



THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS
NEWSLETTER

INTERNATIONAL ISSUE



RIDING THE CORONA WAVE
CHAOS / CRONUS ON ONE SIDE
CALM / KAIROS ON THE OTHER.

LETTER FROM THE PRESIDENT

Dear IIBA Members,

We have referred a lot to the time in this moment of pandemic: how long will the social distancing last, how long will take for the vaccine to arrive, how long will we keep doing full online attendance? There is always a reference to the chronological time.

Greek mythology had two words for time: *Cronus* and *Kairos*. *Cronus* refers to chronological or sequential time (the time that is measured, of a quantitative nature).

Kairos has a qualitative nature; it is the undetermined moment in time when something special happens: the experience of the opportune moment.

The *Cronus* Time is chronological, which does not forgive and ends up devouring us.

Kairos Time is about contemplative time.

Cronus - Uranus and Gaia had several children. The children were imprisoned inside Gaia, who felt a lot of pain, because Uranus felt threatened by the existence of the children.



Cristina Piauhy
President, IIBA

Cronos, the titan of the time, hated his father. That's why Cronos castrated his father, throwing his phallus into the sea, which gave rise to the goddess Aphrodite. Cronus feared a prophecy that he would be removed from power by one of his sons. So, he swallowed his children as soon as they came out of his mother's womb. This is an allusion to the time that generates and to the time that devours. Cronus is the representative of the time that devours everything.

Kairos was portrayed as being the opposite of Cronus. Kairos did not pay attention to chronological time. He was considered the god of opportune time, of contemplative time.

Kairos is the representative of the quality of time lived, a time present in special moments, which cannot be measured.

Reflecting on the present of Bioenergetic Analysis, the time of the now is the time of the online attendance and training, of the webinars, it is the time of our need to adapt the exercises to the virtual environment, it is the time for the practice of the basic concepts of Bioenergetic Analysis, it is the time of the grounding and breathing to anchor and keep us present in the here and now.

I think that the quarantine has led many people to this reflection about the time of Cronus, the one we lived so blindly and devouringly, and then, the time of Kairos, when we had to stop abruptly, and live in another rhythm.

The time of the world is the time of the clock, of the chronometer. The time of the soul is governed by subjectivity.

Our subjectivity is full of advances and retreats, acceleration and deceleration. It has a singular pulse. The pulsation, in the Reichian concept, which alternates between contraction and expansion and constitutes the movement of life. Bioenergetic Analysis brings us to the rhythmic pendulum of time, Lowen tells us: breathe, feel your breath and focus on the present. Become aware of your sensations, feelings, desires ... and get closer to your animal essence of being free and graceful.

To talk about the future of Bioenergetic Analysis in this moment is to invade time, it is necessary to let time complete itself, it is necessary to wait, to contemplate what is happening and let the configuration of the next time sprout between the lines of the present.

In good health,

Cristina Piauhy and the IIBA Board of Trustees

A handwritten signature in blue ink, appearing to read 'Cristina Piauhy'.

CONGRATULATIONS

...to the newest known CBTs:



New Zealand Society for Bioenergetic Analysis: Penny Currier

Moscow Training Group: Angelina Sarmatova & Olga Ermolenco de Bacco

New York Society for Bioenergetic Analysis: Leeiner R. Munoz

Polskie Stowarzyszenie Analizy Bioenergetycznej: Magdalena Maria Pieszko

Southern California Institute for Bioenergetic Analysis: Sylvia Núñez Serrano

Israeli Society for Bioenergetic Analysis: Carmela Shye & Rini Snir

Collège Français d'Analyse Bioénergétique: Alain Begaud, Guillaume Prime, Isabelle Voinçon & Myriam Chaumery

CONGRATULATIONS CON'T...

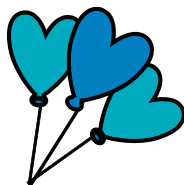
Società Italiana di Anàlisi Bioenergetica:

Albertomaira Gatti, Elena Marrazzi, Francesca Mastrangleo & Rossana Colonna

...to the newest known Supervisors:

Società Italiana di Anàlisi Bioenergetica:

Chiara Antonaroli



Check out our CBT Directory: Go to our website: <https://bioenergetic-therapy.com/>

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SOCIETY & MEMBERS REPORTS

ISRAELI BIOENERGETIC SOCIETY (ISBA)

We would like to share, somewhat of the path that we have been taking in one form or another, since our primordial bodied group-self has first emerged about 35 years ago. Members have come and gone, and yet as a total bodied system, we have been genuinely and continuously, deepening our investment in forming an ever pulsating and moving group-self. It is a commitment to a lifetime embodied process, as it is for each one of us as we go along our very personal path. We have known moments of painful collapses and sadly, can still at times experience them.

Fortunately, sooner or later, we always find our way to reform ourselves into a more soft and open grounded state, since we do not lose our ideals that go beyond any disturbing attachments, towards a mature bodied society.

Functionally, two main avenues, have been keeping us in potential mobilization: Firstly, organizationally, we have been cultivating with as much joint effort as possible, a process of bringing in more and more firmness without losing needed porosity and flexibility. This process has many practical manifestations, as forming a functioning administration and academic board, a training committee,

and ways of marketing ourselves with very little budget and human resources for this purpose.

We are also very fortunate to have a very generous man, a partner of one of our members, who has over the years been supporting and helping us out through various technological practicalities. Secondly, over the past 12 years we have established our Friday long meetings. All members of our society meet six to seven times yearly, to share our mutual passion and interest in developing a clinical and theoretical bioenergetic body. A kind of a somatic and energetic cradle for both the commonalities between us and our individual and unique differences. Every year, we shape the meetings as close as possible to our evolving needs. Each meeting starts with a movement group and from there on it is led by one of our members which holds the learning process for us and brings with it his or her personal view. Along the years we have learned through very interesting and exciting case studies and personal and professional developments of our members.

We have also deepened our embodiment in Reich's and Lowen's seminal ideas as an on-going fundamental source of inspiration towards expanding and enriching our clinical and theoretical bioenergetic body.

In this process we have also been deeply appreciative of being fortunate to be inspired in different ways by developments of members of

ISBA CON'T...

our international community. In addition, our development, either as Bioenergetic clinicians, supervisors, or trainers, has been nurtured continuously by bringing into our mutual learning space interdisciplinary influences without losing our core Bioenergetic process.

As to our last apparent movements, after completing our last training program, we are now heading towards a new one starting this coming November. This program will include as local trainers, four new very experienced and talented Israeli Bioenergetic Analysts, and for the first time our training program will be led completely independently without the need to be led by an outside international trainer. This is for us a very exciting and significant expansion.

Among many complex challenges, Covid-19 brought about creative ways of reaching out to the Israeli professional world. During the first two months of Covid-19 pandemic spreading in Israel, our society conducted free online movement groups, three times weekly, that were widely appreciated. These online movement groups are continuing online twice a week, at a very low price by two members, one of which has just completed our last training program. Towards promoting our next training program, we have lately offered a very successful webinar around being and becoming a Bioenergetic Analyst, led by three of our trainers, one who is a faculty member.

In addition, we also managed in these difficult times to offer a face to face workshop led by one of our senior trainers, which was also very successful. These last activities are part of a two-year effort towards opening a new training program.

Reaching out to the professional community through more very enriching workshops and through a conference based on Reich's legacy.

As to our Friday meetings, this year we have chosen to contemplate together on the phenomenon of belonging.

Having this opportunity to share our society life

with our worldly wide Bioenergetic community is very precious and meaningful for us, and in the name of the Israeli society, I would like to wish all of us good health and hope that within us we can modestly contribute towards cultivating human ethics that will transform the accelerating political and social frightening worldly distortions.



The Israeli Society has made a [video](#) about a selection of few moments in order to demonstrate what a bioenergetic movement exercise is: pulsation breathing, grounding, aggression, sexuality and a Journey of Healing.

Avigail Shahr
www.isba.org.il

MOSCOW TRAINING GROUP

Despite the Covid-19 epidemic that has engulfed the world, life continues in our small and young local community. The 3rd stream of training has recently started – webinars were held in June and September.

It is impossible not to mention the excellent presentation of the material by Anat Gihon (International Faculty from Israel) and Liane Zink



MOSCOW TRAINING GROUP CON'T...

(International Faculty from Brazil). Liane Zink has done a lot to build our community in Moscow and her contribution to the training of bioenergetic therapists in Moscow cannot be overstated.



(International Faculty from Brazil). Liane Zink has done a lot to build our community in Moscow and her contribution to the training of bioenergetic therapists in Moscow cannot be overstated.

In general, this difficult year 2020 has been fruitful for us. The website of the Moscow Training Program (www.batherapy.ru) regularly publishes translations of articles into Russian from Bioenergetic Analysis. To date, we have translated the Clinical Journals from 2019 and 2020. Gradually, we will be mastering earlier issues of the journal as well.

We are also trying to translate other interesting materials on BA into Russian: we have already posted several videos with Russian subtitles on [Youtube channel](#) – these are performances of Liane Zink, Anat Gihon, Scott Baum. For instance, an excellent and extremely informative article by Robert Hilton (2000) about various models of therapeutic actions is translated and uploaded. We intend to continue this work, because it allows our students and community members to overcome the gap in the world field of advanced psychotherapy and fill gaps in theoretical knowledge. But most importantly, it helps us feel like full members of the international IIBA community – members of a common family. **I also dared to take the initiative of publishing two books by Alexander Lowen: Narcissism and Fear of Life**, translated into Russian. For some reason, these two most important for understanding BA books



were still out of sight of Russian publishers. Frederic Lowen has kindly provided me with the conditions that are feasible for our Russian reality.

Angelina Sarmatova
www.batherapy.ru

SWISS BIOENERGETIC SOCIETY (SGBAT)

In Switzerland a new training group has started on October 18. The trainers are Scott Baum, PhD, Dr. Vita Heinrich Clauer and Dr. Margit Koemeda-Lutz (Coordinating trainer). Our present training group ended their group training on August 30.

The Swiss Curriculum is licensed by the Swiss Mental Health Department since May 1, 2019 and will have to be reaccredited before April 30, 2025. We (SGBAT) are proud to have become part of the official educational system in mental health in this country, which, on the other hand, burdens us with quite some formal requirements.

Margit Koemeda
www.sgbat.ch



ITALIAN BIOENERGETIC SOCIETY (SIAB)

Our society has remained very “energetic” during this difficult period.

We have activated a free online psychological support service through our clinical center. Through the Italian Federation of Associations in Psychotherapy (FIAP), SIAB takes part of an important mental health project initiated by the Italian Ministry of Public Health. **We remained the only society in FIAP**, who decided to continue this important collaboration, answering the Ministry’s request to extend this service for a little longer period.

We have also activated two relevant partnerships (through our Clinical Center) we offer a service of psychological support (4 free sessions) to the employees of one of the biggest communication companies in Europe (TIM) and to the employees of the Airport Company of Rome (ADR), the most important airport in Italy and the 5th in Europe.

During the last months we have collected considerations on personal experience about psychotherapy online. Our next step will be publishing an e-book about this topic.

Patrizia Moselli
www.siab-online.it

DIMITRA SKILOYANNI FROM THE INTERNATIONAL TRAINING GROUP OF THE NORTHERN GERMAN SOCIETY FOR BIOENERGETIC ANALYSIS (NIBA)

In Greece, we were faced with a long-run economic recession that left us with a big scar in our soul and our mind.

And by the time we saw the exit from it and we started to get into our feet, the Covid-19 invaded our lives to affect not only our health but also our financial status again.

So, people now live under the pressure of a constant fear of what is gonna be next. There’s an increase in panic attacks in people.

In the past, there was a big need to communicate with each other, but now people become suspicious and they are closed to themselves. That is a rapid change for Greek society.

Also, time is an enemy. We do not move, we run. Therefore, we lose the sense of things. There’s no perfect target any more, only to survive from the chaos which comes from the past. It seems as if we move forward but at the same time we look backward.

As a result, we see more often people who are emotionally dead, or who think of emotions as a handicap.

One to be in touch with his/her feelings is a process of growing up, however we often work with people who think the opposite.

Dimitra Skiloyanni
Elliniko (Greece)

SABINE MATTNER (MEMBER AT LARGE FROM GERMANY)

Enormous changes in psychotherapy regarding the therapeutic alliance are going on. I highly recommend the book [Psychoanalysis and Psychoanalytic Therapies](#) by Jeremy D. Safran over other options.

Sabine Mattner
Köln (Germany)
<https://mattner-bioenergetik-koeln.de>

ULRICH SOLLMANN (MEMBER AT LARGE FROM GERMANY)

I would like to share [something](#) which I’m engaged in doing the last years. I can imagine that some of these aspects and ideas are also interesting for colleagues.

So please have a look and I’m curious about your feedback:

ULRICH SOLLMANN (MEMBER AT LARGE FROM GERMANY CON'T ...

Infant observation: Understanding and working with the body-perspective in bioenergetics is routed in the knowledge about what and how is body competence? How does it develop in early childhood? And how can this be transferred to bioenergetics concepts like grounding, character structure and so on.

We as bioenergetics therapists relate (too early) to childhood experience and yet less to infant research under the specific perspective of bioenergetics. Though we know a lot about child development and the interplay of body, emotions and behavior patterns. **Therefore I started a research observing two babies for almost four years now** (almost every day, sometimes a couple of times, each day) guiding ideas were:

- How can I identify micro-steps as parts of the development of a specific function which could be called competence of grounding, competence of reaching out etc.
- How can this be observed and understood as a body competence under the perspective of proprioception.

I wonder what kind of experience other colleagues have made or will have made in the field of infant research as a bioenergetics-therapist. And of course I am interested in an exchange of this experience.

Link to the [full article](#).

Ulrich Sollmann
Bochum (Germany)
sollmann@sollmann-online.de
www.sollmann-online.de



CHINA TRAINING GROUP

Scott Baum, for training, Michael Brennan and Jim Elniski, as therapists, were in China this past January and that is the last time any of us have been able to travel to China.

When we can go back remains unknown. I am the coordinating trainer for group 2 and Danita Hall is the coordinating trainer for group 3. We have remained in contact with the training groups via zoom, wechat and email. For group 2, Danita did a 4 part series of 1.5 hours zoom training sessions and I completed a 3 part series of 2 hour zoom sessions. Scott Baum and Guy Tonella are both scheduled to do a series this fall. Danita is scheduled to do a 10 week series with group 3.

Michael, Garet Bedrosian, Jim and Linda Doutré all do online therapy with the trainees when they are not in China. The trainees stay devoted to learning about Bioenergetic Analysis and stay connected with each other.

After these workshops the Chinese trainees in group 2 will have only 7 days of training left to complete the academic portion of the Certification program. Group 3 has completed their first year.

Supervision is also done online and they are so committed to it but this may also be compromised due to the difficulties between our two countries. **The challenges of our global community during these days with Covid-19 unchecked.**



CHINA TRAINING GROUP CON'T

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(Pictures from Training Sessions in 2019.)

Diana Guest

www.dianaguest.com

DALLAS SOCIETY FOR BIOENERGETIC ANALYSIS (DSBA)

DSBA began its 41st year of training on August 29. This year in our One-Room Schoolhouse we have 5 students, and two of them are in their final year of training. We are currently using Zoom for our training, and we hope the return to face-to-face will happen toward the end of our training year. We are delighted that virtual training is working out better than we expected, having now completed two such trainings at the end of our last year and now a third to start our new year. Our trainees have stated what I imagine many in other societies have echoed: **"I feel such a sense of safety that I can be who I am in this group without fear of criticism or judgement."**

Rick Spletter conducted 3 Zoom workshops over the summer that were very well received.

Rick Spletter

www.bioenergetics-dallas.com

NEW YORK SOCIETY FOR BIOENERGETIC ANALYSIS (NYSBA)

We are all in the same pandemic boat. Struggling to stay grounded as our world has been turned upside down and inside out. In addition to this is the mass denial of reality that impacts us in the US.

So, as all of us have discovered, we cannot train out students in vivo. At the NYSBA we have had to push back our training schedule. We have kept in touch with our students via Zoom in order to maintain a connection and to process their experiences as they are characterologically manifested.

At this point we are ready to resume our training albeit virtually. We have condensed the hours a day of Zoom which can be tedious. To make up for these lost hours we have added additional weekends to our training modules. We have asked our trainees, while on Zoom, to be in a private and safe place as we go forward with the virtual training.

We are going to do movement groups as well in this manner. And we are ready to have the trainees assume the body postures as they come to understand the underlying dynamics that serve to form the various character structures. We have begun past September enthusiastically.



NYSBA CON'T...

As many of you may know by now, our friends and colleagues **Jodi Schneider** and **Vivian Guze** have died. Scott Baum wrote some words about both:

"**Jodi Schneider** was a member of the original Institute. She started her involvement in Bioenergetic Analysis not long after I did in the early 1970's. She came to Bioenergetic Analysis and psychotherapy from an unconventional background but she developed her clinical skills over many years of study and practice and was a part of our faculty, as well as our host for many workshops in her loft/office.

Jodi was an intensely curious, open-minded, thoughtful person. She had strong convictions about good clinical work, and at the same time was interested in synthesizing other perspectives and approaches into her work. She was a supportive and encouraging colleague, her warmth and welcoming attitude extending to us and to the people who came to our workshops in her space. She will be greatly missed."



"**Vivian** was a founder of the original Institute and a long-time member of its Executive Committee. She was an inspiration and a model to many of us about how to be a therapist and how to be a member of a group and an organization. She was very eclectic in her views on the human experience and willing, in fact, excited to sample and taste from the widest range of that experience. Although she presented herself with an appearance of everydayness, she was a person of power. And because of that lived a complex, sometimes complicated life.

Vivian brought to the perspective of Bioenergetic analysis a sensibility of relationship and the subtlety of active work that was seminal in my, and many people's understanding of the central importance of the therapeutic relationship in the process of psychotherapy. She manifested these principles at a time when they were still new concepts and practices in the field. She taught and mentored very many and represented the possibility for women to be inspirational and leaders at a time when that was a rarity in professional fields."



Gerry Perlman
www.bioenergetics-nyc.org

QUEBEC BIOENERGETIC SOCIETY (SOQAB)

Here in Québec, life goes on with practice and training. **Effort and creativity are used to achieve new ways to cope.**

Members of our society help each other. 5 of our students are moving forward the clinical phase of their training.

Zoom meetings has become routine; for trainings, sessions with clients and for our executive meetings.


Marie-Anne Lamy
www.soqab.com

Au revoir ... la despedida & time to say goodbye!

I met Alexander Lowen fifty years ago and became a member of the Teaching Faculty in 1980. It's time for me to say **goodbye** to those to whom I have taught in English and especially to you my colleagues of the Faculty.

We had the chance to experience many years of intense and rich involvement around the development of Bioenergetic Analysis.

I keep good memories of the times we spent together and of a close friendship with many of you. Thank you for all these stimulating years of partnership and rich encounters.

 Au terme de plus de 40 ans d'implication comme formateur en analyse bioénergétique, je viens vous dire au revoir et vous remercier d'avoir contribué à enrichir ma vie professionnelle et personnelle.

Connaître si intimement tant de personnes de différentes culture, quel privilège! Je vous en suis très reconnaissant.

S'engager à s'améliorer dans sa pratique professionnelle et dans son humanité, quelle aventure riche et stimulante. Je vous remercie de tout cœur et vous souhaite une belle continuation.



Al despedirme de vosotros, al fin de tantos años de implicación personal profunda en mejorarse como persona y profesional de la relación de ayuda, quiero agradecer a todos vosotros (incluido los hablantes portugueses) de haberme permitido de conocer a vosotros, descubriendo otras culturas al mismo tiempo.

Fue una riquísima aventura humana para mí. Muchas gracias.

Les deseo buena continuación para sus proyectos de vida.

Denis Royer
www.soqab.com



SOUTHERN CALIFORNIA INSTITUTE FOR BIOENERGETIC ANALYSIS (SCIBA)

We have been very busy staying connected during this long duration of quarantine in Southern California.

Most of our members have become very familiar with Zoom and other platforms for doing therapy by phone or online.

SCIBA CON'T...

We share our experiences of exhaustion with this necessary change in how we do therapy and supervision. It has required us to step “outside the 4 walls” of our therapy room and to be very creative.

SCIBA has remained active as we work to stay connected as a community and to continue to spread the word about Bioenergetic Analysis.

In June and September we had our first 3 hour online **Attending the Body** workshops. Both were a success with people attending far and wide. We had attendees from around the US and even Netherlands and Croatia. We did exercises, had a dialogue about modern Bioenergetics and fortunately we had a video of a demonstration of a session from years past with one of our trainees who is now a CBT. She felt comfortable with us using it for the workshop. It was a great example of a session and then after that we had a video of the supervision session with Garet Bedrosian, the therapist, and myself, as the supervisor. We also got feedback from the client about her experience. Then we broke into Zoom rooms and had discussions about the work and people could ask questions. We then came back together for a Q & A session.

Additionally, we are continuing our 1-Year Program online. Jennifer York is our coordinator and she has done a wonderful job keeping the group connected and working with the various teachers for that program.

At first we suspended our training program due to the trainees request to wait until they could meet in person, however, as time went on the decision was made to continue training on-line. Janet Pinneau is the trainer for this semester.

The faculty was creative in how to have experiential learning online.

Due to so much uncertainty and the continued spread of Covid-19 in the US we remain flexible about how we will continue training and begin a new year of training hopefully in 2021.

Our faculty and executive committee continue

to meet on Zoom each month. This has been our norm for several years as we are so spread out geographically.

We are currently planning for our annual meeting in January as a virtual meeting. Additionally, we have a **workshop with Guy Tonella scheduled for the first part of February with our institute and February 27-28 the Southern California BA Conference will be virtual.**

Visit our website for details: www.sciba.org.

Diana Guest
www.sciba.org



AILSA KEPPIE FROM THE ATLANTIC CANADA SOCIETY FOR BIOENERGETIC ANALYSIS (ACSBA)

Just a short note on being a trainee with the joint Atlantic and Massachusetts societies.

I have just finished my second year of training and am really loving bioenergetics more than ever. The group has bonded so well that even now, as we have had to move training online, we can still feel the connections between us.

I appreciate the sense of belonging to an extended family the cohort has provided for me. This is especially important for me as I spend a lot of time already working with clients in my bodywork and coaching practice and having support for myself and a place to discuss therapeutic dilemmas has been wonderful.

The trainers have really been excellent. I have graduated from another somatic training program (2 years) and have found **the level of professionalism and quality has been higher overall in the bioenergetic group training and I've appreciated having the mentorship they provide.**

(ACSBA) CON'T...

I began the 4 year program thinking I would do only one year for personal growth but am now feeling quite committed to finishing the training, even if I cannot ever use the CBT designation.

I have not found anywhere else that offers this unique group experience with the depth and container anywhere else. **Thank you bioenergetics!**



Ailsa Keppie
Nova Scotia (Canada)

RIO DE JANEIRO BIOENERGETIC SOCIETY (SABERJ)

As member of the board of SABERJ trainers I would to share some activities of our society, beyond the regular training workshops.

Our **Social Clinic** include students and new CBTs offering assistance to a large number of people. SABERJ offers free supervision to students and attendance takes place in our main office.

The importance of keeping a routine during stressful times: Wednesday and Thursday night we always offer theoretical classes of Lowen and Reich and Movement Group.

Don't live the same day over and over again and this is why we have invited trainers from other societies to participate in our training program upcoming semester.

We will enrich even more our training program by adding new trainers and their diversity of experiences.

We also celebrated a wonderful 2-days webinar about "Reality and Sexuality" with Diana Guest (International Faculty from the USA).

Get to know a little bit more by visiting our updated website: www.saberj.com.br

Miriam Bergamini Mantau
www.saberj.com.br



SÃO PAULO BIOENERGETIC SOCIETY (IABSP)

Since the onset of the pandemic we started to operate on-line, following the regular curriculum of our courses:

- **Compulsion Clinic** by Leia Cardenuto and others
- **Bioenergetics for teenagers and children** by Lucia Magano and Elaine Gloeden
- **Supervisors Training Program** and
- **Academy of Teachers**, where teachers learn together themes like Fascia and its relation to Character.

The transition to on-line was successful. In the continuing of the Social Clinic program, during the pandemic, **subjects related to race and gender problems were added to its curriculum.**

Our Yearly Winter Seminar (our 10th anniversary) was attended by 150 people.

Learn more about our society and our branches in Sao Paulo, Espirito Santo and Moscow (Russia).

IABSP CON'T...

Currently my studying interest is the contemporary confinement and its effect on emotions.

I highly recommend our Bioenergetic Community to read the books from Byung-Chul Han, Porges and Neuroscience, and Ron Robbins' "Tao of Transformation" (which is still very actual on character).

Liane Zink
www.bioenergetica.com.br

SUSANA MARGARITA YASAN (MEMBER AT LARGE FROM ARGENTINA)

In my clinic, we are focusing on Bioenergetic Analysis but also on areas of health, art and education (bioenergy and creative therapeutic techniques). Given the pandemic, all our activities went online.

We have learned in this time that although we cannot share the face-to-face space, the body is always there, and we take care to carry out bioenergetic practices that allow us, through the affirmation of life perceived in all grounding modes, contact with the breath, as viscerally and not muscular effort, and the emotional exploration that we express in expressive acts in its multiple nuances of play and creation, we are accompanying ourselves in the notion that care is to learn to discover what it is to take care of ourselves as a community.

During this time, we offered non-tariff activities to accompany very affected sectors such as artists and here we share a short video that we have made: <https://youtu.be/IFwprjN1uU>



Let's hope that together we will continue to find ways **to discover the self-regulation of life as long as our knowledge can support the perspective of sustaining immunity in community even if there is physical distance, the heart is warmly present.**

Susana Yasan
www.bioenergeticalatam.com.ar

Watch our [video](#) about our experience with actors and with a present poem about life, which awaits all of us who "suckle the wild smell of sea and mint that she has between her breasts."

DANTE MORETTI FROM THE SÃO PAULO BIOENERGETIC SOCIETY (IABSP)

Every Monday and Wednesday at 7:30 pm (BRT (UTC -3) I conduct free bioenergetics movement classes on my [Instagram channel](#).



Here we are working hard to achieve results with online Bioenergetic Analysis. I lead body therapy groups and together with my team we have developed several techniques that we have systematized in a methodology that follows the stages of libido development: ocular, oral, anal, latency and genital.

Every Tuesday, 8 pm (BRT (UTC -3) I also conduct a more private movement group (registration and a modest fee requested). Another project I have been working on is a summary about Wilhelm Reich's observations about the Kindergarten of the Soviet Union and about the experience of psychoanalyst Vera Schmidt.

Feel free to get in contact with me if you are interested in finding out more!

Dante Moretti
dante_moretti@yahoo.com.br
Piracicaba São Paulo (Brazil)

EDITORIAL CONCLUSION



Ingrid Cryns

Registered Psychotherapist, CBT, Toronto (Canada)

EDITOR'S LAST WORD: LETTING GO & SAYING GOODBYE

These auspicious times of the phenomenal consciousness shift that we are all moving through collectively together, has been a time for many of us to re-examine what is important, in order to cope with the overwhelm that life seems to be creating more of these days.

As Cristina mentioned in the President's Letter above, time has brought us all into a much needed **pause**. **A time to look at 'what is'**: what we have, what we can do, what our limits are, what we may need to let go of, and what are other possibilities? I find myself making and holding more than one plan at the same time, not being attached to either, developing more adaptability and flexibility to grow through the intense quickening of the changes we are experiencing. This is how I hold a more balanced and grounded calm, and evolve to be able to develop more resiliency.

One of the things I have reluctantly decided to let go of is being the Editor of this Newsletter. My plate is overflowing and I am accepting the limits to my time available.

It has truly been a privilege to have the opportunity to 'hold' the collective form of the IIBA through this communication Newsletter and intimately become more aware of the wonderful work that this community continues to grow and emerge into.

I remain proud to be a Bioenergetic Therapist, to have let go of my past life as an Architect and to grow more into my deepening work as a Sacred Ecology activist. I thank you for the opportunities to express myself as Editor and wish you all an increased ability to thrive through these crazy, uncertain and unpredictable times with your work and lives with much safety, and joy!

Fondly,

A handwritten signature in black ink that reads "Ingrid Cryns".

Ingrid Cryns

www.ingridcryns.ca - www.buildingsoul.ca

NEWSLETTER EDITOR WANTED



We are looking for a new Newsletter Editor. It's about 2 - 3 days of work per issue, anywhere from 2 - 4 times a year.

Please send inquiries to iibanews@gmail.com



NEWSLETTER DEADLINE

The next International Newsletter (Issue 023 • Spring 2021) will (hopefully) appear in the middle of March 2021. Please send us your reports, writings, essays with photos.

We'd love to hear what's going on in your region; in your events; and in your thinking, feeling, and practice.

Thank you for contributing to the newsletter!

Next Newsletter Submission Deadline is: January 30, 2021. Send to: iibanews@gmail.com.



Do you have any question, ideas or feedback?
Please get in touch with us via iiba.spain@bioenergeticanalysis.com

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Newsletter Editor	Ingrid Cryns ✉ iibanews@gmail.com
General Contact	Back-Office ✉ iiba.spain@bioenergeticanalysis.com
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