



**European Federation for Bioenergetic Analysis-Psychotherapy  
EFBA-P**

**EFBA-P Workshop 01.- 03. May 2020  
in Warsaw/Poland**

**Dr. Jörg Clauer, IIBA Faculty**

Grounding in your Body and “**The Primary Triangle**”(of Mother, Baby *and* Father)

**The background:**

The Caretaker’s BODY constitutes the first grounding for the baby, in particular by touch, skin contact and rhythmic dance of their interactions. This somatic attunement is the basis for affect-attunement, attachment and - later on - for the process of somatic resonance; i.e. empathy, transference and countertransference depend on this embodied experience – that is intercorporeity.

**Cooperation in the triad – that is “The Primary Triangle”** of mother, infant *and* father (cf. Fivaz-Depeursinge & Corboz-Warnery 1999) *is a developmental track of its own.* It contributes to the basic patterns of our self-expression and self-possession *and is of similar importance for the developmental prospect of the infant than affect-attunement and attachment.*

A **Cooperative Alliance in the Triade** anchors the infant in our first community – the Family – and in our culture. If the capacity of parents for *cooperation* is low we find that the family alliance is disturbed and the Triade disintegrates into Dyads or Monades; the missing empathic and affectionate cooperation can cause developmental impairments and psychic disorders later in life. Investigating the implicit ideas of parents concerning their co-parenting for their future baby, scientists can foreknow the developmental fate of the infant – like the oracle of Delphi has foreknown the fate of Ödipus. Denial, split into black and white or dissociative processes can be the consequence, and *Triangulation* is smoothing the way out of such dilemmas.

The importance of “*The Primary Triangle*” is usually less familiar than the importance of *dyadic bonding experiences*. In Bioenergetic-workshops, however, we often work in a triadic setting.

***In the workshop*** we will explore ways of contact, rhythmic interaction and somatic resonance, that means the process of cooperation and empathy within the Dyade and Triade. The experience and the knowledge about “*The Primary Triangle*” will help Participants to comprehend better developmental restrictions of clients and of their own - and ways to support developmental processes and healing in their clients to enhance the cohesion of the self.

## Dr. Jörg Clauer



**CBT, IIBA Faculty (International Trainer for Bioenergetic Analysis)** is a Specialist for Psychosomatic Medicine and Psychotherapy, Psychiatrist, Relational-Psychoanalyst, Psychodrama Therapist and Biochemist. He works in private-praxis in Osnabrueck/Germany since 1999 and was co-leader of psychosomatic-clinics before. There are numerous articles about clinical-psychosomatic issues as well as the intersubjective and triadic perspective.

You find more information in these articles:

- Clauer J (2011): Neurobiology and Psychological Developmental of Grounding and Embodiment. *Bioenergetic Analysis* 21: 17-55
- *In German language*: Clauer J (2011): Kooperation in der Entwicklung des Menschen 1: Implikationen für die Bioenergetische Analyse, und 2: Die Füße der Ödipus in neuen Schuhen. *Forum Bioenergetische Analyse* 1/2011: 42-89



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**Date:** Friday, 01.05.2020 4pm - Sunday, 03.05. 2pm

**Place:** Warsaw/ Poland

Złota Milonga Szkoła Tanga Argentyńskiego, ul. Długa 44/50,

**Fee:** 280.-€

**For registration please write to:**

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**and transfer 280,00 € to the EFBA-P account**

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Analysis Psychotherapy)**

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