



THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS
NEWSLETTER

INTERNATIONAL ISSUE



LETTER FROM THE PRESIDENT

Dear Members,

We are fast approaching the holiday season and the beginning of a new year. It is a time to reflect on the passing year and to look forward to the new year and the possibilities that may unfold. There have been many things happening in the world that do not make sense and are creating chaos, uncertainty, and anxiety throughout the world. One thing we can be certain about is our commitment to the life of the body. It is through our community that we recognize, acknowledge and connect to each other

and the knowledge we share. We are about building relationships through our various webs of interaction. Our new website is one part of the web which I hope you will take the time to cruise through it and see the richness of the material. We have active Facebook and Instagram pages to see what is happening in various parts of our community. Your submissions enrich these social media means of communication.

It is not always easy to keep this global organization together. We have many differences such as language, culture,



Diana Guest

President, IIBA

www.dianaguest.com

politics, etc. What we do share is our commitment to bioenergetics and the value it brings to our personal and professional lives. In order to be successful, we need the passionate commitment of all our members serving our global community on the local, regional and international stages. Our institute has a global presence that gives credibility and stability to our regions, local societies and to our individual practices.

We have our biennial conference coming up in May just outside of Lisbon. You have received many emails about the details of the conference. (Please take the time to read the emails that come from our office in Spain. They are quite good!) Many, many volunteer hours have already gone into the creation of the conference. This is a time to come together, to connect and share your knowledge. It is a time to learn some “really neat stuff” that you can take home to your bioenergetic practice. It is a time to see old friends and create some new ones. A time for encounters that have a depth that is seldom seen at conferences. And we have fun while we are learning “really neat stuff”.

Your BoT has been working together to attend to the operating needs of the organization as well as creative thinking, problem-solving, and troubleshooting.

An ebook was sent out to everyone honoring the 10th anniversary of Lowen’s death.

That’s an email you will be glad you opened. We are currently organizing meetings with the directors of the societies in each region to have a greater pulse on what is happening on the local level. Your representatives will be contacting the local societies. We are also having a gathering at the conference of the society directors. We have had two “zoom” meetings and our next meeting “in person” will be in March 2019 in Lisbon.

As your president, your friend, your colleague, I wish you all a happy holiday season and a new year rich with love, compassion, friendship and generosity.

Warm greetings,

A handwritten signature in black ink that reads "Diana Guest". The script is fluid and cursive.

Diana Guest
President, IIBA Board of Trustees

I I B A B O A R D

YOUR 2018 BOARD OF TRUSTEES (BOT)

We are (from left to right) Paola Bacigalupo, Jayme Panerai, Rosaria Filoni, Scott Baum, Diana Guest, Rick Spletter, Ana Lucia Faria, Josette Van Luytelaar, Nina Schubert (Admin), Michael Brennan, Cristina Piauhy & Anja Van Der Schrieck-Junker.



SOCIETY REPORTS

ITALIAN SOCIETY, SIAB

SIAB participated actively in the Congress of the Italian Federation of Psychotherapy Associations (FIAP) on the theme "Il canto di Partenope. Psychotherapy on the route of change " that took place on last October 4 - 7 in Naples. Many SIAB members and trainees attended.

This year Patricia Crittenden and Frank Lachmann have been the international guests while Andrea Landini, together with important members of psychiatry and psychotherapy, will represent the Italian mainstream.

Many of us participated in plenary sessions, and have lead workshops and lectures. I have had a lectio magistralis. Rosaria Filoni has been elected FIAP Secretary in this occasion.



Under the slogan #CheVivaLowen ("Hurrah for Lowen"), SIAB has celebrated workshops and interviews during this Fall 2018.

Of special note was the event "Honoring Alexander Lowen: The only way out is down".

On October 3 (2018), our local society, Società Italiana di Anàlisi Bioenergetica, paid tribute to Alexander Lowen at a commemoration and celebration of his Life.

The event was held at the Istituto Italiano Per Gli Studi Filosofici (Napoli) and was attended by a large number of people from all walks of life.

Speakers at the event included Giuseppe Ruggiero (President of FIAP), Patrizia Moselli (President of SIAB and Faculty Member of the IIBA), Aristide Iniotakis (Teacher of SIAB), Piero Rolando (Education Director of SIAB), Maria Luisa Manca (Teacher of SIAB) and Livia Geloso (Teacher of SIAB).

Patrizia Moselli
SIAB Director

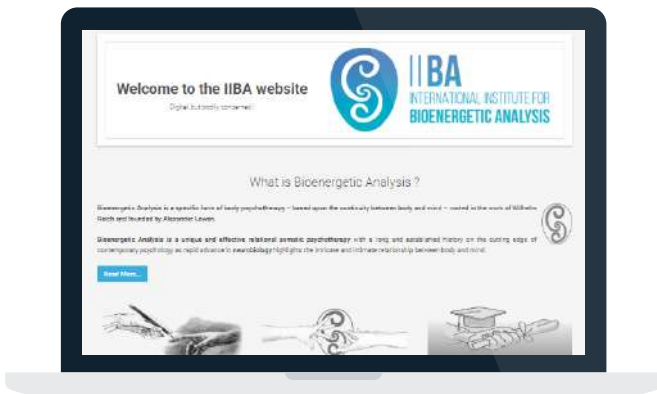
www.siab-online.it



Watch the Exercise Class
#CheVivaLowen in Milan (IT).



NEW IIBA WEBSITE



IIBA NEW WEBSITE IS LAUNCHED!

We've launched our new website and we're excited to introduce you to our new look.

www.bioenergetic-therapy.com

Our new website provides a clearer message of who we are, what we stand for and what we do. The new website offers a clearer design and a more intuitive navigation. It is also fully responsive with mobile devices, making it easy to navigate on a wide range of web browsers and portable devices.

Our Members will find our new Resource Center which will host a library of articles, research studies, papers, newsletters, etc. (still under construction). Going forward, we will continue to upload new articles and publications.

♥ MY IIBA

In My IIBA you have access to internal IIBA documents and you can take charge of your personal data in accordance with the new European General Data Protection Regulation (GDPR).

We have taken measures to ensure that provisions on data protection are observed.



Forgot Your Username?

Please contact
iiba.spain@bioenergeticanalysis.com.

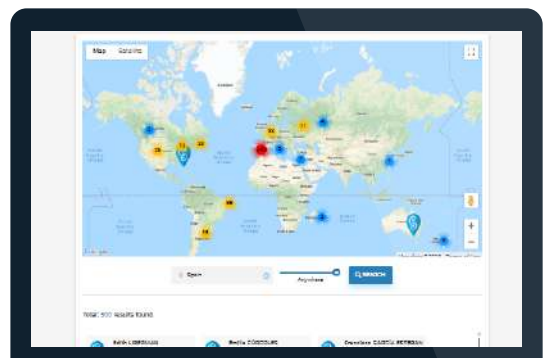


Let us know straight away when you move home or office. You can tell us by modifying your personal data in your profile.



DIRECTORY

We've introduced a new Therapist Directory based on Google Maps:



The International Therapist Directory lists our Certified Bioenergetic Therapists worldwide. Clients looking for a local Bioenergetic Therapist will find in this site the most comprehensive directory of its kind.

We did do some pretty extensive testing before launching this new website, not all the pages are ready and we are aware that some things may not yet be perfect.



Please send us an email should you encounter any issues or even have some suggestions on the type of content you would like to see.

ALEXANDER LOWEN



Alexander Lowen (Dec 23 • 1910 - Oct 28 • 2008)

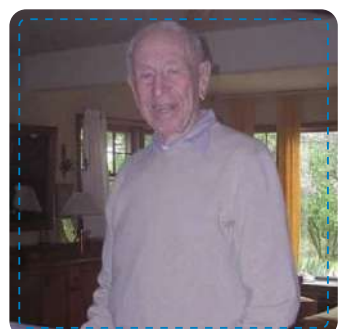
It's hard to believe that 10 years have passed since Alexander Lowen's passing. Alexander Lowen still lives strongly in our memories.

Leslie Case said in the memorial event 2009: "Alexander Lowen gave us so much. He lived life on his own terms, he was a simple man, he was a giant in the field of mental health, a mentor and colleague ... He was furious, he was kind, he was radical in his theories, he was conservative in his habits, he was a mortal man, he was someone whose contributions will live after him."

We want to share with you some articles, summarized in the eBook Honoring Alexander Lowen, that furthered Lowen's pioneering work in the field of body psychotherapy and many of the speeches of the memorial Celebrating Alexander Lowen from April 3-4, 2019 (New York, USA).



[Lowen eBook CLICK HERE for FREE Download](#)



ALEXANDER LOWEN



Visit Our YouTube Channel

The videos were recorded in the Memorial Event Celebrating Alexander Lowen to remember, to recognize, to reminisce about Al Lowen. We have uploaded most of the speeches. The videos as follows are currently unavailable:



Welcome

by Scott Baum and
Guest Introduction
by Virginia Hilton



From Freud ...

... to Reich to Lowen
by Bob Lewis



Al's Life and ...

... Lecacy by Vivian
Guze



Remembering

... Al Lowen through
Personal Reflections
by Leslie Case



Remembering

... Al Lowen through
Personal Reflections
by Heiner Steckel



Remembering

... Al Lowen through
Personal Reflections
by Ron Robbins



Remembering

... Letter Reading
from Fred Lowen



Remembering

... Letter Reading
from Ben Shapiro



Remembering

... Leader Reading
from Jean-Marc
Guillermé



Remembering

... Leader Reading
from Frank Hladky



Exercise Tribute

... Eleanor Greenlee



Al Lowen's ...

... Contribution to
Body Psychotherapy
and Humanistic
Psychology by
George Downing



Panel Discussion

.The Impact of
Bioenergetic
Analysis on the
Culture by Garry
Cockburn, Márcia
Barreto, Jim Elniski,
Patrizia Moselli,
Helen Resneck-
Sannes and Georg
Downing



The Man, ...

... The Legacy, and
the Future of
Bioenergetic
Analysis by Bob
Hilton

With gratitude and appreciation we would like to thank again all those involved in the eBook Honoring Alexander Lowen and in the Memorial Event Celebrating Alexander Lowen.

WORKSHOP REPORTS

PDW REPORT • SHAME OCTOBER 19 - 23, 2018 • SALVADOR (BRAZIL)



The last PDW happened in Salvador Brazil October 19 to 23 on the theme of Shame. As well as Brazil, participants came from China, Germany, Norway and USA. The format was compressed to 4 days to keep costs manageable. Faculty for the PDW were Alex Munroe, Diana Guest and Rebeca Berger. Registrations began slowly and in the end 29 people attended. There were 11 people in Track 3, the track for people who are enhancing their teaching skills or applying to become Faculty. We had 10 excellent presentations on various aspects of shame. The presenters brought an aspect of shame that interested them and the organizers grouped the presentations into 3 broad themes: Shame and Culture; Shame and Anger; Shame and Withdrawal.

The feedback by the participants was positive about the content and the opportunity to work and deepen understanding in a safe environment, but everyone felt pressed for time. Days would go into the evening and participants felt the lack of opportunity to informally discuss and reflect. There was unanimous recommendation to move back to 5 days and protect time for informal processing.

There will be a change in future PDWs. The Faculty have been given the mandate to plan and organize future PDWs. The goals and objectives of the PDWs remain the same, but they are to be self-funding - there will not be a Board cushion to subsidize. The BOT agreed to subsidize this current PDW by as much as \$10,000, but they only had to subsidize by \$7000. Alex Munroe has been asked to be the administrator for the next 3 PDWs, beginning in 2020. Currently, the PDW and the process for selecting and approving new Faculty process is being reviewed by Anat Gihon, Odila Weigand and Alex Munroe. We will have recommendations for the Faculty Committee and the BOT for their meetings in May in Torres Vedras, and can then bring you all up to date.

W O R K S H O P R E P O R T S

MSBA 2018 CONFERENCE REPORT

EMBODYING WHOLENESS: THE HEALING POWER OF EMOTIONS

OCT 31 - NOV 4, 2018 • ESSEX WOODS, MA (USA)



The MSBA hosted a fabulous fall conference in Essex, MA in early November.

Violaine De Clerck, IIBA International Trainer from Brussels, Belgium gave an excellent keynote talk based on the conference title: "Embodying Wholeness: The Healing Power of Emotions." In the talk she focused on the value of catharsis in Bioenergetics and used the example of her deep work with a client who has a severe trauma history to illustrate this. Violaine also led a process group for advanced trainees and CBTs, which people found extremely valuable, and she led the whole group in a wonderful evening of Egyptian dancing!

Susan Kanor gave a thought provoking keynote on the topic "Bioenergetics and Aging." She provided useful information about aging, shared her experiences and led the group in singing "When I'm 64."



Participants came from Mexico, Italy, Canada, and throughout the US to attend the conference. The group included CBTs, trainees, trainers, clients of Bioenergetics, along with mental health professionals looking to learn more. A strong feeling of warmth,

Connectedness and joy permeated the gathering. The Mass Society for Bioenergetic Analysis in conjunction with the Atlantic Society for Bioenergetic Analysis launched our new training program with the first training weekend at the conference. We are excited about this new venture. Watch for information coming soon about next year's fall conference!

INVITATIONS

2019 SOUTHERN CALIFORNIA BIOENERGETIC CONFERENCE

FEAR OF LIFE ↵

INCREASING OUR CAPACITY FOR ALIVENESS

FEB 21-24, 2019 • LAKE ARROWHEAD, CA (USA)



Our human capacity for aliveness is enormous. What happens when our aliveness is challenged by our fear of life?

Fear contracts our bodies and shuts down our hearts. When we feel threatened, fear serves as a cue for us to act... to run, to fight, to freeze or hide. Our muscles contract in response. When a sense of safety is not restored and fear remains, our bodies become locked in the form of chronic tension. This chronic tension becomes unconscious; we wonder why we feel stuck, unhappy, and/or riddled with physical pain. We seek outside of ourselves to feel something other than what we are feeling, we do more, buy more, we go after the next promising thrill, inevitably coming back to the same stuck feeling. Living in the contraction of our fear, we lose our feelings of aliveness.

Fear is another emotion that is strongly suppressed. We cannot afford to be afraid, and so we don't allow ourselves to sense and feel the fear within us. We lower our brows to deny it, set our jaws to defy it, and smile to deceive ourselves. But inwardly we remain scared to death. — Alexander Lowen

The good news is that we have the capacity to return to our bodies, where fear resides, and address the chronic tension. Bioenergetics helps to do this through grounding, relational and body work and ultimately surrendering to the process of re-awakening our aliveness.

KeyNote Speakers



Danita Hall



Jörg Clauer

Join us for a weekend of Bioenergetics. Tune in and discover your body's innate capacity for feeling alive.

[https://sciba.org/scbc/conference-details/
conference@sciba.org](https://sciba.org/scbc/conference-details/conference@sciba.org)

INVITATIONS

25TH IIBA INTERNATIONAL CONFERENCE THE BIOENERGETIC VIEW OF LOVE, HEALING, CONNECTION & AUTHENTICITY

We very much look forward to seeing you at the 25th IIBA International Conference and spending time with all of you, in both a professional and social setting.

Conference Details:

Venue: 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)

Join us for the Conference and meet the international Bioenergetic community.



KEYNOTE SPEAKERS




Luigi Zoja
The Other as a Potential Enemy



Darcia Narvaez
Companionship and Connection:
Repairing the Cycle of Life for a Thriving
World


IIBA KEYNOTE SPEAKERS



Garry Cockburn
The Face and Body of the Other
in Bioenergetic Analysis



Vita Heinrich-Clauer
Connecting Authentically with
Ourselves and Others -
Expressing the Emotional Truth



Guy Tonella
Life force: Source of Self-
Regulation, Love and
Connection

PRE-CONFERENCE



Caret Bedrosian
Workshop 1
Residing in the Connection



Jörg Clauer
Workshop 2
Parental Love and Collaboration
with the Infant

TRAINING DAYS



Heiner Steckel
Pre-Clinical Workshop
Basic Issues of Bioenergetic
Analysis



Rebeca Lea Berger
Clinical Workshop
The therapist self as the tool of
the psychotherapeutic process

AFTERNOON WORKSHOPS

... coming soon ...



TRAINING DAYS



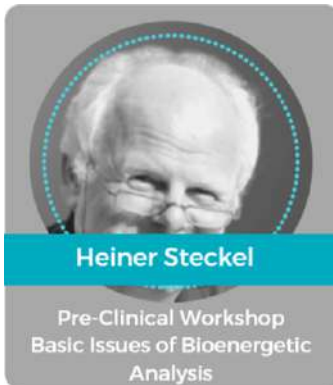
OPPORTUNITY FOR IIBA STUDENTS: 2-DAYS TRAINING WORKSHOP

Two years ago, the IIBA Teaching Committee along with the Scientific Committee promoted a project that could benefit students who may have missed a training workshop in their regular Program and would want to make up for this missed workshop by combining a 2-days Training Workshop with their registration to the next IIBA International Conference in Torres Vedras, Portugal.

Here are the details regarding this project:

Two 2-days workshops will be offered on May 21-22, 2019, prior to the Conference.

There will be two (2) “tracks” so to speak: one of the workshops will focus on a pre-clinical theme, for students who are at the pre-clinical level and another workshop will focus on a clinical theme, for students who have reached the clinical level.



Pre-clinical Workshop

Functioning self-regulation starts out with good enough co-regulation between therapist and client in the beginning (protective contraction may often be needed before evolving towards a more organic self-regulation). Good co-regulation implies the creation of a safe space, where the therapeutic process helps the client reconnect with vital basic self-regulation.



Clinical Workshop

In Alexander Lowen’s theoretical & practical approach it is essential to understand the familiar patterns the patient repeats in the therapeutic setting, within the relationship with the therapist. In order to be able to recognize those patterns and to identify the patient’s transference, the therapist has to be grounded in himself/herself, in his/her own feelings, as well as in his/her feelings towards the patient, moment to moment.

See you there!

Register Now!



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

... TO THE NEWEST KNOWN CBTS

- Jennifer York, SCIBA from California, USA
- Luca Castellano, Alessandro Cataldi, Ada Lentini, Claudia Carloni & Barbara Di Sansebastiano from Italy
- Aleksey Titenkov, Elena Zateynikova, Oksana Lavrenova, Roman Nesterov (2017) & Sergey Kamratov (2017) from Russia
- Myriam Chaumery from France



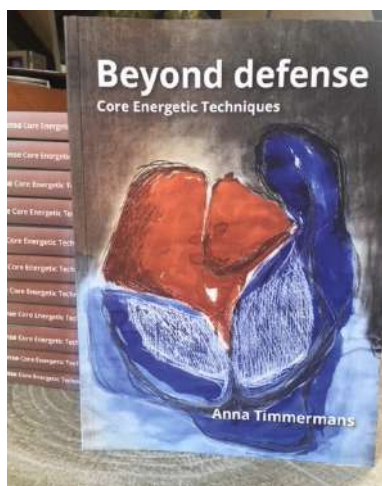
NEW BOOK

Beyond Defense Core Energetic Techniques

Anna Timmermans, director and founder of NICE (Netherlands Institute of Core Energetics), wrote a book with techniques used in Core Energetics. A valuable book for students and therapists!

You can buy the book at book@coreenergetica.nl. The price is € 30,00, shipping costs not included.

<https://coreenergetics.nl/en/niceinstitute/>



PHD THESIS

HOW TO HOPE WHEN ALL APPEARS ABSURD?

Abstract: For the philosopher Albert Camus, the most serious philosophical problem is that of suicide.

Camus in his work *The Myth of Sisyphus* resorted to the dilemma of Sisyphus, a character of Greek mythology to illustrate our sense of absurdity emanating from a meaningless existence, to Camus Sisyphus is the hero of the absurd.

This article is an experience report that composes my doctoral thesis in education whose title is "*Corposofia: Bioenergetica para sensibilizar questões filosóficas*", held at the Universidade Estadual de Campinas (UNICAMP), the thesis that analyzes the importance of bioenergetic work in groups to raise awareness of philosophical issues, especially for philosophy teaching for middle school students. This work deals with the meeting dedicated to the flexibilization of the diaphragmatic harness and its connection with the energetic center (chakra) of the solar plexus, as the center of personal power.



Bioenergetic exercises were performed from grounding, as a rooting and healthy sustenance of the self, and as a basis for an affirmative position in the face of the absurdity of existence. Joviniano Resende is a facilitator in Bioenergetic Analysis of Ligare Institute of Body Therapy, Campinas, São Paulo, Brazil. He is also a Trainee level of IIBA - International Institute of Bioenergetic Analysis.

Joviniano Resende
www.joviniarioresende.weebly.com

EDITORIAL CONCLUSION



Ingrid Cryns

RP, CBT, Toronto, Canada

www.buildingsoul.ca

EDITOR'S LAST WORD: DEEP RESILIENCE

With the increasing polarization of our worlds, it is becoming clearer that many people are finding it harder and harder to hold their grounded centre. Overwhelm, anxiety and depression is increasing. The inability to hold focus and find meaning in life is also growing more difficult.

How can we reach more people to inspire and encourage them to join Bioenergetics, either in personal therapy or as a training?

Our world is changing faster than most of us can keep up with. Understanding how to develop 'Deep Resilience' is a one way of responding to these changes by changing how we think and live.

Deep Resilience is how we can bounce back quickly, with change from a deeper place of grounded stability. Thriving is about going beyond just surviving. We are living in a time of great chaos and it can feel like you are going crazy, just trying to keep up with a sane pace in life. Finding balance in this whirlwind of unknown futures is an art!

It takes a very conscious and focused approach to become aware of what you truly need to do to not only hold your own personal stability on; Mental, Emotional, Physical, Financial, and even spiritual levels. But to also find ways to ride the waves of change and find joy in living and learning how to thrive!

When things get really bad and you feel out of control, that is the time to STOP. Take a step back and take a good look at where you are going, with where the world is going. You might say - well there isn't much I can do about changing the world, so I'll just focus on what I can do, day to day, to just stay on top of things. But how can you focus on anything, if everything continues to keep pulling at you in a 100 different directions? That's my definition of crazy making!

Our bodies are organized in an energetic polarity like a battery. Our right side of our body is positive and flows energy out through our right arm as an ACTION or doing aspect of ourselves. And our left side of our body is the more receiving, 'being' side of ourselves.

Similar to the ancient Chinese understanding of our bodies energy, the left side is the YIN or feminine side and the right side is the YANG or more masculine side. When we are out of balance, doing too much ACTION, our YANG side is over active and the YIN or feminine aspect is under nourished. We need to find time to just 'be' and receive energy in this state and nurture our soul back into wholeness.

Ways to 'be' can be found through; Practicing meditation, Practicing yoga, Sitting quietly, Playing with a pet, Or perhaps going outside and walking in Nature - do what the Japanese call, 'Forest Bathing'. 'Forest Bathing' is taking in the calming effect that Nature offers when you quietly observe and listen to the sounds of Nature (instead of talking while you walk).

EDITORIAL CONCLUSION

When you don't find ways to balance the two poles of your own body's energy system, your body will sometimes break down and find a way to balance it for you by getting a cold or the flu, forcing you to take time out.

The art of 'Deep Resilience' is knowing what you can do and what you need to do on a daily basis to hold your own stability and grounded balance. It allows you to flourish and thrive in today's challenging environment. It enables you to gracefully spring back from anything! It truly is harder to feel calm and grounded these days. This is because the ground is actually losing its own magnetic charge, due to the toxicity of electromagnetic pollution through cell phone and internet tower frequency waves.

This means that we have to be:

- More physical in our bodies.
- More connected to our muscles and physical strength.
- More connected to our own energetic activity.

We must consciously learn practices that support the holding of focus and calm in our minds. This will enable us to handle the increasing intensity and information overload that is coming at us. We also have to use our minds and develop our consciousness to purposely choose to do things differently. We must pull out of the trend to ignore or deny what is going on. The trend to do less, let go of more, say NO more often. Instead we should take care of how to maintain our own inner equilibrium.

It is essential that you begin to cultivate new practices in order to be able to hold your balance in these crazy times! You can start simply by choosing to watch TV only 3 times a week, or consciously choose to have no digital media (cell phones, computer time, digital games, social media) for a day or the entire weekend in the house! Get un-plugged and take your life and body back!

You can spend those other times; Reading, or playing with your kids or pets, or do art or a craft, or listen to music or spend time outside in Nature, or consciously take off one day a week or a month and choose to do absolutely nothing! Let the day be whatever you want it to be, without any plans, but whatever gives you joy!

The world is changing very quickly and we have to become more pro-active and learn how to adapt with it too. Choose to change! If not, it will be forced on you and you won't be prepared how to bounce back from it. 'Deep RESilience' is all about the need to learn what we need to do to handle these changes. Choosing a life that encourages more connection with the earth, animals and people. A connection that slows down what you can do and supports a more balanced lifestyle on all levels.

If you have other ideas of how to encourage others to grow in this direction of Deep Resilience in Bioenergetics, please write us and let's start a collective dialogue that we can communicate and support each other with!

Ingrid Cryns, CBT, RP IIBA Newsletter Editor

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

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