



THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS
NEWSLETTER

INTERNATIONAL ISSUE



LETTER FROM THE PRESIDENT

Dear Members,

It is upsetting to hear almost daily of mass shootings around the world. It seems there is chaos and extremism around the globe. The intolerance of differences has grown into frequent and frightening violence.

I am looking forward to being among friends and colleagues who work to get people more in touch with their heart, in touch with their sense of acceptance of themselves and others, and are committed to the life of the body.

Our conference is coming up very soon. I am happy to report that we are almost at full capacity and there are many interesting Afternoon Workshops & Lectures. If you are coming be sure to bring your bathing suit and your dancing shoes. For the first time we are going to have morning Bioenergetic Exercises in the swimming pool (yes it is indoors) and of course our Gala to celebrate among ourselves. Thursday evening there will be a meeting between Society Presidents / Executive Directors and the BoT to share ideas and successes as well as some of the challenges we face.



Diana Guest
President, IIBA www.dianaguest.com

The BoT was hard at work in Lisbon for our meeting in March (March 6-9, 2019). We worked on revamping our strategic plan, updating our by-laws and had an in-depth discussion about the importance of creating a safe place to talk about ethical issues. We also finalized some decisions regarding the 25th IIBA International Conference and reviewed and addressed our financial situation. We take our fiduciary responsibility very seriously.

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

Warmly,

Diana Guest
President, IIBA Board of Trustees

BOARD OF TRUSTEES (BOT) MEETING - MARCH 2019

As written above, the BoT 2019 (Diana Guest (President), Maria Rosaria Filoni (Vice-President), Ana Lúcia Faria (Treasurer), Paola Bacigalupo, Scott Baum, Michael Brennan, Jayme Panerai, Cristina Piauhy, Rick Spletter, Josette van Luytelaar and Anja van der Schrieck-Junker) met in Lisbon for 4 days (from March 5 to March 9, 2019).

The Minutes from the BoT Meeting 2019 are now available on www.bioenergetic-therapy.com

Log in with your user account.
> Go to MyIIBA
> Look for the folder BoT Minutes
> Select the BoT Minutes of 2019.



BoT Meeting in March 2019



BoT Meeting in March 2019

NEWSLETTER TRANSLATION SUPPORT

We are looking for people to help translate the newsletter into our main languages.

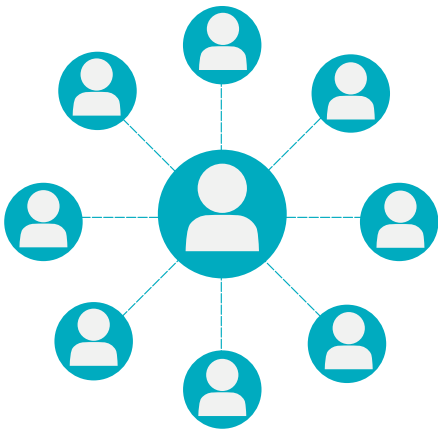
Please let us know if you can volunteer some time.



Please contact Ingrid Cryns (Newsletter Editor)

ingrid@buildingsoul.ca

INTERESTED IN CONNECTING BEFORE OR AFTER THE 25TH IIBA INTERNATIONAL CONFERENCE IN PORTUGAL?



I will be in Lisbon from Sat May 18 - Mon May 20, a few days before the conference begins and wondered if others would like to meet and explore the area together? I will also be biking up the coast of Portugal on the Camino Pilgrimage Coastal Route from Porto to Santiago in Spain for 6 days from Mon May 27 - Sun June 2.

If anyone is interested in connecting with others before or after the conference, please contact me and I can coordinate as needed.

Ingrid Cryns (Newsletter Editor) ingrid@buildingsoul.ca



SOCIETY REPORTS

CHINA TRAINING GROUP



The Chinese Training Group (Local Responsible Rebecca - Liu Jianpu) has shared a webinar with us.

The video is about: "What is Bioenergetic Analysis and how Bioenergetic Analysis helps people to make better lives to themselves and for the people for who they care about?"

Scott Baum (Ph.D. ABPP), IIBA International Faculty Member and Chair of the IIBA Teaching Committee gives a general idea and also some specific examples.

1st part: Introduction and what is Bioenergetic Analysis

1st question: What is the significance and function of the body in Bioenergetic Analysis and how can the body change in the process of therapy?

2nd question: How to turn emotions into positive energies to help to improve our lives?

3rd question: Every Therapist has his own personality / character structure. How we use our own advantages and avoid disadvantages in our character?

We extend our sincere appreciation to our Training Group in China and Scott Baum, without whom this webinar would not have been possible.



Janet Pinneau and (Rebecca) Liu Jianpu

WORKSHOP REPORTS

PABA 2019 REPORT

On behalf of Polish Association for Bioenergetic Analysis, we are offering the following workshop:

'Working With Pre-and Perinatal Issues in Bioenergetic Analysis'

Our deepest impressions, expectations and beliefs concerning the world and our first relationships stem from our prenatal time in the womb of our mother, from the way we were born and from the time right after birth. They are stored in our stem brain, in our limbic system and in the cell-memory.

Had our first bonding and grounding experiences been sufficiently optimal we have a secure base to grow. If this wasn't the case our whole physical and psychic development can be fundamentally influenced. These imprinting's can have an impact on our relationships with other people today, and they can also appear in the therapeutic setting. After a theoretical introduction the effects of deficits or even trauma during the pre-and perinatal period will be described with the help of case-vignettes.

Possibilities for diagnosis will be presented.

Methods to work with these early prenatal themes will be shown and practically experienced in dyads or in individual work. Methods to heal birth-trauma will be presented and - if the time allows and if it is wished - will be experienced directly.

Wera Fauser, psychotherapist, ECP, studied literature and languages. Non-medical practitioner (Heilpraktikerin) in private practice since 1984. Bioenergetic Analyst (CBT) since 1987, supervisor (SGfBA), International Trainer (IIBA). She has also been trained in Gestalt-Therapy, Family and Couple-Therapy and Pre and Perinatal Psychology.



Polish Association for Bioenergetic Analysis
invites you for the workshop:



Ad for the Workshop

Dorota Wejner
Polish Association for Bioenergetic Analysis
d.wejner@analizabioenergetyczna.org

NYSBA 2019 REPORT

Our current group of candidates will complete their 4 years of formal training in May! As they complete the other requirements, we look forward to introducing them as CBT's. The family is growing and we couldn't be more proud!

Speaking of growing, we are in the process of recruiting for a new training group to begin in Fall of 2019.

In our professional offerings this year, we are holding a workshop in March entitled: "Shame and the Dilemma of Human Destructiveness: A Bioenergetic View"

We continue to offer 1-day experiential workshops focused on personal growth as well as bioenergetic movement groups.

New York Society
for Bioenergetic Analysis

Danita Hall LCSW
danitahall@me.com



Daniita Hall

WORKSHOP REPORTS

MSBA 2019 REPORT

The Massachusetts Society for Bioenergetic Analysis and the Atlantic Canada Society for Bioenergetic Analysis are pleased and excited about their joint training group being held at beautiful Shilo Farm, in Eliot, Maine. We have a great group of trainees who are in the middle of their 1st year together. We are now accepting applications for trainees for the 2019-2020 year. The training is held in a residential setting on 5 extended weekends per year, and is appropriate for those traveling to attend.

We are also offering 2 introductory workshops this spring:

1. Being with You Without Losing Me: A Body Oriented Approach to Personal Boundaries on Sat, April 13, 2019 at Shilo Farm, led by Susan Kanor & Stephanie Shelley,
2. More Than Mindfulness: The Language of the Body on June 8, 2019 at Shilo Farm, led by Laurie Ure & Leslie Ann Costello.

www.massbioenergetics.org



From Workshop: How to hope when all appears absurd?



Exercise class in "the barn" at Shilo Farm



Some of the members of the training group from this year.

WORKSHOP REPORTS

SCBA 2019 REPORT

The 2019 Southern California Bioenergetic Conference was a tremendous success, highlighted by riveting keynote presentations by Danita Hall and Jörg Clauer.

The process groups and workshop presentations provided incredible opportunities for the participants to deepen their personal journeys and push their growing edge. All this under the beautiful blanket of Southern California snow that tucked us in for the weekend.

The theme for the 2020 conference will be out shortly. Mark you calendars for February 27-March 1, 2020.

Priscilla Grossman, LMFT
www.sciba.org



2019 Southern California Bioenergetic Conference

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 2019 is as follows (dates are subject to change):
July 17-22, 2019 and August 14-19, 2019

For more information or to reserve a spot, email docboblewis@gmail.com.
Go to Bob's website to see photos of this spectacular location:
www.bodymindcentral.com



Robert Lewis

SUMMER WORKSHOPS BY ROBERT LEWIS

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.



PUBLICATIONS

2019 IIBA JOURNAL

The new Journal is getting printed and will be shipped soon. This year we have translated the Clinical Journal to German.

Content:

1. Modesty versus Shame Identity Building through Nature, Personal History and Culture by Rosaria Filoni
2. Shame and the Dilemma of Human Destructiveness by Scott Baum
3. Shame: Wanting to Be Seen and the Need to Hide by Helen Resneck-Sannes
4. Lesbians, Gay Men, Bisexuals, Trans, Inter and Queers - some challenges for the theory and work of Bioenergetic Therapists by Thomas Heinrich
5. Compulsions and Personality Disorders Homicides and Suicides: a Social Health Issue Based on Bioenergetic Analysis by Mara Luiza Vieira Ceroni and Cláudia Abude
6. Attachment to Relational Trauma by Homayoun Shahri



A big thank you goes to our Editor Team: Léia Cardenuto, Garry Cockburn and Maê Nascimento and to our Abstract Translators: Claudia Ucros (French), Maria Rosaria Filoni (Italian), Maê Nascimento (Portugues), Pablo Telezon (Spanish), Olga Nazarova and Alesya Kudinova (Russian).

A very big thank you for our German Team: Vita Heinrich-Clauer (Editor), Irma Diekmann, Steve Hofmann und Wera Fauser (Translators).

NEW BOOK: COMMUNICATION BREAKTHROUGH, HOW USING BRAIN SCIENCE AND LISTENING TO BODY CUES CAN TRANSFORM YOUR RELATIONSHIPS

Vincentia Schroeter received a notable book of 2018 award at the 53rd annual local author showcase with the San Diego Library, held in January, 2019. Her self-help book, 'Communication Breakthrough, How Using Brain Science and Listening to Body Cues Can Transform Your Relationships', provides practical tools for listening and expression, both from an interpersonal neurobiology and somatic perspective based on Bioenergetics. This book is written for the general public and has easy to follow tips and illustrations that would be appropriate for clients as an adjunct to therapy.

Vincentia S. Schroeter, PhD, MFT, CBT
vincentiaschroeterphd.com
vincentiaschroeter@gmail.com



Vincentia S. Schroeter

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

... TO THE NEWEST KNOWN CBTS



Claes Ekenstam
from Sweden



Angeles Córdoba &
Daniela Cosme from
Spain (ACAB)

... TO THE NEWEST INTERNATIONAL FACULTY MEMBER

Ana Lúcia Faria from Brazil (SOBAB)



Scott Baum, Ana Lúcia Faria and Diana Guest



Cristina Piauhy, Ana Lúcia Faria and Jayme Panerai
celebrating Ana Lúcia's appointment to Int. Faculty Member

THE INTERNATIONAL DAY OF RECOGNITION OF BIOENERGETIC ANALYSIS



Celebrate THE INTERNATIONAL
DAY OF RECOGNITION OF
BIOENERGETIC ANALYSIS

May 15

The BoT has decided to begin an "International Day of Recognition of Bioenergetic Analysis" to be held on May 15th of each year. You may ask "why May 15"? That was the day that Alexander Lowen and John Pierrakos formed the first Institute for Bioenergetic Analysis.

So we invite you to organize some sort of event in your society to honor this beginning. Maybe you can offer an exercise class, or do a workshop or a short lecture. We leave it up to you to use your creativity. I know this is short notice and it is just before the conference this year so if you cannot organize something for this year please put it on your calendar for the future years. Won't it be amazing if we are all doing something to inform the public all on the same day on a global level.

Diana Guest - On behalf of the Board of Trustees of the IIBA

THE 25TH IIBA INTERNATIONAL CONFERENCE



Vincentia S. Schroeter - Spiral Hearts



25TH IIBA INTERNATIONAL CONFERENCE

WWW.IIBA-CONFERENCE.ORG

TORRES VEDRAS - LISBON (PORTUGAL) - MAY 22 - 26, 2019

THE COUNTDOWN BEGINS FOR OUR 25TH IIBA INTERNATIONAL CONFERENCE!

The 25th IIBA International Conference is just around the corner!

Between May 22 and 26, 2019, the 25th IIBA International Conference will be held at the Hotel Golf Mar in Praia De Porto Novo, Torres Vedras (Portugal).

Conference Details:

Venue:	Hotel Golf Mar in Praia De Porto Novo, Torres Vedras (Portugal)
Date:	May 22 (Wednesday 6:30 pm) - May 26 (Sunday 1:00 pm)
Training Days:	May 21 (Tuesday) - May 22 (Wednesday)
Pre-Conference:	May 22 (Wednesday)
Gala-Dinner:	May 25 (Saturday 8:00 pm)

We are very much looking forward to meeting you all there for a fun and informative day.

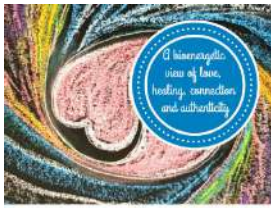


Don't forget to book your lunches, dinners and shuttle services for your stay! There are no restaurants for having the meals outside of the hotel (in walking distance). The hotel will prepare the meals according to the booked numbers. This means that if you want to book on site, the hotel will have only a limited capacity of places to sell. Please book in advance.



TAP Air Portugal is the official carrier of the IIBA International Conference 2019. When booking your flight, use the code IT19TPCG02 to benefit from the discount. More information.

Have a look at the latest versions for the programme.



The Afternoon Workshops & Lectures cover a wide variety of topics.

Find out more ...



Find out more about Plenary Sessions, Pre-Conference Workshops and Training Days,



IIBA AWARDS 2019



As usual the IIBA Awards will be a key part of the Membership Meeting (Saturday, May 25), and we are looking forward to finding out who the three category winners are for 2019.

There are many things to look forward to at the 25th IIBA International Conference and one of them is the Emeritus Interviews with Virginia Wink Hilton and Robert Lewis by Scott Baum (Friday, May 24).



Virginia W. Hilton

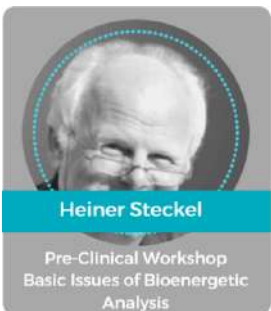


Robert Lewis

Quick reminder

that there are still spaces available for the Training Days and for the 3rd Pre-Conference Workshop! If you want to join us, sign up here!

TRAINING DAYS



For more information, please click here.



3RD PRE-CONFERENCE WORKSHOP



For more information, please click here.



EDITORIAL CONCLUSION



Ingrid Cryns
RP, CBT, Toronto (Canada)

www.www.buildingsoul.ca

EDITOR'S LAST WORD: BIOENERGETICS & ECO- SPIRITUALITY

At the last 2017 IIBA Conference in Toronto, I remember walking away from it deeply inspired by the words of Bob Coffman, PHD, CBT (from LA, California, USA). He invited the membership to see if we could find a way to make Bioenergetics "our own" rather than "throw away" the foundational principles of Lowen's teachings as many people have in the past, starting up 'new modalities' in body psychotherapy work, away from Bioenergetic membership. I saw that as an exciting

opportunity to integrate what might be unique or different in how we work, and I heard the question - how can we grow 'modern' Bioenergetics into a more inclusive model?

My response to this inquiry comes from my personal quest and curiosity to understand how to transform the relational trauma of what happened to me into my soul gifts. I reflected on my own practice and found the following quote by Lowen spoke to how my therapy practice has evolved over the years and how I have been integrating different dimensions to the foundation of my bioenergetic training:

**"As one grows older, the sense of separateness is slowly reduced. Old people do not live on an ego level. Their concerns are not about their individuality but about the river of life, the family, the community, the nation, people, animals, nature, life. They can die easily if they are assured that life will continue positively, for they feel part of the river again, and soon they will be part of the ocean. When they are very old, they no longer belong to our time and space, but to all time and all space."
- Alexander Lowen, Spirituality of the Body -**

I began to follow Lowen's 'last words' on Spirituality and Nature, with the direction of bioenergetics grounding our bodies into the earth and the earth being a physical and energetic body where we are all connected. I understand this as - what affects me, eventually also can affect you, as we are all ultimately deeply inter-connected. The earth is what connects us all as our common ground of 'being' and organizes our consciousness to the 'next level' of ego self maturity, beyond the distorted and underdeveloped narcissism of greed and profit, to healthier inter-connected and respectful, individuated selves, in constantly evolving, relationships.

**"Alexander (AI) Lowen, wrote about spirituality as related to the body ... [He was] well attuned to the environment around [his] home... Throughout his writings, AI touched on and acknowledged the importance of the environment ... [that] illustrate his great awareness and sensitivity to the environment - and the tremendous respect for the interrelationships of all things living, and nature."
- lowenfoundation.org/es-and-bioenergetics**

Our world today is breaking down as it has reached the limits of an increasingly dysfunctional dominating stance, polarizing greater extremes of either one view point or another's. Compromises are becoming increasingly intolerable. The limits have been reached

EDITORIAL CONCLUSION

in our collective capacity to include each other's differences.

Our work as Bioenergetic therapists is profoundly brilliant in how we can heal the depth of darkness in relational core or shock trauma in the body and mind. The core foundation of this work has absolutely saved my life and mind and I will always be grateful for this! And as many of you are aware of, through the application of the polyvagal theory and other somatic-based trauma healing models, current neuroscience research affirms that there is an incredible plasticity within the mind, and how possible it is to reorganize core body-mind connections deeply and for some, permanently.

We know as Bioenergetic Therapists that when we go into the past, we are working in 'altered states of consciousness'. We can also learn how to experience ourselves through various forms of altered states or ecstatic (beyond our individual self) states of consciousness such as in meditation practices, sound therapy, or shamanic trance work, in absolutely safe and consistently stable forms. Through exploring new altered states of positive consciousness experiences, we become more able to be inclusive and expansive in how we relate to each other as individuals. World indigenous wisdom practices teaches us a variety of forms of being that expands our sense of individuated self into a more universal, transpersonal or collective self consciousness. This is our more 'Nature' connected, 'wilder' earth-wisdom-self that we all can reclaim and integrate into our body mind connections.

Integrating a form of eco-psychology or eco-spirituality into our healing practices is a way of synthesizing the essence of world indigenous wisdoms. To teach with more techniques how to change our right brain and body - AND EARTH, inter-connectedness. This cultivates and expands our capacity to heal the body mind splits in ways that that can access deep blocks and fragmented parts more effortlessly, than using only left-brain methods. It can also introduce new models of connection that some clients may never have experienced and include developing the capacity for new experiences of positive feeling states such as; profound joy, ecstasy, deep lasting love, pleasure, peace, awe, wonder or a profound inter-connectedness beyond ourselves.

Many people with trauma in their system have either never had or have often completely lost the capacity to cultivate or hold these more positive states of being. Trauma can also be understood as a threshold or doorway that offers a spiritual or energetic opportunity to open the mind, particularly the right brain and expand its plasticity or fluidity to reorganize the body mind connections.

Our current youth culture's obsessions with ecstatic states (such as in dance Rave's, drugs, or Ayahuasca Journeying) and the increasing epidemics of addictive split-off behaviours are calling out a distinct human need to reorganize the protocols for clearing out distortions and dysfunctional body mind connections. We also need to incorporate more positive resource tools to reorganize and nourish ourselves and our clients with sustainable and more balanced positive, ecstatic and joy-filled ways of being, feeling inter-connected to both others as well as with the ground of our living and very sensitive Earth.

Currently Bioenergetics doesn't address this fully as an integrated model of healing into wholeness. The next step to learn is the evolution beyond the consciousness of the healthy individuation process. An additional process that teaches on a body consciousness level, our deep inter-connectedness. I know from my own particular inner journey and the experiences with my clients, that universal indigenous wisdom practices which allow us to develop new forms of right brain neuroplasticity, can also profoundly shift and transform the embedded fragmented and deep dark trauma consciousness in the psyche.

E D I T O R I A L C O N C L U S I O N

Through very simple methods or energetically aware rituals, one can induce trance states with sound and/or higher frequency pulsating beats, allowing the left brain to shut off and the right brain open up to experience levels of energetic communication through visual, hearing and/or body kinesthetic forms of awareness. This teaches new information to the body that left-brain consciousness cannot access alone. Regular practice of these simple processes can entrain the body and mind interconnectedness, like developing a new muscle of awareness that expands the mind into more ecstatic or flow states of being.

This process of re-claiming is what I am currently calling our 'Wild Earth Wisdom' consciousness within ourselves, is an evolution in how we can heal ourselves, each other and the earth, together. It is not about appropriating any single form of indigenous religious practices, but is about how we are ALL human indigenous beings on our earth and can learn from the numerous sacred earth teachings of these indigenous wisdom practices, synthesizing more fluid right brain approaches in our work into a more wholistic view of self, inter-connected with beyond-self aspects.

I invite you to take up Bob Coffman's invitation and to communicate your unique ways of including Bioenergetics, to broaden our scope of influence into the world of what new, modern Bioenergetics can be. I wonder if any of you would like to write a short essay of how this might be very different or similar for you, and if any of you would like to see that content in our seasonal newsletters? Or perhaps you'd like to meet as a small group at the conference in Portugal to share and discuss what interests you in this direction? Please write to me and let me know. I look forward to meeting many of you at the 25th IIBA International Conference in May!



Ingrid Cryns
RP, CBT, Toronto (Canada)

ingrid@buildingsoul.ca

PS. If you are curious to experience opening the fluidity of your right-brain consciousness, I am offering a very brief practice of how I do some of my 'Wild Earth Wisdom' work in a workshop at the International Conference on Thursday May 23, called "Resourcing Love, Joy & Ecstasy through Nature, Sounds and Body Postures". You may also request a longer PDF essay explaining this work in more detail.

NEWSLETTER DEADLINE

The next International Newsletter - Issue 019 • Summer 2019 - will appear in July. 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.

Next Newsletter Submission Deadline: June 15, 2019

Send to iibanews@gmail.com

Thank you for contributing to the newsletter!



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

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Newsletter Editor	Ingrid Cryns • ✉ iibanews@gmail.com
General Contact	Back-Office • ✉ iiba.spain@bioenergeticanalysis.com
Postal address	IIBA • International Institute for Bioenergetic Analysis • C/ Berguedà, 21 • 08029 Barcelona (Spain)
President	Diana Guest
Vice President	Maria-Rosaria Filoni
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