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In French

## CHERE LECTRICE, CHER LECTEUR

Vous allez découvrir dans ce numéro le Rapport de notre Secrétaire Fina Pla sur l'Assemblée Générale de l'EFBA-P qui s'est tenue à Rome du 18 au 20 Novembre 2011 sur différents événements importants concernant notre institution, notamment ce qui concerne les projets concrets de l'EFBA-P, et l'annonce de la prochaine Conférence Internationale qui se tiendra en Europe en 2013, du prochain Atelier de Développement Professionnel (PDW) qui se tiendra au Brésil en octobre 2012, de la rénovation du site web

Puis s'ensuivra le Rapport de Francisco Garcia Esteban délégué à l'Association Européenne de Psychothérapie (EAP) qui nous parlera du renouvellement de notre statut dans l'Organisation Accréditée au niveau Européen (EWAO) à l'Association Européenne de Psychothérapie et des différents changements dans cette Association.

Olaf Trapp nous fera le « *Compte rendu de la Société Allemande (NIBA) sur ses Journées d'Etudes* », Journées qui se sont tenu à Ovelgönne et dont le thème était « *Du Trauma au Lien – Perspectives Neurophysiologiques et Approches du Traitement des Désordres du lien entre les parents et les enfants (de 0 à 3 ans)* »

Nous aurons également quelques nouvelles du « *Collège Français d'Analyse Bioénergétique (CFAB)* » et des ateliers proposés par l'« *Associacio' Catalana en l'Anlisi Bienergetica (ACAB)* » que vous trouverez dans le calendrier.

Puis Maria Rosaria Filoni nous parlera de comment le titre de Psychothérapeute en Italie qui, bien que délivré par les écoles privées a été reconnu par l'Etat et autorise à exercer la profession.

Et maintenant, quelle Société va nous expliquer comment « *Etre Psychothérapeute* » dans son pays? Vous le saurez dans le prochain numéro.

En vous souhaitant une bonne lecture

ANNIE NISSOU

EDITRICE DE BASIC

INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD (IABFS)

In English

## DEAR READERS

Discover in this issue the Report from our Secretary Fina Pla of the General Assembly of the EFBA-P which was held in Rome from the 18<sup>th</sup> to the 20<sup>th</sup> of November 2011, about several important issues relating to our own institution specially concerning the practical projects of EFBA-P , the announcement of the next International Conference that will be held in Europe, in 2013, the next Professional Development Workshop (*PDW*) which is going to take place in October 2012 in Brazil and the renovation of the webpage.

Then Delegate Francisco Garcia Esteban's Report to the European Association for Psychotherapy (*EAP*) will follow and will deal with our re-application for the European Wide Accreditation Organisation (*EWAO*) status at the European Association of Psychotherapy (*EAP*) and about its different changes.

Olaf Trapp will do the «*Report from the German Society (NIBA) on the Study Days* », which were held in Ovelgönne whose theme was «*From Trauma to Bounding – Neurophysiologic Perspectives and Treatment-approaches of Bounding Disorders of parents, babies and infants (from 0 to 3 years old)* »

You will find also some news of the «*Collège Français d'Analyse Bioénergétique (CFAB)*» and the workshops proposed by the «*Associacio' Catalana en l'Anlisi Bienergetica (ACAB)* » that you will find in the events.

This will be followed by Maria Rosaria Filoni who will explain how the title of Psychotherapist in Italy, although delivered by private schools, has been recognized by the state and authorizes to practice the profession.

And now, which Society will be next to write about «*Being a Psychotherapist* » in its country? You will read about it in the next issue.

I hope you enjoy your reading

*ANNIE NISSOU*

*BASIC'S EDITOR*

*INSTITUT D'ANALYSE BIOENERGETIQUE FRANCE SUD (IABFS)*

## REPORT ON THE GENERAL ASSEMBLY OF EFBA-P, ROME, NOVEMBER 18-20, 2011

The General Assembly of EFBA-P took place in Rome, in November 2011; hosted by the Società Italiana di Analisi Bioenergetico (*SIAB*). Patricia Moselli and Rosaria Filone helped to find the place of the meeting.

The delegates that attended were : Jocelyne Moulet- Farge from SFABE (*France*), Gert Geskus, from NIBA –NL (*Netherlands*), Francisco Garcia Esteban from SOMAB (*Spain*) also representing APAB (*Portugal*), Thierry Van Schuylenberg from SOBAB (*Belgium*) and representing CFAB (*France*), Viktor Amacher from SGBAT (*Switzerland*), Annie Nissou from IABFS (*France*), Fina Pla from ACAB (*Spain*), Olaf Trapp from NIBA ( *Germany*), Jose Luis Moreno from SAAB (*Spain*), and representing EHABE from the Basque Country (*Spain*), and Rainer Mahr from SGfBA (*Germany*) also representing DÖK (*Austria*). SIAB was represented by Rosaria Filone. Yardena Kaldes, the Israeli representative, intended to come but finally couldn't.

The meeting started with a report from each delegate about how things are going in each society and whether Bioenergetic Analysis is alive or not in each country. It is an interesting exchange as we share the ways each Society is working to survive, to grow, to find creative solutions to the different problems.

Some Societies have looked for the help of a mediator to cope with their internal problems. Other societies like those of the French speakers (*SFABE, IABFS, SOBAB and CFAB*) publish a journal and one after the other, organize the «*French Speaking Days* »with talks and workshops, the CFAB was the one who organized the meeting this year.

Some Societies organize shorter trainings for other professionals of related fields. Some Societies are very active in the mainstream of psychotherapy. Others, in their Study Days, introduce other fields of knowledge .This part of the meeting is one of the richest ones, as we can share and learn from each Society's processes and solutions.

The Executive Committee (*EC*) Members share their reports .Francisco Garcia Esteban will leave his position as President and will stay as Vice-President to support the new President. He states that the relationship with the European Association of Psychotherapy (*EAP*) is excellent, we have just renewed our European Wide Accreditation Organization (*EWAO*) status for seven more years, we have also started the relationship with the European Association for Body Psychotherapy (*EABP*) .He stresses the need to find a link between the EFBA-P Societies, the EC and the delegates. The practical projects of EFBA-P (*Basic, website, Theoretical Workshop, database of literature and experts*) continue their regular course.

Fina Pla, as secretary, explicit her tasks in writing the Minutes and participating in the EC's discussions and tasks.

Rainer Mahr, as treasurer presents the accounts and the budget, which are approved. The old account in Belgium is cancelled and the names in the present account will be changed. He reports on the «*Theoretical Workshop*» he organized last year and that he needs help to provide more entrances for the database.

The Board of Trustees (*BOT*) European representatives Francisco Garcia Esteban and Fina Pla inform about the projects the BOT's working on at present. The BOT has achieved a high reduction of costs concerning the office functioning, resources which will be used in other International Institute for Bioenergetic Analysis (*IIBA*) projects. They also inform about the success of the San Diego Congress, with Dan Siegel as the main Speaker. More than two hundred people attended and there have been no losses and some gains so the balance is very positive.

The next International Conference will be held in Europe, in 2013. The BOT started to work with the Euskal Herriko Anlisi Bioenergetikako Elkarte (*EHABE*) about the possibility of having it in San Sebastian or Bilbao. Presently this option has been discarded due to its elevated costs and the BOT is studying the possibility of having it in Sicily.

The next Professional Development Workshop (*PDW*) organized together by IIBA and Libertas is going to take place in October 2012 in Brazil.

The web page has been modernized and endowed with new appearance and functionalities.

The issue of sponsoring projects for Federations and Societies is still in process of discussion to find the best possible way.

Delegates comment that Societies need to have a more important role in IIBA's structure and also that the role and attitude of Faculty Members have to be reviewed and improved.

Annie Nissou, Fourth Member, reports on her tasks being present in EC dis-

cussions and taking care of BASIC with the help of Rainer Mahr.

We proceed to the election of a new President. Olaf Trapp, who has participated as Fifth Member, is unanimously elected and warmly welcomed by the Delegates. Olaf Trapp thanks the trust on him and expresses his wish to give his work on behalf of the Bioenergetics Community. He feels well mentored by Francisco Garcia Esteban and supported by the other EC members. He proposes a new workshop with the title « *Taking care of ourselves.* » A self-care workshop for Bioenergetics Analysts and other Therapists, which is accepted by the delegates. Olaf states his wish to connect more directly with EABP and to find ways to improve communication between the EC, Delegates and Societies.

Francisco Garcia Esteban will stay in the EC as Vice-President for two more years, to help in the transition and Fina Pla is reelected as Secretary for three more years.

The EC states as follows: Olaf Trapp: President, Francisco Garcia Esteban: Vice-President, Fina Pla: Secretary, Rainer Mahr: Treasurer, Annie Nissou: Fifth Member

Olaf Trapp will take care of the renovation of the webpage that now is already done; we encourage you to visit it. There is a new section, Register of Experts and Bibliography that links to the database developed by Rainer Mahr.

Following this, several issues are discussed, one of them being the criteria for the organization of training programs to become Certified Bioenergetic Therapists (*CBT*) by the Societies, what are the implications of being affiliated to IIBA and to



General Assembly in action

implications of being affiliated to IIBA and to follow the functioning rules .There is a problem with a German Society that has a training program that does not include International Trainers and does not follow the exact IIBA training. The delegates share their objections and express the need to follow the same rules applied to all Societies. This brings up the issue of the limits of freedom for each Society and the worry to preserve the standards of training required.

The next GA will take place in Berlin, November 23<sup>rd</sup>-25<sup>th</sup>, 2012.

If you want more detailed information about each issue you can go to the GA Minutes and you will find each issue more extensively developed.

***FINA PLA  
SECRETARY OF EFBA-P  
ASSOCIACIO' CATALANA EN L'ANALISI  
BIENERGETICA (ACAB)***



Patricia Moselli (SIAB)



Rosaria Filone (SIAB)



Meeting and exchange with members of SIAB

## **REPORT OF EFBA-P DELEGATE TO THE EUROPEAN ASSOCIATION OF PSYCHOTHERAPY (EAP) FOR THE GENERAL ASSEMBLY 2011**

**T**he main issue to report this year is the **success of our re-application for the European Wide Accreditation Organisation (EWAO) status at the European Association of Psychotherapy (EAP)**. I will report below on this and other EAP issues based on the information acquired in the two EAP meetings in Vienna and Rome that I have attended this year.

### **RE-APPLICATION FOR THE EUROPEAN WIDE ACCREDITING ORGANIZATION STATUS AT THE EUROPEAN ASSOCIATION OF PSYCHOTHERAPY**

After five years of having been granted the status of European Wide Accrediting Organization (EWAO) by EAP, which allows us to sign applications for the European Certificate for Psychotherapy (ECP), we had to renew our status. I decided to postpone submitting our application till the October EAP meeting in Rome instead of the February meeting in Vienna, to have more time to prepare it and maximize the chances of a successful outcome. At the Executive Committee (EC) meeting in Madrid, in early October, we made the final decisions about how to proceed and I subsequently completed and submitted the form, attaching to it, to back it up, the International Institute for Bioenergetic Analysis (IIBA) curriculum. The meeting went well and our application for renewal of the EWAO status proceeded smoothly. The supporting documentation (IIBA curriculum) was highly praised and, after only one question, our reapplication was unanimously approved.

At the same meeting it was proposed and accepted that their application process should take place every 7 years instead of 5; so we will enjoy a long period without having to worry about the matter again.

### **CHANGES IN EAP**

Many changes took place at the Vienna meeting; I report succinctly about them below.

**New EAP statutes** were approved; they can be downloaded at the following link of the EAP web page: [http://www.europsyche.org/download/cms/100510/EAP-Statutes\\_voted-AGM-Vienna\\_February-2011.pdf](http://www.europsyche.org/download/cms/100510/EAP-Statutes_voted-AGM-Vienna_February-2011.pdf)

### **There have been many changes in important officers in EAP**

Registrar Serge Ginger, 83 years old from France, left his position after holding it for 10 years. He was supposed to continue in his position for one more year supporting his successor Ivana Slavkovic from Serbia. Unfortunately I have to report his unexpected death at the beginning of this month. He was a mayor figure in EAP who extensively and significantly contributed to its rigorous development. Ways to honor his memory and deep involvement in the institution are under consideration.

Regina Hilbert from Austria, the previous treasurer, gave up also her position after holding it for several years. She has been succeeded by Alexander Rieder, also from Austria.

The previous President, Rodolfo de Bernart from Italy, ended his term and will work with the Executive Committee as leaving Vice-President for the next two years. Eugenijus Laurinaitis from Lithuania was elected incoming Vice-President (*president elect*) and will be EAP president in two years. The current Vice-President (*president elect*), Adrian Rhodes from the United Kingdom was unanimously confirmed as the next EAP President.

## OTHER ISSUES

### European professional recognition

The European Commission recently stopped the European platform model to regulate professions in the European area because not a single organization managed to fulfill all the requirements. Having abandoned the idea of the common platform, the European Commission is now looking for other alternatives. They have raised the idea of having a Professional Card clearly stating a professional's training, continuous professional development and experience. EAP will continue contacting European politicians to promote its views about the recognition of Psychotherapy in Europe. The situation is still relatively open. EAP has been involved in the official recognition of one Psychotherapist in Germany. An Austrian Psychotherapist has also been accepted in Germany. In Lyon, France, four Psychotherapists who were neither medical doctors nor Psychologists were approved by the governmental body.

The project «*The Professional Skills of a European Psychotherapist*» is advancing at a good pace. It is trying to determine the «*Core*» functional competences that any Psychotherapist should have, the «*Specific*» competences associated to his/her particular modality and the «*Specialist*» skills of Therapists that work with specific kinds of clients (*children, adolescents,...*), in certain special settings (*psychiatric hospitals, prisons...*) or perform certain specialist functions in Psychotherapy (*training, supervision...*) You can get information about it at: <http://www.psychotherapy-competency.eu/Competencies/index.php>

We will have to contribute to the project submitting specific information regarding our modality; we will have to determine how to do it.

It has been approved to create a **Research Committee**. It might provide us with inspiration to address that matter. We will have in general to **study ways to foster our relation to EAP and benefit from it**, in terms of taking advantage of the work been done by EAP and of the «*prestigious backing*» that could give to our programs if we publicized more our membership in EAP. We could include (*and those of societies*) more links to EAP and information

about it and the European Certificate for Psychotherapy (*ECP*) on our web page.

**European Congresses sponsored by EAP:** There was no European Congress in 2011 to avoid conflict of dates with the World Congress for Psychotherapy that took place in Sidney, in August 24-28, event also sponsored by EAP. **In 2012 the 18th European Congress will take place in Valencia, Spain, on July 4th to 7th. Its theme will be: «*Psychotherapy: Promoting mental health and emotional wellbeing in Europe*».** I think it is a theme that suits us very well. I encourage everybody to participate, particularly my Spanish colleagues, as the event will constitute a golden opportunity to make our modality known to many psychotherapists and students. Hopefully it could promote the spawning of new training groups in the region.

**European Certificate for Psychotherapy (*ECP*).** We have to find ways to support people willing to apply for it, like facilitating the meeting of requirements additional to those needed to obtain the Certified Bioenergetic Therapist of the International Institute for Bioenergetic Analysis (IIBA CBT). We have also to update the list of persons in each country who are able to sign the applications for ECP, and submit that information to EAP.

We have to continue thinking about developing guidelines regarding the requirements for «*Continuing Professional Development*» (*CPD*) for Certified Psychotherapists of our Societies in accordance to EAP regulations. There is still discussion at EAP about how to implement those requirements. The trend is that they will be regulated at national level, not by EAP. We could put in place a similar strategy: the requirements and its supervision could be delegated to local societies instead of being taken care of by EFBA-P.

**FRANCISCO GARCÍA ESTEBAN**  
**EFBA-P DELEGATE IN EAP**  
**SOCIEDAD MADRILENA DE ANALISIS**  
**BIOENERGETICO (SOMAB)**

## BERICHT VOM NIBA- STUDIENTAG IM MÄRZ 2012

Am ersten Märzwochenende (2./3.3.) fand der jährliche NIBA- Studientag statt.

Gastgeber Habbo Habbinga musste erneut die Kapazitätsgrenzen seines wunderschönen Tagungshauses in Ovelgönne voll ausreizen. Wir konnten 41 Teilnehmer/innen begrüßen.

Dem Studientag vorangestellt war ein Tagesworkshop am Freitag, für den wir in diesem Jahr Thomas Harms gewinnen konnten. Er ist Diplom Psychologe und Körperpsychotherapeut, arbeitet seit 20 Jahren mit Eltern und Säuglingen und leitet das Zentrums für Primäre Prävention und Körperpsychotherapie in Bremen.

Das Thema des Workshops war: *«Vom Trauma zu Bindung! Neurophysiologische Perspektiven und Behandlungsansätze von Bindungsstörungen von Eltern, Säuglingen und Kleinkindern (von 0 - 3 Jahren)»* Thomas Harms (Psychologe und

*Körperpsychotherapeut*) entwickelte eine Behandlungsmethode (*«Bindung durch Berührung»*), welche ein tiefes gegenseitiges Verstehen und Verbundenheit von Eltern und Babys fördert und so zu einer Entspannung der frühen Interaktion führt.

In dem Workshop zeigte er, ausgehend von der Polivagal-Theorie von Stephen Porges, welche Bedeutung die Theorie der drei Aktivierungsstufen des Autonomen Nervensystems (*1. Immobilisation – Erstarren, Fragmentierung und Dissoziation; 2. Mobilisation – Kampf oder Fluchtverhalten und 3. Soziale Kommunikation – Orientierung, Kontakt und Verbindung*) für die Körperpsychotherapie hat.

Sowohl der Vortrag mit Videosequenzen von seiner Arbeit mit Müttern und Babys, wie auch angebotenen praktischen *«Erlebnissequenzen»* waren sehr lehrreich, wirkten eindrucklich und berührten die 34 Teilnehmer/innen sehr.



THOMAS HARMS UND HANNAH KOTOWSKI



Nach einem gemeinsamen Abendessen referierte Hannah Kotowski, CBT, Psychoanalytikerin und Dozentin für Babybeobachtung in der Psychoanalytischen Ausbildung zum Thema «Das Baby in uns». Hanna stellte die Sicht der «Kleinianischen Schule» der Psychoanalyse dar, in der besonders die ersten 18 Monate als wesentlich angesehen werden, also eben die «Babygefühle». Neben Sehnsuchts- und Verschmelzungswünschen sind hier auch z.B. paranoide Phantasien oder verschlingend-mörderische Wünsche angesiedelt.

Eine konkrete Babybeobachtung eines zum Zeitpunkt 9 Monate alten Babys wurde verlesen und dann im Sinne einer Balintgruppe besprochen. Dies sollte dazu

dienen, uns unsere eigenen Affekte aus unserer Babyzeit nahezubringen, an die wir uns normalerweise nicht erinnern.

Das gemütliche Beisammensein im Anschluss wurde reichlich genutzt um Kontakte zu pflegen bzw. neue zu knüpfen.

Am nächsten Morgen um 7:15 Uhr leitete Rolf Großerüschkamp vor dem Frühstück eine gut besuchte Übungsgruppe. Rolf, der seit über 20 Jahren regelmäßig Übungsgruppen anbietet lässt sich immer wieder neue belebende Elemente einfallen, die Teilnehmer waren hochzufrieden und freuten sich schon beim Frühstück über seinen anschließenden Vortrag zum Thema



ROLF GROßERÜSCHKAMP

Rolf stellte sein Verständnis der bioenergetischen (*Selbsterfahrungs-*) Übungsgruppe dar. In seinem Konzept ist der Fokus «*Selbsterfahrung*» eingebettet in eine salutogentische Orientierung und ein Verständnis des besonderen Gruppensettings (*gefasst als «unthematische Beziehungssituation»*). Anschaulich (*u.a. mit 2 Übungen zu Kontakt und Atmung*) wurden die sich daraus ergebenden Anforderungen für die Leitung dieser Gruppe mit besonderem Bezug auf den atmosphärischen Rahmen, die Gruppenregeln und Organisation ausgeführt.

Deutlich wurde auch seine besondere Wertschätzung und die Überzeugung von der Wirksamkeit dieser Form der bioenergetischen Arbeit, die er allen KollegInnen nachdrücklich empfahl.

Vor dem gemeinsamen, abschließenden Mittagessen referierte Michael Sonntag zum Thema Bioenergetische Analyse und Management. Michael ist Facharzt für Psychiatrie und Psychotherapie Bioenergetischer Analytiker und Management Coach in der Schweiz. Aufgrund seiner Erfahrungen mit Firmen, die radikal neue Managementmodelle an-

wenden, hat Michael versucht, Analogien zu den klassischen reichianischen Konzepten darzustellen, wie sie in Reichs Arbeit *Psychischer Kontakt und Vegetative Strömung*, 1934, beschrieben wurden. Wenn Reich beispielsweise von «*freiströmender vegetativer Beweglichkeit*» oder «*natürlicher, ungezwungener Würde*» spricht, so lassen sich diese Begriffe gut mit Ansätzen von agilen, selbstorganisierenden, radikal dezentralen Organisationsformen oder mit Begriffen wie emotionales Engagement und nachhaltiger Performance zusammen bringen und so ein viel tieferes Verständnis für die darunter liegenden organismischen Prinzipien entwickeln. Ein anderer Bereich, zu dem die Bioenergetische Analyse viel Wissen und Erfahrung beitragen kann, ist jener des Change Managements in komplexen Systemen. Beispiele waren das Zusammenwirken des Aufbaus von Begrenzung und energetischer Verstärkung .



MICHAEL SONNTAG

Eine Zusammenfassung der PPT-Folien der Präsentation kann unter [www.sonntag-consulting.ch/sites\\_de/download.html](http://www.sonntag-consulting.ch/sites_de/download.html) heruntergeladen werden. Dort finden sich noch weitere Links und Downloads zu diesen Themen.

**OLAF TRAPP**  
**PRESIDENT VON EFBA-P**  
**NORDDEUTSCHES INSTITÜT FÜR BIOENERGETISCHE ANALYSE (NIBA-GER)**

## REPORT ON THE NIBA-STUDY DAY IN MARCH 2012

As every year our study day took place at the first weekend of March, an event that provides our guests and members interesting presentations with reference to body psychotherapy.

The study day, guided by Klaus Lennartz, member of the panel of further education, was once more well-attended.

Habbo Habbinga welcomed 41 guests in his beautiful conference house in Ovelgönne.

During the pre-workshop for the Study Day we could win over Thomas Harms. The Topic of the Workshop was «*From Trauma to Bounding – Neurophysiologic Perspectives and Treatment approaches of Bounding Disorders of parents, babies and infants (from 0-3 years old)*»

Thomas Harms (*Certificated Psychologist and Body Psychotherapist*) works with parents and babies since 20 years, he is the director of the center for primary prevention and Body Psychotherapy in Bremen. He developed a method of treatment («*bounding by touching*»), which encourages a deep mutual understanding and connection between parents and babies, leading to a relaxation of early interaction.

During the workshop Thomas Harms showed the meaning of the theory of the three levels of activation of the autonomic nervous system (1. *Immobilization – freezing, fragmentation and dissociation*; 2. *Mobilization – fight or flight behavior*; 3. *Social communication – orientation, contact and connection*) on body psychotherapy based on the Polivagal-theory by Stephen Porges. The presentation with help of video sequences of his work with mothers and babies as well as the offered practical «*experience-sequences*» was very informa-

tive, seemed impressive and deeply touched the participants. Thus the workshop was an experience since the content participants which probably no one will forget that fast.

After a communal dinner Hannah Kotowski, CBT, Psychoanalyst and lecturer for baby observation in psychoanalytic training, started her lecture «*the baby within us*»

She illustrated the Kleinian perspective of Psychoanalysis, which emphasizes the significance of the first 18 month. Besides wishes of longing and to become one, there are also paranoid or murderous fantasies located.

Hannah read aloud a tangible Baby (9 month old) observation; subsequently she discussed it with the audience in the sense of a Balint group. The intention was to connect to our own baby feelings, which we usually are not able to remember.

The participants used the following cozy get-together once more for reviving or establishing various contacts.

Next Morning at 7:15 am Rolf Großerüschkamp led a well attended exercise class. Rolf is leading exercise classes for more than twenty years; over and over he comes up with new invigorating elements. The participants have been highly satisfied and during breakfast they were looking delightful forward to his lecture after breakfast.

Rolf gave a lecture about his comprehension of (*self-experience*) exercise classes. In his conception the focus «*self-experience*» is embedded in a salutogenetic alignment and in a particular group setting. Rolf explained vividly the consequently requirements for the leadership of

such groups in respect of the atmospherically setting, the group rules and organization. He made clear his appreciation and his conviction of the effectiveness as to this mode of bioenergetic work, which he firmly recommended to all colleagues.

Before final common dinner the last presentation of this year's study day was given by Michael Sonntag, CBT from Switzerland. Michael is psychiatrist, psychotherapist and management coach.

His topic was called Bioenergetic Analysis and Management - Vegetative Streaming, Pulsation and New Management models.

From his experience with companies using radical new management models, Michael aimed to explain analogies between Wilhelm Reich's classic principles and new organizational forms, building on agile, self-organizing and radical decentralized structures (*as e.g. the Swedish Handelsbanken or W.R. Gore*) as well as to concepts of customers and / or employee's emotional engagement or sustainable performance. Another area where in the

eyes of Michael, Bioenergetic Analysis has a great knowledge and understanding is in the area of change management and transformation processes in complex systems. Examples where how Boundary Building and Energetic Enhancement Processes interact together.

A summary of Michaels PPT-presentation can be downloaded at [www.sonntag-consulting.ch/sites\\_de/download.html](http://www.sonntag-consulting.ch/sites_de/download.html).

There you can also find other articles and links related to new management models.

***OLAF TRAPP***

***EFBA-P PRESIDENT***

***NORDDEUTSCHES INSTITÜT FÜR***

***BIOENERGETISCHE ANALYSE (NIBA-GER)***

## ESSERE PSICOTERAPEUTI IN ITALIA

Il primo corso di laurea in psicologia fu istituito in Italia nel 1971 nelle città di Roma e Padova. Precedentemente, all'interno dei corsi di laurea in filosofia o in pedagogia si potevano scegliere dei piani di studio ad indirizzo psicologico. Per quanto riguarda la psicoterapia, chiunque poteva definirsi psicoterapeuta perché la professione non era normata. Esistevano però molte scuole serie che formavano psicoterapeuti di diverso indirizzo rifacendosi a standard internazionali (*per quanto ci riguarda il curriculum dell'IIBA*) e quindi esistevano psicoterapeuti ben formati accanto a selvaggi.

Nel 1989, dopo decenni di tentativi, fu varata la legge 56 che istituiva la professione di psicologo e di psicoterapeuta e l'Ordine Professionale degli Psicologi al cui interno c'è l'elenco degli psicoterapeuti. Il legislatore ha fatto una scelta precisa: il corso di studi per diventare psicologo/a inizialmente era della durata di 4 anni, portati poi a 5 e negli ultimi anni, come per tutti i corsi di laurea è stato portato a un triennio di base più un biennio magistrale. Sono previsti tirocini pre e post laurea e, come per tutte le professioni in Italia, fu istituito un Esame di Stato che i laureati devono superare per potersi iscrivere all'Ordine professionale, condizione indispensabile per poter esercitare il lavoro di psicologo/a. Poiché la legge interveniva in una situazione in cui fino a quel momento agli psicologi che si erano laureati dal 1975 in poi si affiancavano quelli più adulti che venivano da altre lauree, furono previste delle norme di passaggio che consentirono l'iscrizione all'Ordine con la possibilità di avvalersi del titolo di psicologo/a quanti, laureati in altre materie, potessero dimostrare di aver lavorato in ambito psicologico per almeno 7 anni. Per meriti culturali particolari potevano essere iscritti all'Ordine anche persone non laureate. Questo processo durò il tempo di

vagliare tutte le situazioni e poi si passò al regime ordinario.

Per quanto riguarda la psicoterapia, il legislatore decise che potessero iscriversi alle scuole di specializzazione solo psicologi e medici e instaurò un regime misto tra pubblico e privato, con una Commissione Nazionale con il potere di riconoscere gli approcci e le singole scuole che formavano terapeuti dei diversi orientamenti e che esercitasse un controllo sul lavoro di queste, che, oltre a dover aver approvato l'approccio, dovevano presentare un programma per l'organizzazione dei corsi che anch'esso passava al vaglio della Commissione. Per richiesta ministeriale furono stabilite il numero minimo di ore (*500 annue di cui almeno 100 di tirocinio*), alcune materie che dovevano essere comuni a tutti e la necessità che accanto ai docenti dei singoli approcci ci fossero anche docenti universitari.

Il titolo rilasciato dalle scuole private riconosciute dallo Stato consente a tutti gli effetti l'esercizio della professione. Esiste una dialettica tra il pubblico che vorrebbe far valere di più il proprio titolo e i privati che in effetti offrono una formazione a nostro avviso migliore, perché non solo teorica. Esiste una dialettica tra medici e psicologi. C'è il problema di rendere la psicoterapia accessibile a quanti lo desiderano a prescindere dalle condizioni economiche, ma c'è anche la convinzione diffusa di evitare di far entrare il mondo delle assicurazioni nel campo, in considerazione del danno che esse hanno portato nei Paesi in cui questo è accaduto.

**MARIA ROSARIA FILONI**  
**SOCIETÀ ITALIANA DI ANALISI**  
**BIOENERGETICA (SIAB)**

## BEING PSYCHOTHERAPIST IN ITALY

The first academic courses for the Master degree of psychology were established in Italy in 1971 in Rome and Padua. Previously, for those who had a Master in either philosophy or pedagogy, there was the possibility to choose as an option, some courses in psychology. As far as psychotherapy was concerned, everyone could be defined Psychotherapist because the profession was not regulated. There were many serious schools that used to train psychotherapists with different approaches by referring to international standards (*as far as we are concerned the International Institute for Bioenergetic Analysis (IIBA) curriculum*), therefore there were well-trained psychotherapists next to « *wild ones* ».

In 1989, after decades of trials, the law 56 was enacted. It established the profession of psychologist and psychotherapist and the Professional Order of Psychologists that registered a list of all the psychotherapists. The law pointed out some clear choices: the number of the years of University to become a psychologist, that initially was 4, was brought to 5 and finally as for all other Masters, the program was reorganized in three years of basic courses and a two-year program of Master degree. Pre and post-graduate trainings were also provided and, as for all professions in Italy, a public exam was established. All graduates had to pass it in order to subscribe to the professional Order, and to exercise as psychologist. As the law was dealing with a situation that up to that date, allowed older students coming from other fields, to join psychologists graduated since 1975, some transitional rules were established in order to allow the registration to the Professional Order and to have the possibility to use the title of psychologist. All other students having a different Master, had to prove to have accomplished a defined amount of working experience in the psychology field for at least 7 years. Other people could also be registered for special cultural credits. This process last the time to evaluate and

settle all the different situations in order to establish, in the end, the updated rules.

As far as the practice of psychotherapy was concerned, the law decided that only psychologists and doctors (*physicians*) could enroll in specialized schools and established a mixed working system between public and private branches. It entitles the National Commission to have the authority to recognize the different approaches of each school and to have the control over the work of those institutions that, in addition to have their techniques approved, were required to submit an organized program of their courses, which had to be approved by the Commission as well. The following measures were taken under request of the Ministry: a minimum amount of credit hours (*500 per year of which at least 100 of apprenticeship*), some topics had to be in common for everybody and all the trainers had to work hand in hand with University teachers.

A controversy still exists between the public and the private sectors: the first one want their qualification to be more recognized, the second one offers, in our opinion, a better training because not only given on theoretical basis. Another controversy exists between psychologists and physicians. Nevertheless there is still a problem concerning the need to make psychotherapy accessible for all those who need it, independently from the economical conditions. Because of the damages occurred in certain countries, there is the conviction that the «*insurance world*» must not integrate the field.

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TRANSLATORS: MARIA ROSARIA  
FILONI & PAOLA KRAFT

In French

## QUELQUES NOUVELLES DU COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)

### FORMATION

Un groupe de formation (CFAB 1) termine sa seconde année de formation, suivant le cursus de formation de 5 ans.

En 2011, nous avons modifié le cursus classique de formation de 5 ans en cursus modulaire (12 modules au lieu de 5 années). Il est dès lors possible de s'inscrire :

- A un seul module (« formation à la carte »)
- A 8 modules (formation nationale de « Praticien Psychocorporel d'Orientation Bioénergétique », PPOB)
- A 12 modules (formation internationale d' « Analyste Bioénergéticien Certifié », ABC)

Ce nouveau modèle a permis la création d'un nouveau groupe de formation (CFAB 2) à l'île de la Réunion, regroupant 11 professionnels (*médecins, psychologues, psychothérapeutes, ostéopathe*) engagés pour les modules 1 à 8, et possiblement 8 à 12.

Nous continuons à recevoir des candidatures favorisées par ce modèle plus souple et semblant mieux adapté aux attentes actuelles, nous permettant d'ouvrir un troisième groupe de formation (CFAB 3) en janvier 2013.

### FORMATION CONTINUE

Le CFAB organise un troisième workshop de formation continue avec Bertrand Caroff, ostéopathe, les 21-22 avril à Paris, afin de « revisiter » les exercices bioénergétiques classiques.

### THERAPIE

Le CFAB propose 2 groupes de thérapie avec un couple de thérapeutes (*Maryse Doess et Guy Tonella*) : 1) un groupe continu avec 3 séminaires par an (11 jours) et un groupe résidentiel d'été ouvert (04-08 juillet au Hameau de l'Etoile près de Montpellier). Les inscriptions sont ouvertes sur le site du CFAB [www.cfab.info](http://www.cfab.info) et vous êtes les bienvenus : nous travaillons sur les conflits et les traumatismes à partir d'une double régulation, neurobiologique et de l'attachement.

### RECHERCHE

Le CFAB s'est doté d'un Comité Scientifique (*T. Papouin, neurobiologiste, Université de Bordeaux-France ; W. Nieves, MD, neurologue-psychiatre, chercheur en neuropsychanalyse associé à l'Institut de Psychanalyse de New York-USA ; G. Tonella, PhD, Faculté de l'IIBA-France ; Antonio Montoya, médecin hématologiste, Université de Granada-Espagne*). Trois recherches sont en cours : 1) « *Le sens du futur* » avec W. Nieves et G. Tonella, 2) « *Emotions et système immunitaire* » avec A. Montoya, 3) « *Traumas du développement préverbal - Théorie et clinique* » avec G. Tonella.

Tous les collègues sont les bienvenus pour participer à ces réflexions et ces recherches : toutes vos contributions sont nécessaires pour une investigation pluridisciplinaire et seront citées. Merci à l'avance.

### CFAB WEBSITE

De nouvelles publications peuvent être consultées sur notre site web <http://www.cfab.info>

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**GUY TONELLA,**  
**COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)**

In English

## SOME NEWS FROM THE COLLÈGE FRANÇAIS D'ANALYSE BIOÉNERGÉTIQUE (CFAB)

### TRAINING

Our Bioenergetic Analysis Training Group (CFAB 1) is finishing their second training year, following the classical IIBA training Model (5 years).

In 2011, we transformed the classical 5 year training model to a modular one (12 units instead of 5 years). It makes possible to apply to :

- only 1 unit (*tailor-made training*);
- 8 units (*National training to become « Bioenergetics Oriented Psycho-Body Practitioner »*)
- 12 units (*International training to become « Certified Bioenergetic Therapist » (CBT).*)

This new model encouraged a group (CFAB 2) of 11 professionals (*medical doctors, psychologists, psychotherapists, osteopath*) of the Island «*La Réunion*» to apply to the 8 Unit Training (*eventually with a further wish to go on up to CBT*).

We continue to receive more applications as this more flexible structure seems to be a better fit to actual expectations and we are opening a new training group in January 2013.

### CONTINUING EDUCATION

The CFAB organizes another training workshop with Bertrand Caroff, osteopath, that should go April 21-22 in Paris to «*visit back*» to classical bioenergetic exercises.

### THERAPY

The CFAB proposes 2 groups of therapy with a couple of therapists (*Maryse Doess and Guy Tonella*): 1) a permanent group who meets 3 sessions a year (*11 days*) and a residential summer opened group (*July 04-08 at the Hameau de l'Etoile, near Montpellier*). Subscriptions are opened on the CFAB website [www.cfab.info](http://www.cfab.info) and you are welcomed: we work on conflicts and trauma, including neurobiological regulation and attachment regulation.

### RESEARCH

A Scientific Committee of the CFAB has been organized (*T. Papouin, neurobiologist, Bordeaux University-France; W. Nieves, MD, neurologist-psychiatrist, associated researcher in neuropsychanalysis at the Psychoanalysis Institute of New York-USA; G. Tonella, IIBA Faculty-France, CBT; Antonio Montoya, MD hematologist, Granada University-Spain*). Three research axes began: 1) «*The sense of Future*», with W. Nieves and G. Tonella, 2) «*Emotion and Immune system*», with A. Montoya, 3) «*Developmental preverbal traumas. Theory and clinic*» with G. Tonella.

All colleagues, from all of our Societies, are welcome to participate with their reflections and researches: all of your contributions are necessary for a multidisciplinary investigation and will be quoted. Thank you in advance.

### CFAB WEBSITE

New publications can be found on CFAB's website <http://www.cfab.info>

**GUY TONELLA,**  
**COLLEGE FRANÇAIS D'ANALYSE BIOENERGETIQUE (CFAB)**



## BIOENERGETIC JOURNALS

- ❖ «*BIOENERGETIC ANALYSIS* ,THE CLINICAL JOURNAL OF THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS» [http://www.bioenergetic-therapy.ch/1frm\\_shop.htm](http://www.bioenergetic-therapy.ch/1frm_shop.htm)
- ❖ «*FORUM DER BIOENERGETISCHEN ANALYSE*», Ed. Dr.Vita Heinrich-Clauer.  
E-mail: [vita.heinrich-clauer@osn.net](mailto:vita.heinrich-clauer@osn.net)
- ❖ « *LE CORPS ET L'ANALYSE, ANALYSE BIOENERGETIQUE : QUELLES PERSPECTIVES ?* », Revue des Sociétés Francophones d'Analyse Bioénergétique, Ed. SOBAB, IABFS, SFABE, CFAB, Vol 12, Automne 2011.  
<http://www.analyse-bioenergetique.com>
- ❖ « *THE EUROPEAN JOURNAL OF BIOENERGETIC ANALYSIS AND PSYCHOTHERAPY*»  
<http://www.bioenergetic-journal.net>

## EVENTS

Events-Conferences	Place-Time-Language	Trainer - Society	Costs	Information
«De la desvitalització a la vitalització» «From Devitalization to Revitalization»	10 <sup>th</sup> March 2012 Barcelona, Spain In Spanish	Pedro Jiménez ACAB-	100 €	<b>ACAB</b> <a href="http://www.acabbio.es">www.acabbio.es</a> Tel: (+34) 93 210 11 97
« Catharsis et lien ; Intégrer les Pratiques Traditionnelles et Actuelles de l'Analyse Bioénergétique »	29 <sup>th</sup> March – 01 <sup>st</sup> April 2012 Wépion, Belgium	Violaine De Clerck SOBAB	440€	Violaine De Cerck E-mail:- <a href="mailto:violainedc@swing.be">violainedc@swing.be</a>
«L'impacte dels patrons destructius a la nostra salut psicoemocional » «The Impact of Destructive Patterns on our Psychoemotional Health»	14 <sup>th</sup> April 2012 Barcelona, Spain In Spanish	Fina Pla ACAB	100 €	<b>ACAB</b> <a href="http://www.acabbio.es">www.acabbio.es</a> Tel: (+34) 93 210 11 97
«Arrelament i creativitat » «Grounding and Creativity»	12 <sup>th</sup> May 2012 Barcelona, Spain In Spanish	Victòria Fernández Puig ACAB	100 €	<b>ACAB</b> <a href="http://www.acabbio.es">www.acabbio.es</a> Tel: (+34) 93 210 11 97
Workshop	21 <sup>st</sup> -25 <sup>th</sup> May 2012 Bispingen, Germany	David Campbell & June McDonach	Not yet determined	E-mail:- <a href="mailto:Harald.Dohrmann@gmx.net">Harald, Dohrmann@gmx.net</a>
Training Workshop «Innovación y tradición. Instrumentos del A.B. Para un trabajo desde el Vínculo. »«Innovation and tradition. A.B. Instruments in working with Attachment issues. »	24 <sup>th</sup> -27 <sup>th</sup> May 2012 & 31 <sup>st</sup> May- 03 <sup>rd</sup> June 2012 Donostia  In English with translation into Spanish	Vincentia Schroeter (International Trainer San Diego Institute, USA) EHABE	275 € (+Accommodation Expenses)  (Inscriptions from November 1 <sup>st</sup> , 2011)	<b>EHABE</b> E-mail: <a href="mailto:secretaria@ehabe.org">secretaria@ehabe.org</a>
«Sexualitat/Identitat» «Sexuality/Identity»	02 <sup>nd</sup> June 2012 Barcelona. Spain In Spanish	Toni Cardona ACAB	100 €	<b>ACAB</b> <a href="http://www.acabbio.es">www.acabbio.es</a> Tel: (+34) 93 210 11 97
Professional Development Workshop (PDW) « Attachment and sexuality, new bonding patterns and sexual behaviour »	26 <sup>th</sup> 30 <sup>th</sup> September 2012 Recife, Brasil  In English & Portuguese	Maryse Does & Violaine De Clerck (French language), Diana Guest(English language) IIBA Faculty	376€ to 414€ (+Accommodation Expenses)  till 5 <sup>th</sup> July, more after the 5 <sup>th</sup>	<b>IIBA</b> <a href="http://www.bioenergetic-therapy.org">www.bioenergetic-therapy.org</a> Pilar Lobregat Email:pilar.lobregat@gmail.com Grace Wanderley: Email:grace@libertas.com.br Jayme Panerey: Email:jayme@libertas.com.br
General Assembly Meeting of the EFBA-P 2012	23 <sup>rd</sup> - 25 <sup>th</sup> November 2012, Berlin, Germany In English	EFBA-P	Not yet determined	<b>EFBA-P</b> <a href="http://www.bioenergeticanalysis.net">www.bioenergeticanalysis.net</a> Rainer Mahr: E-mail:- <a href="mailto:rmahr@t-online.de">rmahr@t-online.de</a>

Your contributions for the next issue « *BASIC 24<sup>th</sup>* »  
Please send them before 15<sup>th</sup> October 2012



**EUROPEAN FEDERATION FOR  
BIOENERGETIC ANALYSIS - PSYCHOTHERAPY**

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