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THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS  
*NEWSLETTER*

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INTERNATIONAL ISSUE



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LETTER FROM THE PRESIDENT

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Dear IIBA Members,

We are facing an unprecedented situation all around the world due to the coronavirus crisis. We are all concerned and watching the development of this pandemic closely.

All of us, as part of the IIBA, and the world, in general, are in uncharted territory and it is important to remain calm, follow the recommendations of health experts and authorities. And above all to show solidarity, stand side by side helping each other. In such difficult and uncertain times, it is vital that we

feel connected and united.

The BoT has cancelled the in-person meeting in Lisbon and met via Zoom this March. We elected a new Executive Committee as we also did our best to handle the matters of the organization through this meeting platform.

**Members of the new Executive Committee:**

- President: Cristina Piauhy from Salvador (Brazil)
  - Vice-President: Janet Pinneau from Northridge, CA (USA)
  - Secretary & Treasurer: Vita Heinrich-Clauer from Osnabrück (Germany)
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**We are from different socio-political and economic cultures, but we have something in common: we are human. And as human bodies we depend on bonds. My purpose in this administration as IIBA President is that we can see the bioenergetic analysis community as a network of bonds that welcomes our humanity despite our differences. I wish for collaborative management and that solidarity can be our guide.**

As mental health professionals, especially working from a body-mind tradition, your therapeutic practice may be fielding a variety of questions and concerns. We thought about the Bioenergetic tools we have in our offices that need to be sanitized: pillows, a barrel roll, gymnastic balls, and a breathing stool. Your pillows may have covers that are easily removable and washable, your breathing stool and balls are easily wiped down after clients leave. We must look at things a bit differently. Clients may still want to connect with you in your office and have their emotions. Others are required to have online sessions only. Online, not preferred, but yes possible. In some countries online is all that is available at this time as determined by the mandate for people to stay home. It is a time of isolation and social distancing. The normal use of touch in bioenergetic analysis is not possible. This may be a time where people will have a deeper understanding of the importance of touch.

We each have to take care in a manner that works for us. Take steps to protect yourself and your loved ones. Reduce your exposure to the virus if you can. Know when and how to seek medical assistance if it becomes necessary. Your kindness, integrity and strength will help others be their best. Community is part of what we love about Bioenergetics. If any of you would like to share or discuss further we can support each other over Zoom or Skype or WhatsApp.

The BoT would like to suggest that you make videos of exercises for people or maybe do a zoom exercise class, make time to connect via the internet.

Also making videos for social media speaking to this subject of isolation, the effects on humanity and how to stay connected with one another.

In good health,

Cristina Piauhy and the IIBA Board of Trustees



Cristina Piauhy  
*President*

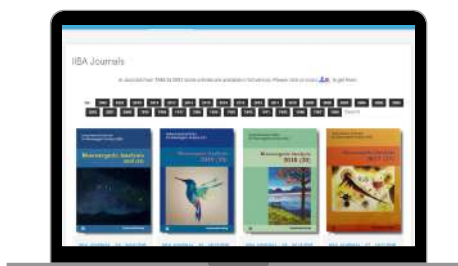
#### **IIBA BoT**

- Cristina Piauhy, President
- Janet Pinneau, Vice President
- Vita Heinrich-Clauer, Secretary & Treasurer
- Diana Guest, past President
- Jayme Panerai
- Josette van Luytelaar
- Léia Maria de M. Cardenuto
- Michael Brennan
- Paola Alessio
- Patrizia Moselli
- Yael Harel

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## **IIBA JOURNALS (1984 - 2001) ARE READY FOR DOWNLOAD**

We would like to remind you many articles of the historic IIBA Journals (1984 – 2001) are ready [for download](#) at our website.



## B O T M E E T I N G S

### HERE IS WHAT HAPPENED AT OUR VIRTUAL BOT MEETINGS

The annual BoT meeting was unusual. It was held completely virtually due to the Covid-19 precautions. Instead of cancelling or postponing the annual meeting, the BoT approved an unprecedented meeting by zoom. We called into the BoT meetings from our homes. We met daily (3-hour blocks) from March 18 to 21 and again on April 4. In May, we will continue.

Our latest meetings were action packed meetings with important topics like **1. election of officers:**

President: Cristina Piauhy from Salvador (Brazil), Vice-President: Janet Pinneau from Northridge, CA (USA), Secretary & Treasurer: Vita Heinrich-Clauer from Osnabrück (Germany), Chair of Teaching Committee: Patrizia Moselli from Roma (Italy)



**2. Financial topics:** The economic consequences due to the pandemic outbreak of

Covid-19 is unpredictable. The IIBA does not want to lose members due to possible upcoming financial difficulties.

We will try our best to bridge the possible gap of income versus costs 2020 and we also want to take care of our affiliated societies by keeping the IIBA Project Fund in the budget, but at this moment, the IIBA can't make any promise regarding its continuation.

The profit (28 k EUR) from 2019 will be spent for covering a part of the operational costs in 2020.

There will be a significant discount for dues 2021 announced in July 2020.

Hopefully we will have returned to the new normality at that date and economic impact and consequences are more tangible and/or predictable. The deadline for dues payments 2021 will be December 15, 2020. (That means 1,5 months later than usual.)

**3. 26th IIBA International Conference:** We continue to keep on the planning for our next conference with the theme of **“The body as prison, the body as bridge: exploring isolation and re-connection”**.

Date: October 13 to 17, 2021

Place: São Paulo (Brazil).

The Scientific and Logistics Committee are reviewing different scenarios, like cost-saving orientated conference, different formats due to the pandemic outbreak of the coronavirus (possible new safety regulations, etc.) and postponement of the 26th IIBA International Conference.

The minutes of all our BoT meetings are in [MyIIBA](#) (login needed).



[BOT Minutes](#)

## UPDATE PDW 2020

Our plan at this time is for the Professional Development Workshop (PDW) to proceed in November. The theme of **Embracing aggression: responding to violence, fear and polarization** will be as appropriate as ever.


We are extending the “decision date” for the PDW to go, to May 31, hoping that by then, we have a clearer view of what’s ahead.


Watch the [interview](#) with our International Trainers about


- what is the attraction of our PDW,
- what is its setup and
- how they will explore with the participants how to deal with the deconstructiveness of aggression and
- how it can threaten our integrity,



and the invitations from our International Trainers:

 Anat Gihon from Israel: teaching more about the spectrum of aggression in the morning sessions.

 Diana Guest from USA: analysing why and how we get trapped in our own fear when meeting somebody “different”.

 Alex Munroe from Canada: how aggression can get pulled out from us in a defensive kind of way.

[More information ...](#)



## SOCIETY REPORTS

### MSBA (USA)

**Fall Bioenergetic Conference 2020:** The Massachusetts Society for Bioenergetic Analysis announces their Fall Bioenergetic Conference (we are hopeful about gathering at that time, but will stay attuned to the situation).

**Self-Respect: Moving Beyond Shame** featuring Helen Resneck-Sannes, PhD, IIBA Intern. Faculty Member as Keynote Speaker & Advanced Group Leader.

Date: Oct 21-25, 2020  
Place: Essex Woods Conference Center & Retreat, Essex, MA

[More information ...](#)

Early registration deadline: Sept 12, 2020

We will be seeking process group and workshop leaders. If interested, contact us at: [info@massbioenergetics.org](mailto:info@massbioenergetics.org)

**Radio: Vitality in pandemic times:** Our Local Faculty Member, Laurie Ure is doing a radio show on [www.mindbodyradio.com](http://www.mindbodyradio.com) & [www.facebook.com/mindbodyradio](https://www.facebook.com/mindbodyradio) about exploring vitality in pandemic time.

[Listen to the podcasts!](#)

[www.laurieure.com](http://www.laurieure.com)

 /LaurieUreLICSW  
 /laurieure



## SOCIETY REPORTS

### SCIBA (USA)

In January, at our annual membership meeting, SCIBA honored Virginia and Bob Hilton for their lifelong contribution to Bioenergetics in Southern California.



The Spring semester of the certification training got off to a good start with training in January and participating in the Southern California Bioenergetic Conference.



The Faculty is now exploring options for online training and adjusting our schedule to adjust for to Covid-19 restrictions. Across the globe therapy has moved on-line; in addition, our members are actively engaging in free on-line exercises classes and long distance supervision.

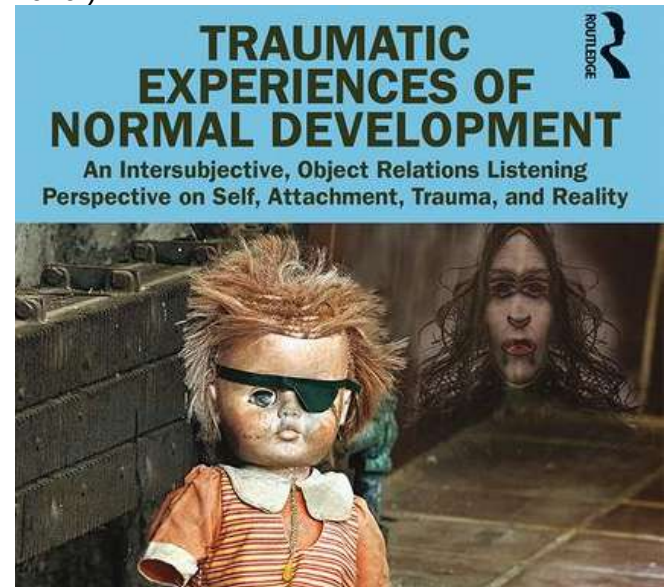
SCIBA is proud to highlight some of the incredible contributions of it's members:

**Diana Guest** and **Jan Parker** along with co-writer Susan L. Williams have published an article on [modern bioenergetics](#) that is currently available for free download: [Development of Modern Bioenergetic Analysis](#)

**Dr. Carl Shrubs**, PhD, CBT has a new recently published book on trauma:

### Traumatic Experiences of Normal Development: An Intersubjective, Object Relations Listening Perspective on Self, Attachment, Trauma, and Reality.

(Published by Routledge and released in March, 2020.)



Traditionally, trauma has been defined as negatively impacting external events, with resulting damage. This book puts forth an entirely different thesis: trauma is universal, occurring under even the best of circumstances and unavoidably sculpting the very building blocks of character structure.

In *Traumatic Experiences of Normal Development*, Dr. Carl Shrubs depathologizes the experience of trauma by presenting a listening perspective which helps recognize the presence and effects of traumatic experiences of normal development (TEND) by using a reconstruction of object relations theory. This outlook redefines trauma as the breach in intrapsychic organization of Self, Affect, and Other (SAO), the three components of object relations units, which combine to form intricate and changeable constellations that are no less than the total experience of living in any given moment.

Bridging the gap between the trauma and analytic communities, as well as integrating intrapsychic and relational frameworks, the SAO / TEND perspective provides a trauma-based band of attunement for attending to all relational encounters including those occurring in therapy.

## SOCIETY REPORTS

"It presents a frame of reference, a listening stance, that helps us to understand more deeply the roots of how individuals uniquely process the events they are confronted with and how we can be more effective in helping them. It also asserts the mind/body relationship, particularly from a Bioenergetic perspective."

Where to buy: [Amazon](#) & [Routledge](#) (use BSE20 at checkout for 20% discount).

**Garet Bedrosian** earned her Master Facilitator Equus Coach status and is combining Bioenergetics with Equus Coaching and Imago therapy. Garet has found that working with horses involves energy and non-verbal communication; horses energetically help people learn to shift their energy.

**Save the date!** next Southern California Bioenergetic Conference: Feb 25-28, 2021




Janet Pinneau LMFT, CBT  
[www.sciba.org](http://www.sciba.org)

### NIBA (GERMANY)

The Norddeutsches Institut für Bioenergetische Analyse offers the **Modul II - Body and Personality: Structure Development Psychodynamics** this year. This training is addressed to colleagues from body psychotherapy, professionals from the field of health-care, and those who might be interested to participate in the training program.

[More information about training course dates](#)

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[www.niba-ev.de](http://www.niba-ev.de)

### SUMMER WORKSHOPS BY DR. ROBERT LEWIS

These small work/playshops (for four to six people) mainly 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.

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 and Sunday.

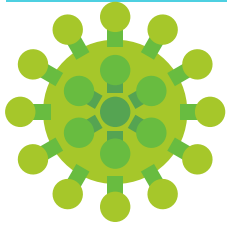
The current schedule for 2020 is as follows (dates are subject to change):

- July 8-13, 2020
- July 29 - August 3, 2020
- August 19-24, 2020 (in Cutchogue, USA)

For more information or to reserve a spot:  
[docboblewis@gmail.com](mailto:docboblewis@gmail.com)  
[www.bodymindcentral.com](http://www.bodymindcentral.com)



## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



#### FACING THE EMPTY COUCH

One more cancellation  
One more silent hour....  
Just the thought prevail  
Of memories of therapy:  
Exploring, learning, discovering, crying, laughing  
Integrating... transforming.

“Social Distancing” is the new name of the game:  
How ironic!

As a therapist I spend my life facilitating people's  
learning to relate to each other in a more  
emotionally intimate way,  
Coming closer, co-creating peace until they  
embrace...

Now are to be far apart  
Yet our longing of the heart  
Pushes us through to be electronically smart  
Which is fastly becoming our new form of Art.

E-mails are flying! Cancellations are trying!  
Clients re-schedule, chaos, Fear, Noise, Pain!  
Finally arriving to our deepest place, HOPE.

Let us call on love, on stretching our hearts open  
and offering gratitude for the gifts we are receiving.  
The gift of life, of each other....

Our businesses are closing  
Our economy is falling  
Yet our Planet is Healing!

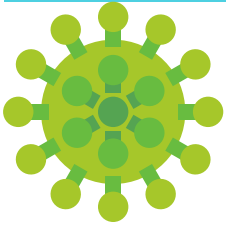
HOPE: We have the power to change  
We have the power to fight and strive together!  
When I feel hope I do NOT fear

I look at my empty couch and I see  
Healing, I see love,  
I see a PROMISE.

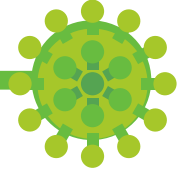
Adela Gorodzinsky (RP, M.ED, CBT, CCC)  
London, ON, Canada - March 30, 2020



## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



#### **NYSBA (USA)**

This has been a difficult and challenging time for all of us. We at the New York Society for Bioenergetic Analysis have had to cancel, as I'm sure most of you have, our regular training sessions and workshops.

But to this end we are setting up zoom connections with our current trainees to check in, to see where they are and how they are embodying this unprecedented (in our life time) experience.

Our hearts go out to all those around the globe who are suffering from this pandemic. Wishing you all the best of health. Stay safe.

Gerald Perlman (PhD)

[www.bioenergetics-nyc.org](http://www.bioenergetics-nyc.org)

✉ [geraldperlmanphd@gmail.com](mailto:geraldperlmanphd@gmail.com) (Gerald's)

✉ [docspsych@aol.com](mailto:docspsych@aol.com) (official information)

#### **MUSICAL CONTRIBUTION: IT'S GOONA BE SO MUCH BETTER ...**

Our Local Faculty Member from the New York Society for Bioenergetic Analysis, Ron Panvini knows we're going through a rough time right now, but if we sing together we might feel a little bit better.

Join him, sing along with him and experience how this song will restore your balance in no time at all.

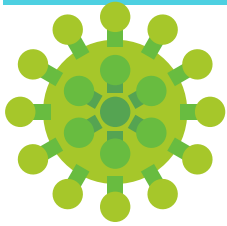
Ron Panvini

[www.bodypsych.com](http://www.bodypsych.com)





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### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



#### DSBA (USA)

After 40 years of continuous training in Dallas, we have just completed our first online training weekend. Linda Hines conducted the training using Zoom. Many of the CBTs in Dallas are using video formats to do therapy sessions during this Corona Virus pandemic, and the consensus is that most sessions are quite effective. The group training was a new experiment, and we were happy with the results.

One of our trainees, Julie, gave this feedback:

*"When the idea of doing Zoom for the training was presented, I was very hesitant because I am doing Telehealth and the thought of being in front of a screen for 2 more days was not appealing. I was also sad that I would not be able to be physically present with my cohorts. Linda stated this was her first time conducting the training via video. You were not able to tell! Linda had command of the class by instructing us to mute until ready to interject. She was present for us. I felt taken care of just like I would have in person. The information shared was paced great and was very informative. The slides aided immensely in my learning. Throughout the training, Linda stayed attuned to us and was open and receptive to suggestions, adjustments, etc."*

Bioenergetics Analysis is about connecting with self and others. A virtual connection will never have the same impact as a person to person process. However, during this challenging time, we are surprised at the positive outcomes of an electronic format.

Rick Spletter (LCSW, LPC, CBT)

[www.bioenergetics-dallas.com](http://www.bioenergetics-dallas.com)

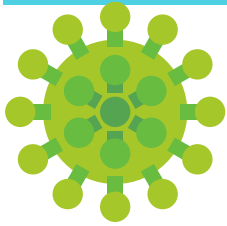
✉ [spletter@heartmatters.net](mailto:spletter@heartmatters.net)



#### MSBA (USA)

5 years ago, or even 5 months ago, online Bioenergetic exercise classes may have seemed like a strange and ridiculous idea. But, in the current situation of social distancing, they have come to make sense. Participants find them to be valuable for maintaining contact and connection. Recently I participated in an online class with trainees from China. The Friday evening class for us was a Saturday morning class for them. This week I hosted a class which included participants from various regions of Canada and the US. Several of the trainees from the joint MSBA/Atlantic Canada societies participated. A former client who

## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



had moved away, expressed gratitude for this way of connecting with the Bioenergetic community.

We created guidelines for online Bioenergetic exercise classes, which state that participants need to have some prior experience with Bioenergetics and they need to take responsibility for attending to themselves. I have found it useful to start each class with participants stating their name and where they are from. I end the classes with inviting everyone to do a brief check in. For information about the classes and/or the guidelines we developed, contact us!

Laurie Ure (LICSW, CBT, Local Trainer for the MSBA)  
[www.massbioenergetics.org](http://www.massbioenergetics.org)  
✉ [laurieure@aol.com](mailto:laurieure@aol.com)



## SIAB (ITALY)

These difficult times make us feel a more sense of “community” and activated important resources in us, humanly and professionally. The consequence has been a transformation in terms of solidarity and creativity.

The Italian Society of Bioenergetic Analysis has activated, through its clinical center, a free online psychological support service in order to help people working on the very front lines in this emergency, but also all those who need it. This online service is open on the whole national territory. This is our response to “isolation”: being socially active. Every week there is an online supervision meeting with all the psychotherapists of the Siab clinical center (it’s the Siab “Psychological Support Project”). This is a way to monitor the activity in order to keep ourselves united and tied with the power of a great collective embrace. So, our community is proving to be very “solid” to face this crisis situation. We have a continuous exchange of reflections and sharing of activities. Many of our members do [online exercises classes](#) and Siab is promoting them through its [Facebook page](#).

Our [blog](#)’s editorial staff is active and is working on articles about this emergency. We all believe that unity is the real strenght. And Siab is present!

Patrizia Moselli  
(IIBA Faculty and Siab Director)  
[www.siab-online.it](http://www.siab-online.it)

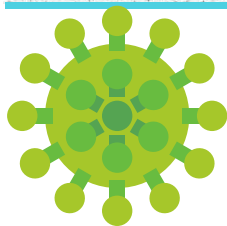
S.I.A.B. Società Italiana di  
Analisi Bioenergetica

Hai bisogno di  
parlare con qualcuno  
in questo momento  
difficile?

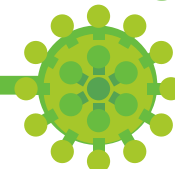
#NoiCiSiamo

Supporto psicologico gratuito on-line

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### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



#### ISBA (ISRAEL)

In the last weeks our institute (Israeli Society for Bioenergetic Analysis) have offered to the public free zoom exercise classes, led by the senior members of our organization.

This project seems to be very successful – between 80 to 100 people join each meeting, and we are planning to continue with it for now till mid May. We feel that this is an amazing way to market our field, and we plan to develop it into several kinds of activities.

[Here](#) (Password: 7b+Se94k) you find one of the recorded sessions: the Israeli Society invited people through zoom to the livingroom of Anat Gihon at Abu Gosh, near Jerusalem.

[Next events](#): please visit ISBA's [facebook page](#).

Anat Gihon (IIBA Faculty)  
[www.isba.org.il](http://www.isba.org.il)  
✉ [info@isba.org.il](mailto:info@isba.org.il)



Password: 7b+Se94k

#### COVID RESPONSE IN BRAZIL

In Brazil, most of our affiliated societies have organized voluntary therapeutic listening to support people in need within days after the crisis started. They have opened hotlines that would provide psychosocial support to all citizens in need, to reduce anxiety and depression rates in conditions of social isolation, as well as to avoid stigmatization of those infected by the virus.

**LIBERTAS**  
**ESCUTA CLÍNICA COMO SUPORTE EMOCIONAL**  
NÃO É PSICOTERAPIA  
ATENDIMENTO VOLUNTÁRIO PELO WHATSAPP

Das 9h às 11h 81 99721.2021	Das 14h às 16h 81 99962.0289
Das 11h às 13h 81 99173.7037	Das 16h às 18h 71 98179.3705

PROFISSIONAIS DISPONÍVEIS DE SEGUNDA A SEXTA.

[www.libertas.com.br](http://www.libertas.com.br)

**Grupo de acolhimento para o enfrentamento da Pandemia**  
**Escuta clínica Sobab**  
Os grupos serão abertos e on-line, ocorrerão durante o mês de Maio.

QUANDO?	HORÁRIOS:
Terças-feiras	das 10h às 11h30min
Quartas-feiras	das 16h às 17h30min
Quintas-feiras	das 12h às 13h30min

Para saber como participar entrar em contato no e-mail: [sobab@uol.com.br](mailto:sobab@uol.com.br) ou no WhatsApp: (11) 99575-8729.

[www.analisebioenergetica.com.br/online](http://www.analisebioenergetica.com.br/online)

**SOBAB**  
Sociedade Brasileira de Análise Bioenergética

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[www.analisebioenergetica.com.br](http://www.analisebioenergetica.com.br)

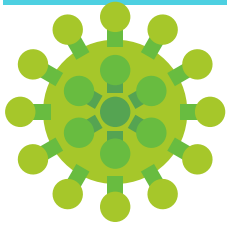
**Escuta Profissional Solidária**  
(11) 97710-9807

Segundas-feiras das 10 às 11h e das 17 às 18h  
Quartas-feiras das 17 às 18h  
Sextas-feiras das 10 às 11h

**IABSP**

[www.bioenergetica.com.br](http://www.bioenergetica.com.br)

## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



Centro de Estudos Neurochímicos.

Projeto Conexão Lumen

[www.institutolumen.com.br](http://www.institutolumen.com.br)

Tempos difíceis, de incertezas e isolamento.

O Instituto Lumen, com seus terapeutas e psicoterapeutas Neurochímicos, oferece voluntariamente um trabalho de acolhimento e suporte emocional das angústias, medos, ansiedades e inquietudes que estão emergindo neste momento.

Acreditamos que a responsabilidade e a empatia são fundamentais.

Todas as pessoas mobilizadas, com o momento que vivemos, podem entrar em contato conosco pelo nosso e-mail [atendimento@institutolumen.com.br](mailto:atendimento@institutolumen.com.br)

[www.institutolumen.com.br](http://www.institutolumen.com.br)

## COVID RESPONSE BY INGRID CRYNS (TORONTO, CANADA)

As Bioenergetic Therapists, there has been a shared huge loss in the inability to practice our craft with our clients in person. This initially was very shocking and challenging for me. How can I not do this profound healing work without physical touch and real-life body presence? My practice dropped to almost half levels the first month, but this week, as I shifted my attitude and tried new things, cleared out the clutter in my home and mind, it has come back to 'before Corona' levels and surprisingly it's now flourishing again! But in new ways.

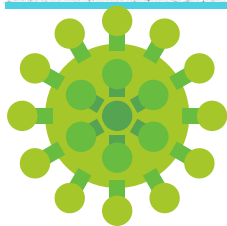
What I have learned from this experience? Shifting my practice to mainly online has opened up my ability to feel the resonance of my body with another, through the long-distance video medium. I found that I can tap into the energetic field, (beyond space and time) and feel my body in resonance with my clients, as I hold the space and video one-on-one and with larger group energies.

I have been practicing this through my leanings from the profound teachings of Thomas Hubl, a German mystic, who is focused on healing generational and collective trauma. And also surprisingly, what I learned was applicable sooner than I expected, with the increase in video therapy. It's working extremely well with deep shifts in my clients. If I can hold a portion of my practice with video, I do not need to drive to Toronto (an hour away) two days a week and I can stay home to do more of what I love. This is the life I've been planning on several years away and it's happening now already!

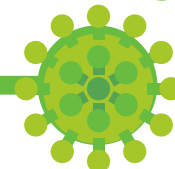


I have also offered Forest Therapy sessions. Inviting clients to meet me in my Sacred Forest, under a Red Tent near my great Grandfather Maple Tree, 6 – 8' apart, no touch contact at all. I suggest to some that they hug and connect with a tree, instead of through my body contact. I offer meditations with the Grandfather tree or practice sound healing chanting to support calming of their nervous system.

## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



Clients have used a stick, hitting it into the ground to access their blocked anger. A few days ago, a client asked to have me hold a long branch with her, to feel the real physical connection between us through this connecting line. I pulled on this stick and she could feel my wanting of her and she could pull me too! It was a mutually satisfying experience. And it was a profound session for her, as she has suffered so deeply with the COVID rules to no longer have the physical contact that she has been experiencing, deeply needing and growing with me. And it strangely also happened during a brief & intense snow squall at the same time (as you can see in the background of the above picture)! If you don't have your own forest, perhaps you know of a farmer that has some trees you could ask permission to use?



The Red Tent  
Wild Earth Eco Farm



Client reaching with a branch  
(Permission granted by client to use photograph)

Ingrid Cryns (BES, B ARCH, RP, CBT)

[www.ingridcryns.ca](http://www.ingridcryns.ca)

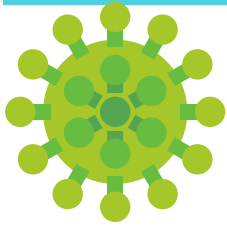
✉ [ingrid@buildingsoul.ca](mailto:ingrid@buildingsoul.ca)

### COVID REPORT: WORK AS A BIOENERGETIC ANALYST IN CHINA BY ULRICH SOLLMANN (GERMANY)

Our work as Bioenergetic Analysts is certainly one that never gets boring. Working together with foreign nations and having an intercultural exchange amidst this work then adds another extremely interesting layer to all of it. This is what one of our members is doing on a regular basis.



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Ulrich Sollmann was so kind to write as us a report about his experiences of working as a body psychotherapist and Bioenergetic Analyst in China and how that changed during these special times of Covid-19. Working in China always means to be well and differentially networked, practically, via social media and various internet platforms.

Since I am currently unable to work practically on site in China, everything is currently online. Through my colleagues in China I already learned about the Covid-19 virus on January 10, 2020.

Soon the effects on the people became clear, but also on living together. This resulted in most unimaginable challenges like:

- How do people cope with the lockdown?
- Which psychological problems arise due to the crisis and need psychological crisis counselling?
- Crisis counselling in the form required since January was completely new in China. Almost everything had to run online. But how can that work?
- As a body psychotherapist, I saw, similar to my Chinese colleagues, the strong effects of the virus crisis on the psychological state of people, but also on their physical experience and the concrete physical behavior. How can one react to these effects?

This was just a short extract.

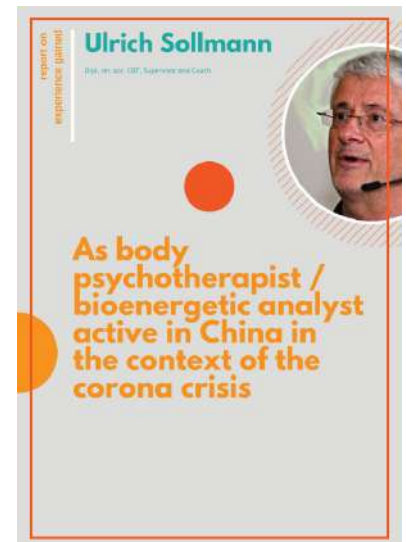
[Read the full report in English and German.](#)

[English China Bioenergetics Report](#) &  
[German China Bioenergetics Report](#)

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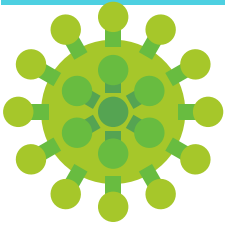
✉ [info@sollmann-online.de](mailto:info@sollmann-online.de)



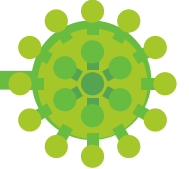
## COVID RESPONSE BY CHRISTINE J. HARRIS (LITTLETON, CO, USA)

Tips you need right now to Thrive during this pandemic: There is no getting around the situation we are in right now. The whole world is dealing with this traumatic event. And we have never dealt with anything like this before. On so many levels this pandemic has challenged us to call on internal resources we didn't know we had. It has also pushed us to understand the world and our place in it in a whole new way.

## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



What is a human to do? That is the question many of us have been asking ourselves for the past several weeks. How to deal with something we have never dealt with before is the task before us. Below are a few tips and tricks to help you thrive and not just survive.

Some facts about you as a human:

1. You aren't going crazy.
2. You are stressed. Probably very stressed at times.
3. When you are stressed you go into a flight, fight or collapse state. That means that you want to
  - a. Run away,
  - b. Attack something or someone,
  - c. collapse – curl up and hide.
4. When stressors don't go away, you cycle between all of these states and your "normal" functioning, productive working adult state.
5. When you find ways to manage yourself, you can mitigate ongoing stress.

Christine recorded a couple of easy exercises that you can do for creating a feeling of calm empowerment:



- **Exercise 1:** Grounding Exercise: The Bend Over
- **Exercise 2:** Grounding and Centering: Using the golf ball
- **Exercise 3:** Breathing over the Ball

In an interview with with a local business friend who has been hosting a broadcast on Facebook and Linked-IN called Remote Life, Christine talked about thriving during Covid and more of these tips and tricks: [Food and mood!](#)

[Download here the handout provided to listeners.](#)

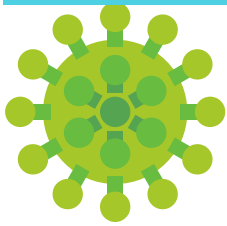
Christine J. Harris (M.S., L.M.F.T., C.B.T.)  
[www.cjoyharris.com](http://www.cjoyharris.com)



### COVID REPORT BY SCHEILA PATRICIA N. GOMES (RECIFE, BRAZIL)

In times of global pandemic where social isolation is required in order to take care of our health and of the entire population, it was necessary to reinvent new ways of providing psychotherapy seeking to be the best and most effective according to the possibilities of the moment.

## SOCIETY REPORTS



### SPECIAL THOUGHTS AND SUBMISSIONS BY OUR MEMBERS IN TIMES OF COVID-19



It was also necessary to look for new possibilities to include the use of Bioenergetic Analysis movements within the process. At first, my concern was the fact that I would not be physically close to the client to use some exercises, according with his demand. I felt that this resistance was coming a lot from myself, but, after my morning meditative practices, I started using some exercises. Grounding and its various forms were essential to bring focus, anchoring and lightness to the calls through the screen. This was the first challenge that I overcome and felt it in my body. I could see that Bioenergetic Analysis enables us to take different forms of care for ourselves and for each other. Its beauty and wealth are in self-expression and self-regulation. According to Lowen, in the book the Spirituality of the Body (2018 - p.163), **“Graciousness cannot be obtained by working only with the mind”** - looking deeply into this statement I could see that it is possible through technology to awaken grace of our client's body in times of social isolation.

Facing this world reality that we are all living, I realized that many clients were without the grace of their bodies due to fear, dread and insecurity generated by the pandemic.

After my daily practices and the work done with my clients, I could see that TRE exercises along with grounding and expression movements could not only rescue the grace of the body that was lost, but also brought more security and confidence to ourselves, as well as it opened ourselves to make a good use of our time.

#### [Read the full report and the stories of two of her clients ...](#)

Scheila Patricia N. Gomes  
(Psychologist, Studying the certification training program)  
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EXPERIENCE REPORT  
**THE USE OF  
BIOENERGETIC  
ANALYSIS IN  
PANDEMIC TIMES**



SCHEILA PATRICIA NASCIMENTO GOMES  
STUDYING THE CERTIFICATION TRAINING PROGRAM  
ASSOCIAÇÃO DE ANÁLISE BIOENERGÉTICA DO NORDESTE  
BRASILEIRO (LIBERTAS, BRAZIL)

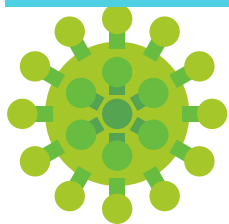
## INTERIM ADVICE FOR CONDUCTING PSYCHOTHERAPY ONLINE BY EAP

In response to the Covid-19 pandemic, many therapists will consider working online with their clients - to maintain their therapeutic contact but minimising the risk to both client and therapist.

“Online therapy” usually refers to four formats: phone; video-conferencing; structured email therapy; and instant messaging.



## SOCIETY REPORTS



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There is robust evidence that online psychotherapy is effective - but it is not for everyone – client or therapist. And whilst online therapy shares theoretic concepts and many practices with face-to-face therapy, there are also differences – just as there are differences between, say, individual therapy and couples therapy.

EAP is provided [a document](#) to indicate some of the issues you will have to consider, if you have not worked online very much. It is meant as an interim measure and should not be considered the same as full training.

It has been drafted by Adrian Rhodes, former President of EAP and currently Chair of ACTO - the “Association for Counselling and Therapy Online” (UK). It is not a comprehensive document; further revisions will be brought to the Board of EAP for consideration and ratification. For more information, please visit the [website of ACTO](#).

Information kindly submitted by Josette van Luytelaar (Netherlands), BOT Member

## CONGRATULATIONS

### ... TO THE NEWEST KNOWN CBTs



- Maria Magdalena Malkiewicz and
- Ryszard Tafel

PSAB (Poland)



- Amaia Alejos

EHABE (Spain)



- Sylvia Nunez

SCIBA (USA)



- Albertomaria Gatti
- Francesca Mastrangelo
- Rossana Colonna

SIAB (Italy)



## NEWSLETTER TRANSLATION SUPPORT

We are looking for people to help translate the newsletter into our main languages. Please let us know if you can volunteer some time.

Please contact Ingrid Cryns (Newsletter Editor) [ingrid@buildingsoul.ca](mailto:ingrid@buildingsoul.ca)



## EDITORIAL CONCLUSION



**Ingrid Cryns**

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### EDITOR'S LAST WORD: LISTENING TO THE CALL OF THE EARTH

We have now entered into a new epoch, a different new reality. We are discovering a new normal and a new paradigm of living. It came so fast that no one expected 'all this' to happen! A small, tiny, virus cell that is smaller than a bacteria or protozoa, has brought the entire world to a standstill stop!

This is Nature's fascinating intelligence and way to find balance again in her Being.

We have seen how the rivers flow clearer in Venice, how the pollution smog stopped in China, how traffic has slowed dramatically locally and plane travel has been minimized drastically.

Without humans moving and consuming more than they need, the Earth does so well on her own!

Amidst this confusion and learning new patterns and ways of operating in these times, I have discovered a new mantra for myself:

**Slow  
Simple  
Less**

I recognized how much my body needed and loved how much more space there was inside me. Truthfully, I am loving this forced time to stay home.

I happened to have a young couple staying with me before our country (Canada) shut down, that were with me to live and learn how to live more self-sufficiently on my small hobby farm property, north east of Toronto. We have been so full and busy preparing the property, seeding, planting, repairing and renovating, re-organizing, de-cluttering, cooking luxury low cost vegetarian meals, baking artisan bread, revamping my websites and more! And I have had my socialization needs fully satisfied!

I have truly enjoyed the time to feel the space to be able to prepare my gardens and huge

greenhouse to plant food a month earlier than I normally do. As a homesteader, I was and am prepared. Now I think twice about going out to do an errand or get groceries as it has been so risky and cumbersome to learn new habits to stay safe. I found I loved staying at home and not going out much at all anymore!

We are collectively discovering what we truly need rather than the constant driving over-consumerism of what we are always wanting. Instead what we truly need is deep connection - within ourselves and with each other.

We need to slow down. We need to find simpler ways of living and being with each other. We need to understand how to live with less and do less. We need to re-organize our priorities and truly examine the whys and ways of how we live life...on....this....Earth!

And in this profound PAUSE, many of us have been asked to self-isolate and be still. To not go outside, except for essential needs and to stay home. For many people, this time home has offered the opportunity to truly stop, slow down and listen to a deeper part of themselves. For others, not used to listening within, there is more unrest, agitation, conflict within and without, with our intimate others more amplified. And so, our work, to help, support, heal others and the broken relationships with each other and our world, is needed more than ever!

Our weather has been fluctuating so dramatically from +12°C to -3 °C here, over the past few weeks. Only to remind me that the instability of Climate Changes are also increasing and that we all need to adapt and be flexible to find more 'fluid' ways and mediums to do our work and hold our own groundedness and stability. This will be increasingly needed more and more as the future shifts into a New Earth consciousness and the old dysfunctional ways of being continue to fall apart.

I believe that the Earth is calling us to all become more deeply connected to Her, to listen and learn how to develop sacred relationships of reciprocity, respect and inclusiveness. The very same things we teach our clients! She is also asking us to become more self-sufficient in our inner and outer worlds, to learn how to grow our own foods and herbal medicines. To not be so dependent on our food and resources coming from other countries. To learn how to create local eco-villages communities within our existing structures. And to learn how to offer our unique form of Bioenergetic teachings to cultivate gentle curiosity of our feelings, to feel more of our senses and sensitivities, to heal our core traumas and dysregulated emotions and to grow more interdependence in our local tribes.

**If this self-isolation has taught us all as a collective, one profound thing, it is how much we truly need each other and how deeply we are all beautifully inter-connected.**

*Ingrid Cryns*

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## NEWSLETTER DEADLINE

The next International Newsletter (Issue 022 • Fall 2020) will appear in the middle of SEPTEMBER 2020. Please send us your reports, writings, essays with photos.

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

Next Newsletter Submission Deadlines are:  
AUGUST 30, 2020

Send to [iibanews@gmail.com](mailto:iibanews@gmail.com)

Thank you for contributing to the newsletter!



Do you have any question, ideas or feedback?  
Please get in touch with us via [iiba.spain@bioenergeticanalysis.com](mailto:iiba.spain@bioenergeticanalysis.com)

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