



IIBA
International Institute
for Bioenergetic Analysis



EDITO

Dear Members

I have recently returned to New Zealand from attending the Board of Trustees meeting in Portugal. I assure you the romance of travelling rapidly disappears with 36 hour return flights around the planet. What has not evaporated is the expansiveness of the meeting with the new Board of Trustees of the IIBA who met in Lisbon from March 4 – 8. The members of the new Board know that we stand on the shoulders of the previous Board and the significant achievements by that dedicated group of people, lead by Scott Baum for over 6 years.

And yet, we as the new Board are ready to take up the challenges that face the IIBA in 2015 and into the future. We all have lots of heart, pride and a strong vision for the future of Bioenergetic Analysis. We hope to stimulate research on the effectiveness of Bioenergetic Analysis, promote new initiatives by members and strengthen the social application of Bioenergetic Analysis. A key strategy is to increase the effectiveness of communication between all our members, e.g. by extending the use of Facebook. As a Board we will be working hand in hand with the Faculty of the IIBA.

A major challenge facing us all in the IIBA is to affirm the importance of Bioenergetic Analysis in the world today. The exciting new paradigms of affective neuroscience and the sensorimotor processing of trauma can blind us to the rich treasures we have inherited from Alexander Lowen and Wilhelm Reich. Bioenergetic Analysis knows how to work with the whole body; knows how to work with strong emotions within a “window of tolerance” that is not limited by the therapist’s own narrow tolerance levels; and it knows how to somatically regulate the intersubjective space between patient and therapist. We need to claim and reaffirm the centrality of Bioenergetic Analysis as a highly relevant therapeutic approach in the world of psychotherapy and in the world at large.

One way you can do that as a member of the IIBA is to join with your colleagues from around the world at the 23rd IIBA Conference in beautiful Porto de Galinhas, Pernambuco, Brazil from August 19 – 23, 2015. There has been an amazing amount of work put in by the Conference organizers in Brazil and by Pilar Llobregat our administrator, by the webmaster, as well as by the Scientific Committee members. They are bringing you an exciting Conference with themes that are relevant to the terrorizing crises we all face in today’s world. The short answer to fear, of course, is “Love”, but we can only co-create that by meeting, working, laughing, crying and dancing together. And where better to do that than in Brazil, where the passion for life is intense and exhilarating.

I know there have been some frustrations with travel and booking arrangements due to the complexity of internet and banking connections with Brazil, but please keep persevering. Our administrator, Pilar Llobregat can help you, if all else fails. I would also like to acknowledge the work done by Claude Thovex, our webmaster, both in setting up the Conference website, and in recovering the IIBA website that was seriously hacked by jihadists following that terrorist tragedy in Paris in January 2015.

I would like to acknowledge the work done by the organizers, staff and attendees of the successful PDW that was held in Spain in October 2014. As a result of the PDW we have several members who have become or are in the process of becoming new Faculty members of the IIBA. My congratulations to them, as the expansion of the Faculty is essential to the maintenance of the rich intellectual inheritance we have received from Alexander Lowen.

One of the joys of being President is to sign the CBT certificates for trainees who have graduated. Recently I had the pleasure of signing off seven CBTs from our Russian colleagues in Perm, Siberia. The Cover of our exciting new IIBA Journal symbolizes the growth of Bioenergetic Analysis into China. The interest in Bioenergetic Analysis is strong in China, and it will be fascinating to watch the growth and development that takes place there over the next decade.

I would like to remind each Society that they are entitled to apply for a rebate of 15% of the fees paid annually by their members in order to advance the promotion of Bioenergetic Analysis in their area. We have had some exciting use of this money by societies in Europe, Israel and New Zealand. A simple Application Form is available at iiba.spain@bioenergeticanalysis.com.

As I said in my first Newsletter, what binds us together is the inheritance we have received from Alexander Lowen. His love of the body and his commitment to the life of the body continue to resonate within each of us. The Conference theme “Fear of Love – Fear of Life” challenges us more than ever to find those deep resources of life and love that exist within and amongst us. I therefore look forward to meeting you at the 23rd IIBA Conference in Brazil, in August 2015.

With warmest wishes to you all.

Garry Cockburn,
President IIBA Board of Trustees

NEWSLETTER



FOR YOUR INFORMATION (F. Y. I.)

Our "New" IBA Board of Trustees



Michael Brennan

At our meeting in Lisbon in early March, 3 newly elected members were welcomed to the Board of Trustees by members who have been serving for at least one year. The photograph of your newly revised BOT shows, in the first row, BOT Vice-president Claudia Ucros, BOT President Garry Cockburn, Eulina Ribeiro, Jim Elniski, Josette Van Luytelaar, Cristina Piauhy, Patrizia Moselli, Ana Lucia Faria, BOT Secretary/Treasurer Maria Roasaria Filoni, (back row) John Conger, Michael Brennan.



Film about Wilhelm Reich



Alice Ladas

The most senior CBT and member of the first BOT

An amazingly vital woman who began her involvement in Bioenergetic Life in the days of Wilhelm Reich to be followed by involvement in the birth of the original IBA

I am SO excited! After waiting for close to 60 years, finally a relatively unbiased film about the work and life of the brilliant psychiatrist, Dr. Wilhelm Reich, on whose work much of ours is based, may finally be made. Reich came to the USA as a refugee from Hitler-ism only to experience his writings burned, his research apparatus chopped up and discarded, and to be thrown into prison where he died.

Upon first learning about Kevin Hinchey's projected documentary film during its Kickstarter fundraising campaign (www.kickstarter.com/projects/25874147/wilhelm-reich-documentary-film-project), I immediately made a contribution (the first of this nature since I hired the lawyer to create IBA). Then I contacted Kevin who had spent four years researching and writing this documentary about Reich's life and work and was now was hoping to actually produce this film.

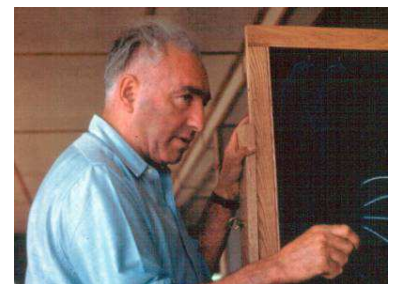
I so wanted Kevin's Kickstarter campaign to succeed in raising the necessary funds for this film that I put him in touch with every person I know who might also contribute. And the Kickstarter campaign succeeded ... not just because of me, but I was ecstatic to be able to help. Kevin Hinchey's work is not that of a true believer, a detractor or an exploiter of Reich's work, as are many of the films and writings about Reich to date. His film will be based on 4 years of study of all of Reich's publications, all U.S. government files on Reich (State Department, FBI, Immigration & Naturalization Service, and FDA), and the Reich archives (now housed at Harvard's Countway Library of Medicine thanks to the efforts of Mary Boyd Higgins of the Wilhelm Reich Infant Trust and New York publisher Roger Straus).

Why do I care so much about this? Not only because my life's work in bioenergetics, educated childbirth, breastfeeding and sexuality evolved from that of Reich, but because I was personally present when the catastrophes happened. I am one of two surviving professionals who had actual personal contact with Reich; 96-year old Dr. Morton Herskowitz of Philadelphia is the other one.

Both of us will be among those interviewed for this film. On January 8th, Kevin conducted a 3½ hour on-camera interview with Dr. Herskowitz, the last physician to have trained with Reich; and in March I am scheduled to be interviewed on camera for this documentary when Kevin comes to Tucson with his film crew. Tucson is where Reich conducted his final cloud busting research. That trip led to Reich writing "**Contact With Space**" about the UFOs which came around while he was working there.

It is likely that I am now the eldest member of IIBA. Some of you may be aware of my role in the founding of the Institute for Bioenergetic Analysis, but many of you are probably not. Like Al Lowen, I was deeply interested in the work of Wilhelm Reich although I did not become his patient nor study with him at the New School of Social Research. I attended one conference at Orgonon, read many of Reich's books, had therapy with Theodore Wolfe, and was examined by Reich in order to join the staff of his Infant Research Center.

I brought three Orgone Therapists to meet with Mrs. Roosevelt (at a time before the Oranur problems) when Reich believed that orgone energy might be able to counter the negative effects of nuclear radiation. It is a tribute to Mrs. R's curiosity and open mindedness that she consented to this meeting. And astonishing it was that she trusted me enough to agree to it. She took the information to Robert Oppenheimer who told her to "forget it". When it came time to challenge the charges brought upon him by the FDA, I never understood why Reich refused to allow the American Civil Liberties Union to represent him in Court and was deeply upset and disheartened by what then happened.





FOR YOUR INFORMATION (F.Y.I.)

(continued)

At the time Reich's books were burned and he was thrown in jail, I was working in the office of Dr. Nathan Ackerman when he was developing family therapy. Ackerman knew of my interest in Reich's work but was sufficiently open minded enough not to fire me over it. I knew most of the orgone therapists, including Dr. Silvert who committed suicide over his role in Reich's imprisonment (i.e., sending orgone energy accumulators over state lines after being ordered not to by the FDA).

When the FDA ordered all accumulators chopped up and books burned, I did not turn mine in and still have all the original books and my accumulator, decorated on the outside by my children. But I was so distressed that I left the field of psychology for a year and worked in children's theatre at The Circle in the Square. In order to return to my real work, I accepted a position as Director of Child Guidance in the public schools of Caldwell, N.J. where I could do whatever I wished because they had never had any therapy in the system before and no one was above me to tell me which kind of technique was right.

I was also dating a psychoanalyst, who lived in his head and worked and resided in a dark apartment. "Before we can become serious," I told him, "you need to get in touch with your body." He accepted my suggestion and went into therapy with Al Lowen. He was invited to join the Tuesday seminars and that is how I learned about them. It was a requirement to become a patient if you wanted to join that seminar. So I did both and began introducing Al at his lectures.

This led to my idea that Al and John should form a not-for-profit organization so they could get donations to help promote the work. I hired the lawyer, Robert Sturz. Together we joined the first Board. I introduced Al to his first publisher which resulted in *The Physical Dynamics of Character Structure*, 1958. And I functioned for a time as Office Manager and wrote the first brochure.

Reich forbade his patients to keep any record of their therapy work. If any of you know of someone who did keep records, please let Kevin Hinchey know.

And if you want to support this documentary film about Reich you can contact Hinchey at: khwit@aol.com or (860) 659-3461.

IIBA website



Maria Rosaria Filoni

In Lisbon, The IIBA Board of Trustees decided to upgrade the IIBA website by publishing articles from each of our different regions to provide an additional resource to members as well as to increase information about Bioenergetic Analysis to those who are interested.

Our first working group is composed of Rosaria Filoni, Vincentia Schroeter, Miriam Mantau, Lorene Soares, Rainer Mahr and Ulrich Sollmann. Additionally, we are asking all the IIBA Societies and Institutes to indicate someone who wants to participate in this work.

You can send the name to Rosaria Filoni: mariaRosaria.filoni@fastwebnet.it.

REPORTS

The Power of Play

Janet Pinneau

February 2015 brought the Southern California Bioenergetics Conference to the beautiful UCLA Conference Center in Lake Arrowhead for the 24th annual event. This year's theme was **The Power of Play** and the four day conference was filled with playful workshops and keynotes, a ball pit, dancing, and even some Twister while participants explored the benefits of incorporating play into their lives. The workshops provided opportunities to learn and leap more fully into play, exploring the barriers and resistances to letting go in play. Surrounded by the trees, hills, and peace of the Southern California mountains, and by people who are committed to awakening to the world inside and out it was a weekend of exploration, connection and the healing benefits of play.





Miriam Bergamini Mantau

Last November, from the 19th to 23rd of 2014, there was a Latin American Conference in São Paulo, Brazil named **"Psychology - Science and Profession"** organized by FENPB - FORUM from National Psychologist Brazilian Entities that was attended by more than 7,000 people. The FLAAB - Latin American Federation of Bioenergetic Analysis was in charge organizing the participation of Bioenergetic Therapy and other body-inclusive therapeutic approaches at the Conference. Jayme Paneray proposed that body movements be included in the Opening Ceremony. More than 2,000 people were enchanted with our participation!



We, from the Brazilian and Argentinean Communities of Bioenergetic Analysis including all societies - Saberj, Sobab, Libertas, Vibrare, Ligare, IAB (Argentina), presented many workshops and speeches to more than one thousand people during those four days. The reception from psychology students and people from other areas of Psychology that attended the BA presentations was amazing! Each BA workshop welcomed at least 40 participants; some reaching as many as 100. In addition to the rooms in which we presented the workshops and speeches, we had two rooms named **"Body Room"** where Bioenergetic therapists presented Exercises Classes and other Bioenergetic dynamics to a large numbers of curious and interested people.

It really was a wonderful experience for all of the Bioenergetic therapists that were in attendance. Bioenergetic Analysis was the second therapeutic approach at the Conference with a major number of presentations.

During the event, the FLAAB distributed to the participants a pocket book made by FLAAB members that speaks about Bioenergetic Analysis, historically and therapeutically, in all its areas of application.



Finally, we are pleased and proud to say that the event was the biggest opportunity for presenting and gaining recognition of Bioenergetic Analysis that we have ever participated in outside of our own Bioenergetic community! We have included a couple photos for our IIBA fellow members to enjoy.

NANZIBA Conferences



Laurie Ure

We had an excellent Nanziba conference this fall with 39 people attending the Conference which was held at the Essex Retreat Center in Essex, MA. Vincentia Schroeter gave a delightful talk titled **"Only bad witches are ugly."**

She related the characters from the Wizard of Oz to our Bioenergetic character types and did a brilliant 10 minute overview of character types which should be on video for training purposes.

Terry Hunt treated us with his charismatic, energetic teaching style in his talk giving an overview of the fabulous workshops he leads at the Esalen and Omega Institutes. We had process groups that focused on in-depth work along with excellent workshops on the theme. The food was outstanding and the setting peaceful and welcoming.

We are planning our next conference for Oct. 27 – 30, 2016. www.laurieure.com.

P.S.: come see our website and look for the Massachusetts Society sponsored fall Bioenergetic conference, October 22 – 25, 2015. **"Two Steps Forward, One Step Back: The Journey to Vitality."** Featuring International Trainer Len Carlino. Bioenergetic process groups, workshops, great food, Bioenergetic community. Registration available soon at www.massbioenergetics.org.



News from the Perm Society for Bioenergetic Analysis



Hugo Steinmann

We are happy and proud to announce that the IIBA got new CBTs.

Seven members of the first Russian training group have been certified. They started their training in 2007 after an introductory workshop by Hugo Steinmann. They founded the IIBA affiliated **Perm Society for Bioenergetic Analysis**. On the advice of Hugo they asked Vita Heinrich and Heiner Steckel to be their trainer together with the local trainer Hugo Steinmann.

Two members died during the training time, several members left the group, but eight members stood together until the end of the training despite difficult economic circumstances. One talented member could not yet become certified due to formal reasons.



It had been a tremendous effort of all the participants including the trainers, to move the process forward until this good end. Each exchange had to be translated simultaneously from German into Russian and vice versa, because none of the trainers was speaking Russian and only few of our new colleagues understood English. We were lucky to have assistance by a talented translator Natalja Korschunowa, who is a Ph.D. in German linguistics and a Professor at the University of Perm.

Our President, Garry Cockburn, in resonance of the successful completion of the CBTs found the right words: "Starting up a training program in a new country is always an extremely difficult process in terms of language, supporting trainees through their therapy and supervision, and committing to a long term vision of what is possible by a determined effort over time."

Perm is a beautiful city 1000 km away from Moscow with about one million inhabitants situated along the 6000 km long river Kama.



INVITATIONS

23rd IIBA International Conference of Bioenergetic Analysis

We are happy to invite you to participate in the 23rd IIBA International Conference of Bioenergetic Analysis that will be held on the 19th of August 2015 near Recife.

After the success of the IIBA Conferences in Salvador and Buzios, this time our Conference will take place at the charming beach of Porto de Galinhas in Pernambuco. It is a beautiful and inviting place, great for leisure and contact with nature as well as for diving into our inner issues which prevent us from living with more love and less fear. The place of our conference is close to Recife and Olinda where you can stop and enjoy other sites and sounds of Brazil.

Our program consists of a day of Pre-Conferences led by four renowned international trainers: **Guy Tonella, Jean-Marc Guillaume, Scott Baum** and **Vita Heinrich Clauer** who will offer 6 hour workshops dealing with the most recent research in our field.

We are pleased to have **Diana Guest, Ricardo Teixeira, Louise Fr chet** and **Kak  Wer ** for the morning lectures. These lectures will be enriched by dialogues with **Garry Cockburn, Miriam Mantau, Maria Zeneide Monteiro, Liane Zink, Grace Wanderley, Anna Krsul, Guy Tonella** and **Cristina Piauhy**, respectively.

We made a point of bringing together memorable Bioenergetic Analysts from different continents to join our forces and invite you to work with the fears that prevent us from attaining loving encounters.

Reasons to come:

- advance your career as a CBT or Faculty;
- come meet your colleagues from other countries;
- be part of our global community with peer to peer networking and knowledge sharing
- learn what is happening in other parts of the world regarding BA;
- see how BA is evolving in other parts of the world, outside your society, country, and region.

This conference will facilitate you gaining: new knowledge, ideas, techniques, materials to apply to your professional practice. Come be a part of this experience and have fun with Brazilian rhythms.

Your presence contributes to the success of this conference. Let yourself truly become part of the global community of the IIBA. Create new partnerships! This conference is in Brazil only once every 6 years. Don't miss out! Register now by going to the IIBA website.

Scientific Committee

Eulina Ribeiro
Chair FLAAB

Odila Weigand
South America

Miriam Mantau
FLAAB

Grace Wanderley
FLAAB

Diana Guest
NANZIBA

Claudia Ucros
Europe





INVITATIONS

(continued)

Awaken Your Senses in Italy



Laurie Ure



Flavia Astolfi



Rev. Elizabeth King

Italy Bioenergetic retreat **June 13 to 20, 2015** redesigned with more Bioenergetics, fewer excursions, and for less money!!

A Bioenergetic retreat, with wonderful add-ons (spa, massage, visit to a beautiful family-owned winery, etc.) in one of the most beautiful places in the world! Price for a double room with everything included is now just ~\$1970.



The registration deadline is listed as Feb. 1st, but if you're interested and need a little more time, let me know. Please pass this along to others who may be interested.



Bioenergetics Summer Retreat

Join us for 5 days of growth and play on New Brunswick's Bay of Fundy on July 11th to 16th, 2015!

The Retreat is an experience of community living and personal growth that will include individual and group therapy, movement, massage, and creative play. There will also be time to explore the shores of the Kennebecasis River and perhaps walk the intertidal zone of the Bay of Fundy. Your Certified therapists will be Leslie Ann Costello, Laurie Ure and Jessie DeBaie.



Leslie (left) works with people whose lives are changing, and welcomes people seeking a deeper self-knowledge through the body.

Laurie (right) brings joy and playfulness into her work along with a respect for deep emotional and energetic process; she leads workshops and trains therapists internationally.

Jessie is a Certified Canadian Counselor and a Certified Bioenergetics Therapist from Halifax, NS. She has great respect for the wisdom of the body and understands the importance of allowing the expression of feelings. She enjoys working creatively with people.

For More Information, call (506) 206-2667 or email FredBio@rogers.com.

Register Early. The fee for the retreat is \$1250 if paid by April 30th and \$1350 after that. The fee includes a private room and meals. The fee will be refunded, minus a \$100 processing fee, if cancellation is received before May 31st. The retreat starts before supper on the 11th and finishes after lunch on noon on the 16th; more information will be sent to participants as the time draws closer.

Registration. Please send an email to FredBio@rogers.com to receive a registration form. All payments must be made in Canadian dollars. The preferred payment method is Interac e-Transfer for Canadians and PayPal for participants from the USA and elsewhere. Interac and PayPal Payments should be sent to FredBio@rogers.com. Checks can be made out to Fredericton Bioenergetics and sent to 242 Neill Street, Fredericton, NB E3A 2Z8, Canada.

Laurie Ure



INVITATIONS

(continued)

2015 Summer Workshops



Robert Lewis



In addition to the option of scheduling other (5-day) workshop dates, we can also, on request, offer smaller/ more intensive seminars for maximum three people, Friday-Sunday.

The current schedule for 2015 is as follows (dates are subject to change):

- July 9 – 13, 2015
- July 30 – August 3, 2015
- August 20 – 24, 2015

For more information or to reserve a spot, email docboblewis@gmail.com. Additional dates can be arranged for four or more participants.

Go to Bob's website to see photos of this spectacular location: bodymindcentral.com

These small work/playshops (for four to six people) take place at a magnificent seaside setting - 1.5 hours from the two New York airports and two hours from Manhattan.

Each participant receives an individual session each day. For five days, a healing synergy occurs when we leave the environment that most of us have engineered to support our dysfunctional selves.

That synergy is fed as one becomes a member of a group that bears witness to and shares each other's struggle. This safe and nurturing environment is a healing place for imbedded trauma.



2016 Southern California Bioenergetic Conference

The 2016 Southern California Bioenergetic Conference moves into an exploration of rhythm... the **Rhythms of Our Bodies**.

Our bodies are regulated by rhythms, sleep and respiration cycles, hormone and central nervous system cycles. Rhythms are intricately tied to relationships with friends and family and to the vibrations of the earth. Abrupt shifts in routine or traumatizing events can disrupt our bodies' natural rhythms to create ill health and deregulated mood.

When this happens we may feel "stuck" or "out of sync" with ourselves and others. Fortunately, our bodies have an innate capacity to heal and reestablish flow. Bioenergetic therapy works to uncover the blocks that keep us from feeling fully alive and supports us in connecting to the inner rhythms of the body.



Our 2016 conference will hold a variety of clinical workshops, both didactic and experiential, on the subject of rhythms and our bodies. Keynote speakers will begin our days and process groups, facilitated by Certified Bioenergetic therapists, will support us in healing the self through honoring the body in relationship.

Get in touch with the pulse, the breath, the beat of our bodies and the rhythms of the world. Join us for an inspirational, educational, experiential weekend in the beautiful mountains of Lake Arrowhead, February 18 – 21, 2016.



INVITATIONS

(continued)



Olaf Trapp

Opening your heart for love

I am glad to announce an additional workshop in Crete. The new title is: **"Opening your heart for love"**. It will be a 6 day Workshop. On 2 days, we will work only half of the day. Mario, the owner of the location, has moderately raised his prices after several years, so the new fee for the Workshop will be 975 €.

The workshops will be held on **20th – 25th of September 2015**, **15th – 20th of May 2016**, and **18th – 23rd of September 2016**.

Location: Seminar-Center MetaCom, Anidri, Paleochora.

Working times: 9.30 am to 1 pm and 4:30 pm to 7:30 pm, on two days, it will be only 9:30 am to 1 pm.

Price: 975,00 €, includes 7 nights in a double room, breakfast and dinner

Language: English and German

More information here: olaf_trapp@gmx.de or www.psychopraxis-balance.de

CONGRATULATIONS TO THE NEWEST KNOWN CBT's

From the **Perm society for Bioenergetic Analysis:**

Eleana Bezdovinskikh
Inna Denisova
Svetlana Dinaburg

Dmitriy Mikov
Olga Mikova
Liliya Melnikova
Veronika Salimgareeva



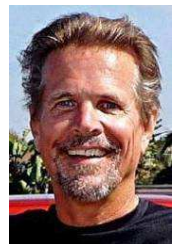
EDITORIAL CONCLUSION

Greetings IIBA members,

I hope that you enjoyed this version of our IIBA NEWSLETTER. I enjoyed managing the contributions of those of you who sent your submittals. Thanks for your contributions. We have begun this new year with a new mixture of members of the Board of Trustees. I wish them, including myself (!), well. I feel fortunate and honored to be on the BOT and to be associated with my new BOT fellow-members. I hope to see many of you at the IIBA International Conference in Recife, Brazil in August! I will be shooting fotos for our next IIBA Newsletter!

Lastly, I apologize for you receiving this Newsletter later than I anticipated. A computer virus frustrated our efforts for weeks but we made it!

Warmly,



Michael Brennan, Editor

Layout: H  lene G  nier