



IIBA
International Institute
for Bioenergetic Analysis



EDITO

Dear Members of the IIBA

Greetings to you all.

This year marks the 60th anniversary of the founding of the IIBA in New York and so it is fitting that the 24th IIBA Conference, to be held in Toronto, Canada, May 25-28, 2017, will have the theme of *"Reflecting Back, Looking Forward – Essence and Growth in Bioenergetic Analysis."* Please make sure you put these dates for the Conference in your diaries and start planning to be there. The conference is always an important event in the life of the IIBA, and your presence empowers the IIBA to "look forward" and promote the growth of Bioenergetic Analysis around the world.

It is a time to "reflect back" for myself, as this is my final year as President of the IIBA.

An unforgettable moment of my term as President was the Closing Ceremony at the Recife Conference where Kaká Werá, an indigenous Kayapo, lead our members in a very ancient Amazonian dance. The similarity of this dance to Alexander Lowen's practice of stamping his foot and sounding "Ha!" to feel the Earth, richly illustrates the theme of the next Conference to link the old with the new. We all have the task of transmuting the traditional knowledge that has come down to us from our "ancestors" (Reich and Lowen) so that new forms arise from the reciprocity we have with the world today. This is how we keep the legacy and spirit of Alexander Lowen fresh and alive. We are all connected, and the footprints of all our members who have passed before us live on into the future through all of us, our Emeritus Faculty members, the Faculty, our Regional Groupings and Local Societies and Members, the students we train, and our clientele. This is "the essence and growth of Bioenergetic Analysis" as it continues to spread, with new courses being provided in China, Colombia, Germany and elsewhere, despite the economic hardships, environmental degradation and social trauma we are all facing.

It is a time of major change for the Board of the IIBA. Claudia Ucros, Vice President from Belgium, Eulina Ribeiro from Brazil and Patrizia Mozelli from Italy will all be retiring from the Board at the end of 2016. I would like on your behalf, to thank them and all the members of the Board, for their years of dedicated service to the IIBA. I would also like to express my sincere personal appreciation to the members of the Board and to members of the Faculty for their collegial support during my time as President.

The Board of the IIBA is a vital place where your representatives from Europe, Latin America and Nanziba meet to guide the work of the IIBA. This year 8 of the 11 positions will need to be elected. Hopefully the current members of the Board who are eligible will stand again, meaning that we will need 2 new Board representatives from Europe, 1 from Latin America, and 1 from Nanziba. Please give consideration to standing for the Board, and please register your electronic vote when the elections are held towards the end of 2016. We are a democratic organisation and voting is a powerful way of having your voice heard and represented.

And lastly I would like to thank our Administrator, Pilar Llobregat for the tremendous work she does for us all. I have truly appreciated her hard work, efficiency, patience and integrity.

Very warm wishes to you all.

Garry Cockburn,
President IIBA Board of Trustees

NEWSLETTER



NEWS

2016 Southern California Bioenergetic Conference



Janet Pinneau

The 2016 Southern California Bioenergetic Conference/Retreat in Lake Arrowhead moved to its own beat this year.

Started off by an Opening Ceremony that got us bouncing in our seats, we then stepped in beat on the mountain pathways to our process groups. In groups facilitated by Certified Bioenergetic Therapists, conference attendees worked on what was present for them...what blocked their own rhythms, and what helped to re-establish their own fluid movements. Keynote speakers, Dr. Vincentia Schroeter and Dr. Jacqueline Mills, began our mornings with talks on Polyvagal Theory and Traumatic Narcissism, respectively. Workshops stimulated the afternoons with various aspects of Rhythm: the rhythm of our moods, the rhythm of the therapeutic sessions, the absence of rhythm in shame, and sexual preference in transference.



Meals had their own rhythms: munching and talking, laughing and sharing as conferees ate deliciously-prepared food, fireside, in the cozy formal dining room. And, of course, Skit night and Dancing on Saturday night...where people played and performed, tapping into the rhythms of the music and the people and the energy of the conference weekend.

It was a weekend of people tuning into their bodies and their rhythms.

Join us next year for another weekend of connection, exploration, learning and fun at the 2017 Southern California Bioenergetic Conference/Retreat in Lake Arrowhead. **February 23 - 26, 2017**, as we embrace the theme of *Intimacy and the Sensual Self*.



SGBAT and the Swiss Association of Psychotherapists



Margit Koemeda

In **April 2013** the Swiss government passed a new law concerning psychological professions. Psychotherapy was adopted as one of them. Within a period of 5 years all psychotherapy training institutes need to adapt their curricula to newly defined standards and apply for approval by the health department. The deadline for this is **March 31st 2018**.

The Swiss Society for Bioenergetic Analysis and Therapy (SGBAT) decided to tackle this task. We worked out a revised and detailed curriculum and founded a cooperation with seven other Swiss training institutes each providing their specific approach to psychotherapy (e.g., music therapy, a body-oriented branch of Jungian psychology etc.). Some workshops will be taught for students of all approaches, but students who major in Bioenergetic Analysis will be taught all the specific theory, concepts, competencies and skills which are unique to our approach. Under the umbrella of the Swiss Association of Psychotherapists ASP, we will be part of an integrated multi-method curriculum and hope for synergies in this endeavor!

A new Swiss training group started on **April 20th 2016** under these new auspices, Vita Heinrich Clauer lead the first workshop (coordinating trainer: Margit Koemeda-Lutz, 3rd trainer: George Downing; additional classes are taught by Swiss faculty). Contact SGBAT for questions about openings for additional trainees.



New training group in Cologne, Germany

Konni Oelmann

I am happy to announce our new training group in Cologne, Germany, that I will train along with Dr. Vita Heinrich-Clauer (IIBA faculty), Brigitte Merkel and Rolf Grosserüschkamp (local faculty) according to the training rules of the IIBA! The 12 participants (all women), screened through two entrance interviews, were accepted and have completed their first three workshops!

We are very grateful that Mechtild Kraan (herself finishing her CBT and leading the Medius Heilpraktiker-school in Cologne) could interest so many professionals in our therapy; thus, allowing us to conduct 4 workshops introducing Bioenergetic Analysis and starting the program before the end 2015! We will continue to offer more of these "get to know Bioenergetic Analysis Workshops" with the hope of beginning a second group this autumn. After two years of the preclinical phase, the participants will decide whether to continue and enter the clinical phase in order to get their CBT or to stop and be certified to lead Bioenergetic MOVE AND FLOW exercise classes. As we do not want to invest the work to set up a new German institute, we want to cooperate with the Northern German Institute, NIBA, and the Stuttgart society, SGFBA, to strengthen the Bioenergetic Therapy in Germany again! We are looking forward to meet with all German trainers to develop this!

We are glad for all advice from the teaching committee and we hope that you can share our joy with us.

Congratulations to New Groups

As noted above, Konrad Oelmann announced a new training group in Cologne.

Heiner Steckel announced that after several years of conducting bioenergetic experiential workshops in Bogotá / Colombia, that a new certification training has begun. The teaching faculty for this training are Heiner Steckel, (IIBA Coordinating trainer), Myrian de Campos (IIBA Faculty), and Dr. Mauro Elias Mendonça, psychiatrist (local trainer in VIBRARE, Brasilia).

Congratulations to Konrad and Heiner for their work in forming new training groups following the guidelines for official IIBA training and certification. This takes an enormous amount of work to start a new training group, especially in a city and/or country where there is none and that all trainers, therapists and supervisors must be brought in from other institutes. It is this kind of commitment that helps our global community grow.



Diana Guest
for the IIBA Teaching
Committee

From SCIBA



Garet Bedrosian
for SCIBA

Mac Eaton, one of our founding members and local faculty, died in December, 2015. He was known for his gentle, safe style as a Trainer and Therapist.



He will be missed by all of us.



Nicolette Re (having graduated from the academic program and working on her CBT hours) along with David Bercelli, started a One Year Relational Somatic Psychology Workshop Series in Scottsdale, Arizona.



2016 Summer Workshops



Bob Lewis

Bob Lewis has been conducting Post-Graduate Training in Barcelona, Spain.

It is a two-year (4 workshops/seminars) post-graduate training on Trauma for two groups that started in **November, 2015** and runs through **April, 2017**. Taught in English, with Spanish translation.

Contact: Alessandra Coletti (megustaserfeliz@gmail.com) for more information.



News from the Israel Society



Scott Baum

Recently, the third training group of the Israeli Society has finished its first year of training, with a workshop led by Scott Baum (coordinating trainer), in a center for peace in Neveh Shalom, a Jewish-Arab village. The other international faculty member is Anat Gihon, and the local trainers are Yael Harel and Avigail Shahar. The training year combines 20 weekly single training days with two four days intensive workshops.

In addition to the training, the senior members of the Israeli society have been meeting for the last five years every month for continuous education in Bioenergetic Analysis. In the last two years we have been studying chosen chapters from Reich, studies that were led by Avigail Shahar.



News from the MSBA



Laurie Ure

Check our website for registration details and information: www.massbioenergetics.org. Paper copies of the brochure are available by request. In October of 2015 the Massachusetts Society for Bioenergetic Analysis offered what has now become an annual retreat in Essex, MA entitled: "Two Steps Forward, One Step Back: The Journey to Vitality."

Our featured teacher was Len Carlino, PhD, CBT who spoke eloquently about the pendulum swing "from regression into pain from the past to the progression into expansion and feelings of joy and excitement." He talked about balancing the guidance of our patients so that there is a focus on joy in their lives.

The other plenary talk was by our own Laurie Ure, LICSW, CBT who took the workshop title into a discussion of our treatment of various forms of trauma, reminding us that "chronic relational trauma" is perhaps the most common presenting problem in many clinical practices. The re-triggering of this trauma and the on-going fear of it drains our patients of any resilience of vitality that they may have had.

Len led a process group for CBTs and Bioenergetic training grads with opportunities for us to work deeply with him and to observe his exquisite style using strong hands-on techniques. The conference offered process groups for clients and for Bioenergetic trainees and other professionals as well as presentations by Gloria and Ron Robbins ("The Change Process: a Rhythmic Integration Approach"), Leslie Ann Costello ("A Bioenergetic Approach to Reproductive Trauma"), and Terry Hunt ("A Bioenergetic Approach to Addiction and Codependency").

The conference always includes Bioenergetic exercise classes, "Journey Dance," a large hot tub and fire pit in an exquisite setting, and delicious food. We have drawn participants from the U.S. and Canada, but our travel record holder came from Poland this year!



Also, the Massachusetts Society hosted by Len Carlino, PhD, CBT, IIBA Faculty, for an advanced hands-on Bioenergetic technique workshop April 30 & May 1, 2016 in Danvers, MA. There, 14 members of our society along with CBTs from Canada, Colorado and Columbia took advantage of this wonderful and unique opportunity to learn advanced hands-on techniques.

We learned techniques to work with tensions primarily in the face, jaw, neck and pelvis. Len brings a rich combination of strength and tenderness to his work. He guided us by demonstrating techniques and by having us practicing on each other, working in triads throughout the weekend. He also taught his perspectives on using both regressive and progressive techniques and about when to use which techniques. Len is an International Bioenergetic trainer whose style is influenced by the 25 years he spent with Dr. Alexander Lowen, as his patient, student and colleague. He is a licensed psychologist with a private practice in Philadelphia and Bucks County, PA. He is a gifted teacher, therapist and workshop leader. We all felt lucky to have this opportunity to learn and practice with Len.



INVITATIONS

MSBA – Healing From the Inside Out in 2016



Laurie Ure

The Massachusetts Society for Bioenergetic Analysis has taken on sponsoring the annual fall conference in Essex, MA previously sponsored by Nanziba. We are very excited to announce our next gathering scheduled for **October 20-23, 2016** featuring Virginia and Bob Hilton, coming to us from Southern California with the theme of "Healing From the Inside Out: Relationship, Body & Mind." We are delighted to welcome them to teach on the East Coast! They will each give a keynote talk and will lead a process group. We hope many of you will be able to join us and have the rare opportunity to experience the wisdom and depth of Bob and Virginia in Essex, MA!

IIBA Bioenergetic Conference in Toronto, Spring 2017



Marilyn Morinis
for the CCSBA

We are very pleased to host the next **IIBA Bioenergetic Conference in Toronto** in the **spring of 2017**, when our city is in bloom. The conference will run from Thursday May 25 to Sunday May 28, 2017 with a day of Pre-Conference workshops on Tuesday May 23 and a Training workshop on Tuesday/Wednesday May 23/24, for those who are interested. The opening reception for the main conference will be held on the evening of Wednesday May 24.

The title of the Conference is "*Reflecting Back, Looking Forward: Essence and Growth in Bioenergetic Analysis*" and should prove to be interesting and stimulating.

We are very proud of our multicultural city and all that it has to offer. The conference will be in a central location close to the subway line downtown. The subway goes east – west and north – south and will take you to many spots of interest in Toronto. There are wonderful restaurants, museums and art galleries nearby. We are surrounded by many parks and trees and a gorgeous waterfront with an easily accessible island in Lake Ontario.

The exchange rate is very favourable at this time and that will make it easier for people who are concerned about the finances of the conference to attend. It will also be enticing for participants to take this opportunity to plan a holiday to the attractions not too far from Toronto. The gateway to the Northern Lakes area in the Canadian Shield including Algonquin Park is only an hour or two away from the city. Niagara Falls – one of the Wonders of the World, the Bernard Shaw Festival in Niagara-on-the-Lake, and Stratford Theatre in Stratford Ontario are other possible vacation spots that we recommend.

Two of our members – Jennifer MacLachlan and Mitzi O'Keefe – have taken the lead and have been doing a splendid job of finding a conference space and an event planner. They have put in hours of time helping to make arrangements and working with the IIBA Board as well as the 2017 Conference Organizing Committee. They have kept the local Society – CCSBA - Central Canada Society for Bioenergetic Analysis – up to date with their progress. We are learning how much there is to do before the conference and are very appreciative of the work they have done.

Our main airport is Pearson International Airport. It is a hub for many airlines that fly into here from The United States, South America, Europe and other faraway places. We hope that those of you that live far away will consider this trip to Canada and to Toronto in particular to see for yourself how wonderful our country and our city are and that those of you that live close will definitely mark May of 2017 into your book.

2016 Summer Workshops



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.

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-Sunday.

The current schedule for 2016 is as follows (dates are subject to change):

- **July 7-11, 2016**
- **July 28-August 1, 2016**
- **August 18-22, 2016**

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

See Bob's website: bodymindcentral.com for more photos of this spectacular location.





The 2016 Professional Development Workshop



Diana Guest

"The Body of the Therapist: Protection, Shame, Somatic Countertransference" is the theme for the 2016 PDW to be held in Canada from August 26-31.

The PDW is a unique occasion for all participants to practice and to learn more as they are supervised in their clinical work, to share with colleagues from many different places, to attend theoretical presentations (or present if required), and to be supported and helped in their professional development in a safe, secure and empathetic atmosphere.

For any questions or information please contact the PDW teaching faculty:

- Helen Resneck-Sannes : helenrs@aol.com
- Joerg Clauer : joerg.clauer@osnanet.de
- Vincentia Schroeter : vincentiaschroeter@gmail.com

Go to the IIBA website www.bioenergetic-therapy.com to register and get more information.

REGISTER NOW BEFORE THE PRICE GOES UP! The PDW comes every two years and rotates continents just like the conference.

Opening your heart for love – Workshop in Crete



Olaf Trapp

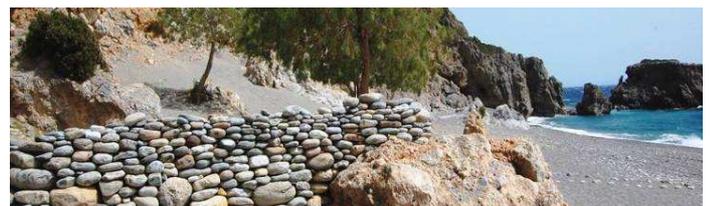
This is a reminder of my Crete workshops this year.

The first one will be in September 18th – 23rd. Participants from many different countries, professionals and therapeutic lay people, will stay together and work with me at the wonderful place Metacom between Paleochora and Anidri, (www.meta-com.de).

I invite you to join this event or recommend it to others.

"To access deep essential Bio-Energy, which contains our early life and love experiences, we must release tension and melt armoring. We also melt our sense of separation, between not only ourselves and others, but also between ourselves, our minds and the deepest feeling of Self."

"Love makes your soul crawl out from its hiding place."





CONGRATULATIONS TO THE NEWEST KNOWN CBT's AND LOCAL TRAINERS

CBTs

- 2013: Pascale Baes
- 2014: Maria Angela de F.M.da Silva



Congratulations also to Garet Bedrosian for becoming a IIBA faculty member

and to Janet Pinneau who became a Local Faculty member.

Local Trainers

- 2013: Lorene Gonçalves Soares
- 2015: Cristiane Figueira Nistal
Leila Maria P. D. Sardão
Lucineide S. Vasconcelos



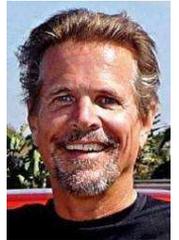
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EDITORIAL CONCLUSION

Greetings to my fellow IIBA members,

I do wish that you are taking good care of your organismic selves in this first half of 2016 and will continue to do so in the second half! Delivery of this edition of our IIBA Newsletter was delayed due to the unusually slow pace of receiving articles for submission to this edition. I am glad to be finally sending you this edition and hope that, as you read through it, you experience a greater sense of connection with your fellow members, who have communicated with you via this newsletter, from their institutes and societies in many countries around this world. As you read at the beginning of this edition, our President Garry Cockburn will step down from his positions as President and BOT member at the end of this year. As a fellow BOT member, I will miss him and his talents dearly. I will also miss fellow BOT members Vice-President Claudia Ucros, Eulina Ribeiro and Patrizia Mozelli as they retire from the BOT. In the next edition of this newsletter, the newly elected members of the BOT will be introduced to you! So, please, remember to vote in the IIBA election at the end of this year! Lastly, I delight in sharing with you a few of the moments that I captured with my camera at our most recent International Conference that was held in Brazil in August of 2015. It was a pleasure to share Life with fellow members, colleagues and friends, new and longstanding. I wish to make new and renew connections at our next International Conference in Toronto, Canada in May of 2017!



Michael Brennan,
IIBA Newsletter Editor



Layout: Hélène Génier