

FORUM

THE FORUM OF
BODY-
PSYCHOTHERAPY
ORGANISATIONS

COLOPHON

Editorial team: Jill van der Aa, Lidy Evertsen, Miriam Gablier, Joop Valstar, Courtenay Young.

After having received the first drafts of the descriptions by all the training institutes and professional associations, Miriam Gablier, Lidy Evertsen and Jill van der Aa succeeded in getting this initial rough and very distinct material transformed into a bouquet of presentations, which, although pretty much formalised, still have their own color and flavor. The introductory texts are rewritings of former material and new current information, initially done by Courtenay Young, and processed further by the editorial team and through feedback from FORUM members. Joop Valstar coordinated the final editing and the design and printing process.

Design: Chiel Veffer vormgeving, amsterdam.

Copies can be ordered from the EABP Secretariat.

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The FORUM has now existed six years. Over this time, the different body-psychotherapy institutes in Europe have formed a 'mutual existence field', where we have managed to stay together, despite our differences, difficulties and disagreements. Together we have worked out common Training Standards, and we have assessed each other in such a way that today all participants experience a greater openness to each other. This is an openness that creates trust and a wish to share how one works and what theories lie behind the many different approaches and viewpoints.

4 For this reason we have expanded the twice-yearly political and organisational meetings from two to three days, so that one whole day, open to anyone, is now dedicated to showing, presenting, sharing, and dialoguing – in appreciation of one or two institutes that introduce their specific methods and approach. We are all finding this an extremely important way of getting to know how the different institutes actually work, what they are 'standing' for specifically and what inspires and provokes the foundation of each institute. This is definitely a way to expand our own view about body-psychotherapy, and to increase the understanding of and the respect for each other. It is greatly appreciated by all who participate.

For the FORUM meetings mostly one to three representatives from the different institutes show up. Apart from the professional content and the width of experience of the members, it is worth mentioning that we all are enjoying the informal aspects as well; in swimming halls, saunas, opera houses, restaurants, hotels, and walking through the cities together – a different European city each time. These meetings give us all an opportunity to get to know each other, to get a bit more 'under the skin', through this deep, friendly and honest contact. These moments of relaxation also give us a necessary breathing space from the critical but caring 'kicking-your-behind' components of the sometimes intense accreditation process. All in all these meetings are very invigorating. They are experienced by the participants as 'standing together', being in a field of Mutual Connection - and not being alone. And this produces the energy to continue in the ongoing work. The desire is to stand together in manifesting body-psychotherapy as an independent and important approach within psychotherapy.

This booklet is one such manifestation – please enjoy and appreciate both the cover and the content. It gives you a possibility to 'get to know' the FORUM and what we stand for a little bit better. All the many facts about the FORUM and, in the main section, all the institutes also present themselves.

Today we are 18 accredited institutes and two professional associations with three more institutes beginning the process of accreditation and more are applying. Please come and join us - you are welcome.

Lisbeth Marcher
FORUM Chairperson

In EABP we welcome this second, and more definitive, booklet on the FORUM of Body-Psychotherapy Organisations. The first booklet, published in 2000, was *about* the FORUM; this booklet is *from* the FORUM. Each institute describes itself, according to an agreed formula, with school history, basic theory and concepts, training description, trainers, state of recognition, literature, publication and research.

The FORUM of Body-Psychotherapy Organisations has matured into its own self-defined entity. This has been a process of twelve meetings, over six years. The FORUM now elects its own Chairperson and has its own budget. It has organised four open seminars where different institutes have presented their work to their peers. Perhaps most importantly it has accredited eighteen different training institutes in body-psychotherapy, in many different modalities, and in ten European countries. These training institutes have been accredited, according to the 1999 EABP Training Standards, by a specific process of self-assessment and mutual recognition. This booklet is a testament to this achievement.

It is significant that the European Association for Psychotherapy (EAP) has now adopted this process. The work of the FORUM is also being recognised, as the first body-psychotherapy training institute is now going for recognition as a European Accredited Psychotherapy Training Institute (EAPTI). Graduates of an EAPTI can be awarded the European Certificate of Psychotherapy (ECP) on completion of their training. This means that newly graduated body-psychotherapists, emerging with an ECP, will be eligible for EABP Membership, and possibly even for national registration as a psychotherapist in their country. Sooner or later the ECP will be recognised by the European Parliament as a sufficient and necessary post-graduate level of professional training in psychotherapy. This implies a 'sectoral' directive for the profession of psychotherapy, binding on all countries.

5 Additionally, six modalities of body-psychotherapy within the FORUM have been accepted as being scientifically valid by the EAP. They have written the answers to the 15 Questions on Scientific Validity, and had these submitted by EABP to the EAP. Modalities so accepted currently include Hakomi, Unitive Psychotherapy, Biodynamic Psychology, Emotional Reintegration, Biodynamic Psychotherapy, and Character Analytic Vegetotherapy. Hopefully, in the future, we will also see European countries recognising body-psychotherapy as a legitimate mainstream branch of psychotherapy.

Many different people have done a massive amount of work to enable body-psychotherapy to get where it is today. More work is being done, all the time, and this booklet is a part of that work. More work still needs to be done and we are making solid and considerable progress. We must not lose touch with our sensitivities for they inform and enhance our work; nor must we lose touch with our passion and enthusiasm for this work; neither must we ignore external standards and criteria. The balance is a difficult and challenging one. All FORUM organisations have accepted this challenge and are working with it admirably.

Courtenay Young
EABP President
Summer 2005

ABOUT BODY-PSYCHOTHERAPY

Body-psychotherapy is a distinct branch of psychotherapy, within the main field of psychotherapy. It has a long history and a body of knowledge based upon a sound theoretical position.

Body-psychotherapy involves an explicit theory of mind-body functioning, which takes into account the complexity of the intersections and interactions between body and mind. The common underlying assumption is that the body reflects the whole person and there is a functional unity between mind and body. The body does not merely mean the 'soma' and that this is separate from the mind, the 'psyche'. There is not a hierarchical relationship between mind and body, between psyche and soma. They are both functioning and interactive aspects of the whole human being. Where other approaches in psychotherapy touch on this area, body-psychotherapy considers it as fundamental.

Body-psychotherapy involves a developmental model, a theory of personality, hypotheses as to the origins of disturbances and alterations, as well as a rich variety of diagnostic and therapeutic techniques used within the framework of the therapeutic relationship. There are many different and sometimes quite separate approaches within body-psychotherapy, as indeed there are in the other branches of psychotherapy.

Body-psychotherapy is also scientifically based, having developed over the last seventy years from the results of research in biology, anthropology, ethology, neurophysiology, neuropsychology, developmental psychology, neo-nathology, perinatal studies and its own experiences and discoveries.

Body-psychotherapy exists as a specific therapeutic approach with a rich scientific basis in explicit theory. There is also a wide variety of techniques, some of which are used on or with the body involving touch, movement and breathing. There are links with some body work therapies, somatic techniques, and complementary medical disciplines, but whilst these may also refer to the body, deal with its physiology, involve touch and movement, they are also very distinct from body-psychotherapy.

Body-psychotherapy has been scientifically validated by the European Association for Psychotherapy (EAP). The following modalities within body-psychotherapy have also been separately validated by the EAP through EABP: Biodynamic Psychology, Unitive Psychotherapy, Hakomi, Bodydynamic Psychotherapy, Emotional Reintegration (ERI) and Character Analytic Vegetotherapy. Additionally Biosynthesis, Bioenergetic Analysis and Psycho-Organic Analysis have been accepted independently of EABP.

ABOUT EABP

EABP is an association of accredited European body-psychotherapists with over 600 members throughout Europe. EABP is legally registered as a professional association in Switzerland. Its main source of income is through membership fees. The Secretariat is in Amsterdam, The Netherlands.

The EABP has a Board of Directors elected by the General Assembly, which is held every two years to coincide with the bi-annual Congress. At this meeting members are also elected or appointed to the Committees dealing in more depth with EABP business. These include the Congress Planning Committee, the Training Standards Committee and the Ethics Committee.

There are semi-autonomous National Associations in Austria, Germany, Greece, Italy, The Netherlands, Russia, Switzerland and Serbia and Montenegro. National Committees exist in France, UK and Scandinavia, which are aiming to form themselves into National Associations. These National Associations and Committees have recently formed themselves into The Council of EABP National Associations and Committees for Body-Psychotherapy.

The EABP National Associations deal with membership applications in their own country and collect the EABP membership fees. They have their own legal and financial structure, elect their own officers, and regulate themselves fairly autonomously. Connection with the EABP is laid down in a legal contract. They organise symposia and congresses about body-psychotherapy in their own countries, and sponsor research and other activities

promoting body-psychotherapy. They also negotiate with, and are often members of, the National Umbrella and Accrediting Organizations (NUO/NAO) for psychotherapy in their country. In some countries working to achieve official recognition of body-psychotherapy in their country is a priority.

EABP is also involved in many other activities such as congresses, events, publications, and political associations that promote body-psychotherapy. These include assisting the publication of research findings in the efficacy of body-psychotherapy, supporting the development of an extensive bibliography of body-psychotherapy, sponsorship of body-psychotherapy events, and developing an extensive website about EABP and body-psychotherapy.

THE RELATIONSHIP WITH EAP

EABP is a member of the European Association of Psychotherapy (EAP) and has been accepted as a European Wide Accrediting Organisation (EWAO). It has a seat on the EAP's Governing Board and representation on the European Training Standards Committee and Scientific Validation Committee. EAP is currently establishing psychotherapy as a recognised profession with appropriate training standards, accredited psychotherapy training institutes and the European Certificate of Psychotherapy, which leads to professional accreditation on a European-wide basis. There is a motion to this effect before the European Parliament.

8 EABP works to gain recognition for body-psychotherapy on a par with other branches of psychotherapy. To this end EABP has voted its agreement with the 1990 Strasbourg Declaration of Psychotherapy and takes the position that psychotherapy is an independent science and profession, with a specific professional role, with various modes of entry and a variety of specialisations.

Now that body-psychotherapy has been accepted as a scientifically valid mainstream of psychotherapy within the European Association of Psychotherapy (EAP), EABP is exerting political pressure within those countries that do not currently recognise body-psychotherapy as being a valid branch of psychotherapy to change their policies and attitudes.

Whilst body-psychotherapy has been accepted as scientifically valid, this acceptance was not extended to all the various different modalities within body-psychotherapy. They are required to get their method, or modality, independently assessed for scientific validity. Currently six modalities within the FORUM have done this, and more are to come. Those training institutes that don't represent a distinct modality within body-psychotherapy, but teach a more generic or integrative form of body-psychotherapy, can now get their institutes accredited for EAPTI (European Accredited Psychotherapy Training Institute) status as well, after accreditation by the FORUM and acceptance by their national organisation for psychotherapy (NAO).

ABOUT THE FORUM

The FORUM of Body-Psychotherapy Organisations is a separate pillar of the EABP and is developing its own goals and aims related to the needs of its member organisations. Over twenty training institutes, professional associations and European-wide institutes, which are all involved in the training and practice of professional body-psychotherapy in Europe currently participate. More are joining annually.

In 1999 the EABP General Assembly gave a mandate to the FORUM to accredit body-psychotherapy training courses according to the EABP Training Standards by a process of self-assessment and mutual recognition. After an extensive self-assessment process, two assessors from different institutes and different countries visit the Institute and meet with their trainers and trainees. The assessors report back in writing to a meeting of the FORUM, and then after discussion at a FORUM meeting with assessors and training institute present, a decision is taken whether to accredit that institute or not. Up to 2005 twenty institutes have been accredited, of which two have subsequently had their accreditation revoked. Several more are in the process of accreditation. This process is subject to scrutiny by the EABP Training Standards Committee and to review by the EABP Board and the General Assembly.

The one-day symposia organised to coincide with its twice-yearly meetings have become quite a feature of the FORUM meetings. One or two institutes present their work followed by discussions on theory and method, providing excellent opportunities for in-depth professional exchange. As institutes come from many European countries, their teachers have very varied backgrounds, languages and cultures, and combined with different body-psychotherapy modalities, this often brings quite opposing views. However there is an atmosphere of inquiry, a vigorous exchange of theory and methodology and the institutes have slowly become familiar with each other's approaches and are moving towards more common ground.

The FORUM elects its own Chairperson, who is a full voting member of the EABP Board and represents the interests of the FORUM there, and informs the FORUM about issues that affect it. The FORUM is, increasingly, also being represented independently at meetings of the EAP.

STATUS OF THE FORUM

Legal Status: The Articles of Association of EABP, Article 4.1. state that: *Members may be natural and corporate bodies. Reciprocal membership agreements may be concluded with corporate bodies that have identical objects.*

The original proposals for the FORUM of Body-Psychotherapy Organisations were passed at the General Assembly in Pamhagen, Austria in May 1997 and were subsequently endorsed at the General Assembly in Travemünde, Germany in September 1999.

9 These motions also defined Organisational Membership of EABP and the role of the FORUM in accrediting training organisations on behalf of EABP and according to the EABP Training Standards. It has since been clarified by the Board of EABP and in meetings of the FORUM, that all FORUM members must first be an organisational member of EABP and that FORUM membership and annual FORUM fee is supplementary to this.

ORGANISATIONAL MEMBERSHIP

Before becoming a member of the FORUM member organisations must first join the EABP as organisational members through the National Association of their country, if there is one.

Organisational members are properly constituted organisations that:

- recognise the EABP definition of body-psychotherapy and the work of a body-psychotherapist
- basically support the aims and objectives of EABP
- are actively working in body-psychotherapy.

At least one person in that organisation must be an individual EABP member. They can then attend the biannual EABP General Assembly, put motions to the General Assembly on behalf of their Institute or Association and carry the vote for that organisation.

Other members of the institute or association may also attend the EABP General Assembly even though they are not full EABP individual members. They must identify themselves as such and during discussions of matters directly pertaining to institutes or associations may be invited to speak by the Chairperson of the Meeting. However they have no voting rights.

The organisational membership fee is currently 190 Euros per year.

HOW TO JOIN THE FORUM

Once the above formalities have been completed the organisation can then contact the FORUM and is invited to attend at least two FORUM meetings. At the first meeting introductions are made. A prospective member usually brings copies of their literature and describes the type of body-psychotherapy that they are involved in and something of their training and organisational structure. Essentially this introductory process is to see whether the organisation fits generally within the field of professional training in body-psychotherapy. At the second meeting, the organisation's membership is voted on by the FORUM. A significant majority of votes is needed.

FORUM MEMBERSHIP

A corporate body or organisation in body-psychotherapy, such as a training institute, a professional association in a particular country or city, or a European-wide organisation (such as a collection of institutes or one representing a whole modality) needs to fulfil the following criteria:

- A **Training Institute** should have been in existence for about four years and have a minimum of one crop of graduates. It should have a legal organisational or corporate structure with an appropriate code of ethics and complaints procedure, so that there is a level of professional accountability. At least ten people should be involved.
- In the case of a **Professional Association** of practicing body-psychotherapists (as in a particular country or city), all, or most of the practitioners involved should be able to fulfil the full membership conditions for EABP.

- **European-wide Organisations** (from a particular modality within body-psychotherapy) with a large membership of their own should have membership criteria, ethics and professional standards compatible with EABP. Individuals, within this institute membership, should be able, by-and-large, to become full individual members of EABP, if they so wish, without doing any more professional training.

FEE STRUCTURE

The annual FORUM membership fees current for 2005 are structured as follows. Fees are over and above the 190 Euros for EABP organisational membership fee.

For up to 25 trainees/members	80
For 26-60 trainees/members	180
For 61-100 trainees/members	270
For more than 100 trainees/members	360

Fees for FORUM membership are adjusted periodically to reflect the real costs of the FORUM. The EABP Treasurer maintains FORUM income and costs separately from EABP central funds and presents accounts and budgets to the FORUM annually.

In return for their membership, FORUM organisations receive copies of minutes of FORUM meetings, EABP mailings, Newsletters and invitations for delegates to take part in the FORUM meetings.

FORUM MEETINGS

FORUM members are required either to send a delegate to each FORUM meeting, or if this is not possible, to send an apology for absence. Members who have not attended for a year, nor sent apologies, are contacted and asked to rectify the situation.

Continued non-attendance or non-payment of fees after two years results in the organisation forfeiting their FORUM membership, and also thereby any FORUM and EABP accreditation of their training, or endorsement of their professional activities.

FORUM meetings are held twice a year over a weekend, hosted by one of the institutes. Topics that are discussed at the meetings include membership matters, the implementation of EABP Training Standards, accreditation procedures, relationships with the European Association for Psychotherapy (EAP) and National organisations (NUO/NAO), codes of ethics, research programmes in body-psychotherapy, the scientific validation process for body-psychotherapy and its various modalities, continuing professional education, eventual joint projects in the future and refining any relevant regulations.

The FORUM is chaired by an elected representative of a member organisation of the FORUM. This person must also be a member of EABP and is put forward as the FORUM representative onto the EABP Board. The EABP General Assembly ratifies their nomination to the EABP Board. Recently the FORUM has also elected a Co-Chairperson.

Meeting costs, circulation of minutes, payment for printing of FORUM booklets and information, postage and secretariat costs and small contributions to other EABP costs (website, Training Standards Committee) directly relating to the FORUM are paid for by FORUM membership fees. Decisions about other expenditure from FORUM fees are a matter for the FORUM meetings, and subject to a vote.

The FORUM membership fees do not include travel, accommodation and meals for participants. Only the FORUM Secretary is compensated for attending the meetings. Arrangements are usually made to keep these costs as low as possible.

All fully paid-up member organisations of the FORUM, have one vote at FORUM meetings, which they may also assign to another organisation's representative. Motions or resolutions passed by a simple majority vote at these FORUM meetings are taken directly to the Board of EABP, which is advised to take cognisance of these opinions and to respond suitably by the next FORUM meeting.

EABP GENERAL ASSEMBLY

The FORUM has been mandated by the EABP General Assembly (Travemünde, 1999) to accredit body-psychotherapy training organisations according to the current EABP training standards. This mandate is reviewed regularly. A full written report of the activities of the FORUM (about the training organisations assessed and the process of assessment) is presented to each General Assembly and the FORUM representative attends and reports to the EABP Board meetings. The EABP General Assembly reviews the FORUM mandate for accreditation regularly and endorses the accredited institutes.

TRAINING STANDARDS

The FORUM works together with the EABP Training Standards Committee to ensure that the training standards are up-to-date and relevant. The EABP Training Standards Committee also has an overview and monitoring function of the work of the FORUM, reporting to the EABP Board and to the General Assembly.

APPLICATIONS

Application forms for EABP individual full membership, the organisational membership and the FORUM self-assessment forms are available from the EABP Secretariat or from the EABP website www.eabp.org. Most documents and regulations mentioned in this booklet can be found on the website as well. Any further questions can be directed to the Secretariat.

**MEMBERS
OF THE EABP FORUM
OF BODY-PSYCHOTHERAPY ORGANISATIONS**

TRAINING INSTITUTES

			Accredited by the FORUM
14	Austria	Arbeitskreis für Emotionale Reintegration (ERI), Vienna	September 1999
16	Denmark	Bodynamic International, Copenhagen	September 1999
18		Institute for Life Energy Copenhagen (LEP), Copenhagen	Not yet accredited
20	Finland	Finnish Institute of Character Analytic Vegetotherapy, Helsinki	March 2001
22	France	École Biodynamique, Montpellier	September 1999
24		Institut de Formation en Communication et Thérapie Psycho-Corporelle (IFCC), Strasbourg	March 2005
26	Germany	Ausbildungszentrum Transformative Körperpsychotherapie, Berlin	October 2000
28		Core Energetic Institute, Essen	February 2001
30		European School for Biodynamic Psychology (ESBPE), Lübeck	September 1999
32		HAKOMI® Institute of Europe, Heidelberg	September 1999
34		Zentrum für Integrative Körperpsychotherapie und Humanistische Psychologie, Frankfurt	September 1999
36		Zentrum für integrative Körper- und Psychotherapie, Hamburg	September 1999
38	Greece	Greek School of Training in Vegetotherapy and Character Analysis (EINA), Athens	September 1999
40	Italy	European School of Functional Psychotherapy (SIF), Naples	September 1999
42		Società Italiana di Biosistemica (SIB), Rome	September 1999
44	Netherlands	Nederlands Instituut voor Biorelease & Biodynamische Psychologie (NIBB), Amsterdam	September 1999
46		Vereniging voor Unitaire Psychotherapie (VUP), Amsterdam	September 1999
48	Portugal	Asas e Raízes, Terapia e Formação Lda, Porto	Not yet accredited
50	Serbia and Montenegro	Tepsinteza - YU Training School of BodyPsyntesis, Belgrade	October 2004
52	Spain	Escuela Española Reichiana (EsTeR), Valencia	March 2001
54		Escola de Terapia d'Integració Psico-Corporal (ETIP), Barcelona	Not yet accredited

PROFESSIONAL ASSOCIATIONS

56	France	Association Européenne de Thérapeutes Psycho-Corporels et Relationnels (AETPR), Strasbourg
58	Germany	Gesellschaft für Biodynamische Psychologie und Körperpsychotherapie GBPeV, Mannheim



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School history

In 1982 Peter Bolen founded the Wilhelm Reich Institute in Vienna and remained as a trainer for Reichian body therapy until 1984. In 1988 the method and theory of his training started taking its own form, differentiating itself from the Reichian therapy integrating elements of gestalt, primal therapy and psychoanalysis. It was renamed and from then on called Emotionale Reintegration. The Institute Arbeitskreis für Emotionale Reintegration was founded by Peter Bolen, Ingeborg Hildebrandt, Achim Hofmeister and Angelika Scheffknecht. In 1991 the first issue of the official journal of the Institute - PULSATIONEN was published. Up until 1998 more than 250 people had gone through the training program of the institute of which 100 have kept on working as psychotherapists, accredited by the Austrian health authorities. There are also many trainees working in Public Health Institutions.

Basic theory and concepts

Emotional Reintegration is mainly defined by its 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 defenses 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.

Training description

In 1998 the legal situation in Austria changed, which prevented the Institute from offering full training in body-psychotherapy. However different modules are offered as introductory courses for non-therapists or as specialisations for working psychotherapists.

Trainers

Dr. Peter Bolen, Dr. Isaias Costa, Dr. Kurt Finger, Maga. Margarete Finger, Ingeborg Hildebrandt, Angelika Hofmeister, Mag. Joachim Hofmeister, Dr. Udo Stalzer, DDr. Gerhild Tanew-Iliitschew, Dr. Heinrich Wedral, Mag. Christian Zitt.

State of recognition

Arbeitskreis für Emotionale Reintegration was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999. Emotional Reintegration was scientifically validated by the European Association for Psychotherapy (EAP) in 2004.

EABP Members

Irene Bergner, Isaias Costa, Marianne Doblinger-Wallner, Margarete Finger, Ingeborg Hildebrandt, Joachim Hofmeister, Maria Koch-Rokop, Christina Kofler, Udo Stalzer, Klaudia Szépfalusi-Eibel, Gerhild Tanew-Iliitschew, Heinrich Wedral, Christian Zitt, Ludwig Zlamal.

Literature - publication - research

Within the ERI institute we engage in research activities keeping in mind that maintaining a high scientific level is one way of ensuring a high quality in the therapeutic work. We have our own scientific journal, publish in other specialized newsletters and are engaged in research activities.

Our research activities encompass:

- Case studies. Notes are regularly taken from sessions, practitioners receive regular supervision and interesting cases are thoroughly discussed in groups.
- Theoretical essays. Another important scientific investigation procedure is the writing of skilled work, which encourages professional discussion. This practice, which is a training requirement, is often voluntarily maintained after their study by ERI practitioners.
- Statistical investigations. ERI also makes use of methods from the natural sciences, in order to examine the connection between diagnosis, treatment and healing. Research work in this area has been published regularly. This issue has also been the subject of studies by the Department of Psychology at the University of Vienna.
- Since 1988 we have also maintained the tradition of an 'Arbeitskreis', a trimestral meeting of the Institute members to discuss clinical issues.

All those activities are documented and published in our journal PULSATIONEN, which is available in the Austrian National Library and in the Vienna University Library or under subscription. It has appeared four times per year since 1991.

The editor is Isaias Costa and can be reached at Isaias.costa@chello.at. A list of publications can be found on our homepage www.eri.at.lv.





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School history

Bodydynamic International has been formally based in Denmark since 1982 but also has institutes in Vancouver Canada, California, The Netherlands, Greece, Russia, Japan, Norway and Sweden. Members of the institutes actively pursue the development and refinement of the Bodydynamic theories. The institutes provide workshops and training in Bodydynamic Analysis to professionals in mental health and body therapies, and workshops for general interest as well as personal growth for interested people. They also have programs for Bodydynamic therapists to become trainers. They regularly address international conferences on the methods employed working with character structure, shock trauma (PTSD), and birth trauma, as well as issues such as communication, social and psychological education and team building.

Basic theory and concepts

Bodydynamic Analysis is a unique style of somatic developmental psychology that evolved from 25 years of research into psychomotor development by Lisbeth Marcher and her colleagues. They called their systematic approach Bodydynamic Analysis and founded the Bodydynamic Institute. Their key insights include the belief in mutual connection and individual dignity as the primary human drives and the discovery that each muscle, as it awakens in the developmental process, also acquires a psychological imprint. Adult behavioural disorders are often rooted in the disruption of healthy connections, which the client experiences during one or more stages of childhood development. Marcher and her colleagues recognized seven distinguishable stages of development that form a map of childhood. Every muscle in each stage is correlated with its corresponding psychological function. From this map a precise assessment of healthy, collapsed, or held back developmental resources is made. A qualified therapist trained in this comprehensive discipline can determine which age-appropriate resources a client needs to learn, and work with specific movements to activate muscles within a developmental age level. This resourcing supports the resolution of past injuries and

increases the client's capacity for making healthy choices. These words from Rev. Martin Luther King speak to this:
In a real sense all life is interrelated. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the interrelated structure of reality.

Bodydynamic theory contains the following models: character structure, aspects of the ego, functions of the ego, the bodymap, the bodyknot, a model of differentiation between five levels of interaction and therapeutic work, post-traumatic stress models, the womb and birth model, life-mode analysis and socialization, different modes and modalities of touch and movement, levels of human consciousness, connected to an understanding of energy fields, principles of understanding and integrating peak-experiences, active sensing, tracking transference and counter-transference in interaction and team building.

Lisbeth Marcher and Erik Jarlmaes



Training description

There are three professional training programmes in the Bodydynamic System; the Foundation, Practitioner and Analyst Training, which are sequential and lead to two levels of certification. There is also a specialised program in PTSD/Shock Trauma. Bodydynamic Institute, Denmark also offers teacher training in the Bodydynamic system: graduation from the Foundation and Practitioner levels are pre-requisites.

The Foundation Training is the first year of the four-year training and is suitable for professionals who work with people. Students achieve a greater knowledge of the interaction between psychological, social, emotional, and sensory development. Previous trainings have included somatic psychologists, counselling therapists, physicians, teachers, chiropractors, physical therapists, massage therapists and business personnel seeking a deeper understanding of healthy human development and its application to people's lives. The teaching method includes mini-lectures, group discussion, exercises for personal exploration, movement, body reading, and demonstration. It is both theoretically structured and deeply experiential. This combination affects the self-understanding and personal process of the participants. However, this is not a therapy workshop and personal processing mainly occurs through group check-in, peer therapy exercises and the occasional demonstration or intervention. The Foundation Training is presented in a modular format, which differs from country to country – 4 x 5, 13 x 2, 8 x 8, 3 x 6, and 5 x 4 days. This training focuses on the development of character structure.

The Practitioner Training This advanced training in Bodydynamic Analysis - the last three years - is designed to give trainees a deep working knowledge of the Bodydynamic system of body-psychotherapy. Completion of the Bodydynamic Foundation Training is a pre-requisite. The training is held in a

residential format and presented in twelve modules of six days over three years (a total of sixty-seven days). The training also includes ninety hours of supervision and eighty hours of personal therapy from a recognised Bodydynamic analyst or psychotherapist. Some of the main topics on the Practitioner Training syllabus are: in-depth exploration of the Bodydynamic developmental character model, in-depth study of muscle anatomy, bodymapping, body reading, body awareness, bodydynamic massage, shock work, boundary development and boundary formation, group psychology and group training experience.

The Analyst Training can be completed after the fourth year and certification, as a Bodydynamic analyst is possible.

The PTSD / Shock Trauma Training

The Bodydynamic system makes a distinction between developmental trauma, which develops over time within a character structure and shock trauma (PTSD), which is the result of becoming stuck in the normal shock response. Here the trauma becomes specifically associated with a shock. The training teaches the differences between developmental trauma and shock trauma and the differences in working with crisis. The aim of therapy is not only to work with the cause of the shock trauma, but also to help the client develop new cognitive and body-oriented resources for action. Pre-requisite: Graduation from the Foundation Training in Bodydynamic Analysis and/or previous professional training and practice in working with trauma clients.

Trainers

Lisbeth Marcher, Erik Jarlmaes, Merete Holm Brantbjerg (Sweden and Norway), Ditte Marcher, Otto Krag, Michael Gad, Steen Jørgensen.

State of recognition

The Bodydynamic Institute was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999. The Bodydynamic method was scientifically validated by the EAP European Association of Psychotherapy in 2001.

EABP Members

Lisbeth Marcher, Erik Jarlmaes, Merete Holm Brantbjerg.

Literature - publication - research
Body, Breath, & Consciousness – A Somatics Anthology – A collection of articles on Family Systems, Self-Psychology, The Bodydynamics Model of Somatic Developmental Psychology, Shock Trauma, and Breathwork, Edited Ian Macnaughton, North Atlantic Books, 2004.



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School history

Institute for life Energy has been training professionals in its method for over twenty years in Europe and in the U.S. There are Training Institutes in Copenhagen, Köln, Munich and Zürich.

Basic theory and concepts

Life Energy Process (LEP) developed by Dr. Stéphane Sabetti, is a holistic system of body-psychotherapy, education, expression, health and lifestyle, which has evolved from more than thirty years of informal research in eastern and western energy methods and concepts.

Life Energy Process as a body-psychotherapeutic approach has been influenced by Reichian work, bioenergetics (Pierrakos, Lowen) and gestalt therapy combined with eastern methods of healing (yoga, shiatsu, acupuncture, martial arts etc.). In LEP the psyche and the body (soma) are inseparably connected in a functional unity, which means that all psychological and mental disturbances also have a somatic component. The medium for this connection is Life Energy, which is the uniting force. In principle Life Energy is always flowing towards wholeness, unless it is disturbed. Our problems, conflicts and dis-eases are all symptoms of an underlying disturbance of the internal energy flow, which can be seen in the body as muscle armouring, contractions and holdings. In LEP these blockages/armouring are viewed as energy patterns of dissonance. In order to release these patterns, LEP works with resonance psychology. Put simply this means that every human being has an individual frequency band, a 'signature' frequency that defines the person.

Anything dissonant such as traumas or conflict causes problems and dis-ease in the system. In order to let go of the patterns of dissonance/holding, we need to find resonance with this signature frequency. This allows the client to release all that is not resonant with it. There is no breaking through the holding, but a 'letting through' whatever is not healthy for the system, in addition to the more traditional 'working through' procedures.

The work of the LEP therapist is to support the client with movement or touch, to come into resonance with his/her body, energy flow and signature frequency. It is important to underline the fact that the energy-system of the individual knows its way back to wholeness and that there is an inherent intelligence in the system. In contact, this healing channel directs the client to the blockage that is ready to be released. Coming into resonance, the client becomes more aware of the patterns of dissonance in the body and psyche.

This increased clarity and understanding supports the client to take the steps towards a gradual change, letting go of the dissonant pattern, moving into a more healthy way of living and relating to life.



Stéphano Sabetti

Today LEP consists of twelve different forms of the method; Aquasus®, Atra®, Dansergia®, Musicia®, Teatro Energetico®, Vocia®, Energy Pedagogy®, Life Energy Therapy®, Organetics®, Shinkido®, Sphurana Yoga®. An essential communication form called Process Inquiry® (P.I.) has also been developed, which is used in combination with the body-psychotherapeutic approach.

Training description

Training to become a Life Energy Process therapist takes place in Germany and Denmark and is a four and a half to five-year training program, combining theory, self-experience and practical training. It is also possible to take shorter courses in the LEP method.

The training is organised in two parts, one basic training in the method, and one advanced training to become a therapist or consultant.

The basic training, also called Change Catalyst Program, takes one or two years and teaches the trainee to become a Change Catalyst in his/her own professional field e.g. someone that understands and is trained to support change-processes. It is an intensive training including self-experience in body-psychotherapy, courses about change-dynamics and training in essential communication (Process Inquiry®).

The advanced training program is for those who would like to become therapists or consultants in one of the forms. The training takes three to five years and includes:

- self-experience/therapy
- theory
- practical body-psychotherapy training
- supervision
- courses in psychodynamics, group dynamics, etc, all with an energetic/dynamic perspective.

Trainers

- Dr. Stéphane Sabetti: Founder of the Institute for Life Energy, Doctorate in counselling psychology (Boston University), former field advisor in clinical psychology (Antioch University). Trained in bioenergetics with A. Lowen and J. Pierrakos, gestalt therapy with I. Fromm, L. Pearls and F. Pearls. Also studied eastern medicine, shiatsu, hatha and oki yoga, martial arts, dance and organisational development. Dr. Sabetti, founder of Life Energy Process and its various forms, has presented his work for over thirty years in many countries throughout the world.
- Antonia Lüdke: Teacher, psychologist, clinical transaction analyst, Germany.
- Widmantas Skutta: Teacher, psychotherapist and organizational consultant, Germany.
- Vivian Persson: Teacher, expressive psychotherapist and dancer, Denmark.

State of recognition

Institute for Life Energy is in the process of accreditation by EABP (in 2005).

EABP Member

Antonia Lüdke

Literature - publication – research

Books:

Sabetti, Stéphane, *Life Energy Process – Forms, Dynamics, Principles*, Life Energy Media, 2001, ISBN 3-935488-19-X
Sabetti, Stéphane, *Waves of Change*, Life Energy Media, 1993, ISBN 0-937725-09-9
Sabetti, Stéphane, *Wholeness Principle*, Life Energy Media, 1986, ISBN 0-937725-11-0
There are many small booklets, videos/ DVD's and audio recordings that can be seen on www.lifeenergymedia.com



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School history

The general aim of the Finnish Institute of Character Analytic Vegetotherapy is to endorse health and to alleviate psychic and physical pain. The Institute strives for further acknowledgement of Character Analytic Vegetotherapy and to cultivate the societal conditions for applying it. The main areas of work are education, publishing and research. The Institute arranges education and training programmes at different levels and for different groups of people including health professionals, people involved in theatre and motion pictures, athletes and laymen. The educational activities are both national and international. The Institute participates in scientific discourse in the field of psychotherapy, which includes participation in congresses, publication of our own work and cooperation with other training institutes.

Basic theory and concepts

Character Analytic Vegetotherapy was first developed by Wilhelm Reich in the 1920s and 30s in Vienna and Berlin, as a modification of psychoanalysis. He placed more emphasis on working with negative transference at the start of therapy and focussed on the bodily expression of emotion and character and its discrepancy with the spoken word. Character Analytic Vegetotherapy is a form of psychotherapy. It focuses on bodily phenomena such as muscular activity, breathing, bodily posture, muscular tensions, the function of the autonomic nervous system, energetic charge, facial expressions and non-verbal interaction. It also considers interactive processes such as how the musculo-skeletal system interfaces and influences the emotional life of a person and vice versa, or how the client and the therapist respond to each other both at physical and psychic levels.

The method is suitable for working with psychiatric, borderline, traumatised and addicted clients as well as those with psychosomatic symptoms or those with psychoneurotic and characterological problems. People who are not mentally ill or

in great distress, but wish to enhance life skills, relationships, communication skills, or psychosomatic functioning can also benefit from this method. Part of the process is also educational, for instance when a client wishes to understand the inter-relationship between their bodily feelings, emotions, symptoms etc.

Character Analytic Vegetotherapy works with emotional, cognitive, symbolic and somatic issues. It sees change as a natural factor. With respect to health and illness, it starts from the fact that it is natural for the human animal to be exposed to change. Furthermore, it holds that we are both physical and psychic beings endowed with emotions, and it is exactly this complexity of material and immaterial elements that makes us human. All that concerns us is simultaneously physical and psychic.

The concept of psycho-somaticity also applies to the emotions. The word emotion comes from the Latin word ex-movere, meaning to move outwards; it contains the notion of movement and the notion of externalisation. Consequently, an emotion can be seen as a way by which human beings strive to express themselves out of their biological centre. This process of externalisation, of coming out, requires movement of the bio system, so that the emotion becomes visible. An emotion provokes a series of physical changes in our organism, and when these physical reactions reach our mind, the emotion becomes conscious, that is, we make cognitive contact with the primarily biological element.

We share the view of Ola Raknes about psychological health, although we do not see it as a complete picture. It includes:

- the capacity for complete concentration
- the capacity for and feeling of contact, both with oneself and with other people, with nature and art and, for instance, with the tools one uses in one's work
- freedom from anxiety when there is no danger and the ability to react rationally even in dangerous situations - and courage to enter voluntarily into dangerous situations when one sees a rational important purpose in doing so

- a deep and enduring feeling of well-being and strength, a feeling of which one can become aware each time one directs attention to it, even when struggling with difficulties or when feeling bodily pain; some of these feelings can be traced to the feelings of pleasure in the genitals during expiration.

We are also aware of the social and cultural constraints that shape our lives by limiting an individual's capability for pleasure, expansion, creativity, growth, etc. Therefore, preventive work is important. As followers of Reich we support organomic prophylaxis with the objective of preventing the formation of the character-muscular armour during childhood by paying attention to the conditions that affect the development of a human being right from gestation.

Since Reich we have continued to use language as the way to access character analysis and direct work on the body as the way to mobilise and unblock the muscular armour; when structurally integrated, both of these tools allow analysis of the character-muscular armour. In the therapeutic context, language has the function of integrating experiences brought out in bodywork as well as the emotions associated with these experiences. Language is not used as an analytic instrument, but as a way to perform character analysis.

Character Analytic Vegetotherapy aims to transform experience and behaviour by using awareness of the body, sensations, emotions and the interactions of cognitive processes and behaviour. It pays special attention to the connection between the autonomous nervous system, emotions, and character. Because breathing can get one in touch with the unconscious, it focuses on exploring different ways of breathing and the effect of different breathing patterns.

In Character Analytic Vegetotherapy touch is used for different purposes. Touching or massaging a muscle can be used to make a client aware of muscular tension and to regulate it. It can be used to gather information about muscles and connective tissue or emotional support and it may also facilitate and support the establishment of new breathing patterns and bodily movements.

Character Analytic Vegetotherapy is an offspring of Freud's psychoanalysis and has a lot in common with all the dynamic and analytic traditions including working with resistance, which is an important issue in this field.

Training description

The Psychotherapy training takes four years.

Trainer

Markku Välimäki

State of recognition

The Finnish Institute of Character Analytic Vegetotherapy was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in March 2001. The Character Analytic Vegetotherapy method has been scientifically validated by the EAP, European Association for Psychotherapy. The Institute is a professional non-profit legal organisation operating under the legal, financial and health laws of Finland and the EU. Members must adhere to the ethical rules of the Institute and also those of the Finnish National Authority for Medico-legal Affairs and EABP.

EABP members

Markku Välimäki, Gordon Harris

Literature - publication - research

Publishing activities include translations of Wilhelm Reich's works, dissertations and students' papers, a newsletter and a journal. Research activities are centred round psychotherapy and the performing arts.





School history

The school was established in 1987 in Montpellier by Christiane and François Lewin based on Biodynamic Psychology, the work of Gerda Boyesen. Gradually the school spread to Paris, Lyon, Brazil, Argentina and, most recently, Brussels. The Biodynamic psychotherapists founded a professional association (APPB) in 1992 for the purpose of exchange and research. Under the name REALITÉS the school works in institutions, companies and hospitals, to address problems arising in those situations such as work stress, pain management, everyday violence, professional relationships.

There are full professional training programmes in Paris, Lyon, Montpellier, Sao Paulo, and Brussels.

In Paris and Montpellier the school owns its own premises with office space and several rooms for groups as well as for individual therapy. Premises for training in the other cities are rented on a regular basis.

Basic theory and concepts

Initiated by the Norwegian Gerda Boyesen fifty years ago, Biodynamic Psychology is based in the current of Reichian theory, working on body armour and recollection of the past, and on the psychotherapeutic massages of Bulow Hansen, developed from the ancient Scandinavian care for the body. This method studies the energetic circulation of the psyche in and through the body. It takes into account the different levels of being: mental, emotional, physiological and spiritual, with adapted strategies for each of these aspects. Aware of the specific rhythm of each and everyone of us, it has developed a special attention to the neuro-vegetative regulation that allows an in-depth integration of life changes, with a particular interest in the psycho-peristaltism, discovered by Gerda Boyesen, which is the ability of the intestine to digest emotions and stress. Within that spirit, Biodynamic Psychology has a wide range of psychotherapeutic tools that can adapt to different psychological or somatic structures: vegetotherapy, Biodynamic massage, breathing work, regression, psychodrama, imagery, dream analysis...

Training description

The curriculum has developed and widened over the years, and reflects the rich backgrounds of the various trainers.

The programme is structured over five years in three cycles:

- experiential - self-awareness - sensitivity development - one year
- the basics of biodynamic psychotherapy - observed student clinic - two years
- deepening understanding of specific themes - observed student clinic - supervised clinical practice - presentation of final dissertation - two years.

The range of activities has broadened over the years. We now offer:

- full five-year professional trainings in biodynamic psychotherapy
- self-development workshops on specific themes in the first cycle
- specialisation for psychotherapists including those from other schools
- specialisation for health professionals, social workers and educators
- supervision groups
- training in biodynamic supervision
- development of biodynamic trainers.

Trainers

The core team members were trained by Gerda Boyesen and are all experts in their own field, with at least twenty years of experience. They come from Belgium, Brazil, France, Germany, Great Britain, Holland, Switzerland and Venezuela.

There is also a French team of more recent graduates of the school with at least ten years experience.



▲ François Lewin
▶ Christiane Lewin-Gros

Main trainers:

François Lewin	France
Christiane Lewin-Gros	France
Alberto D'Enjoy	France
Rubens Kignel	Brazil
Akim Korte	France
Claire Pennamen	France
Véronique Pioch	France
Michèle Quoilin	Great Britain
Clover Southwell	Great Britain
Sylvie Richard	France
Roger Tellenbach	Switzerland

Guest Biodynamic trainers:

Ebba Boyesen	Germany
Menno de Lange	Netherlands
Michel Heller	Switzerland
Cora Sliker	Netherlands
Sylvia Wieland	Switzerland

Links have been established with other biodynamic institutes and also with Biosynthesis in Brazil, the Functional Psychotherapy and Biosystemic Institutes in Italy, the Reich Institute in Greece and the London school of Biodynamic Psychotherapy. We welcome student exchange visits between the schools.



State of recognition

École Biodynamique was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999. The Biodynamic method was scientifically validated by the EAP, European Association for Psychotherapy (EAP) in July 2001. The school has been registered since 1987 as Organisme de Formation Professionnelle by the relevant French organisations.

The school is ready for the ECP but is reticent for three reasons:

- There is a slide towards academic criteria, which are interesting in themselves, but are still secondary to the sensitive ability of the therapist, aware of his life experience. That choice eliminates people from the therapeutic field who do not have an academic background, despite having profound human experience.
- There is a uniformity of criteria in Europe even though cultures and characters vary widely in European countries.
- There is a great administrative demand for concrete results which are not possible at the level of professional practice in France and in almost every country in Europe. For the time being, graduates of the school can set up a practice in France (and therefore in the entire European community) as a psychotherapist. If there is a modification in the legal status, the school is ready to react to ensure that graduates can continue their work.

EABP Members

Christiane and François Lewin

Literature - publication - research

Boyesen, Gerda, *Entre Psyché et Soma*. (ed. Payot)
Collected Papers of Biodynamic and Biodynamic Journal, London
Two journals - *Diagonale* et *Le Canard Biodynamique* - have been edited by the Professional Association since 1991. Many lectures have been given in different countries and at international congresses. Lectures have been published in national journals such as *Biocontact*, *Soleil levant*, etc.



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School history

1982 - Eliane Jung and Claude Vaux first led a gestalt therapy and postural integration training in Strasbourg.
1995 - They initiated the Creative Communication Training Institute (IFCC).
1997 - IFCC joined the French Psychotherapy Federation (FFdP), a member of the European Association of Psychotherapy (EAP).
2003 - Eliane Jung and Claude Vaux became members of the European Association for Body-Psychotherapy (EABP). Eliane Jung now represents EABP within FFdP.
300 people have been trained by the Institute to date. 30% work in private practice and 40% use their training to enhance their function at work. The others use it for their personal growth.

Basic theory and concepts

The body is made up of connections originating in each person's individual and collective history. It is a living memory carrying the inheritance of the human species. Body-psychotherapy helps us to discover this 'intelligence of the body' and to develop a clearer link with our surroundings.
The frame of the therapy is derived from gestalt therapy as defined by Fritz Perls, from analytic therapy as defined by Carl Gustav Jung, and from Wilhelm Reich's character analysis.

The method we teach – Psychotherapeutic Postural Integration (PPI) – is linked to humanistic psychology. It associates postural integration, gestalt therapy and the practice of regenerative movement, thus giving a special place to the body, to its language and its various ways of expression.
The method aims at:

- allowing a constructive integration of the antagonistic and conflict elements of our personality
- favouring more freedom of expression and of choice
- revealing and/or giving more strength to our creative potential.

Training description

A four-year psychotherapist training
Teaching time: 132 days (1056 hours) plus 120 hours of personal work with models.

First year. Preparatory course. Teaching is mainly experiential and lasts 30 days (240 hours), including 19 days of group-therapy

work, a five-day body-psychotherapy seminar, two days of theoretical introduction to gestalt therapy and eight individual sessions.

Second and Third years. Teaching is mainly didactic, but stays experiential. Prerequisite: a two year personal psychotherapy and advanced experience in group work, or training in another psychotherapy method, or having completed the preparatory year. The 60 training days (480 hours) over two years include 11 non-residential and residential seminars and six individual sessions.

Fourth year. The teaching is didactic and accompanies a beginning of the professional practice.

Prerequisite: having completed the second and third training years.
30 days (240 hours), including working as an assistant in a seminar, one residential eight-day seminar, five non-residential seminars.



Eliane Fliegans-Jung



Claude Vaux



Pierre-Yves Brissiaud



Paul Rebillot



Jack Painter



Lucien Tenenbaum



Cornélia Schuppisser



Serge Ginger



Lydie Lettmann

Psychopathology module. Four 3-day seminars. Contents: mental disorders, normality borders, the psychiatric approach, DSM IV, neurosciences, clinical syndromes of personality disorders and their nosography, depression, psychopathology of sexuality.

Supervision. Two supervision groups meet one day a month (nine month cycles). As well as this, two three-day more specifically body-psychotherapy seminars are offered in a year.

The Body Psychotherapist diploma. To obtain his/her diploma, the trainee has to present a memoir to a jury discussing the work conducted with his/her two 'models', the methodologies s/he used and a theoretical theme. She/he makes a commitment to abide by the deontological code of the European Association of Psychotherapy (EAP).

Trainers

Eliane Fliegans-Jung An ECP-holder clinical psychologist, accredited supervisor for the Ecole Parisienne de Gestalt (EPG).

Claude Vaux An ECP-holder psychotherapist, graduated in management, master's degree in psycho-sociology and sciences of education.

Pierre-Yves Brissiaud An ECP-holder psychotherapist. Specialised in psychopathology and relaxation, clinical Sophrology, sex-therapy.

Paul Rebillot A Gestalt psychotherapist, founder of the Experiential Gestalt School, he is renowned for his inventive seminar structures such as The Hero's Journey, Owing the Shadow, Death and Resurrection.

Jack Painter A professor of philosophy, psychotherapist and founder of Therapeutic Postural Integration and of Therapeutic Energetic Integration. He leads the San Francisco Centre of Release.

Dr Lucien Tenenbaum He has worked as a psychiatrist in public hospitals for twenty-two years and as a psychotherapist for twelve years.

Cornélia Schuppisser A psychotherapist and physiotherapist, she works in Switzerland as well as in France.

Serge Ginger A psychotherapist and psychologist, founder of the EPG (Ecole Parisienne de Gestalt).

Lydie Lettmann, secretary

State of recognition

Institut de Formation en Communication et Thérapie Psycho-Corporelle was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in October 2004.

EABP Members

Eliane Fliegans-Jung, Claude Vaux

Literature - publication - research

Ambrosi, Jean, *La Gestalt Revisitée*, PRIVAT - Col. Science de l'Homme 1989

Perls, Frédéric, *Le Moi, la faim et l'agressivité*, Tchou 1978

Perls, Frédéric, *Rêves et existence en Gestalt thérapie*, Épi 1972

Perls, Frédéric, *Ma Gestalt thérapie, une poubelle vue du dedans et du dehors*, Tchou - Col. Corps à vivre 1976

Perls, Hefferline & Goodmann, *Gestalt thérapie*, Stamme 1979

Painter, Jack and Belair Michel, *Le massage en profondeur*, Le Jour

Painter Jack, *Travail psycho-corporel en profondeur*, Edisem - Maloigne 1992

Reich, Wilhelm, *La fonction de l'orgasme*, Arche 1967

Reich, Wilhelm, *L'analyse caractérielle*, Payot 1979

Hamann, Aimé, *L'Abandon corporel*, L'Homme/Stanké

Tsuda, Itsuo, *Ecole de la respiration*, Courrier du livre

Tsuda, Itsuo, *Le Non Faire*

Vaux, Claude, *Reflexion autour d'une pratique psycho-corporelle*, dans *Pourquoi la psychothérapie* ouvrage collectif de la FFdP-Dunod, Paris 2005

Tenenbaum, Lucien, *La bascule des mal-aimés*, Souffle d'or

Tenenbaum, Lucien, *La psychothérapie, un savoir étranger*, Souffle d'or

Dolto, Françoise, *La sexualité féminine*,

Gallimard, Seuil - essais 1991, Seuil 1999 - 3 tomes

Ferenczi, Sandor, *Le journal clinique*

Ellenberger, Henri F., *Histoire de la découverte de l'inconscient*, Fayard

Freud, Sigmund, *Essais de psychanalyse*, Payot

Freud, Sigmund, *Trois essais sur la théorie sexuelle*, Folio essais

Groddeck, *Le livre du ça*, Gallimard Col. Tel

Jung, Carl Gustav, *Dialectique du Moi et de l'inconscient*, Folio-essais n° 46-1973

Gallimard 1970

Jung, Carl Gustav, *La réalité de l'âme: structure et dynamique de l'inconscient*, La Pochothèque livre de poche 98

Jung, Carl Gustav, *Ma vie*, Payot 1970 - Albin Michel 87

Desoille, Robert, *Entretiens sur le rêve éveillé dirigé*, Erès 2000

Ausbildungszentrum Transformative Körperpsychotherapie

Training Center for Transfomative Bodypsychotherapy



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School history

The training centre for Transfomative Bodypsychotherapy (TBP) was founded in 1993 by Bettina Schroeter (Hp.,M.A.) and Barbara Kalinowsky (Dipl.Psych), and has trained about 100 people since then in different ways.

Basic theory and concepts

Transfomative Bodypsychotherapy integrates the human developmental theory of modern and ancient Transpersonal Psychology (Maslow, Jung, Grof, Yalom, Buddhist Psychology) with the therapeutic methods of modern neo-reichian body-psychotherapies (Reich, Lowen, Boadella, Boyesen, Keleman, etc.).

We assume that there is an existential predicament for a human being, living as a spirited being in a mortal body, having to survive under the conditions of different environments formed by nature, culture and human history.

Therefore psychotherapy cannot only be concerned with clearing up the past and complementing early childhood deficiencies but should also provide energetic, mental and psychological resources to help the adult individual to maturity, unfold essential qualities and develop an inner strength which makes it possible to undergo inevitable human crisis situations with a stable and healthy attitude.

Focussing also on the existential affairs of a human being living on earth, it includes encountering the harsh reality of personal death. This reality is still widely repressed in modern western living and even to a large extent in the mainstream of (body)-psychotherapy. Acknowledging and integrating this reality can help mature the individual and deepen their quality of life. Personal integrity implies the self-regulative

grounding of the personality in the social environment as well as being in contact with life force itself. This also means valuing experiences beyond the boundaries of time, space, birth and death whilst at the same time being fully grounded on earth.

Our methods and techniques are inspired by Reichian vegetotherapy, biodynamic psychology and biosynthesis. They integrate different styles of transfomative breathwork, massage and group dynamic work as well as elements of hypnosis, meditation, behavioural therapy and other modern approaches to working with the mind and its cognitive structures.

However the integrative ground of all the different approaches is always the body or the embodied soul with its energetic presence. Breath, movement, touch, emotional expression and improvising social communication are the central tools to support the individual in strengthening their personality as well as supporting the roots of their existential being.

Training description

We offer training, which takes four to five years and short-term training for professional therapists, in the form of modules. The training consists of three stages:

- A one-year training, which introduces vegetotherapy, biodynamic massage, body-orientated group-dynamics as well as basic energetic and therapeutic concepts and skills. This consists of 30 training days, evening meetings in peer groups and group supervision, as well as meetings in couples for guided therapy exchange exercise.
- A two-year basic training which teaches basic therapeutic skills in vegetotherapy, massage, group-work, trance work in connection with bodywork, transfomative breathwork etc. It also introduces concepts and methods around the process of identity formation concerning early childhood and young adult-

hood - issues of sexual identity etc. There is teaching and supervision around therapeutic presence, a range of interventions and therapeutic ethics. It consists of 60 training days, evening meetings in peer groups, participation in a 'therapeutic exercise exchange chain', which is two meetings a month. There are three or four days of lectures around theory during the third year. The first three years include 100 hours of individual therapy with a professional body-psychotherapist.

- Two years' advanced training in clinical psychology and transpersonal psychology, which is integrated with the body-orientated approach. In the fourth year the following is taught - characterolgy, diagnosis, first interview, anamnesis, long-term therapy-process, working with trauma and personality disturbances, ethics, supervision of skills and techniques. The fifth year includes issues around birth, death and dying, existential loneliness and life crisis, transfomative work with sexual energies, transpersonal issues and the meaning of life. There are 45 training days as well as days dealing with theory and the continuation of participation in evening peer groups and the 'therapy-exercise-exchange-chain'.

Trainers

Bettina Schroeter, Hp. Päd. M.A., director and founder of the Institute (1993). Has a background in Biodynamic Psychology, Biosynthesis and Transpersonal Psychology (Grof, Buddhist Psychology etc.) . Specialities: Vegetotherapy, developmental psychology, identity process and sexual identity, transpersonal psychology and therapeutic ethics.

Wolfgang Hegenbart, Dipl.psych., clinical psychologist. Has a background in Bioenergetics, Biosynthesis and Hypnotherapy (Erickson). Specialities: group dynamics, hypnotherapy in combination with bodywork, clinical psychology, psychopathology.

Barbara Kalinowski, Dipl.Psych., clinical psychologist, trainer and supervisor for behavioural therapy and trauma therapy. Has a background in biodynamic psychology, behavioural therapy and trauma therapy.

Specialities: biodynamic massage, behavioural therapy in combination with body-psychotherapy, psychosomatics and trauma therapy.

Helmut Josefowicz, Hp., Päd.M.A., trainer and supervisor for body-psychotherapy, background in biodynamic psychology, biosynthesis and psychoanalytical therapy. Specialities: group dynamics, family dynamics, conflict management, socio-anthropology and the body.

Bo Wahlström, Swedish breath therapist and trainer. Has a background in rebirthing, meditation and energy work. Specialities: transfomative breathwork, breath and mind connection.

State of recognition

The Training school in Transfomative Bodypsychotherapy was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in 2000 and is still working on getting recognition from the EAP.

EABP Members

Bettina Schroeter, Barbara Kalinowski

Literature - Publication - Research
Schroeter, Bettina, *Über die Notwendigkeit einer Biodynamischen entwicklungspsychologie*, Vortrag zum Kongreß für *Biodynamische Körperpsychotherapie*, June 1988, published in *Biodynamische Blätter*, special edition May 1989

Schroeter, Bettina, *Körperpsychotherapie mit Frühstörungen in: Körperpsychotherapie zwischen Lust- und Realitätsprinzip*, 1994

Kalinowski, Barbara, *Besteht das Universum aus lauter Dreiecken? oder: Wie Kommt die Energie in den Körper?* in:

Körperpsychotherapie zwischen Lust- und Realitätsprinzip, Oldenburg 1994

Schroeter, Bettina, *Einfachheit oder die therapeutische Neurose*, in: *Narzissmus, Körperpsychotherapie zwischen Energie und Beziehung*, Berlin 1997

Schroeter, Bettina, *Die Zukunft- Stiefkind der Körperpsychotherapie. Über den Umgang mit der Zeit*, lecture at the Congress of the DGK in Berlin, June 1998. Audiotape can be ordered from the DGK.

Schroeter, Bettina, *Around death and dying in Bodypsychotherapy*, lecture at the congress of the EABP in Travemünde 1999, unpublished manuscript.

Schroeter, Bettina, *Psychotherapie in den Zeiten der Globalisierung oder: Über die Grenzen westlicher Therapieorientierung*, lecture at the Congress for Bodypsychotherapy of the DGK 2003 in Berlin, unpublished manuscript

Schroeter, Bettina, Knapp-Diederichs, Volker, *Der narzissmus des Therapeuten. Schattenwürfe eines Berufsstandes*, lecture at the Congress of DGK 2003 in Berlin, unpublished manuscript.

► Bettina Schroeter

►► Wolfgang Hegenbart

►►► Barbara Kalinowski





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School history

The Institute of Core Energetics and Core Evolution for the International European and German Trainings was founded in 1985. It is the longest established Institute for professional training in Core Energetics and Core Evolution in Europe.

Basic theory and concepts

Core Energetics (CE) is the dynamic force in the evolution of our Core (Core Evolution – CE). The Core represents the individualized universal life Energy and with this, our essential being.

The manifestation of life and its unfolding is the energetic interaction of different forces. So far we acknowledge the biological and the cognizant dimension. They create and form a unity. In a human being this unity evolves in a constant dynamic interaction of a body-mind process, which forms the understanding of Self and with this, the growing personality.

Experiences gained during these developmental phases will influence how a person relates to their mother, father, other family members, society, the world and their disposition to life and existence.

The Core Energetic Evolutionary Professional Training teaches the understanding of these processes, how they can become distorted and what effect this may have in the unfolding of the body and psyche of a person. This training is based on a unified and holistic process, connecting body, emotions, mind, will and spiritual self into a whole, expressing the total reality of a person and in so doing supports the evolution of one's Core.

As one of the great pioneers of body-psychotherapy and humanistic psychology, John C. Pierrakos M.D. developed basic

theories and therapeutic approaches, which give an analytical understanding of personal development in relation to a person's structuring of life energy.

During twenty years of cooperation with J.C. Pierrakos, Siegmar Gerken and Cornelia Gerken expanded the work into Core Evolution® and Core Somatics®. In their clinical work, they implemented the new theories of trauma, systems theory, family therapy and others, which keep the trainings at the cutting edge of today's theories.

In energetic-medical research, Siegmar Gerken, Ph.D. collaborates with physicians, physicists, scientists and practitioners from other fields and co-leads research seminars for the documentation of energy fields and the corresponding body-emotions-mind process – which is formulated in an integrative science of life. (see our website under: Foundation of Healing).

Training description

Main topics of the Training Curriculum:

In our training we describe, how our reaction to experiences in certain stages of our life can influence our disposition and • formation of our body • movement and expression • emotions and feelings • the thinking process • and the will to direct our life. The CE Training encompasses teaching and personal process. CE sees itself not only as a leading analytic and body-oriented therapy, but also as support and guidance for the evolutionary life path that each individual walks to self-realization. People working with people from many different schools and backgrounds come to this work because of the unifying aspects of this theoretical and practical training.

First Training Year:

The teaching in the first year provides the basis for a deeper understanding of how we structure energy and consciousness and how we recognize the relationship of energy and consciousness at all levels of existence: body-feelings-intellect/thinking-will-spirit • CE-an Evolutionary Process • Dimensions of Life Energy • Therapeutic Dimension • Character and Expression. Feeling, seeing and understanding of the energy patterns and their manifestation in oneself and others is the focus of the first year. At the same time, awareness towards your core qualities becomes opened.

Siegmar and Cornelia Gerken
with John C. Pierrakos



Second Training Year

Continuation of the intensive experience/ learning of the character defence patterns, including comprehensive body reading. This deepens the foundation for a successful body-oriented practice: • basic energy functions for therapeutic application • differentiation of real needs and false needs • transference and counter-transference • personal and professional integration of learned material.

Beginning CE-sessions in dyads and triads • individual sessions for demonstration with trainers in the group • group dynamics.

Third and Fourth Training Years

The training continuously focuses on teaching and experience - with special emphasis on the development of therapeutic skills, integrating and applying the principles of CE. CE-Analysis - How you apply the work, from the first interview to the application of energy and process work. Inviting and supporting the client towards the opening and recognition of unconscious feelings which try to protect the essence (Core of the child), but now in the adult stage, distort reality and prevents the unfolding CE-therapy • resistance and crisis • borderline and DSM & ICD • narcissism • sexuality • theories of trauma and the interactive approach to trauma in CE • ethics • psychosomatic integration • subtle dimensions of therapy and healing • body-oriented approach in CE • supervision and session intensive • coaching: developing your style of work in CE • unity • becoming one • oneness • fourth year project • completion and graduation. Students may then also focus or specialize in CORE SOMATICS®, a hands-on body-oriented therapy.

Trainers

Siegmar Gerken, Ph.D. studied cultural anthropology, education and psychology. After working in the Free Clinic Heidelberg in 1972, he pioneered body-psychotherapy and humanistic psychology. He has been a member in the AHP since 1974. Dr. Gerken trains professionals and organizations in the inter-connectedness of psychosomatic processes. With his wife he founded this International European Institute and the CE-Institute in California. They both worked

with John C. Pierrakos from 1981-2001.

Cornelia Gerken, CMP works with different somatic approaches and is the founder of Core Somatics® (see www.CoreSomatics.com). She also has extensive trainings in Voice Dialogue with H. & S. Stone and Energy and Healing oriented approaches. Cornelia and Siegmar Gerken have been married for over 27 years and have raised three children together.

Further trainers: Isabelle Bailey, Dottressa; Ken Goldberg, M.D. Anam Dhi Katja Held, M.D.; Jerry Nabb, M.A.

State of recognition

The International Institute of Core Energetics and Core Evolution was accredited as a Body-Psychotherapy Training Institute by the EABP Forum in February 2001. It is a member of the USABP (USA) and the AHP, Association for Humanistic Psychology.

EABP Members

Siegmar Gerken, Cornelia Gerken

Literature - Publication - Research

Pierrakos, John C., *Core Energetics: Developing the Capacity to Love and Heal*, Pierrakos, John C., *Eros, Love and Sexuality*, LifeRhythm, see: www.LifeRhythm.com
Synthesis, see: www.Synthesis-Verlag.com

Europäische Schule für Biodynamische Psychologie (E.S.B.P.E.) Deutschland e.V.

European School for Biodynamic Psychology (E.S.B.P.E.) e.V.



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School history

The European School for Biodynamic Psychology has existed since 1993.

Basic theory and concepts

In the last fifty years Biodynamic Psychology and Psychotherapy (BPP) has mainly been developed by the Norwegian clinical psychologist and Reichian analyst Gerda Boyesen. She was strongly influenced by the Norwegian tradition of body-psychotherapy that had originated with the former psychoanalyst Wilhelm Reich, who had lived and worked in Oslo from 1934 till 1939. She was a trainee and later colleague of Reich's most prominent Norwegian adept, Ola Raknes, who had been trained in the Berlin psychoanalytical institute under Reich and can be considered as one of the most important people to spread the body-psychotherapeutic approach in the wake of Reich in Europe. This historical connection explains - besides G. Boyesen's education in clinical psychology - why BPP is on the one hand so strongly rooted in psychoanalytical thoughts and ideas.

The other root of Biodynamic Psychology and Psychotherapy is physiotherapy. It is connected to A. Bülow Hansen who developed a system of dynamic physiotherapy. Gerda Boyesen was trained and worked at her institute in close cooperation with the psychiatrist Dr. T. Braatoy, who had also been inspired by Reich.

BPP is a biological theory of psychology directly concerned with the organic link between the body and the psyche. It postulates that psychological principles are not just theories and concepts but can be actual energetic forces of organic or neurological reality. The term biodynamic refers to the concept of life energy (bios means life, dynamic means energetic movement).

BPP also uses the basic Freudian concepts of psychological structure (Ego, Id and Super-Ego), in order to understand the emotional conflicts/drives of a person. Additionally it refers to the Freudian assumption of

different levels of psychosexual development (i.e. oral, anal, genital) and has adapted these concepts in its own theoretical framework. BPP has adopted and elaborated the Freudian and Reichian libido theory and given it a central position in its own theories.

Another strong influence comes from the analytical psychology of C.G. Jung, whose concepts (especially the concepts of individuation, psychic energy, archetypes and synchronicity) have been integrated in BPP.

Ebba
Boyesen



Mona Lisa
Boyesen



HansKim
Voet



BPP studies and treats psychological processes not only on the mental, psychological or symbolic levels but also in the context of the full range of a person's life processes (e.g. 4), including the somatic aspect of human existence. Considering the functional unity of body and mind as a basic principle, BPP has amassed a wealth of very differentiated information about the subtle interrelations between physiological and psychological states.

BPP furthers the basic ability of the human organism to heal itself. It claims a previous un-described mechanism of organic self-regulation, which is connected to the enteric (intestinal) nervous system, the so-called second brain.

This psycho-peristaltic function of the intestinal system is seen as a soft and non-cathartic way of working out surplus nervous tension or emotional stress affects as an inner orgasmic ability to regulate itself.

Psychological problems are considered to have a somatic basis; they are seen as embodied. Body and psyche are considered as two aspects of the same life process. The life process is considered to be related to and governed by the laws of the Life Force: BPP basically states that the living human organism is vitalized and moved by this life energy that is considered to be identical to a presupposed cosmic force, that is seen as the basic fabric of the universe. This is the Principle of trust in the existence of the Life Force.

Thus BPP strongly appreciates the significance of the vegetative processes in all aspects of human life. Changes in our somatic reality, in the somatic ways in which we experience our life situations, are considered to be the decisive criterion of real psychotherapeutic change.

We believe in the human birthright of pleasure with its free flow of energy in our body, felt as streamings and vibrations. And we insist on the essential rightness and aliveness of a person's true nature, before the environment caused her or him to give up some valuable parts of it.

The therapeutic attitude in biodynamic body-psychotherapy is basically inviting, accepting and encouraging. Only in an atmosphere of trust and security can clients really be themselves.

Training description

Our Training in Biodynamic Body-Psychotherapy in Germany and Austria consists of three modules:

- Pre-training in a one-year therapy group (or comparable training)
- Training in Biodynamic Body-Psychotherapy and Biorelease (two years followed by supervised practice)
- Training in Biodynamic Body-Psychotherapy (two years followed by supervised practice)

Trainers

Ebba Boyesen
Mona Lisa Boyesen
HansKim Voet
Eli Weidenfeld
Warja Saacke
Menno de Lange
Elisabeth Einhaus-Freudl
Peter Freudl

State of recognition

European School for Biodynamic Psychology was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in September 1999. The Biodynamic method was scientifically validated by the European Association for Psychotherapy (EAP) in July 2001.

EABP Members

Marianne Wailand, HansKim Voet, Mona Lisa Boyesen, Ebba Boyesen

Literature - publication - research

Boyesen, Gerda, *Über den Körper die Seele heilen*, München, Kösel, 1987.
Boyesen, Gerda, *Entre Psyche et Soma*, Paris, Payot, 1985.
Boyesen, Gerda, Boyesen, Mona Lisa, *Biodynamik des Lebens*, Essen, Synthesis, 1987.
Boyesen, Mona Lisa, *The basic trust*, in Energy and Character, Vol. 4 Nr. 1, 1973.
Boyesen, Mona Lisa, *Psycho-Peristalsis, The Abdominal Discharge of Nervous Tension*, in Energy and Character, Vol. 5 Nr. 1, 1974.
Boyesen, Mona Lisa, *Bio-Release*, in the Journal of Bioenergetic Research, Vol. 8, Nr. 3, 1980.
Boyesen, Mona Lisa, *Alpha Nursing*, in the Journal of Biodynamic Psychology, No. 2, 1982.
Boyesen, Ebba, *Psycho-Orgastic Vibrations*, in Energy and Character, Vol. 9 Nr. 3, 1978.
Boyesen, Ebba, *The Essence of Energy Distribution*, in Energy and Character, Vol. 8, Nr. 2, 1980.
Boyesen, Ebba, *The Essence of Therapy*, in the Journal of Biodynamic Psychology, No. 2, 1981.
Boyesen, Ebba, *Beyond transference*, in Adire Nr. 2 + 3.



School history

The HAKOMI method was developed in the 70s by Ron Kurtz and his team in the USA. The HAKOMI® Institute of Europe was founded in 1982 by Halko Weiss and since then has trained more than 700 students, mostly in Germany and Switzerland. Recently they have started offering a training in Austria as well, and there are plans for trainings in Russia and France.

Basic theory and concepts

The HAKOMI method (HAKOMI Experiential body-psychotherapy - previously also named HAKOMI Integrative Psychology) is a body and process-oriented method of psychotherapy, grounded in psychodynamic psychotherapy and oriented towards self-leadership. Roots of HAKOMI can be found in psychoanalysis and the body-oriented traditions: W. Reich, D. Boadella, J. Pierrakos, A. Lowen, A. Pesso. Even though significant modifications have been made, the basic concept of the unconscious remains, as well as the concept of therapeutic relationship (transference and counter-transference) and some fundamental assumptions of object relations theory. More roots can be found in the theory of complex adaptive systems, a systemic and holistic view, brought forward by I. Prigogine, E. Jantsch, K. Wilber, G. Bateson and D. Bohm. Also important is the body-therapy tradition of M. Feldenkrais as well as gestalt therapy and Ericksonian therapy.

As a central focus, all our concepts relate to the following Five Principles: Unity, Organicity, Mind-Body-Holism, Mindfulness and Non-violence. Relating to these principles influences the therapist's attitude, the therapeutic relationship and the therapeutic process in a significant way. The clients are assisted to explore, examine and transform deeply held beliefs about themselves, about their lives and their relationship to others. These beliefs are embedded within 'core-material' that is predominantly unconscious and in most cases connected with memories, highly charged emotions, body-experience, mental patterns and other levels of self-organisation. This core-material has to be

processed to explore, take in and establish new levels of individually appropriate beliefs, carried by new experiences made in therapy.

Some of the principles, like mindfulness and non-violence, can be tracked back to the philosophia perennis and the wisdom of Eastern spiritual teachings. These are integrated as practical, not ideological elements.

Creating a healing relationship is a basic ingredient of the HAKOMI METHOD: meeting the client from an open, authentic, respectful, curious and mindful attitude, and with a set of explorative techniques, a safe space develops, where the client can turn inward, 'cooperation of the unconscious' unfolds, and self-organization can be studied, re-examined and transformed.

Training description

The HAKOMI Training is offered as a three-year-curriculum, followed by an independent certification phase. People who want to be trained have to pass two introduction workshops first, before they can apply to the HAKOMI® Institute. In these workshops trainers and interested people can get to know each other and find out if training is appropriate. The requirement for acceptance into the training is that they are already working in the therapeutic field, are allowed to do so, can use the HAKOMI METHOD in their therapeutic work and can practice it there while they are in training. We also expect them to have had experience as a client and be open to further work on themselves. We have several parts of general theory in the training. We teach the spirit of therapeutic work: principles, paradigms, ethics, attitudes, etc. We teach theoretical maps of the therapeutic process and the therapeutic relationship, such as states of consciousness, the sensitivity cycle, interpersonal systems, character theory, strategies of transformation, etc. and wide variety of techniques – such as contact, tracking, deepening, going for meaning, options at the barrier, probes, taking over,



HAKOMI Teaching Staff, from left to right: Patricia Wurrll, Ulrich Holzzapfel, Anne Fischer, Christian Gottwald, Cora Rohlf-Grimm, Halko Weiss, Dagmar Wernicke, Carl Edelbauer, Uta Günther, Helga Holzzapfel, Ha-Jo Diehl. Absent on picture: Heike Schulmeister, Karin Apfel, Nicole Gäbler.

integrating etc. – that support the therapeutic work. A significant part of general theory is psychodynamic theory (defence mechanisms, object relation theory, diagnostic categories, developmental theory, transference and counter-transference, etc.).

About half of the training is experiential practice. Students learn by practicing every step of psychotherapy, from developing and exploring an appropriate attitude and establishing meaningful contact, up to integrating and ending the therapy session. They also learn about the theoretical background and the practical work with touch. This practice is monitored and accompanied by constant supervision.

State of recognition

The HAKOMI® Institute of Europe was accredited as a Body Psychotherapy Training Institute by the Forum of the EABP in September 1999 and is in the process of applying to the EAP for the accreditation of the HAKOMI method.

Trainers

Trainers:
 Carl Edelbauer, Uta Günther, Helga Holzzapfel, Ulrich Holzzapfel, Cora Rohlf-Grimm, Halko Weiss
Teachers:
 Karin Apfel, Ha-Jo Diehl, Anne Fischer, Nicole Gäbler, Christian Gottwald, Heike Schulmeister, Dagmar Wernicke, Patricia Wurrll

EABP Members

Uta Günther, Helga Holzzapfel, Ulrich Holzzapfel, Halko Weiss, Karin Apfel, Nicole Gäbler, Heike Schulmeister, Dagmar Wernicke, Patricia Wurrll

Literature - publication - research

Kurtz, Ron, Prestera, Hector: *The Body Reveals*.
 Kurtz, Ron, *Body-Centered Psychotherapy – The Hakomi Method*.
 Johanson, Greg, Kurtz, Ron, *Grace Unfolding*.

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School history

Unitive Psychology (UP) is an integrative approach to body-psychotherapy, which was founded in the early 70s by Jacob Stattman, Ph.D. The Institute of Unitive Psychology was one of the first training Institutes in body-psychotherapy in Europe and has trained hundreds of therapists in full training courses, as well as many professionals in part-time or advanced training programs. Jacob Stattman was a founding member of the EABP. Since his death in 1988 training in Unitive Body-Psychotherapy has been given in Frankfurt and Amsterdam by his colleagues and trainers from the Institute.

Basic theory and concepts

Unitive Psychology integrates four main traditions of psychotherapy into its approach in a non-eclectic but systematic way: psychoanalysis, various streams of body-psychotherapy, gestalt therapy and existential therapy. It has developed a distinct body of knowledge available in many books, articles and audio and video-cassettes and has made major contributions to the field of body-psychotherapy.

Unitive Psychology represents a specific approach based on depth psychology. This approach investigates psychodynamic, somatic and existential levels of psychotherapy, connects them with each other and translates them into a theory as well as into strategies and a methodology of therapeutic action. It still insists also on the much neglected fact, that the basic categories of psychotherapy, i.e. health, disturbance, reality principle, meaning, are conditioned by society and that the basic categories have to be reflected respectively.

As a depth-psychological approach, Unitive Psychology focuses on the results of developmental processes that have been arrested or not been successful, and which indicate deficits and disturbances of the fields of resonance in early childhood. The tradition of character analytic theory and

practice, developed by Abraham, Freud, Reich, Lowen, Boadella, Keleman and others, is seen as a central theoretical foundation. Within a differentiated character analytic perspective the different levels of understanding of the reality of a person can be integrated.

These comprise the following four levels:

- 1 An inner psychic level, which includes the understanding of the individual history of the drives of a client, the formation of superego, ego development and the internalised object relations, as well as an understanding of the interrupted or failed lines of development of healthy or pathological narcissism manifesting as developmental arrest.
- 2 A somatic level. Here UP develops a specific hermeneutic perspective, which, similar to the practice of psychoanalysis in relation to psychodynamic phenomena, understands the body as a text, through which biographical experiences and their assimilation can be therapeutically reconstructed, understood and worked through. The hermeneutics of the body focuses here especially on the affective-emotional, holding and formative aspects of character and personality.
- 3 An interpersonal level, which includes character-specific patterns of interpersonal relationship and object choice as well as the level of transference and counter-transference. With respect to the understanding and handling of transference and counter-transference UP focuses mainly on three dimensions:
 - the integration of existential levels of relationship and dialogue with the phenomena of transference and counter-transference
 - character-specific forms of transference and counter-transference (Aalberse)

- somatic levels of relationship and transference and counter-transference, which UP was first to conceptualise in the field of body psychotherapy by creating the concept of organic transference and counter-transference.
- 4 An existential dimension. Here UP explores how character specific perspectives on life and the world have their roots in bodily patterns of experience and perception. It focuses on the question how these basic perspectives can be made conscious, explored and opened up therapeutically.

Unitive Body-psychotherapy integrates these four levels into its therapeutic curriculum. No single level is considered more important than the others; on the contrary, priorities of working levels are understood and determined in a dialogue, in relation to symptoms, therapeutic goals and working alliance and the course of therapy.

Training description

Unitive Psychology offers a post-graduate training. Requirement for entrance - a University degree and training in another approach of psychotherapy or a minimum of three years extensive therapeutic self-experience. The basic training consists of four years, 25 days per year, plus a follow-up period of work under supervision. Advanced training is also offered.

Trainers

Ute Christiane Bräuer, Psychologist, licensed psychological psychotherapist, licensed child and adolescent psychotherapist.

Gustl Marlock, Dipl. Päd, licensed psychological psychotherapist, licensed child and adolescent psychotherapist. Former President of the German Association for Bodypsychotherapy DGK. Faculty member and supervisor for Psychodynamic Psychotherapy.

Paul Rebillot, Director of the School of Gestalt and Experiential Teaching, San Francisco.

Ilse Schmidt-Zimmermann, Dipl. Päd., licensed psychological psychotherapist, licensed child and adolescent psychotherapist. Former President of the European Association for Bodypsychotherapy EABP (1999-2002). Faculty member and supervisor for Psychodynamic Psychotherapy.

Guest trainers are usually selected according to a senior status in the field.

State of recognition

The Zentrum für Integrative Körperpsychotherapie und Humanistische Psychologie was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999. The Unitive method was scientifically validated by the EAP, European Association for Psychotherapy in July 2001.

EABP Members

Ilse Schmidt-Zimmermann, Gustl Marlock, Ute Bräuer.

Literature - publication - research

Basic articles can be found in Jacob Stattman c.s., *Unitive Bodypsychotherapy Collected Papers vol. 1 and 2*, AFRA Verlag 1989 en 1991.



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www.koerper-psychotherapie.de

School history

The Training Institute was founded in 1980 by Joachim Nordheim and Michael Meiffert, who were trained in body-psychotherapy by Michael Smith (Skan - Neoreichian Bodywork) and were senior trainers in his field.

Basic theory and concepts

The foundation of the work:

- Integrative body-psychotherapy draws from the work of Wilhelm Reich - the character analysis and the vegetotherapy, in which Reich provided psychoanalysis with a body - by pointing out the biological foundation of character structures and defence mechanisms.
- Integrative body-psychotherapy includes the psychoanalytic way to describe human existence psychodynamically. Of particular importance is the description and the understanding of the phases of human psychosexual development. The object relationship theory gives important impulses in its way of describing the significance of the early object relations for neurotic development. The current efforts of baby and infant researchers is to compare the theoretical model previously derived from the analytical work with observable reality.
- Another major influence is gestalt therapy whose development was largely influenced by the vegetotherapy of Wilhelm Reich. Gestalt therapy utilises the reality of the therapeutic contact as a tool of therapeutic work and adds another dimension to transference – the counter-transference aspect of the therapeutic relationship.



The basis of the work is the understanding of the functional identity of processes on the physical, vegetative level and the processes in the psychological, emotional realm. Neurosis is therefore not only a psychological phenomenon but is rooted deeply in the physical body of a person. The neurotic character structure has its equivalent in the structure of (physical) armour. Armour we understand as the chronic inhibition of the natural pulsation of the different structures of the body, which can happen at the pole of contraction as well as at the pole of expansion. Chronic armour diminishes the possibility of healthy self-regulation of a person on the biological, psychological and social level of reality.

In the process of therapy there is no way out of neurosis without working on the change of these physical structures of armour. On the other hand it is obvious that changes at the biological level are not necessarily followed by significant changes of behaviour. Body work opens new possibilities of feeling and expression but to lead these possibilities into new, less neurotic behaviour is another learning step. For the therapeutic process it is therefore essential to pay attention to the psychological and social realm of the personality. It is necessary to support people on the psychological level to develop an understanding of the roots of actual patterns of behaviour. It is necessary to offer room, in which it is possible to experiment with new behaviour so that choices can be made.



Training description

In the first two years of the basic training the teaching is experiential. The transmission of knowledge is linked to the experience the trainees go through in their therapeutic process. In the basic training a fundamental knowledge of body psychotherapeutic principles should be achieved.

The second two to three years still have experiential elements but the focus is laid on the teaching of theory and supervision of therapeutic practice.

◀ Joachim Nordheim

◀◀ Michael Meiffert

Trainers

Joachim Nordheim (Dipl.Psych.)
Michael Meiffert (Dipl.Psych.)
Annedore Hansen (Dipl.Psych.)
Ludger Perpeet (Dipl.Psych.)
Barbara Meiffert (HP)
Linda McNeal (Psychologist M.A.)

State of recognition

The Zentrum für integrative Körper- und Psychotherapie was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999.

EABP Members

Joachim Nordheim, Michael Meiffert,
Annedore Hansen, Barbara Meiffert

Literature - publication - research

Übertragung – Gegen – Übertragung,
Gedanken zur therapeutischen Beziehung
Körpertherapie und Gestalttherapie, eine
Auseinandersetzung mit den Wurzeln
veröffentlicht in "Energie und Charakter"



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School history

The Reich Institute (EINA) was founded in 1979 with the original aim of training psychotherapists within the tradition of Wilhelm Reich. In 1984 it evolved into a more structured school. Recently it has expanded its activities to include training in Counselling.

Basic theory and concepts

Vegetotherapy and Character analysis was Reich's contribution to psychoanalysis, which he developed from 1925 onwards. Its foundations are:

- analysis of the character as a stereotypical way of existence and behaviour, as well as an element of resistance to change and therefore to psychotherapy
- diagnosis and intervention on the individual somatic structure. Somatic structure expresses the character, at a physical level, mainly by the posture and the chronic unconscious muscular tensions
- analysis of the transference and the counter-transference enriched and broadened by its non-verbal content
- work with the body, that is intervention at the physical 'armouring' aiming to free the energy flow and the free and creative functioning of the individual at all levels: physical, mental and emotional.

Vegetotherapy and Character Analysis corresponds to the European period of Reich's psychotherapy. Its main representative was Ola Raknes, who in 1970 brought this methodology to the Reich Center of Naples, Italy where Clorinda Lubrano-Kotoula was trained.

The people that carried forward this theory of Vegetotherapy and Character Analysis are Alexander Lowen, Baker, Johnson and Frederico Navarro as well as the post-Reichians such as Bjørn Blumenthal, Xavier Serrano-Hortelano, Clorinda Lubrano-Kotoula, George Koukis and Marilena Komi.

Training description

The Training Programme for Psychotherapists is four years plus two more years of supervision. Individual psychotherapy and two years of group psychotherapy are considered as prerequisites.

The training programme is for:

- graduates, preferably in psychology, medicine, and humanistic sciences
- postgraduate students in psychology, and students of the above, provided that by the end of their training they will have completed their studies
- individuals who have the previous qualifications and have received personal analysis from other body-psychotherapists in Greece or abroad
- therapists from other schools who want to specialise in body-psychotherapy.

Clorinda Lubrano-Kotoula



State of recognition

EINA was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in September 1999. The Character Analytical Vegetotherapy method was scientifically validated by the European Association for Psychotherapy (EAP) in 2004. EINA is member of EEPSE, the Greek Umbrella Association for Psychotherapy of EAP and IFOC, the International Federation of Ergonomic Colleges.

EABP Members

Clorinda Lubrano-Kotoula, Marilena Komi, George Koukis

Literature - publication - research

The school's library contains a rich collection of Reich's work, and of post-Reichian classical authors. Various other works such as notes of the lessons of the EINA courses, trainees' research, essays and lectures are also to be found.

The training for Counsellors is three years plus 32 hours a year of practice. Individual psychotherapy for at least 50 hours, plus one year of group psychotherapy are considered as prerequisites.

Admission requires a high-school degree as a minimum prerequisite.

After the completion of training, graduates can work in the fields of prevention of neurosis and psychosis, providing specialised services in sensitive periods of life such as development (from conception until 18 years old), pregnancy, delivery, and third age. In addition, they may provide counselling for learning disabilities, career-orientation, counselling for couples and family.

Trainers

Dr. Clorinda Lubrano-Kotoula is the director of the school.

Trainers include **Marilena Komi, George Koukis.**

There is permanent collaboration with a number of other body-psychotherapy schools abroad such as the Escuela Española Reichiana (Es.Te.R.) in Valencia, Spain and the Finnish Institute of Character Analytic Vegetotherapy in Helsinki, Finland.



School history

The Italian School of Biosystemic Therapy was founded by Jerome Liss, M.D., in 1986 in collaboration with several colleagues.

Basic theory and concepts

Biosystemic theory can be understood by its two roots: *bio*, referring to biology, and *systemic*, referring to the theory of systems.

The biological roots of our emotional processes means that our consciousness of emotions is only the top-level part of a process involving the whole brain, including its sub-cortical and lower brain stem areas, and the somatic body. On the somatic level, there is the relationship between the parasympathetic and sympathetic systems (the autonomic nervous system), which either can create knots and contradictions or which can function with smooth and healthy alternance. (Ernst Gellhorn) That means emotional deepening can help the person return to a healthy functioning of the active sympathetic system followed by a natural rebound to the parasympathetic receptive system.

In terms of brain functions, Henry Laborit showed that prolonged inhibition of action creates a series of physiological disequilibriums. This chronic inhibition creates the pre-conditions for:

- psychosomatic disease (suppressed immunological system, high blood pressure, digestive difficulties)
 - emotional distress (increased corticosteroid levels, over-reaction of the emotional amygdala and decrease of the context-creating hippocampus.)
- These psycho-physiological disturbances explain the importance of helping the anxious or depressed patient with sympathetic activation methods and parasympathetic receptive methods.

Other aspects of brain functions support the therapist's body-oriented interventions: The need for language to contain traumatic experience (B. Van Kolk), the use of expressive action including micro-movements to unblock the basal ganglia movement system (G. Edelman), the encouragement of bodily expressed free association processes to integrate cortical and sub-cortical activities, the development of non-verbal synchronisation, also called body empathy, within the therapeutic relationship (D. Stern), etc.

A series of original methods have been initiated by the Biosystemic school: the energy curve, the re-establishment of sympathetic-parasympathetic reciprocal interplay, body empathy, organic language, key words, directional phrase, the bath of sound, from problem to solution, solution work with concrete re-enactment, psycho-theatre for collective research. Specific verbal methods include Ecological Communication, the meta-communication, the verbal identification method and the epistemology of respect for repairing negative interactions.

Training description

The Biosystemic School's training program is based on active learning. Diverse methods are used to help create the reality of the problem. The student-therapist's intuitions are respected and appreciated. At the same time, theoretical designs on the wall are referred to, so that method-and-theory remain in close interaction.

The present psychotherapeutic training course is four years consisting of 500 training hours per year, as required by Italian law.

Written requirements are:

- monthly writing of two pages based on the structured reading program
- monthly filling in of Reciprocal Collaboration forms
- thesis of 25 pages to integrate 'general psychology' texts
- exam on fundamental questions are given every year.

Therapy requirement: students work with a partner in the centre during monthly training groups to, explore their own emotions based on specific exercises created during weekend training groups.

Jerome Liss



For example, specific exercises to teach body empathy, key words, emotional deepening, solution work, etc. are developed at these weekend training groups. The most important learning comes from twice monthly practice using the Reciprocal Collaboration protocol described in Chapters 3 to 7 of the book: *Insieme per Vincere L'Infelicità, Superare la Crisi con la Collaborazione Reciproca ed i Gruppi di Auto-Aiuto*. The monthly feedback papers confirm that the work has been accomplished and give students and teachers the opportunity of checking students' progress according to precise criteria.

Trainers

Prof. Jerome Liss studied medicine at the Albert Einstein College of Medicine and psychiatry at Harvard University, Boston. He worked with Dr. R. D. Laing and Dr. David Cooper at the School of Anti-Psychiatry in London and then collaborated with Prof. Henri Laborit in the study of the neurophysiology of emotions in Paris. He is a consultant for the World Food Program of the United Nations. He has contributed many articles to Energy and Character (Editor David Boadella).

Dr. Maurizio Stupiggia received his Diploma in Philosophy from the University of Bologna. He has integrated body-psychotherapy and family therapy into his approach. He has been guest Professor at the University of Bologna, Science of Communication. He is President of the Italian School of Biosystemic Therapy and Director of the Psychotherapy Program at Bologna.

Dr.ssa Rita Fiumara, Dr. Eugenio Roberto Giommi, Dr. Stefano Cristofori, Dr. Giorgio Giorgi

Maurizio Stupiggia



State of Recognition

The Italian School of Biosystemic Therapy was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in September 1999. It received approval from the Italian Minister of the University and of Scientific Research on February 12, 2002.

EABP Members

Jerome Liss, Maurizio Stupiggia

Literature- publication - research

Liss, Jerome, *Family Talk*, New York, Ballantine, 1972.

Liss, Jerome, *Free to Feel, Finding Your Way Through the New Therapies*. (Liberi di Sentire, Trovando la Propria Strada Grazie alle Nuove Terapie), Fraeger Press, New York, 1974, Wildwood House, London, 1974. Liss, Jerome, *La Psicoterapia del Corpo*, (con David Boadella), Ed. Astrolabio, Roma, Marzo 1986.

Liss, Jerome, *La Comunicazione Ecologica*, Ed. La Meridiana, Molfetta, 1992.

Liss, Jerome (curato dal) *La Terapia Biosistemica, Un Approccio Psicocorporeo Originale per Affrontare La Sofferenza Emotiva*.

Liss, Jerome, e dal Dr. Maurizio Stupiggia, *Insieme Per Vincere L'Infelicità: Come Superare La Crisi con La Collaborazione Reciproca ed I Gruppi di Auto-Aiuto*, Milano, Ed. Franco Angeli, 1996.

Liss, Jerome, e dal Stupiggia, Maurizio, Dr., *Apprendimento Attivo*, Roma, Ed. Armando, 2000.

Liss, Jerome, e dal Stupiggia, Maurizio, Dr., *L'Ascolto Profondo*, Ed. La Meridiana, Molfetta, 2004.



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School history

The Italian Society of Functional Psychotherapy (SIF) started in Naples in 1968 as the Centro Studi Reich where, for the first time in Italy, scholars such as Raknes, Boadella, Lowen, Eva Reich, Sharaf, Blumenthal and others were invited to speak. In 1973 the experimental nursery was opened, in 1975 SIF was established and in 1983 the European School of Functional Psychotherapy was established. SIF has participated in Congresses and International Organisations of Psychotherapy (body-psychotherapy in particular) since the start, more specifically organising:

- National Congresses of Body Psychotherapy (Naples 1990, Catania 1992)
- International Symposium (Naples 1987, 1995, 1996, 1997, 1998, 2002)
- The 6th International Congress on Body Psychotherapy in Ischia (Naples) 2002.

The headquarters of the school are in Naples. It also has premises in Catania, Florence, Padova, Rome, Brescia and Palermo.

There are international premises (EIPF) in Paris and Montpellier (France) and Mexico City (Mexico).

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Mexico: www.psicologiafuncional.com

Basic theory and concepts

Founded by Luciano Rispoli, Functional Psychology (or Neo-functionalism) deals with the profound functioning of the human organism. The concept of Functions enables one to look at how they operate without losing the whole picture. The Functions are an entire system that expresses itself in different ways at different times with unity and circularity in such a way that all the Functions contribute equally to the organisation of the Self. Fundamental experiences are those that are fundamental to development and contribute to one's health, potential and well-being throughout a lifetime. Functional Psychotherapy acts as a first step in overcoming the divisions between the various therapeutic approaches, towards an integrated therapy, using a therapeutic methodology which can be effective on all levels of the Self in order to remobilise and reintegrate the altered functions and heal the early Fundamental Experiences.

Training description

The training lasts four years. It includes 500 hours per year as well as individual therapy, didactic group, teaching of theory, workshops and seminars, intensive work experience placements, internal training, training in public services.

The programme includes the following topics: functional psychology, psychopathology as an alteration of the profound functioning of the self, functional diagnosis, a therapeutic project, therapeutic process and phases, mobilisation and reintegration of the functions, reconstruction of the early fundamental experiences of the self, integrated theory and technique of movement, touch and contact in functional psychotherapy, respiration in the psycho-body integration guided imagination in the mind-body relationship, functional methodology during pregnancy and perinatality, infancy, adolescence.



Luciano Rispoli

Functional Psychology

The foundations:

- The relationship between body and mind (Wilhelm Reich, Body-psychotherapy)
- Early Functionalism (James, Angell, Carr)
- Psychology of the self (Kohut, Stern).

Trainers

Director and Founder: **Luciano Rispoli** is a psychologist, psychotherapist, researcher and the founder of Functional Psychology. He trains people in Italy, Europe and America. He is a Professor in the Psychology of Health at the University of Naples. He is President and Founder of the Società Italiana (Italian Society of Functional Psychology) (SIF) and the International School of Functional Psychotherapy (EIPF). He is also an active member of the most important Italian and international psychotherapy organisations. Luciano is an Honorary member of the EAPB and Honorary President of the AIPC.

Trainers are: Paola Bovo, Barbara Andriello, Alessandro Bianchi, Paola Fecarotta, Giuseppa Caleca, Carla Cannizzaro, Custodia Caponetto, Albina Caudillo, Matteo Cipolla, Rosanna D'ancona, Antonio De Lucia, Luigi Emmanuele, Martina Fara, Emilia Genta, Antonio Grasso. Riccardo Grezio, A. Maria Laura Ingoglia, Caterina Iudica, Giada La Sala, Eleonora Magrassi, Ignazia Massaro, Maria Luisa Passarini, Enrica Pedrelli, Antonella Prudente, Roberto Rinaldi, Giuseppe Rizzi, Giacinto Rondelli, Roberta Rosin, Ivana Schiattarella, Serena Sciuto, M. Antonia Scuderi, Rosa Scuto, Laura Smirni, Teresa Sorrentino, Elio Vezza, M. Grazia Villari.

State of recognition

The European School of Functional Psychotherapy was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in September 1999. It was also recognised by the Ministry of Universities and Scientific Research in 2000, and by the CSITP (Comité Scientifique Internationale de Thérapie PsychoCorporelle) in 1987. The school is a founding member of the AIPC (Associazione Italiana di Psicoterapia Corporea) and a member of the CNSP (Consulta Nazionale Scuole di Psicoterapia). It is due to celebrate its 21st course in 2005.

EABP Members

Barbara Andrello, Paolo Bovo, Alison Duguid, Luciano Rispoli

Literature - publication - research

RESEARCH: Therapeutic research and phases; points of regularity, effects, verification of the results.
BIBLIOGRAPHY: 16 books and more than 160 articles published in various countries, among which:
Rispoli, *Psicologia Funzionale del Sé*, Astrolabio, Roma 1993.
Meyer, Maurer, Rispoli, Zaruchas, *Etudes cliniques psychothérapiques et somatothérapiques* - Ed. SIMEP, Paris 1993.
Rispoli, *The relevance of the Thought of Wilhelm Reich: New Perspectives and New Potential*, in Energy and Character, Vol. 29, n. 1 Giugno 1998.
Rispoli, *Functional Psychology and the Basic Experiences of the Self*, in Heller (Ed), *The Flesh of the Soul: the body we work with*, Peter Lang, Bern 2001.
Rispoli, *Il sorriso del corpo e i segreti dell'anima*, Liguori, Napoli 2003.
Rispoli, *Esperienze di Base e Sviluppo del Sé. L'Evolutiva nella Psicoterapia Funzionale*, Franco Angeli, Milano 2004.



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School history

The Nederlands Instituut voor Bio-release en Biodynamische Psychologie celebrated its 25th anniversary in 2003. The Institute, under the direction of Menno de Lange and Cora Slieker, has been organising courses and trainings since 1977. It is established in the former warehouse De Kleine Swaen on Brouwersgracht in Amsterdam.

Basic theory and concepts

44 Biodynamic Psychology investigates the way in which life energy can stagnate, and uses different methods to free the system from stagnation. This way of working was originally developed by Gerda Boyesen and is rooted in the work of Freud, Reich and Jung. Biodynamic Psychology is characterised by the attention paid to the digestive system. This has to do with the discovery of psychoperistalsis by Gerda Boyesen. The sounds produced by the peristaltic activities of the intestines provide an indication of the internal life of the person. Peristalsis is the echo of the psyche. Emotions, physical sensations, images and thoughts bring about an equivalent psychoperistaltic reaction. This makes the language of the unconscious audible. If the unconscious of the client is allowed to speak, we are then enabled to follow his or her organic needs, such as the need to be touched, to express wishes verbally, to imagine, to regress or to have a trans-personal experience.

In massage therapy, different forms of massage are used for different parts of the body: bones, bone membranes, muscles, muscular membranes, connective tissue, skin and aura. Touching frees stagnated energy, allowing it to flow once more. Patterns of stress build-up and locations of tensions are discovered, recognised and cleared. Peristalsis is the audible guide to the effectiveness of the intention with which a massage is done: supportive, affirmative, vitalising or mobilising. Biodynamic vegetotherapy is a method offering the client the chance to contact withheld impulses and then express them in movements, feelings, sounds, memories or images. Insights can arise. Its aim is to free what is unfinished and withheld and to appropriate it for use in one's daily life.

Training description

The training programmes on offer are: Biodynamic Massage Therapist and Biodynamic Vegetotherapist. The institute also offers a broad spectrum of advanced trainings.

The training courses for prospective Biodynamic Massage Therapists and Biodynamic Vegeto therapists each last three years. Practical training is given in the first two years. The third year focuses on supervised work with clients and the student's own learning therapy. At the end of the third year, students receive their diploma. In addition the Institute offers a variety of further training and refresher courses.



From left: Menno de Lange, Charlotte van der Molen, Nicky Smout, Harry Visser

The Institute offers open courses in biorelease as well. These give people more insight into the subtlety of interactions between body and mind. Work is done with a series of exercises and massages that each time act more profoundly on the body, through which energy flows more freely. This is a course with a therapeutic character, but not a therapy group.

Trainers

The Dutch trainers team

Menno de Lange, Charlotte van der Molen, Cora Slieker, Nicky Smout, Harry Visser.

Guest teachers

Carien Heldring, Jan Taal

International Guest teachers

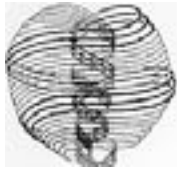
Mona Lisa Boyesen, Clover Southwell, Michèle Quoilin, HansKim Voet.

State of recognition

45 The Dutch Institute for Biorelease and Biodynamic Psychology was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in September 1999. The Biodynamic method was scientifically validated by the European Association for Psychotherap (EAP), in July 2001.

EABP Members

Cora Slieker, Menno de Lange



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School history

Jay Stattman developed Unitive Psychotherapy in the early 1970s. Since 1974 about 175 Unitive psychotherapists have been trained by Jay Stattman or by his successors.

Basic theory and concepts

The word Unitive indicates a 'moving towards non-duality'. For the practice and theory of Unitive Psychotherapy this results, as a first step, in working at a dynamic balance between the two polarities of a whole, which can be e.g. body versus mind, safety versus contact, being outside in the world versus being in contact with one's core, etc.

Jay Stattman died in 1988. He used his creativity, his experience and his knowledge to integrate main (verbal and body-oriented) therapeutic and philosophical ways of thinking and to develop new – Unitive methods.

One of the important aspects of Unitive Psychotherapy is that the therapist in all aspects of his/her being serves as the main tool to support change in the client. A stance of basic friendliness and acceptance of the client helps the client 'to become friends with the resistance'. In this way the client can become aware of the issues behind the defence.

Unitive Psychotherapy uses body awareness, physical exercises, giving resistance on a bodily level, taking over the resistance, verbal techniques, expressive techniques (like making drawings of how the body feels), dream work, guided imaginations and touch to bring into consciousness what has not been lived until that moment.

How can we be unique and united at the same time? How can we be truly in contact with ourselves and with the other? These are important questions for the client and the therapist.

The fact that many Unitive Psychotherapists trained in other modalities indicates that Unitive Psychotherapy is a very open, inclusive system. The contact between the therapist and the client is the leading principle.

Training description

There are no current trainings. The last group of students graduated in the mid-nineties. Possibilities of starting a new course in 2005 are being examined at the time this booklet is going to press.

State of recognition

The Unitives were accredited as a Body-Psychotherapy Training Institute by EABP FORUM in September 1999.

The Unitive method was scientifically validated by the European Association for Psychotherapy (EAP) in July 2001. Unitive psychotherapists in the Netherlands are united in the Association for Unitive Psychotherapy (VUP).

EABP Members

Elise Dalman, Lidy Evertsen, Wolter Feenstra, Marianne Ingen Housz, Eva Maria Jansen, Hans Mooij, Jeanet van de Riet, Bregytta Rooney, Mary Siegel, Robbert Verschuur, Joop Valstar.

Literature - publication - research

Basic articles can be found in Jacob Stattman c.s., *Unitive Bodypsychotherapy – Collected Papers, vol. 1 and 2*, AFRA Verlag 1989 en 1991.

For more literature contact the Association for Unitive Psychotherapy.



School history

Asas e Raízes (Wings and Roots) started its training in Biodynamic Massage in 1995 and established the training programme in body-psychotherapy in 2004. It is located in the old centre of Portugal's second city, Porto, but training takes place throughout Portugal, mainly in Lisbon.

Basic theory and concepts

The school's view of body-psychotherapy is integrative, based on a strong belief in ethics. It encompasses the best of traditional knowledge in the field of body-psychotherapy, within a concept enlarged to include systemic and transpersonal approaches.

The essentials of the work are:

- an integrative view of body-psychotherapy: cultivating the common ground on which this specific approach is built
- a strong belief in ethics
- a method where the client finds access to self-growth and volitional efficiency in the dialogue with the therapist
- the enlargement of traditional body-psychotherapy to systemic and transpersonal dimensions.

This approach is called Integral Body-psychotherapy. It places the work with the body into a broader context of nature, self and culture. It recognizes the multiple dimensions of the body and how these are experienced, known and worked with. The main emphasis on the body within body-psychotherapy is on completeness and integration in working with people. As such, Integral Body-psychotherapy provides specific ways of organizing the knowledge and skills of the field.

Integral Body-psychotherapy understands itself as being closely connected to integral approaches to psychology such as the Integral Psychology of Ken Wilber. This is as

a developing tool of structuring the knowledge and experience of manifold dimensions of our being. Integral Body-psychotherapy applies the essential dimensions of Integral Psychology such as quadrants, levels, states, types and lines in the field of body-psychotherapy. The purpose of doing so is to build an optimal framework for preserving and developing the rich theoretical and practical knowledge of body-psychotherapy and its relationship to psychotherapy in general.

Training description

The training is organized in sixteen obligatory modules, and some optional ones so that a trainee can choose, to a certain extent, his/her own way within the programme. The school gives equivalents to professionals already working in the field of psychotherapy, so that the training is also attractive for those who want to complete training received elsewhere, with an approach that includes the body.

Obligatory modules (theoretical/practical)

A	Foundations of Integral Bodypsychotherapy	80 hours
	Working with the Self (Gestalt)	60
	Pillar I of IBPT: The Competence-Compass	20
	Basic Medical Knowledge	40
	Developmental Psychology	20
B	Inner Impulse (Vegetotherapy)	80
	Character	80
	Models, Methods and Techniques of Psychotherapy	40
	Psychopathology	40
	Pillar II of IBPT: Interpersonal Intelligence	20
C	Epistemology of IBPT	20
	Ethics of Touch	20
	Pillar III of IBPT: Integral Practices	20
	Shock Trauma	40
D	Pillar IV of IBPT: Integral Interventions	20
	Psychoenergetics	80

Trainers

Thomas Riepenhausen, EABP member since 1993, is responsible for the training, together with Ana Cristina Azevedo and Andreas Wehowsky as consultants. Other trainers are Courtenay Young, Ebba Boyesen, Elisabeth Fitger, Franz Ruppert, Isaias Costa, Manfred Thielen, Paula Diederichs and Sueli Simões, and occasional guest trainers.

State of recognition

The school will apply for the accreditation process with EABP FORUM in 2005.

EABP Member

Thomas Riepenhausen

Literature - publication - research

Being based on the traditional knowledge of body-psychotherapy, we consider the principal theories in this field as our theoretical corpus (please see the bibliography in our website).

Some texts about our specific approach:

Wehowsky, Andreas, *Terapia Psicodinâmica e Terapia Psico-Corporal*, www.asaseraizes.pt

Wehowsky, Andreas, *A Bússola de Competência de Auto-Navegação*, 2004, www.asaseraizes.pt.

Wehowsky, Andreas, *Wirkfaktoren in der Körperpsychotherapie*, in: G. Marlock/ H.Weiss, *Handbuch Koerperpsychotherapie*, Goettingen 2005: Hogrefe.

From left: Andreas Wehowsky, Ana Cristina Azevedo, Thomas Riepenhausen





Founder and director: Dr. Ljiljana Klisic

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School history

Dr. Ljiljana Klisic founded TePsyntesis in 1976 in Belgrade, Yugoslavia. TePsyntesis has evolved from thirty years of research by Dr. Klisic into drives development and the relationship between life force and consciousness. It has trained more than 200 professionals.

Basic theory and concepts

TePsyntesis is a scientifically-based body-psychotherapy approach which combines systematic work with the body and the mind-psyche (and in some cases spirit) to help reduce psychological and psychosomatic suffering and to help people achieve integration on the somatic, emotional and spiritual level as well as Power and Bliss development.

The most influential source of the TePsyntesis is Radix work, founded by Charles Kelly who was a student of Wilhelm Reich. The theory represents an integration of psychoanalysis (Janet, Freud) and psychosynthesis (Assagioli). Many other body-psychotherapy approaches have had their influence including vegetotherapy, bioenergetic analysis, biosynthesis, biodynamic, bodydynamics, core energetics and various neo-Reichian psychotherapies. Mainstream psychoanalysis, developed in Serbia one century ago, has also exerted its influence. Elements of analytical psychotherapy, gestalt and transactional analysis are integrated with respect to spirituality. TePsyntesis has grown into an autonomous depth psychological method with all the general characteristics of body-psychotherapy work – a functional and structural approach working with character structures, vegetative, pulsation and subtle energy processes.

After the experiences the school has gone through in the last twenty years in Yugoslavia, new theoretical concepts have also started to emerge based on these older concepts. TePsyntesis studies and researches the evolution of the basic human instinctual drives: the instinct for self-preservation (aggression), and the instinct for procreation of the species (sexuality). It helps people in this evolution using both verbal and nonverbal methods and not only on a psychological level. It is only through the unity of the mind and body that a spiritual dimension opens up and the whole scope of evolution can be approached. Firstly there is

the evolution of primitive aggression and destruction towards mature power integrated with a developed value system, to non-dual universal power. Secondly there is the evolution of primitive sexuality towards Bliss and supreme Joy.

On the basis of the holographic paradigm and quantum physics, and in cooperation with the Faculty of Electrical Engineering at the University of Belgrade, TePsyntesis is continuing to develop the Psychoanalytic theory of psychosexual development. Dr. Ljiljana Klisic has also developed the theories of *Orgasm Development* and *The Function of Bliss*. She has introduced new terms for different orgasms as a model for the development of consciousness and a new model for human development. Bliss is seen by Te-Psyntesis as the most intense positive psychological experience, which has an important function. The bliss taboo is deeper and more hidden than the sex taboo. The goal of orgasm development is to increase the degree of freedom in decision-making, which happens, step by step, at each subsequent level of orgasm development. Orgasms are classified as primitive, immature, perverse, neurotic, blocked, mature, extended, ecstatic, blissful and non-dual. In order to develop orgasm further, a person must learn to increase the degree of his/her freedom in decision-making. If successful, the reward is ecstasy. If a deeper and more complex degree is reached there is a divine reward - bliss.

Dr. Klisic has also proposed the theory of Power Development. In the process of development from primitive aggression to mature power and towards ultimate all-mightiness, it is necessary to learn to postpone (not to block, suppress or repress) reactions in order to increase the degree of freedom in decision-making. In this process blocking or impulsivity often happens, the most difficult being integrating surrender with control and cognition. Agrams (a new term suggested by Dr. Klisic) are classified as instinctive, primitively aggressive, destructive, manipulative, passive, assertive, truly powerful, non-duel universally powerful. In her opinion, investigation into orgasms and agrams in Power or Bliss development gives us a good model to start the exploration of consciousness and human development.

On the basis of research into instinctual drives development, Dr. Klisic has proposed the continuation of the psychoanalytic theory of psychosexual development. She sees the concept of maturity in psychotherapy as being under-developed and too dependent on the biological model. In her opinion, psychoanalysis has connected maturity to genital primacy and the genital character structure while it is only the beginning of maturity. After oral, anal, phallic and genital primacy - well-known Reichian concepts - development has to continue on to heart and divine primacy.

Dr. Klisic has also put forward a continuation of the Character Development Theory. To the oral, anal, phallic and genital character structures she adds heart and divine non-character. She has connected the genital character to the beginning of maturity and the ability to surrender to the orgasm reflex, meaning a freedom from the main blockages. Heart character means giving primacy to heart reactions, where all decisions are made from the heart. This is the principle of love, meaning at a higher level of consciousness. As with previous character structures, some neurotic tendencies remain. The heart character is more developed and discovers Bliss that is often the result of love actions. The most developed character structure is resolved character: no-character. In this structure there are no more frozen functions, the flow of energy is complete. There is unity with the whole universe, total freedom from blockages and from character armour, the ability to be in joy and bliss, to radiate it, to become the love principle, pure consciousness, the only reality there is, ourselves connected with the divine no-character.

The above are theoretical considerations, which place the training work in a wider conceptual framework. TePsyntesis uses an organized system of methods in treatment. It is a systematic application of defined body-psychotherapy methods with some innovations. Dr. Klisic is working on the methods, which are best for each stage of

Ljiljana Klisic



Power and Bliss Development. The approach to each trainee is individual and accepting, with a lot of support for the stage he or she is at. This attitude, together with awareness opens the next stages of development more easily, bringing more pleasure, joy and bliss.

Training description

The training takes four years. The first year is experiential with group and individual work. The second and third years are theoretical, methodological, didactic, conceptual, as well as continuing with the experiential work. The fourth year emphasizes supervision.

Trainers

ECP holders and trainers are: Dr. sci Ljiljana Klisic, Clin. Psych. (Director of Training); Elida Faganel, B.A. Psych.; Svetlana Vukojevic Deleon, B.A. Psych.; Jelena Mutavdzic Vojnovic, Clin. Psych.; Ana Ristic, B.A. Psych.

State of recognition

Tepsinteza was accredited as a Body-Psychotherapy Training Institute by the EABP FORUM in March 2005.

EABP members

Ljiljana Klisic, Elida Faganel, Svetlana Vukojevic Deleon, Jelena Mutavdzic Vojnovic, Ana Ristic.

Literature - publication - research

Klisic, Lj., *Body-Psychotherapy (To Orgasm and Beyond)*, a book summarizing all of Dr. Klisic's work to date, Eko – primat, Zemun YU, 1995. Second enlarged edition: Skripta international, Beograd, 2001. Third enlarged edition: UTPJ, Beograd, 2004
Klisic, Lj., *Body Psychotherapy* in PSYCHOTHERAPY, Eric, University of Medicine textbook, Belgrade, 2001
Klisic, Lj., *Radix Education*, in PSYCHOLOGY - Journal of Serbian Association of Psychologists, Belgrade, 1980
Klisic, Lj., *Psychological Growth: Neo-Reichian Approach*, New Group Psychotherapies, AVALA, 1980
Mutavdzic, J., *Psychoanalysis and Body Psychotherapy*, Congress of the Psychologists of Serbia, Belgrade, publ. 1999
There are also more than 300 introductions, monographs, and articles in various countries, published lectures and presentations.
Klisic, Lj., Doctoral research: *Evaluation of Successfulness in Training Psychotherapists for Application of Radix Psychotherapy Method*, Belgrade, 1989
Klisic, Lj., Masters research: *Validation of Intervening Techniques-guided Images and Movements*, Belgrade, 1978
Ristic, Ana, *Touch in our ethnical tradition*, Uzice, 2001
Milicevic, Nebojsa, *Relation of Harmony and Antagonism Between Soul and Body*, 12 EAP Congress publ. 2004



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School history

The Spanish school grew out of the Scuola Europea di Orgonoterapia (SEOR) that was founded in the 70s by Federico Navarro and Piero Borrelli, who were disciples of Ola Raknes, one of Wilhelm Reich's (1897-1957) closest collaborators in Europe. In 1982 Xavier Serrano a member of the SEOR, and a small group of professionals, organised the first training courses and didactic analyses in Spain. This initiative culminated in the formation of the Spanish School of Reichian Therapy, which was legally recognised in 1985. Today, in 2005, it has 40 professional members in Spain, including Barcelona, Madrid, Pais Vasco and Valencia. The school is a member of most of the main international orgonomy, body therapy and sexuality associations as well as of the main psychotherapy associations. It is a founding member of the Spanish Federation of Associations of Psychotherapists (FEAP). This organisation works for the recognition of a professional diploma for psychotherapists in Spain and Europe, setting out common criteria for all associated members. These criteria are based both on clinical experience and on the way of acquiring knowledge i.e. through personal analysis for future psychotherapists, clinical supervision and case seminars. These fundamental elements are accompanied by courses in the model represented by the particular schools or associations. EsTeR, whose history is particularly influenced by the contributions of Federico Navarro (one of its first teachers) has its own clinical and educational identity within the post-Reichian movement, i.e. a structural diagnosis (DIDE), a methodology for therapy groups in Vegetotherapy, and the Brief Character Analysis Therapy (PBC), all developed by Xavier Serrano.

Basic theory and concepts

Among the goals of the school are the education of body-psychotherapists and Reichian specialists (vegetotherapy – orgone therapy). Another goal is to spread knowledge of orgonomy and its applications in education, medicine, ecology, urbanism, biophysics, etc. and thus contribute to the increase of knowledge and the means for better development and well-being of human beings. In this task the school counts on specialists of other models as well as on other Spanish and international schools.

By means of in-depth studies of the laws of orgonomy and the consequences of its permanent interaction with the physical and social environment, understanding of human nature can be increased and further elements disturbing the functioning and health of human beings can be prevented. This holistic vision of health, where psychopathology is interlaced with other human and scientific disciplines, implies a particular training that is characterised by its multidisciplinary nature, resulting from our clinical and prophylactic work as a team. And although, during the training, we strongly insist on stimulating the critical spirit of students, facilitating the sources for them to learn about other models and techniques, (historical, present-day or in the vanguard) we consider ourselves as being inside the new ecological paradigm, based on the original contributions of Wilhelm Reich. Dr. Reich was a psychiatrist and an expert in sexology, who stood out because of his technical contributions to psychoanalysis. During the 1940s in the Nordic countries and later in the United States, where he had arrived as a refugee from Nazism, he developed his own clinical and psychotherapeutic method - incorporating emotional, somatic and neuromuscular aspects into psychoanalysis. This methodology, first called Character Analytic Vegetotherapy, was later defined as Orgone Therapy, as Dr. Reich started to include functional and psychosomatic diseases from the perspective of the disturbance of bioenergetic pulsation. All current body therapies and psychotherapies arise from this base, which has also had a great influence on the development of gestalt therapy, social psychiatry, sexology and some psychoanalytic trends.

Seen from the perspective of our model, the fundamental causes of disease and suffering are social and therefore should be fought

Xavier
Hortelano
Serrano



through preventive actions on environmental, social and child ecology. However, we still consider that the function of psychotherapy is essential, in general because of its understanding of the doctor-patient relationship, and in particular because of its clinical efficiency, using human communication and expression in the widest sense within the psychotherapeutic setting. Dr. Reich created his psychotherapeutic methodology, developing an integrated and vanguardist line of action that we post-Reichians have deepened and matured.

Training description

EsTeR's Didactic Training Project is multidisciplinary because, as Dr. Reich stated, "with orgonomy, the rigid fence that separated the different scientific fields has been broken". Our goal is to set a new Reichian paradigm and to spread the knowledge of its contents and meaning in participation with students, making sure that it is done with a critical mind and without fanaticism. The study of comparative texts provides students with a bibliography that helps them understand both the interaction with other holistic disciplines and the influences or differences with other scientific paradigms. Students are also introduced to the way the school works and the theoretical ground it stands on, which includes its own particularities within the Reichian paradigm. This gives them the possibility of acquiring new knowledge as well as the choice of joining our team in the future.

To be a member of the School as an Orgonomist (specialised in education, prophylaxis, biophysics, etc.) or as an orgone therapist, the candidate must do the basic and specialised courses, have a university degree and have made his or her personal analysis with a qualified orgone therapist. To become an orgone therapist, one has to do control analysis and case supervision: to become an orgonomist, there is supervision in his or her speciality.

Training in body psychotherapy, orgonomy and post-Reichian clinical applications:

- Clinical Reichian-oriented body-psychotherapists and orgonomists must complete 600 hours (four years plus personal analysis)
 - Orgone therapists and specialists in a post-Reichian clinic must complete 800 hours (six years plus personal analysis).
- Under the auspices and recognition of:
- The Spanish Federation of Associations of Psychotherapists (FEAP)
 - The International Federation of Orgonomic Colleges (IFOC)
 - The European Association for Body-Psychotherapy (EABP)
 - The Spanish Federation of Sexology Societies (FESS)
 - The European Federation of Sexology (EFS).

Within the scope of prophylactic assistance, the school works on the one hand on the socio-cultural level, favouring a free sexuality, and on the other, on specific work with children as well as the family and educational systems within the framework of the ecology of human systems. Sexological socio-cultural means prenatal attendance during pregnancy in individual or groups sessions and orgonomic attendance in childbirth. It also means supervision of the maturity process in newly-born and older children, in order to strengthen the development of their self-regulation. This is done through observation and direct interaction with the child, as well as psychotherapeutic assistance or by providing the necessary psycho-pedagogical information for the family system. With Orgonomic Biophysical Investigation we try to validate the experiments made by Reich and his collaborators on orgone energy, using tools and means that are more up-to-date. We also try to improve the instrumental means. Finally, within the socio-cultural intervention and in collaboration with other social associations and movements our practice is based on the following elements: sexological and socio-cultural activities, free periodic conferences and participation in round tables and debates on our premises as well as outside them. Our public Orgonomy library contains the complete works of Reich as well as all the worldwide magazines of Orgonomy.

Trainers

- Didactic Director: Xavier Serrano Hortelano.
- Responsible for education: Manuel Redón Blanch (Valencia and Barcelona), Maria Montero-Ríos Gil (Valencia), Jose Antonio Larraza Razkin (Pamplona), Juan Antonio Colmenares Gil (Madrid).
- The EsTeR teaching staff also includes collaborators and specialists from other European and International Schools of Psychotherapy: Markku Välimäki, Ma Beatriz De Paula, Gino Ferri, Clorinda Lubrano-Kotoula, Bjørn Blumenthal and Humberto Liberati.

State of recognition

The Spanish School of Reichian Therapy was accredited as a Body-Psychotherapy Training Institute by EABP FORUM in March 2001. The Character Analytical Vegetotherapy method was scientifically validated by the European Association for Psychotherapy (EAP) in 2004.

EABP Member

Xavier Hortelano Serrano

Literature - publication - research

The Spanish School of Reichian Therapy has its own publishing house, PUBLICATIONS ORGON, C.B., which has been publishing books, videos and the magazine *Energy, character and society*, since 1982.



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School history

The school's origins go back to the first group of Integració Psico-Corporal in 1987. It was the intense work on both psychotherapeutic and training levels, which in 1990 led to the foundation of the Association (ACTIP), as a professional and legal body to organise training and research activities for the general public. Up until 1994 Josette Amirault, Jack Painter and Patrick Schwarz collaborated as guest trainers within Marc Costa's structure. Since then professionals, who have been qualified by the school have covered the therapeutic and pedagogical needs. As a result of the intensive work which the school has done on pre and perinatal themes, ETIP founded the Asociación Española de Psicología y Medicina Pre y Perinatal y de la Primera Infancia (AEPMePI) in 2002 as a branch of the International Society of Prenatal and Perinatal Psychology and Medicine (ISPPM).

Basic theory and concepts

This is a psychotherapeutic synthesis system created and structured in 1987 by Marc Costa. This clinical psychologist/psychotherapist has devoted himself to continuous practical work in individual and group therapy for 28 years and to training psychotherapists for 18 years. The historical background is rooted in Sigmund Freud's dynamic approaches and, above all, in Wilhelm Reich's structural and energetic vision which is an indispensable reference for deep psycho-corporal therapies. Psycho-corporal integration is characterised by progressive work on the building of the therapeutic relationship and the elaboration of defense systems in order to reach the instinctive-emotional levels, which reside in the body's deeper layers. It also focuses on gradual work on the integration of the mental-cognitive, instinctive-emotional, physiological-vegetative and skeletal-muscular levels in order to approach psychosomatic totality. All this facilitates a natural, spontaneous regressive process towards the recovery of pre and perinatal experiences, which help to integrate the fundamental subjects of human maturing and evolution from their origin.

The five theoretical constructs, which build the basis for the study of personality in Psycho-Corporal Integration, are:

- **Organisation pattern:** Develops the code and underlying organising systems on a biological, instinctive, emotional and human cognitive level.
- **Structure:** Explains how, through the different phases of human development, character structures, which build the personality's final organisation, are materialised.
- **Integration:** Shows how the final adjustments of the different character structures amongst each other convert to final organisations of the personality or levels of psychopathology.
- **Processes:** Analyses how organisational pattern, structure and final integration manifest themselves intelligently due to instinct, emotion and cognition.
- **Object relationship:** Allows an understanding of the kind of bonding due to the specific type of affective relationship between subject and object(s). The concepts (IMAGOS) and knowledge on which our instinctive, emotional and cognitive abilities are built are based on this relationship.

The ethical and deontological guidelines for the psychotherapeutic work in Integració Psico-Corporal are based on five fundamental principles:

- Principle of psychosomatic spontaneous expression
- Principle of psychosomatic non-violence
- Principle of patient-centered therapy
- Principle of communicative following of the patient
- Principle of communicative authenticity of the therapist.

Training description

In addition to the training requirements, to become a Psycho-corporal Integrator the following references have to be relied on:

- The future therapist commits him (her) self to a long and committed psychotherapeutic process in Psycho-corporal Integration (it is the therapist who gives the pass to be able to exercise the profession) and after that whenever he/she periodically chooses to do so.
- The specialised training (1300 elective hours).
- Third reference: the supervision within

the school's structure for five years and after that whenever he/she periodically chooses to do so.

- The theoretical, methodological and technical principals and the school's ethical and deontological rules.

Psychotherapeutic process. This is the backbone of training. In a progressive, orderly fashion one learns the art and trade of the psychotherapist, whose complex and delicate knowledge and experiences call for a closed group from beginning to end that guarantees educational progression and experiential continuity.

Personality. An approach to knowledge of the person based on dynamic, systemic, ecological and quantum-holographic theories. The objective consists of establishing, from the beginning, a private diagnosis and prognosis, which helps establish effective work strategies. One also learns to evaluate the psychopathology level in order to determine the possibility of therapeutic work in each particular case.

Anatomy and psycho-physiology. This is an indispensable topic for any psychotherapist who includes the body in his or her work. It guarantees knowledge of anatomical and physiological positioning, mechanisms and functions in order to intervene in the body in a precise and experienced way.

Scientific paradigm. The 20th century's progressive paradigmatic revolution is summed up and analysed. It expresses the need for a new paradigm, based on avant-garde science, which allows for providing new therapies and, particularly, psycho-corporal integration, with a sound scientific base. The recent investigations into the human genome and its impact on psychological theories will be reviewed.

Relational dynamics. The building of the interpersonal relationship is one of the bases of therapeutic work in psycho-corporal integration. To connect with oneself, and from there perceive another with objectivity, allows one to develop a really dynamic relationship. To build and experience it directly through its progressive sequences teaches us how to carry out this work. This topic's contents are basically experiential.

Sexuality. This is a basic theme in all deep psychotherapeutic processes and, particularly, in all reichian-oriented

psychotherapeutic therapies. One will experientially learn how sexual material tends to reflect instinctive-emotional processes as well as their most fundamental conflicts. This topic's contents are basically practical.

Dreams. While we sleep we remain connected to our intra-psychic world through dreams. They bring us closer to our most unconscious and unfathomable truths. To recover and expand them means to make use of a usually unproductive part of our life. The work systems, which best adapt to the therapeutic process of psycho-corporal integration, with special emphasis on dream work through the body are explained and experienced. This topic's contents are basically experiential.

State of recognition

The Associació Catalana de Teràpia d'Integració Psico-corporal (ACTIP) is in the process of applying for accreditation by the EABP FORUM. It was founded in 1990 and legally recognized by the Generalitat de Catalunya to organize the training in Psycho-corporal Integration. At the same time the name of Integració Psico-Corporal has been patented so that only the ETIP could issue certifications with that denomination.

Trainers

Marc Costa, founder/director, trainer and supervisor.

Llúcia Arilla, Psycho-corporal Integration therapist, co-trainer and supervisor.

Jorge Cozodoy, Psycho-corporal Integration therapist, co-trainer and supervisor.

Montserrat Crehuet, Psycho-corporal Integration therapist, co-trainer and supervisor.

Isabel Maurício, clinical psychologist, Psycho-corporal Integration therapist, co-trainer and supervisor.

Carmen Gil, clinical psychologist, Psycho-corporal Integration therapist, assistant.

Ulrike Kaese, Psycho-corporal Integration therapist, assistant.

Elisabeth Schaupt, Psycho-corporal Integration therapist, assistant.

Imma Ventosa, Psycho-corporal Integration therapist, assistant.

Joana Fernandez, clinical psychologist, Psycho-corporal Integration therapist, secretary.

Literature – publication - research

Costa, Marc (1995): *The Prenatal Period as the Origin of Character Structures*. The International Journal of Prenatal and Perinatal Psychology and Medicine, vol. 7, num. 3, pp. 309-322, Mattes Verlag (Heidelberg).

Literature by Marc Costa about character structures (1993), Theory of personality (1996), Human development (1998), Systemical, ecological and quantum-holographic paradigm (2000), Dreams in Psycho-corporal Integration (2002) are available in the school's library.



Marc Costa



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Association history

The European Association of Relational and Body-Psychotherapists was created in 1998 by a group of body-psychotherapists trained by Eliane Jung-Fliegans and Claude Vaux. It has 50 members.

Members include body-psychotherapists using different methods, such as postural integration, gestalt therapy, bioenergy, somatotherapy, belonging to the humanist-existential mainstream. The founders of this mainstream were inspired by Sigmund Freud's work and are mainly based on the work of Fritz Perls with gestalt therapy, and Wilhelm Reich with vegetotherapy. Alexander Lowen and John Pierrakos (founders of bioenergy), Gerda Boyesen (who created the biodynamic method) and Jack Painter (the founder of postural integration) are among the main people who continue with Perls' and Reich's approach.

Aims

The European Association of Relational and Body-Psychotherapists is open to practitioners from different schools, whose practice belongs to the mainstream of new therapies. It aims at promoting development and research in the field of relational and body-psychotherapy communication and therapy, through the spread of knowledge, teaching, publishing or any initiative that could serve this goal.

The psychotherapists who are members must prove that they:

- have completed a personal, significant psychotherapy
- have completed a specific training in body-psychotherapy, theoretical as well as clinical
- have practised psychotherapy in a private practice or in an institution or through an association
- work with a control or a supervision of their clinical practice
- make a commitment to abide by the AETPR deontological code.

Activities

For several years the AETPR has been organising a two-day congress every autumn during which anybody can present body-psychotherapy, its numerous ways of practising, its inspiration sources and the theories that it is based on. It is a time of exchange, debate and during the second day it is also a place where different body-psychotherapy approaches can be experienced in the workshops that are offered.

- 2000 Psychotherapy and Spirituality: is this an answer to suffering?
- 2001 What is Psychotherapy?
- 2002 The Body in Psychotherapy
- 2003 Sexuality and Psychic Health
- 2004 Depression and Psychotherapy
- 2005 Healing Traditions and Psychotherapy

Literature - publication - research

The **Actes du colloque** (Congress Records) are a written version of the first day of each conference. Most of them are transcribed from the tapes of the conferences and thus keep their lively oral style, bearing the mark of exchange between the participants. The differences between the lecturers, their way of working, their origins and their points of view give much value to these records. The following are available through the Association Secretariat:

- 2002 The Body in Psychotherapy
- 2003 Sexuality and Psychic Health
- 2004 Depression and Psychotherapy
- 2005 Transference and counter transference in body-psychotherapy

Since it was created the Association has regularly published a news bulletin, *AETPR infos* presenting: information on the psychotherapists' profession, articles from psychotherapists, extracts from conferences, speeches, public debates.

State of recognition

The AETPR is a member of the EABP FORUM and the FFdP - Fédération Française de Psychothérapie, NAO in France.

EABP Members

Claude Vaux, Eliane Fliegans-Jung

Board members



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Gesellschaft für Biodynamische Psychologie und
Körperpsychotherapie - GBP e.V.
Association for Biodynamic Psychology and Body-Psychotherapy



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Association history

The Gesellschaft für Biodynamische Psychologie und Körperpsychotherapie GBP e.V., a Professional Association, was founded in 1994 by Biodynamic psychotherapists from the North of Germany. The present name was given in 1997. There are 250 members from all over Germany.

Basic theory and concepts

Biodynamic Psychotherapy was developed by the Norwegian clinical psychologist and physiotherapist, Gerda Boyesen, in the 50s. It is considered a scientifically valid method by the EAP (European Association of Psychotherapy). BPP is a non-provocative, depth psychologically-based method, which works with deep psychic layers by using direct body-contact, especially with early traumas, manifested at the time of non-verbal child development. The biodynamic therapist accepts psychological resistance as a protection. In addition to the direct work with the body in the form of a variety of massage methods, breath work, body exercises, acute conflicts, dreams, insights, free association and work with the emotions that arise, are integrated into the process. The basis of the BPP is a biological theory of psychology, developed by Gerda Boyesen and in addition to this her theory is grounded in the Dynamic Physiotherapy of the Norwegian Adele Bülow-Hansen, the early libido theories of Freud, the work of C.G. Jung and the Vegetotherapy and Orgonomy of Wilhelm Reich. In the course of time Gerda Boyesen, and her daughters Ebba and Mona Lisa and her son Paul developed a wide spectrum of different theories and methods of treatments.

Task description

The main tasks of the GBP are:

- to support and advance the members in their personal and professional development
- to advance collegial co-operation and development
- the development, publication and coordination of Biodynamic Psychology
- a professional lobby of biodynamic therapists
- to co-operate with the EABP and the German National Association of the EABP, the DGK (Deutsche Gesellschaft für Körperpsychotherapie)
- to co-operate with organisations from other therapeutic fields
- to do research and publish in Biodynamic psychology and other body psychotherapeutic methods.

Membership Criteria

The requirements to be a full member are statutory:

- At least three years' biodynamic training, completed until 1999
- Five years' biodynamic training (at least 720 hours)
- Four years of psychotherapeutic training are required and at least three years of biodynamic training. The Board decides on the admission of comparable psychotherapeutic trainings.

Corresponding members (without the right to vote) are often students who are taking part in the training programme. They are very welcome in the GBP.

All members must accept the ethics guidelines, which guarantee a high level of content and ethical standards of the practice of body-psychotherapy. The GBP works in association with DGK- (Deutsche Gesellschaft für Körperpsychotherapie), the German section of the EABP.

The GBP periodically organises congresses with different themes, such as trauma, therapy with children and abuse. The main school from which members come is the European School for Biodynamic Psychology (E.S.B.P.E: e. V.).

State of recognition

Biodynamic body-psychotherapy has been scientifically validated by the EAP, European Association for Psychotherapy.

EABP Members

Mona-Lisa Boyesen, Ebba Boyesen, Margit Grossmann, Ingeborg Hawel, Ulrike Lienert, Kristine Lötsch, Norbert Schrauth, HansKim Voet

Literature - publications - research

Arbeit mit Kindern, Tagungsjournal der 1. Fachtagung der GBP in München mit Beiträgen von Dr.Karin Großmann, Mona Lisa Boyesen, Doris Hebestreit, Heidrun Claußen, Karin Schröder, Henry Schiffler, Kristine Lötsch, Babara Wanderer, 1997. *Berührung Sexualität Mißbrauch*, Tagungsjournal der 2. Fachtagung der GBP in Hamburg mit Beiträgen von Manfred Thielen, Mona Lisa Boyesen, Madhuma Obholzer-Jost, Eva Neubauer, Marianne Sörensen, Bodo Lindenborn, Monica von Ondorza und Roger Le Beherec, Paul Hiß, Peter Freudl, 1998. *Kreativität Transformation Spiritualität*, Tagungsjournal der 3. Fachtagung der GBP in Köln mit Beiträgen von Clover Southwell, Johannes D.M. Voet, Lothar Linz, Horts Landau, Bodo Lindenborn, Mona Lisa Boyesen, Jaya Herbst, Anna Viktoria Connor, Frank Weber, Andreas Merk und Nils Fiedler, Lothar Hahn, 1999. *Verstrickung Beziehung Entwicklung*, Tagungsjournal der 4. Fachtagung der GBP in Gießen mit Beiträgen von Margit Grossmann, Christine Hackbarth, Peter Herbst, Alfred Köth, Ute Lauterbach, Dorothea Mathews, Beate Noll, Babara Wanderer, 2000. *Nur wer sich ändert, bleibt sich treu*, Tagungsjournal der 6. Fachtagung der GBP in Stellshagen mit Beiträgen von Rainer Pervöltz, Dorothea Mathews, Angelika Korp, Kveta Paluskowa, Lonny Fuhlert, Dieter Rohrbach, Monika Kolbinger, 2002. *A Vision of Unity/ Vielfalt- Individualität-Verbindung*, Tagungsjournal der 7. & 8. Fachtagung der GBP in Munzingen und Görde mit Beiträgen von Rainer Pervöltz, Hans Krens, Mona Lisa und Ebba Boyesen, Peter Freudl, Hilde Aderjahn, Hanna Maier, Lothar Hahn, Gina Gohl, Magarete Weber und Bernd Hohmann, Michaela Beer-Mann, 2004. *10 Jahre GBPe.V., Trauma und Kränkung*, Tagungsjournal der 9. Fachtagung der GBP in Schermau mit Beiträgen von Manfred Thielen, Franz Renggli, Ulrike Brandl, Uwe Lehmkuhl, Barbara Wanderer, Petra Mack, Bernhard Schlage, Manuela Butterweck, Margaret Weber und Franz Rieger, Thomas Busch.

Board members



Mechthild Münch
Chairwoman



Angelika Korp
Chairwoman



Daniel Panchyrz
Treasurer



Sabine Schmidt
Assessor



Angelika Franzissi
Assessor

HOW TO KEEP IN TOUCH

This FORUM booklet was accomplished in July 2005 and we expect it to be handed out and to be circulating for several more years after this. As there are many names and addresses of institutes, trainers and contact people be aware that at the time you read this, significant changes may have happened. Other details may also have changed.

If in doubt or if you have questions of present interest you may find what you are looking for in the latest EABP Newsletter or on the EABP website www.eabp.org or you may contact Jill van der Aa.

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The EABP website includes:

- Membership information, membership criteria, membership application forms
- EABP Register of Accredited European Body-Psychotherapists
- What is EABP – its organisation, its structure
- EABP Officers and Committee information
- National Associations and their Council–contact addresses, news
- FORUM – the members, application forms, self-assessment process, Training Standards
- Current and past events - conferences, congresses, seminars, symposia, workshops, training
- Publications - book reviews and significant articles on body-psychotherapy
- Down-loadable items such as a PowerPoint projection on body-psychotherapy
- Further contacts with other body-psychotherapy organisations world-wide
- The submission on the Scientific Validity of Body-Psychotherapy
- Newsletters – past and present
- Chat room – discussion groups

The EABP Publications Committee and the website manager welcome any contributions as well as your suggestions and critical remarks on the form and content of the website. Please contact the EABP Secretariat.