



*Summer 2003*

## Editors' Communications

We have delivered on our promise! The new design and layout is in place. Chiel Veffer, our designer, has been working with us now for some months. We have huddled behind the computer on Monday mornings and late evenings to play with all the wonderful possibilities which design programs offer nowadays. The designs have been sent back and forward to Board Members and shown to passers by who have all had something to say. In the last Board Meeting in May they were hung up for critique and approval. As always with the design process one person says a little to the left, another says definitely not, it needs to be a few millimeters bigger. Now we have what is actually not a fixed design but a series of elements in the form of fonts and boxes and moving shadows, which can be constructed and reformed as each new EABP brochure, website or document is created. This is our new identity which will, we hope, contribute to a creative and playful atmosphere in the EABP, one where foreground can relate to background and shadow, and where clear structure can interplay with joyful movement.

We are pleased that so many people have sent in their event information to include in the Newsletter and on the website. The National Associations are also using the opportunity to share more of what is happening in their countries and other connected organisations are contacting us with information. Members are checking and correcting their website entries which we appreciate.

We hope that more of you will use the publicity possibilities which are being offered.

Send us:  
 book reviews, unsolicited articles, announcements of events, trainings, lectures, news about research projects, interdisciplinary activities, open letters to the members, news from training schools and cartoons.

Joop Valstar and Jill van der Aa

### EABP Newsletter

The Newsletter is published twice a year  
 Letters to the editors are invited.  
 Please send to the EABP Secretariat.  
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### EABP Secretariat

Jill van der Aa  
 Leidsestraat 106-108/2  
 1017 PG Amsterdam  
 The Netherlands  
 Tel: +31-(0)20-3302703  
 Fax: +31-(0)20-6257312  
 eabpsecretariat@planet.nl

EABP Website: [www.eabp.org](http://www.eabp.org)

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## President's Letter



Courtenay Young

### Dear EABP Members

Since the General Assembly in Ischia and the last Winter Newsletter, we have been busy looking at what needs to be done next in this year of 2003. Most of the ongoing work and the projects in development will be mentioned in the various sections of this 'new look' Newsletter by the people who are dealing with them.

And, of course we have had our regular intensive meetings. The National Association Chairpersons and the Board met in Amsterdam in January; the EABP FORUM of Body-Psychotherapy Organizations met in Montpellier in March and had the first FORUM Symposium and an impressive FORUM Meeting; the EABP Board met in Amsterdam in May. I also attended the EAP meeting in February in Vienna.

### FORUM Meeting

As reported in the last Newsletter, following the FORUM meeting in Naples in Oct/Nov 2002, the EABP Board had ordered an investigation by the FORUM of Body Psychotherapy Organisations into

the affairs of the International Academy for Bodytherapy (IAB) in Molenhoek, Holland (Directors: Hans and Inge Krens).

Information was collected from a number of different sources and it was arranged for the three people assigned and agreed to do the investigation to visit the IAB in February, 2003. At the meeting of The FORUM in Montpellier in early March 2003, the investigators reported their findings to the meeting, followed by extensive discussion in the FORUM.

As a result of the report and the discussion, The FORUM voted unanimously to withdraw the accreditation of the IAB and also of the Institut für Somatische Psychotherapie (ISP) in Iserlohn, Germany (Directors: Peter and Traudl Anders-Hoepgen) and the FORUM membership of these two organisations. The professional association associated with these organisations, Gesellschaft für Tiefpsychologische Körpertherapie (GTK) also subsequently resigned from the FORUM.

### Membership Criteria

What is emerging out of the meetings is that we need to look very carefully at and to revise the Criteria for Membership. These were set about 12-15 years ago and much

has changed since then. So we will reconvene the International Membership Committee and instruct them to look at these Criteria for Membership in the light of the changes in training courses and the EABP Training Standards and also in the light of the EAP's European Certificate for Psychotherapy. These all need to be compared and ratified together and then new Membership Criteria prepared and so we will be ready to vote on the new criteria in November 2004.

If anyone wants to help with this, please let Jill van der Aa, EABP Secretariat in Amsterdam, know and see more about this later on in the Newsletter.

### Journal

I had an inspiring meeting with David Boadella when I was in Vienna in February and we are starting to consider ideas - ideas only at this stage - trying to combine thoughts and progressions that already exist for an EABP Journal and combining these in some way with *Energy & Character*. Incidentally, the USABP

Journal progresses well and you can order copies from the USABP website: [www.usabp.org](http://www.usabp.org)

### ECP

If you already have the EAP's European Certificate for Psychotherapy, you can now get a very nice doorplate to put on the wall outside your front door stating you are an EAP European Registered Psychotherapist. Please apply to the EAP Head Office.

([eap.headoffice@europsych.org](mailto:eap.headoffice@europsych.org)) If you want to get accredited as a body-psychotherapist for the ECP, please note that you must be a member of your country's National Umbrella Organisation and a fully accredited member of a European Wide Accrediting Organisation - like EABP. Some body-psychotherapists, probably perfectly well-trained (who are also members of other B-P associations or training schools, which might also be a member of the FORUM), have tried to apply directly for the ECP and have nominated EABP as their EWAO, but we have had to refuse to accredit them as body-psychotherapists because they are not EABP full members and thus we don't know anything about them. Sorry, but that is the way it is. Otherwise people may be trying to get the ECP through a sort of loop-hole which does not benefit our EABP full members. We will continue to look for reasonable solutions in the future.

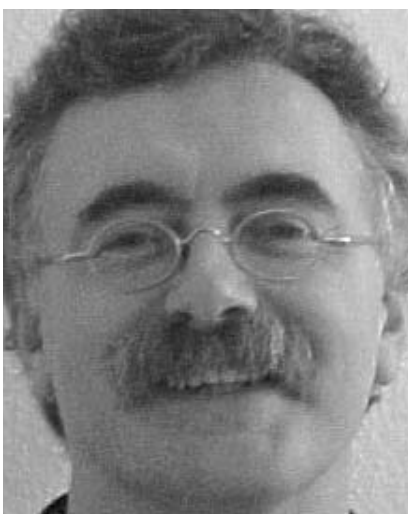
### Common Ground Event

I have some ideas for a 'Common Ground' event and it has been suggested that this might also be a pre-conference event in November 2004 in Athens. The idea is that several people, each representing a major modality in body-psychotherapy, are invited and are each also asked to provide written material plus a video of a demonstration session in their modality, well in advance. At the event, we would be looking, in a master class type of format, at the 'Common Ground' between the various modalities. In addition, the material supplied could all be put together into a unified format for participants; articles, video-tape and CD-ROM. This could become part of a permanent record of different body-psychotherapy modalities. Anyone interested in this project please contact me directly:

[cyoung@findhorn.org](mailto:cyoung@findhorn.org)

Courtenay Young

## Treasurer's Report



Sean Doherty

The steady work of earlier years continues and is now bearing fruit. EABP has paid off past debts and has a positive bank balance. In other words our financial position is healthy.

The board has worked hard and made sacrifices to achieve this position. To support this we have created a break even budget with a small safety margin to anticipate for change. Specific amounts have been provided for each EABP activity allowing us to monitor spending more closely than in the past.

However we have a weak point to deal with in that we have little certainty in predicting when money will come in and so while we can estimate we may have to wait 12 to 18 months before we know how accurate those estimates are.

About half of our members are already in systems where fees are collected directly from the members bank account on an agreed date. I would like to widen that system to include all members. I would recommend that we make an agreement with the National Associations that they pay their contribution to the EABP by a prearranged date. I hope to introduce proposals to the board

and the general assembly that would embody these recommendations for the congress in Athens 2004. In the meantime I would request that everybody pays as early in the year as possible. Feedback from members and National Associations is welcomed.

In terms of other financial matters there is good news. We have established a credit card facility with American Express giving members another option for payment. We have had positive feedback from smaller National Associations that being able to keep the fees for ten members has made a qualitative difference to their finances. We are using a system of differential fee payments in Russia, Serbia and Kosovo to support members in those regions. These are areas where income and session prices are significantly different from the majority of our member countries.

Last but not least, the current Board has more financial experience than previously. This includes the spreadsheet skills of Courtenay Young and the financial acumen of Joop Valstar, who in difficult circumstances managed to break-even on the Egmond Conference. Angela Belz-Knöferl has been a long-serving treasurer of the DGK and has amply demonstrated her skills in establishing and maintaining systems of sound financial management.

Of course EABP is about many other important things besides finances but I am happy and confident that we are establishing good financial ground with experienced people to monitor and protect EABP and body-psychotherapy interests.

Sean Doherty

## Membership Secretary's Report



Joop Valstar

Thanks to the permanent Secretariat the membership administration is gaining in transparency and efficiency. Thanks to Jill van der Aa the EABP is more accessible for members' questions and communications. New members are guided smoothly into the necessary proceedings. In the first five months of 2003 the number of members has grown from 549 to 581.

Now that we have the new house-style design elements available, it is becoming attractive to gradually scan and revise all the written material and procedures for outlook, content and coherence. A first job has been done on this newsletter; the website, letter-paper and a new introductory booklet will follow. Fortunately, the people involved in carrying out most of this work, Jill as secretary, Rien as whizz-kid, Chiel as designer and myself, all live and work in Amsterdam so we see each other's faces every now and then.

An important piece of work will be the streamlining of the membership procedures: the information, the application forms, integration of the new forms of membership in the organization, the written material, and much more. November 2004 (general assembly in Athens) stands as a beacon for completion. Any feedback about current foggy and discomfort is welcome, as well as any good suggestions.

Joop Valstar

## Board Members

**Courtenay Young** (President)  
7 Alnwick Hill Road  
Liberton  
Edinburgh EH16 6LG  
Scotland-UK  
Tel: +44-(0)131-666-2605  
Mobile: +44-(0)773-042-2800  
cyoung@findhorn.org

**Joop Valstar** (Vice-President and Membership Secretary)  
Oudezijds Voorburgwal 99  
NL-1012 EM Amsterdam  
The Netherlands  
Tel/Fax: +31-20-623-7842  
joop.valstar@planet.nl

**Erik Jarlnaes** (General Secretary)  
Bodydynamic International  
Struenseegade 13A  
DK-2200 Copenhagen  
Denmark  
Tel: +45-3535-4321  
Fax: +45-3535-0645  
Mobile: +45-2041-3261  
jarlnaes@bodydynamic.dk  
bodydynamic@bodydynamic.dk

**Sean Doherty** (Treasurer)  
3 Woodhouse Cliff  
Headingley, Leeds  
England UK-LS6 2HF  
Tel/Fax: +44-113-278-5601  
doherty.sean@lineone.net

**Panayiotis Stambolis**  
38 Marinou Antypa St.  
GR-14121 N. Iraklio  
Greece  
Tel: +30-210-271-3765  
Fax: +30-210-271-5285  
panason2@hotmail.com

**Lisbeth Marcher** (FORUM Representative)  
Bodydynamic International  
Struenseegade 13A  
DK-2200 Copenhagen  
Denmark  
Wk Tel: +45-3535-4321  
Fax: +45-3535-0645  
Hm Tel: +45-9864-3261  
l-marcher@bodydynamic.dk

**Angela Belz-Knöferl** (Ethics Committee Representative)  
Lillinghof 6  
D-91220 Schnaittach  
Germany  
Hm Tel: +49-(0)9155-1240  
Wk Tel: +49-(0)911-262255  
Fax: +49-(0)9155-1208  
lilling@t-online.de

## EABP Board

### Balance and counterbalance

Being on the board often feels like attempting a balancing act on a roller-coaster. Given the limitations of living spread out all over Europe, speaking five different mother tongues, meeting for economy reasons only twice a year and having, for the same reasons, reduced the number of board members from nine to seven, it needs some megalomaniac talents to think that it can all be mastered and developed gracefully. And as you trust e-mail to be the perfect safety net in these circumstances, you have another serious problem.

So we're facing lots of learning; what can be done today and what can not be done yesterday and what can't even be done today. That's good learning.

Another piece of the balancing act is working as a team. Dividing and redividing the tasks in a way that meets the capacities and challenges of each of us, keeping the energy going, discussing what has to be discussed - but please don't discuss

everything and take some time off every now and then. Keeping the total picture without getting overwhelmed by too many details; staying together and being in contact with the periphery; keeping balance between structure and mind blowing ideas; between the male and the female aspects in us, in the board and in the whole organization - these are further challenges.

Some formal changes came out of the balancing process. Maarten Aalberse decided to step off the roller-coaster and Angela Belz-Knöferl is taking over as Ethics Committee representative on the board. Apart from her merits, we welcome her as another woman on the board since Lisbeth Marcher had to deal with six men and vice versa. The Executive Board was expanded with a fourth member, Joop Valstar, as he has already had an active role in many activities. He was also elected as Vice-President, a function which had not yet been filled up on the new board.

And Courtenay Young as President is giving himself a hard time keeping his fingers off the everyday practical work and decision making activities and taking a more held-back leadership position, keeping an eye on the overall picture.

Except for some work that still has to be done, and some private occupations like Courtenay and Lisbeth moving house, we are enjoying our free summer time and hope you are too.

Joop Valstar



Board Members: Back: Panayiotis Stambolis, Courtenay Young, Sean Doherty, Joop Valstar Front: Lisbeth Marcher, Erik Jarlnaes (Missing Angela Belz-Knöferl)

## Membership

### Honorary Members

Bjørn Blumenthal, David Boadella, Gerda Boyesen, Malcolm Brown, Eva Reich, Luciano Rispoli, Jay Stattman.

### Candidate Membership

At the EGM in Ischia we accepted a new category of Candidate Membership for those people who have completed a training course in body-psychotherapy, but have not yet fulfilled the 600 hours of professional practice criteria and possibly some of the other criteria. These new members will get all the EABP information and will be listed on the Register as Candidate Member, but will not be able to vote at EABP General Assembly Meetings. Candidate Membership is limited to three years.

### Membership Criteria

Our current EABP membership criteria are:

1. At least 600 hours of professional training; 400 of which must have taken place with a recognized school of body-psychotherapy.
2. At least 150 hours of ongoing individual (or group) body-psychotherapy. At least 100 hours should be one to one sessions.
3. At least 100 hours of professional supervision.
4. At least 600 hours of paid professional practice.

These criteria were established over twelve years ago and now need to be adjusted to current reality and in conjunction with the EAP criteria. Training courses in body-psychotherapy are generally longer now and a lot of the 600 hours of supervised practice also happens much more within the training. We need to adjust these criteria and establish a process for the FORUM and the EABP

Training Standards Committee to go forward with this process in time for changes to be implemented in Greece in 2004.

### Fees

For those people paying directly to the EABP (ie: not through a National Association), we would appreciate it if you would pay any remaining membership fees as soon as possible. We supply a receipt on payment.

Full Member	€190
Organizational Member	€190
Candidate Member	€ 95
Associate Member	€ 50

### Postbank Account

Name: European Association of Body-Psychotherapy  
Number: 9392200  
Swiftcode: PSTBNL21  
IBAN Number:  
NL35PSTB0009392200

Address: Postbank  
Financial Plaza,  
Postbus 1800  
1000 BV Amsterdam  
The Netherlands

### Membership Register

The EABP Membership Register is kept on a central database by the EABP Secretariat and updated regularly to the EABP website from information supplied by the National Associations. This information makes known publicly who the Accredited Members of the EABP are. We also include a separate listing of Organizational Members and Candidate Members. We are aiming to send a hard copy of the Register to EABP Members. Don't get lost! Please send all your changes of address, phone and e-mail numbers to the secretariat.

## EABP Membership May 2003

	Full Member	Associate	Candidate	Organisation	Honorary	TOTAL
<b>National Associations</b>						
Austria	8	7				15
Germany	255		4	16		275
Greece	27	10				37
Italy	22			11	1	34
Netherlands	22		1	3		26
Russia	5		30			35
Switzerland	66	15		6	1	87
SUBTOTALS	405	32	35	36	2	510
<b>Countries without a National Association</b>						
France	10					10
Kosova	1					1
Poland	1					1
Portugal	1					1
Scandinavia	24				1	25
Serbia and Montenegro	3					3
Spain	3					3
United Kingdom	11	2			1	14
Australia	1					1
South America	9					9
USA	2				2	4
SUBTOTALS	66	2			4	72
TOTALS 2003	471	34	35	35	6	582
TOTALS 2002	449	34	35	29	6	550

## National Associations

### National Associations Meeting Amsterdam

#### January 24-26, 2003

This was quite well represented, although some significant countries were unfortunately not there. There are interesting developments in the Netherlands (a symposium on breathing); Scandinavia (a joint National Association out of the four National Committees; in Austria (a slight dispute about the best way forward to get national recognition from the Ministry of Health); in Greece (working hard to organise the 2004 Congress); in South America (a new South American or at least Brazilian Association for Body-Psychotherapy is being formed, and all our South American members will hopefully join that); in France (there are new attempts to form a National Association, and there is a new representative to the FFdP (EAP's NAO Eliane Jung); and in Germany (another big DGK Congress). The situation in Serbia is also moving ahead with some new members and a big psychotherapy conference soon in Belgrade where body-psychotherapy will be well represented. In the U.K. there are plans for a body-psychotherapy conference in the spring of 2004 and/or the UKCP will be doing their conference on *The Body in Psychotherapy*; and Nick Totton, an EABP Member, has just brought out a good new book on body-psychotherapy. We have not heard much from Russia. Erik Jarlhaes will carry the main focus for the National Associations and National Committees now from the Board's side.

### AUSTRIA - AABP

President: Felix Hohenau  
P.Effenbergstr. 15, A-3012  
Wolfsgraben, Austria  
Tel/Fax: +43-2233-7558  
fhohenau@telering.at  
www.aabp.at.lv

In Austria we tried to establish an institute with the aim of unifying the different directions of body-psychotherapy and thereby being acknowledged by the Austrian Government. During the discussions it came to difficulties. The only way out seemed to be to elect a new board which was elected in May. It differs slightly to the previous one but now we hope to get on with the work.

### GERMANY - DGK

President: Gustl Marlock  
Marktstrasse 99  
D-60388 Frankfurt, Germany  
Tel: +49-6109-24116  
Wk Tel/Fax: +49-69-789-5701  
GMarlock@compuserve.com  
www.koerperpsychotherapie-dgk.de

See German Congress

### ITALY - AIPC

Representative: Maurizio Stupiggia  
Via Marsala 24  
I-40100 Bologna, Italy  
Tel: +39.051.540924  
maustup@tin.it  
www.psicoterapiecorporee.it

During the Ischia Congress the Italian Association General Assembly was held. Fabio Carbonari was elected President (e-mail: fabio.carbonari@tin.it). The new association address is:  
via Conte Verde, 15  
I-00185 Rome, Italy  
Tel/Fax: +39-(0)6-4467-035  
Maurizio Stupiggia is the EABP representative. We would like to thank Barbara Santocchini for doing this previously. Luisa Manca is the referee for FIAP, the Italian Federation of

Psychotherapy Associations. FIAP is an organisational member of EAP. The Scientific Committee which is composed of Fabio Carbonari, Antonia De Lucia, Francesco Dragotto, Genovino Ferri, Jerome Liss, Flavia Maloni and Barbara Santocchini is working on the 'common ground of Italian B-P' in accordance with the guidelines of EABP and with Italian research.

We are also working on the website. Now we have on line a new platform, so that we can insert more pages, links and a forum discussion form. The webmaster is Giuseppe Carzedda. The scientific committee suggested the issue of an e-journal (probably inserted in the website) which would contain Italian scientific articles and translations of international articles.

In Italy there is a law (L.56/89) that regulates psychotherapy activity. Italian psychologists, or medical doctors, don't need other certificates for their activities, but we think the ECP is an instrument to improve the European psychotherapy culture and we invite our associates to acquire the ECP.

On Sunday 6th April we had a public conference in Rome during the *SANA in Rome*, the annual meeting of health and wellness operators: *BP therapy: the roots of wellness*, with Livia Agresti (Centro Studi Eva Reich), Luisa Barbato (SIAR), M.Rita Borrello (IIFAB, Gabriella Buti Zaccagnini (IIBA), Pino De Sario (SIB), Francesco Dragotto (SEOr-AIPeF), Patrizia Moselli (SIAB). The Chairman was Fabio Carbonari.

### GREECE

President: Clorinda Lubrano-Kotoulas  
74 Xanthipou Str.  
GR-15561 Holargos  
Athens, Greece  
Tel: +30-210-652-8160  
Fax: +30-210-641-0160  
clubrano@otenet.gr

See Invitation to Athens

## The NETHERLANDS NVLP

Secretary: Joop Valstar  
Oudezijds Voorburgwal 99  
NL-1012 EM Amsterdam  
The Netherlands  
Tel /Fax: +31-20-623-7842  
nvlp@planet.nl

During the last half year we were able to welcome four new individual members. Eight of our members acquired the ECP in the EAP grandparenting procedure, which is now closed in Holland.

Interest for body-psychotherapy is slowly increasing. Even the personnel department of a big Dutch bank inquired about the possibility of referring clients. We have good contact with the section of Dutch Psychologists who have permission from their organization (NIP) to do body-oriented interventions in their work. They are one of the five associations / organizations which we are bringing together to organize another one day Symposium on 'breathing' in February 2004.

## RUSSIA

President: Lev Belogorodski  
18-52 Avangardnaya Str.  
R-125493 Moscow, Russia  
Tel: +7-095-459-5776  
rabop\_ok@mtu-net.ru  
www.marks.on.ufanet.ru/RUSTOP

## SWITZERLAND CH-EABP

Board member: Jürg Thomet  
Tel: + 41-(0)31 371-6747  
juerg.thomet@tiscali.ch  
www.hin.ch/ch-eabp

During the winter we had a training (five evenings) on the topic *Aims of body-psychotherapy*. It was very interesting to talk about this topic with people from different schools. You can find further information on our website in the newsletter.

On 14 June 2003 we had our day of science with the topic *Body-psychotherapy and spirituality*: How is spirituality integrated in body-psychotherapy and how do the various schools and methods work with it?

Since last Autumn we have been looking for new members for our board and we especially hope that we can find a new President, because Thomas Ehrensperger has retired.

## National Committees

### AUSTRALIA

Carolyn Musgrave  
cmusgrave@ozemail.com.au

### SOUTH AMERICA

Rubens Kignel  
rkignel@u-netsys.com.br

### FRANCE

Eliane Fliegans-Jung  
ifcc@wanadoo.fr

## KOSOVA

Enver Cesko  
envercesko@hotmail.com

**MIND-BODY THERAPY IN KOSOVA**  
The Kosova Association for Psychotherapy (KAP) was founded after the Kosova war (1999), on the initiative of some young psychiatrists and psychologists from Kosova. In the meantime, the Center for Mind-Body Medicine (CMBM) from Washington DC, which is also registered in the USABP with several schools, offered to do the training program for mental health professionals. This program was designed "to help to heal the psychological trauma of war and to address, in a direct, practical and easily assimilated way, the wide variety of emotional and physical symptoms - the sequelae of war - which was so pervasive in the population of Kosova."

This model "combines the precision of modern science with the wisdom of ancient healing, and includes the mental, emotional, social and spiritual, as well as the physical dimensions of health and illness". Also this model emphasizes the uniqueness of each person and the centrality of therapeutic partnerships. The Center for Mind-Body Medicine (CMBM) was founded in 1991 by James S. Gordon, MD., a psychiatrist who is Professor of Psychiatry and Family Medicine at the Georgetown University Medical School. Information about the CMBM is available for everyone in transcripts on the website [www.cmbm.org](http://www.cmbm.org).

The training program for mental health professionals in Kosova was done in the first two years after the end of the war in Kosova. The program was developed in six phases with five and three-day intensive trainings. The training program model includes theoretical lectures, group workshops, individual work and supervision. After finishing the six phases of training under supervision, Center for Mind-Body Medicine (CMBM) accredited twelve mental health trainers from Kosova as trainers in CMBM. In the last two years these trainers continued the same program with new mental health staff working in Mental Health Centers in different regions in Kosova, under

the supervision of CMBM.

Mind-Body Medicine in Kosova, as the new approach in body psychotherapy, is developing scientifically, permanently and professionally. Their knowledge is prospering continually in body-psychotherapy schools using different and similar approaches. Some of them presented their work experiences as Mind-Body therapists in international Congresses and Conferences, such as Vienna 2002, Egmond 2001, Ischia 2002 etc. The president of the Kosova Association for Psychotherapy (KAP) Enver Cesko, is a member of EABP.

Enver Cesko

## POLAND

Irena Folta Parnowska  
Fax: +48-22-8264034

## PORTUGAL

Thomas Riepenhausen  
asaseraizes@sapo.pt

## SPAIN

Xavier Serrano Hortelano  
xserrano@mac.com

## SCANDINAVIA

Bjørn Blumenthal  
bjblum@online.no

A meeting took place at Bodynamic Institute's premises on 31 May, 2003. Out of thirty-five members invited, three attended. The aim was to stimulate some interaction with Scandinavian members. The program included a presentation from Patricia Estrada from Mexico on body-psychotherapy in Latin-America, discussion of the coming symposium on Orgontheory and Orgontherapy in Oslo 1-2 November, 2003 and discussion about the needs of Scandinavian members and ideas for future development.

Committee members Lisbeth Sten Jensen and Bjørn Blumenthal also attended.

The discussion had three main topics:

1. A wish to create a financial base for the Scandinavian Committee by receiving a refund of 20% of Scandinavian membership fees;
2. Criticism of EABP putting its main focus on the school/FORUM development. They felt there was too much emphasis on mainstream development, too much orientation towards governmental acceptance and that too many regulations would destroy new development;
3. What can members over 50 get from EABP? In Scandinavia there is a tendency for professionals over 50 to resign from EABP. They are no longer interested in a Certificate, have established their private practice and are only interested in professional "meat" such as short seminars around topics related to their daily work. They advise the EABP to look at the age representation among members, and take the drop-out of older members seriously. The meeting discussed short Scandinavian seminars with topics related to their daily work.

They will meet again in September to work out a plan for 2003/04. The Oslo Orgon meeting, 1-2 November is considered a good start.

Bjørn Blumenthal

## SERBIA AND MONTENEGRO

Ljiljana Klisic-Djordjevic  
eklisic@sezampro.yu

Members of TePsyntesis, school of body-psychotherapy in Serbia and Montenegro, took part in the 51st Scientific and Expert Conference of Psychologists of Serbia, 21st-24th May, 2003. in Banja Koviljaca. The conference was dedicated to ethics and business.

Dr. Ljiljana Klisic, the teacher, and Ljiljana Jovanovic, a student of the 4th year training in TePsyntesis, conducted a workshop entitled *Pulsations of Life Inside and Around Us*. Fifty participants assembled and participated in this successful and inspiring workshop. It was the very first contact with body-orientation in

psychotherapy for most of them. A round table of our school was also organised at the conference. Therapists and students participated with their presentations on connections between body-psychotherapy and management, ethics, work with emotions, music performance, touching in our tradition, EMDR method, PTSD, communication, profit and morality. Presentations were given by Dr. Ljiljana Klisic, Dusan Pavlovic, Svetlana Vukojevic, Mihajlo Hajduk, Dragana Hajduk, Ana Ristic, Suzana Kalam, Biljana Zubovic, Ljiljana Jovanovic, and Nabojsa Milivojevic.

Mihajlo Hajduk  
rztrsu@ptt.yu

## UNITED KINGDOM

Sean Doherty  
doherty.sean@lineone.net

## USA

Mark Ludwig  
malud123@aol.com  
www.usabp.org

At USABP an innovative web site with many new, exciting features is about to debut. The overhauled web site will provide user-friendly public access to information about body psychotherapy, USABP, and member access to a number of services. Some of the new features will be: 1. The ability to renew membership and pay dues on line; 2. A searchable membership directory with options for receiving e-mail and displaying personal information; 3. The newsletter will be available on the website (as it is now at EABP) and 4. The conference section will offer an on line registration and calendar of events. President Elliott Greene feels the new web site will be "a key part of our effort to provide information to the public about body psychotherapy and to assist them in locating qualified body psychotherapists in their communities; as well as providing valuable information and services to our members". Catch us at [www.usabp.org](http://www.usabp.org) at the end of August 2003.

Karen Jacobson  
Carat99@comcast.net

## Committees

### International Membership Committee

This new committee will be set up to do a number of different things:

- (1) Collect information and revise the current EABP Membership Criteria to bring this more into line with present times, FORUM training standards and with the ECP minimum criteria;
- (2) Ensure that the process of accreditation and the evidence for accreditation is looked at and is sound;
- (3) Ensure that the various National Associations are accrediting people to the same standards.

Within this mandate there are various questions and issues that need to be looked at:

- (A) Is the supervised practice component and the number of client hours needed after training, set at the right level, as many of these hours are now done within the training?
- (B) Do we want to re-accredit people after a time period (5 years) which is becoming the norm within the EAP?
- (C) Does a requirement for continuing professional education need to be included?
- (D) Do we need (re-)accreditation if we move into different areas of work?
- (E) Do we want to require that members seek appropriate levels of on-going supervision?
- (F) Are our present processes of accreditation (reading someone's form) sufficient or do we want to accredit people differently?

In the Board, there was a unanimous vote for Part (1). It was felt that we need to make an initial discussion paper and we can then invite suggestions and comments from EABP members, FORUM members and the National Associations. Finally a committee of about six people can discuss all these suggestions and make

a formal proposal to the next General Assembly. Please e-mail us.  
Courtenay Young

### Ethics Committee

Angela Beltz-Knöferl has taken over the role of chairperson of the EC from Maarten Aalberse. We are busy reformulating ambiguous texts in the Ethics Code about procedures and are thinking about adding a text about the ethics of touch. Proposals will be sent well before the next General Assembly in 2004.

Angela Beltz-Knöferl  
lilling@t-online.de

## News and Communications

### International Scientific Committee

It was very nice for me to see so many friends and colleagues in Italy; people I met in Mexico in 1987 and see from congress to congress. It's amazing to see how much we have all grown as professionals. The ISC has chosen Rubens Kignel as the organizer and president of the next congress in Brazil 2005. Also, we have some new members: Nora Avila from Venezuela, Björn Blumenthal from Norway, Clorinda Lubrano from Greece, and María Adela Palcos from Argentina, and, of course, Rubens Kignel. Our new secretary is Alex MacMillan from the USA. I'm confident that we can continue to keep open the lines of communication and cooperation between the EABP, the USABP, and our ISC. Thank you all for your commitment and support.

Patricia Estrada  
Apatyestrada@aol.com

### USABP Research prize

A \$500 prize is being offered by the USABP for the best original research proposal, pilot project or completed research project pertaining to the field of body psychotherapy. The

award will be presented at the 4th International Conference of the USABP in June 2004. Judges are the eight members of the research committee headed by Dr. Alice Kahn Ladas. Closing date probably around March 2004.

Dr. Alice Kahn Ladas,  
241 Central Park West,  
New York 10024, USA

### Chat Room

Maarten Aalberse has proposed a new e-mail forum discussion group or discussion room on body-psychotherapy issues and has circulated this proposal to the Board. His offer of help as a moderator was welcomed, and there was strong support for creating an internet chat room or discussion site. There were objections from the Board at the idea of having many more e-mails coming in. This idea will be worked on by Maarten and the webmaster.

Courtenay Young

### WPC and United Nations

We were informed about the following by the EAP:  
"After eight years of negotiations the World Council for Psychotherapy (WCP) was appointed on 6th of May 2003 to be a Non Governmental Organisation (NGO) of the United Nations Organisation (UNO). The formal status is: the WCP is "NGO in Special Consultative Status with the Economic and Social Council of the United Nations". With this NGO-function the way is open for collaboration of psychotherapists on the international level of the UN.

Alfred Pritz  
President of the WCP  
General Secretary of the EAP"

## Invitation to Athens

When I heard that EABP was born, I felt great joy. I realized that Body-Psychotherapists from all over Europe would have the opportunity to meet colleagues, exchange experiences and theories and create cooperation.

In addition to this, I thought that it would be possible to visit many European countries frequently and learn about the life of their inhabitants and more than this, to get to know the laws that each country has concerning psychotherapy and, through meetings with psychotherapists from other psychotherapeutic schools, to learn what are the difficulties that body psychotherapists face with their clients.

For example, I heard many years ago from a psychotherapist that when he works in Northern European countries, the main problem he has to face is the client's melancholy or even depression, whereas in Southern European countries like Italy, Sicily and Greece, the main problem is hysteria.

Among other things, I thought that we could learn about the relationship between university professors and other schools of psychotherapy, which educate people that usually already have a degree, which means that they give post-graduate courses. At the FORUM

and the National Associations' meetings there is information exchange from all countries, but this is only heard by those of us that hold a responsible (directory) position. I always dreamed that congresses could offer knowledge and meetings like the ones mentioned above to all members in Europe. I have taken part in all EABP congresses apart from the first one. All these years I have wanted to arrange a European Congress for EABP in Greece, which is my second homeland, with meetings with local psychotherapy, the university and the city that would host the congress. Since everything in Greece is concentrated in Athens, it sounds most reasonable to hold the congress there.

Not in the Athens everyone knows or has heard about, but in the Athens of 2004, the Olympic City, the city of all the international publicity. In a brand new Athens, renovated, interesting, more hospitable and alive. I would really like to have every body-psychotherapist in Europe here to support our efforts and to make us feel that they trust us, the same way that EABP's board trusts us and supports us by cooperating in the preparation of this Congress. We are waiting for all of you in Athens!

Clorinda Lubrano-Kotoulas  
Congress Planning Committee  
and Chairman of the  
Greek National Association



Clorinda Lubrano-Kotoulas

# EABP

9th European Congress  
on Body-Psychotherapy  
Athens, Greece  
4-7 November 2004  
Congress Planning Committee  
Tel: +30-210-2713-765  
Fax: +30-210-6410-856  
eabp2004@e-free.gr

EUROPEAN  
ASSOCIATION FOR  
BODY-  
PSYCHOTHERAPY

## FORUM



Lisbeth Marcher

FORUM Chairperson and Representative on the Board:  
Lisbeth Marcher  
l-marcher@bodydynamic.dk  
FORUM Secretariat  
eabpsecretariat@planet.nl

## Members

- \* Arbeitskreis für Emotionale Reintegration  
Isaias Costa  
isaias.costa@chello.at
- \* Bodydynamic International  
Lisbeth Marcher, Erik Jarlmaes  
bodydynamic@bodydynamic.dk
- \* Finnish Institute of Character Analytic Vegetotherapy  
Markku Välimäki  
valimaki@dlc.fi
- \* École de Psychologie Biodynamique Evolutive  
Christiane Lewin, François Lewin  
epbe-ares@wanadoo.fr
- \* Association Française de PsychoSomatothérapie  
Nicole Arnaud-Beauchamps  
afps@ifrance.com
- \* European School for Biodynamic Psychology  
Marianne Wailand  
esbpe@t-online.de

- \* Aus- und Fortbildungszentrum Transformative Körperpsychotherapie  
Bettina Schroeter  
bettinaschroeter@freenet.de
- \* Gesellschaft für systemische Therapie und Körperpsychotherapie  
András Wienands  
wienands@gsto.de
- \* Zentrum für Körpertherapie und Humanistische Psychologie  
Gustl Marlock  
gmarlock@compuserve.com
- \* Körpertherapie Integrativ Training  
Volker Knapp-Diederichs  
training@vkdnet.de
- \* Zentrum für Integrative Körpertherapie & Humanistische Psychologie  
Michael Meiffert  
Michael.Meiffert@t-online.de
- \* Core Energetic Institute  
Siegmar Gerken  
Siegmar@mcn.org
- \* Hakomi Institute of Europe  
Halko Weiss  
HalkoHD@aol.com
- \* E.I.N.A. Greek School of Training in Vegetotherapy & Character Analysis - Clorinda Lubrano  
clubrano@otenet.gr
- \* European School of Functional Psychotherapy  
Luciano Rispoli  
lucrispo@tin.it
- \* Società Italiana di Biosistemica  
Jerome Liss  
infobiosistemica@libero.it
- \* Nederlands Instituut voor Bio-release & Biodynamische Psychologie  
Menno de Lange  
mdelange@xs4all.nl
- \* Vereniging voor Unitive Psychotherapie  
Joop Valstar  
joop.valstar@planet.nl
- \* Institut für Körpercentrierte Psychotherapie  
Yvonne Maurer  
info@ikp-therapien.com
- \* Escuela Española Reichiana  
Xavier Serrano xserrano@mac.com
- \* Associació Catalana Teràpia d'Integratió Psico-corporal  
Ulrike Kaese  
ulrikekaese@wanadoo.es
- \* Tepsinteza (YU Training School of BodySynthesis)  
Ljiljana Klisic  
eklisic@sezampro.yu
- \* Gesellschaft für Biodynamische Psychologie und Körperpsychotherapie GBPEv  
Mechteld Münch  
mechthild.muench@t-online.de

### FORUM Symposium 7-8 March 2003

**Montpellier, France**  
The first FORUM Symposium was held in Montpellier this year. It was hosted by École de Psychologie Biodynamique Evolutive. François and Christiane Lewin gave a presentation from their school which was enjoyed by everybody. Members expressed the feeling that they look forward to having more of this kind of professional contact with each other. They were getting to know each other in a more experiential way.

### FORUM Meeting 9 March 2003

**Montpellier, France**  
In the meeting, the FORUM Investigation and the position of the IAB and ISP in the FORUM were discussed. As the meeting was confidential the only public report and outcome is:  
'On 10th March 2003 the EABP FORUM withdrew the accreditation of IAB (International Academy for Bodytherapy) and ISP (Institut für Somatische Psychotherapie) as training schools of the FORUM. The membership of IAB and ISP was terminated'.

### FORUM Symposium and FORUM Meeting 31 October - 2 November 2003

**Frankfurt, Germany**  
Symposium 31 October, 2003  
(Starts 14.00 hrs)  
Meeting 1/2 November  
(Finishes 16.00 hrs)  
Hosted by Zentrum für Körpertherapie und Humanistische Psychologie  
Contact person: Ilse Schmidt-Zimmermann  
Bachmannstr. 2-4  
D-60488 Frankfurt  
Germany  
Tel: +49-69-789-5701  
ilseschmidt@compuserve.com

The Symposium presentation will be from: Zentrum für Integrative Körpertherapie & Humanistische Psychologie from Hamburg, by Michael Meiffert and Joachim Nordheim

### FORUM Symposium and FORUM Meeting

**2-10 April 2004  
Vienna, Austria**  
Symposium 8 April, 2004  
(Starts 14.00 hrs)  
Meeting 9/10 April  
(Finishes 16.00 hrs)  
Hosted by Arbeitskreis für Emotionale Reintegration  
Contact person: Isaias Costa  
Gentzgasse 136 /8  
A-1180 Wien, Austria  
+43 (676)706-5065  
isaias.costa@chello.at  
The Symposium presentation will be from: Arbeitskreis für Emotionale Reintegration by Isaias Costa  
Emotional Reintegration is mainly defined by an attitude of respect toward the client. It integrates elements of Reichian Vegetotherapy, Primal Therapy, Gestalt and Psychoanalysis into an autonomous depth psychological method which has been developed by Peter Bolen and others since late 1980 in Austria. It accesses the mental, psychic and somatic layers of the person as forms of expression of an indivisible functional identity. Putting a lot of emphasis on the relationship it works with transference phenomena and character structures. The technique consists basically in resistance work to promote awareness, in the sense of widening and deepening the perception of the outer reality and inner processes. The aim is to give the client enough safety so that the defences can ease and the creative autonomic self regulation processes can take on. This is the basis for mental, psychic and somatic health. We define health as the personal freedom of choice between expression or containment of feelings, the individual and social ability to love, the faculty of devotion, and the capacity to be creative and to live joyfully.

Isaias Costa

## Past Events

### VIII European Conference on Traumatic Stress

The conference took place on 22 – 25 May 2003 in Berlin with round a thousand participants from the European continent and abroad and more than 500 contributions during panels, symposia, workshops and poster sessions.  
The program reflects the growing field of psychotraumatology where the ESTSS (European Society for Traumatic Stress Studies) is part of a worldwide community of scientists and practitioners in the field.

The traumatising impact of the current worldwide political situation discussed in a large number of contributions about war and crisis regions and the work with refugees and torture survivors in Western European countries. Political reflection was mainly directed at the impact of September 11th. There was openness to look at specific cultural aspects in the development of post-traumatic symptoms and the cultural influence on strategies to cope with traumatic experiences. The PTSD concept was questioned in its limitations and of the western scientific approach was discussed. On the other hand there was a large number of scientific contributions within the frame of the PTSD-concept and new results of research in the field of psycho-neuro endocrinology.

Main issues were:

- \* collective traumatisation (September 11th, war and crisis in regions like former Yugoslavia, Palestine, postcommunism societies)
- \* psychosocial and psychotherapeutic work in war and crisis regions
- \* psychosocial und psychotherapeutic work with refugees and asylum seekers
- \* cultural aspects of coping with trauma

- \* results of neuro-psycho-endocrinology
- \* studies on risk of PTSD for special groups, professions
- \* studies on special traumatic events like special diseases/medical interventions and the development of PTSD
- \* therapeutic approaches, especially for Complex PTSD, phase models, PTSD prevention for special professions like military, emergency services, peace keeping forces, banks etc.
- \* sequential traumatisation
- \* methods of body-psychotherapy
- \* resource-oriented approaches
- \* the impact of child abuse and sexual violence

While body work in terms of relaxation techniques is part of many therapeutic approaches to trauma-therapy, theoretically founded body-oriented approaches like Pat Ogden's contribution on sensorimotor psychotherapy were under represented.

The ongoing research on the biological functions of traumatisation might change not only the classic diagnostic concepts but also deepen the understanding of the body and the body-oriented approaches to therapy.

Ingeborg Joachim  
inge.joachim@gmx.net

## Future Events



Maarten Aalberse

### Graceful Means,

*mindful movement and energetic rebalancing in intersubjective body-psychotherapy*

Course with Maarten Aalberse  
In this course new and effective body-oriented methods will be taught, practiced and discussed.

These methods will not only significantly enlarge the therapeutic repertoire, but can also serve as tools for self-healing and self-development of the participants. They will be presented in such a way that they can be integrated in many different styles of psychotherapy and adapted to the personal style of the therapist.  
Hamburg - start Sept 2003  
Kiel - start Feb 2004  
2 and/or 3 weekends

### A healing relationship with shame

Course with Maarten Aalberse  
For many people, therapists and clients alike, shame is one of the most painful and difficult-to-manage emotions; it's also one of the least understood. How we relate to shame shapes to a large extent our self-image, our embodiment, our resourcefulness, our relationships to others and how we manage our

ideals and limitations. One of the values of creating a healing relationship with shame is poignantly expressed in this quote from Hans Blix: "The art of loosing face will one day save the human race."

Zürich - start early 2004. 2 weekends and one four day workshop.

For more info:  
maalberse@wanadoo.fr

### All-European Training Group Organismic Psychotherapy 2003-2006

Malcolm Brown and Katherine Brown; Henrik Carlsen and Hanne Pries, Günter Knöferl and Angela Belz-Knöferl

Organismic Psychotherapy is a unique style of body-psychotherapy originated and further developed by Malcolm and Katherine Brown over a period of 25 years.

Organismic Psychotherapy works with the unfolding of natural energy flow and its emotional, intuitive and imaginal expressions. Its multitude of methods and techniques derive from a devoted exploration of the healing power of touch. In working with clients our emphasis is on intuition: we don't rely on rigid diagnostic labels and treatment plans but upon spontaneous and intuitive interaction with the client as a unique human being whom we respect and support in his/her self-healing and individuation process.

The Training Programme:  
Our Training Group offers a rare opportunity to learn the art of Organismic Psychotherapy in an international group. We would like to invite the participation of professional practitioners who already have training and practice in whatever field of psychotherapy or counselling. We have in mind practitioners who want to bring body methods into their professional work and become more confident in their own capacity to work intuitively with the body.

The training program contains three or four workshops annually for a period of three years.  
For more information contact:  
Henrik Carlsen, Institut For Eksistentiel-Humanistisk Psykoterapi, Løngangsstræde 37B, 4.tv., 1468 Copenhagen K, Denmark  
Tel: +45 -3311-4000  
Fax: +45-4926-4860  
hecarlsen@get2net.dk

### Congress Organized by I.P.A.E. I.A.S.S.C. (Italy) and P.P.L. (Russia)

*The Couple in the 3rd Millennium Penelope: The Transformation of Revenge*  
25-27 February 2004  
Ascoli Piceno, Italy  
Info: Dr. Italia Gabriella Sorgi  
ipaegabriella@libero.it  
www.sophia-a.narod.ru

### XIV IFTA World Family Therapy Congress

*Families in a time of Global Crisis*  
Jointly organized by The International Family Therapy Association (IFTA) and The Turkish Association of Marital and Family Therapy (TRAMFT)  
March 24-27, 2004  
Istanbul, Turkey  
Call for Papers/info:  
ODS Congress Management  
Yildiz Cicegi Sokak, No:12/1  
80630 Etiler, Istanbul-Turkey  
Tel: +90-212-287-58 00  
Fax: +90-212-352-2660  
info@ifta2004.org  
www.ifta2004.org

### 2003 Summer Training Programs with Albert Pesso

PBSP - Pesso Boyden System Psychomotor  
A natural path to well being with more pleasure, satisfaction, meaning and connectedness:  
Introductory Training: Aug 3-8  
Intermediate Training Aug 10-15  
Advanced Training Aug 17-22  
Tel: +1-603-934-5548 Wed-Sun  
contact@pbsp.com  
PBSP1@aol.com  
www.pbsp.com

### 5th International PBSP Congress

June 9th-13th, 2005  
Minneapolis, MN, USA  
with pre-conference workshops scheduled for June 8th.  
*Remembering our Roots, Spreading our Wings*  
Website:  
www.thedepotminneapolis.com

Al Pesso travels doing training and experiential workshops in Europe, the US and Brazil  
Info: www.pbsp.com/calendars/APcalendar.htm

### 2nd DGK Congress Berlin 18-21 September 2003 Body - Soul - Self

Programme  
**Thursday:** Pre-congress workshops with: Gerda Boyesen, Tilmann Moser, Hilarion Petzold; Malcolm and Katherine Brown, Halko Weiss, Barbara Bayerl and Christine Möller, Ursula Batholomew-Günther, Sigmar Gerken, Thomas Busch, Ilse Schmidt- Zimmermann and Gustl Marlock, Sabine Trautmann- Voigt, Ulrich Sollmann  
Theme: *Variety of body- psychotherapy methods* (T. Busch, H. Petzold, U. Sollmann, T. Moser, U. Geuter, F. Röhrich)

**Friday:** Theme: *Metatheoretical perspectives - the body in post modern times* (G. Marlock, I. Schmidt-Zimmermann, C. Götz- Kühne, M. Grossmann, A. Wehovsky, H. Krüger-Kirn, M. Fusser)  
Evening: *Pioneers of Body-Psychotherapy* (G. Boyesen, M. Brown, T. Moser, H. Petzold)

**Saturday:** Theme: *Perspectives of a body-oriented developmental psychology*

a) pre-, peri-, and postnatal psychology b) psychomotorics and development of autonomy c) body-psychotherapy with children (M. Thielen, L. Janus, W. Milch, S. Trautmann- Voigt, R. Weber, M. May, U. Bräuer, J. Kiphard, R. Künzler, F. Renggli, A. Eckert, A. Köth)  
In the evening: *Scientific research in body- psychotherapy* (T. Loew, K. Schreiber- Willnow, U. Geuter, M. Thielen, F. Röhrich) Party

**Sunday:** Theme: *Transpersonal perspectives* (W. Büntig, J. Galuska, S. Gerken, B. Schroeter, H. Weiss)

It will be a very interesting program with a lot of opportunities for dialogue and discussion. Most of the lectures and panels will be in German.

Information/registration:  
CTW Congress Organisation  
Thomas Wiese GmbH  
Gosslerstr. 30  
D- 12161 Berlin  
Phone: +49-(0)30-8599-6216  
dgk@ctw-congress.de  
www.ctw-congress.de/dgk

### 3rd Dutch Symposium 7 February 2004 Breathing

Organized by the NVLP (Dutch National Association) in cooperation with biodynamics, bio-energetics, unitives, postural integration and body-oriented working psychologists. The theme will be 'Breathing', the title is unknown yet. Breathing is seen as a specific body-psychotherapy issue. It connects all levels of human functioning and life mystery.



Judyth O. Weaver

Main guest will be Judyth O. Weaver. She is familiar with both Eastern and Western body-psyche issues on therapeutic, physical, experiential, scientific, philosophical, cultural and spiritual levels. As well as that she is a very experienced and great teacher. We look forward to meeting her and being inspired by her and all other workshops and presentations that will be offered by our members and colleagues.

Joop Valstar  
nvlp@planet.nl

### First European Conference on Brief Strategic and Systemic Therapy 6-8 November 2003 in Arezzo, Italy

"Looking back in the past to see the future"  
Info: Secretary of the Conference  
Centro di Terapia Strategica  
Arezzo Italia  
tel. +39 0575 350 240  
fax +39 0575 350277  
ewbsst.conference2003@centroditerapiastategica.org  
www.centroditerapiastategica.org  
www.psicoterapiabrevestrategica.it  
www.giorgionardone.it

## EABP Agenda

### 2003

18-21 September  
German (DGK) National Congress, Berlin  
*Körper -Seele-Selbst*  
dgk@ctw-congress.de

31 October 1-2 November  
FORUM Symposium and FORUM Meeting, Frankfurt  
ilseschmidt@compuserve.com

14-16 November  
Board Meeting, Amsterdam  
eabpsecretariat@planet.nl

### 2004

23-25 January  
National Association Meeting, Italy  
maustup@tin.it

7 February  
Dutch Symposium on *Breathing*  
nvlp@planet.nl

8-10 April  
FORUM Symposium and FORUM Meeting, Vienna  
isaias.costa@chello.at

June  
USABP Conference, USA  
www.usabp.org

### 2005

ISC Congress in Brazil  
Apatyestrada@aol.com