



*European Federation for Bioenergetic Analysis-Psychotherapy*

**EFBA-P**

## **EFBA-P Workshop in Lisbon**

**05. - 07. May 2017**

**Marianne Bentzen**

### **Integrating the language before language**

Evolution and development in interaction and personality

There is a developmental structure and a sequence in our ability to make meaning in life. This sequence governs all personal development, all therapy and all learning interactions. It has evolved through hundreds of millions of years, and during childhood every single human brain comes to experience, interaction and maturation in this sequence.

If the earlier stages develop well, they create a strong and flexible foundation for the ego. If they develop weakly or rigidly, later developing ego skills will suffer too. On the other hand, when later skills like narratives and reflection finally develop, they impact earlier development. Reflective skills, for instance, may embrace and structure our basic needs and impulses, but may also constrict or ignore them.

In everyday interactions as well as psychotherapy, we all notice some of these skills and overlook others. However, in co-creating the dance of emotional healing and growth with our clients, we need to notice and to move with each of these levels.

In this workshop, we will focus on:

- the hierarchic development of interpersonal skills and personality
- the neuroaffective personality model and its relationship to somatic character structure
- practicing identifying interpersonal skill levels in self and others
- a brief checklist for assessing essential personality skills and a few core concepts for developing them.

The workshop will contain neuroaffective theory, peer interaction exercises, guided meditations, demonstration therapy and discussions relating neuroaffective theory to bioenergetic character theory and therapeutic practices

**Marianne Bentzen** is psychotherapist and author. She lives in Denmark and has taught somatic psychotherapy internationally in Europe and North America, since 1982 and was a founding member of the Bodydynamic Institute, which she left in 1997.

She has since co-developed and implemented an overview of Neuroaffective Personality Development (NAP) in trainings and treatment programs.

Marianne's approach includes body/somatic, interactional, systems-oriented and meditative traditions. Look for more information at [www.mariannebentzen.com](http://www.mariannebentzen.com)



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**Marianne Bentzen**

**Date:** Friday, 5<sup>th</sup> of May 2017 15.00 h - Sunday, 07<sup>th</sup> 14.00 h

**Location:** Lisbon, Portugal, the place will be announced later

**Cost:** **425,00 €**, including accommodation and meals

**For registration please contact:**

Olaf Trapp, Vor dem Berge 10, D – 37269 Eschwege,

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**Please transfer 425,00 € to:**

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6006 7543 6238 6071 002; SWIFT CODE (BIC) AGRIFRPP891;

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