **Floor:** 0

Please bring: ---



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Recognizing and healing the mind-body split: the essence of energetic integration

NA-04



Frederic Lowen

Focus: The mind-body split, an energetic disconnect between thinking and feeling, will be examined. A widespread but little recognized, and even less understood, the mind-body split is fundamental to psychological disorder and dis-ease, and to societal dysfunction as well.

Description: This workshop will explore the nature, causes, and clinical aspects of the mind-body split. The mind-body split, a disconnect between thinking and feeling, is a widespread but little recognized, and even less understood condition that is fundamental to individual psychological disorder and dis-ease, and societal dysfunction.

With a mind that is disconnected from its body, thinking is disconnected from feeling, and reality is a distorted subjective experience shaped by unconscious fears and other energetically-charged emotions and motivations. If the truth of one's emotions and feelings are hidden from conscious awareness, the disconnected mind's ego rationalizes, projects, and idealizes its desires and fears in a manner that is disconnected from reality, and thereby is destructive and potentially debilitating. Without an integrated connection between thinking and feeling, the mind-body split is an under-recognized factor in perhaps all psychological disorder, and unsatisfactory "normal" functioning as well.

Being disconnected from their bodies such minds are vulnerable to manipulation, and are prone to lies and lying as they cannot recognize or speak their own truth. Many individuals do not know their own truth, their own feelings of fear, anger, sadness and confusion. It is common and widespread for many people today to walk around without any feeling, often not knowing they don't feel anything. Alternatively, emotionality, hysteria, and acting out rules when emotions run hot as the disconnected mind is helpless in its attempts to control behavior, feeling, and unwanted thoughts.

The 3 hour workshop will consist of three segments: 1) a didactic PowerPoint presentation including pertinent video film clips of Alexander Lowen, innovator of Bioenergetic Analysis, examining clinical and societal aspects of the mind-body split; 2) an experiential portion will raise participants' energy for a personal and interpersonal exploration of their own fears which perpetuate the mind-body split; and their subjective experience of pleasure as the antidote; and 3) a clinical demonstration with participants who wish to explore their issues in the group setting will illustrate ways to implement this energetic understanding into our clinical work as Bioenergetic Therapists.

Room: Mediterraneo **Floor:** 0

Please bring: ---



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We will make sure to share them with our Bioenergetic Community!