



European Association of
Body Psychotherapy (EABP)

The First 35 Years

Jill van der Aa-Shand with Courtenay Young



**European
Association
of
Body Psychotherapy
(EABP)**

The First 35 Years

*Connecting professionals, exchanging expertise,
enabling collaboration.*

Jill van der Aa-Shand with Courtenay Young

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Foreword

It is moving to see this book come to fruition. Our 30th Anniversary Congress was an important impetus for me to think together with others about what EABP has been, is being and is becoming. Jill makes clear this has been a collaborative effort across generations of Body Psychotherapists and others who have supported the development of EABP.

Therefore, every COUNCIL, FORUM, Committee and Board Member, all the students and trainees who have supported our work at the various Congresses, and all the Secretariat personnel as well as other consultants who help us think and act strategically and in line with who and what we say we are... all these many people deserve to “take a bow” and be applauded.

The narrative you are about to read shows how we have weathered our storms internally and externally, how we have creatively found ways to meet the changing needs of the people we serve.

And my hope is that it generates thoughts and ideas in each member on how you might see yourself involved with, represented by and served by the project that is EABP.

This initial edition is our first ‘go’ at mapping our roots and our history. And as we try to manage to do in EABP, this mapping is held in the context of where are we now and where do we need to be going forward?

Thank you to Jill, Vladimir, Courtenay and all other colleagues, alive and departed, who have helped shape this publication.

I see it as a support to understand our ancestry, and as an invitation to look at our priorities as we step forward into the next phases of development for body psychotherapy and its contribution to society.



Carmen Joanne Ablack
EABP President

October 2016 – December 2023

This book is dedicated to every member, individual and organisational, that has volunteered their time, services, and efforts over the years to bring EABP to where it is today. In this we also acknowledge the Secretariat and other consultants who have worked with us along the way.

Thank You All.

Introduction

This is the story of the European Association for Body Psychotherapy, which was founded thirty-five years ago in 1988, by a group of practitioners working with the understanding body and mind are one. They sought to bring professionals together, provide them with opportunities to exchange their expertise and support each other to find more common ground.

We follow through the years from the excitement of the first congresses and the exchanges taking place, leading to the founding of the Association. The newly created Association set about developing membership criteria, accrediting members, and compiling newsletters to keep members informed. Together, training institutes developed a framework for self-assessment and mutual recognition, and they formed the FORUM, which continues the work of assessing and reassessing the work of training institutes. National Associations were formed and started to flourish throughout Europe, and the COUNCIL was then established to facilitate communication between these associations. (We include brief histories of the National Associations in the Appendix.) Later, these semi-autonomous organs, the FORUM and the COUNCIL, initiated joint meetings with Board members to exchange information, work on policy, and keep abreast of developments within the association.

(Body) psychotherapy is still not widely recognised as a legitimate form of psychotherapy in many countries. We demonstrate how the Association has worked closely with the European Association for Psychotherapy (EAP), since the outset. Based on the 15 Questions, our work was accepted as a mainstream within psychotherapy in Europe. We write about our close collaboration with aligned organisations such as our sister organisation, the United States Association for Body Psychotherapy (USABP), and the International Scientific Committee (ISC).

It has not been in the scope of this book to answer the question, “What is Body Psychotherapy?” We do however provide a brief overview of the initial constituents and give space to a few of the many publications, such as *The Handbook of Body Psychotherapy & Somatic Psychology* and Michael Heller’s, *Body Psychotherapy History, Concepts and Methods* which provide a more comprehensive look at the various modalities and clinical applications in the field. Body psychotherapy is not a single paradigm or method. We work with the common assumption that bodily experience is the basis of subjective experience, and the interplay of the body’s systems and organs is what ensures our overall health. Body, mind, and spirit are one.

Another significant turning point in the growth of the Association was the establishment of the IBPJ (International Body Psychotherapy Journal), which was established in partnership with the USABP and is peer-reviewed. The IBPJ website provides space for interdisciplinary dialogue – the exchange of knowledge and expertise, research, and clinical observation.

Training Standards, International Membership, Ethics, Public Relations, Financial, Publications, Think Tank, and numerous congress committees are just a few of the committees that have been established over the years to handle various business-related matters. These committees have sparked the Association's enthusiasm, participation, and aliveness. The Science and Research Committee is enticing members to create case studies and participate in research through their symposia and recording of body psychotherapy research.

We have struggled and failed; not everything has been a bed of roses. We quickly realised the importance of ethics guidelines, which have since been updated and expanded. The Ethics Committee has kept up its investigation and handling of ethics cases in the background. The Science and Research Committee and the Ethics Committee are currently collaborating to incorporate ethics and research training modules into the curriculum for body psychotherapists.

As our work has flourished, we have continued to update our Training Standards so we can offer our trainings to fellow psychotherapists without losing the essentials of our profession. To ensure that our members continue to learn, develop, and evolve throughout their (professional) lives, we broadened our professionalism in 2022 by introducing Continuing Professional Development (CPD).

We have also learned through experience that a stable and mature structure is required to ensure financial stability, and we have established administrative processes to guarantee accountability and transparency. We invited our longtime office manager to describe his work for the Association and his thoughts on the next steps in this regard.

After 35 years of growth, the EABP has become a solid and mature organisation that serves as a platform and meeting place for body psychotherapists and other related professionals from various nations, cultures, methodologies, and modalities. The core of the Association is its more than 900 members, who work in health centers, specialised clinics, and private practice, and are dispersed over 35 different nations across the globe. They bring their own embodiment, a wealth of self-experience, and understanding of the modality they have been trained in, into the treatment session. They work with clients with a wide range of physical, mental, emotional, and spiritual concerns, bringing dignity, respect, and compassion to those who are sitting with them to help them lead more satisfying lives. Alongside this, our members are participating in their wider communities where it is called for – with migrants, victims of war, and abuse victims. To get a sense of some of the activities they engage in, we provide interviews with three members.

The planning of the congress, which is hosted by one of the National Associations every two years, is essential to the Association's work. We were unable to go into detail about every one of our congresses because those from the first few years have vanished into ob-

scurity. However, in some chapters, we have included members' words that express the enthusiasm and excitement that the congresses have generated. We delight in sharing our knowledge in keynotes and workshops with experts and practitioners from many fields, which helps new themes to develop and broaden our understanding of what body psychotherapy is. This story cannot be complete without a list of keynote speakers, workshops, and presenters so we have provided this in Appendix 4. It details the enormous scope of the field as well as the number of people bringing this work into their nations, communities, practices, and daily lives.

If we hadn't, in many ways, thought about the fundamental principles that we believe to be the foundation of our profession – respect for one another as equal human beings, openness and flexibility in dealing with our similarities and differences, and concern for one another, our communities, and the planet – all these years of work would have been for nothing. I hope that when you go through the book's chapters, you will be able to discern something of the spirit of the European Association for Body Psychotherapy.

Wilhelm Reich, one of the many inspirers of body psychotherapy, had this to say:

*“Love, work and knowledge are the well springs of our life.
They should also govern it.”*

It just so happens Simon the Just who lived 200 years before Christ had something similar to say. He is quoted in the Pirke Avot [The Ethics of the Fathers]:

*“The world is based on three things: Thora (Wisdom), Service (work for God)
and on Acts of Loving Kindness.”*



We begin with a message from David Boadella, first President of EABP, who sadly passed away on November 19, 2021, at age 90. These are his words at the time of our 30th anniversary celebration in 2018.

David Boadella – our first President

It is an honour to be asked to write about the achievements of the EABP and its future development. Body Psychotherapy has a long history, which goes back at least 120 years before the EABP was founded. Even earlier roots of this mainstream have been described in detail by Michael Heller. During this time, many differentiated modalities of Body Psychotherapy have developed. They have been greatly celebrated in the excellent Handbook of Body Psychotherapy and Somatic Psychology.



A significant role in publishing over a thousand articles by founders and therapists from many of these modalities, was played by the Biosynthesis Journal, Energy & Character, which I founded in 1970 and which has been active in this field for 45 years and will soon be available on the internet. The USA Journal of Body Psychotherapy, founded by Jacqueline A. Carleton, expanded in 2012 to become the International Body Psychotherapy Journal. Together with Somatic Psychotherapy Today, founded by Nancy Eichhorn in

2011, they have continued this rich area of publication. The EABP, with Courtenay Young, has compiled a wonderful bibliography of books, chapters, and articles on Body Psychotherapy. This complements the German Archive of Body Psychotherapy created by Peter Freudl.

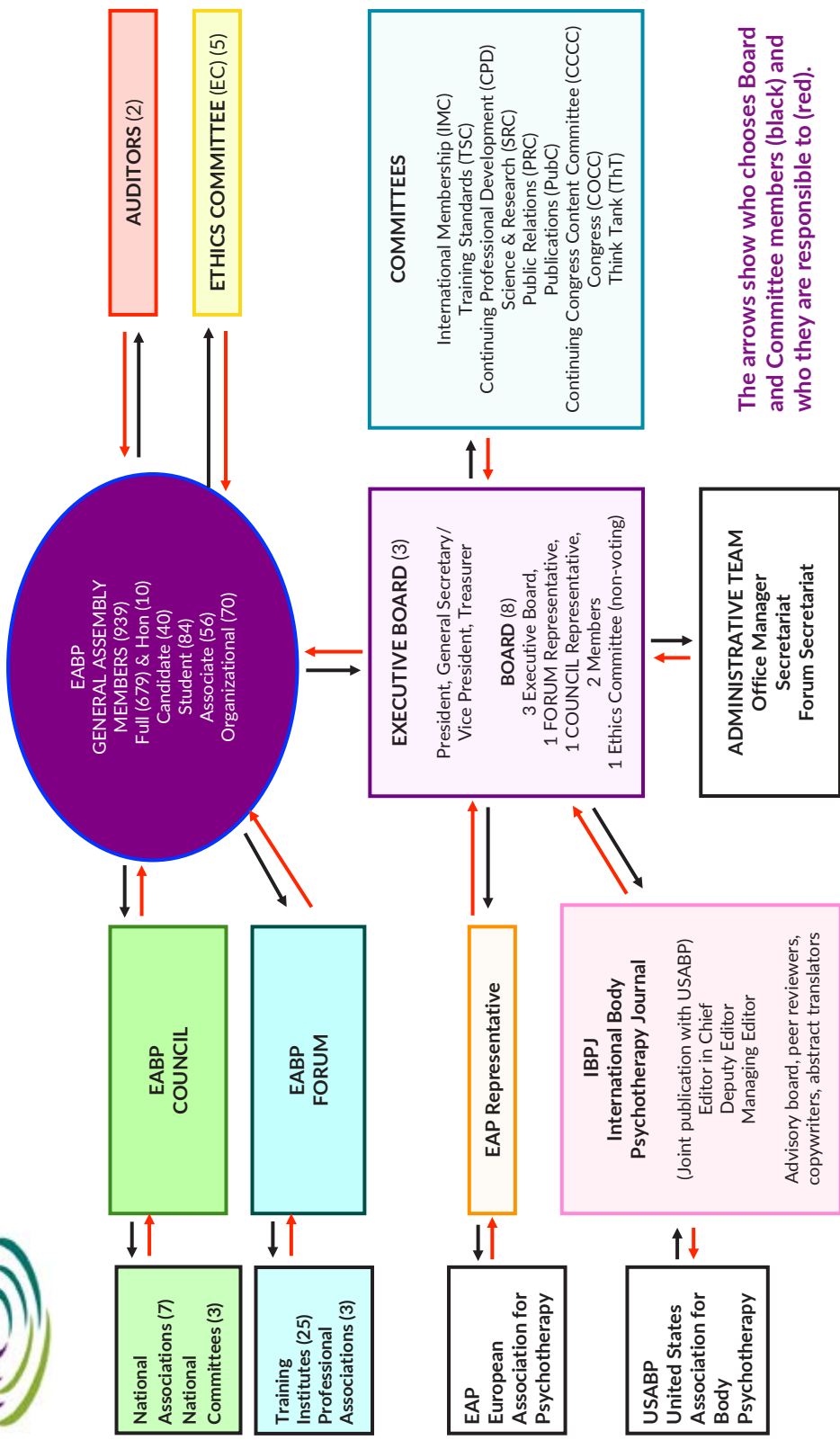
During my time as the first President of the EABP, from 1989 to 1993, the ground-work was laid for creating the richly diversified areas of congress organisation, ethics, national associations, and modalities of psychotherapy. These have been in constant development and improvement under the leadership of all successive presidents.

I was elected chairman of the Scientific Validation Committee of the EAP in 1997. This committee created the criteria for the recognition of all methods of psychotherapy in Europe. In 1998, the first three modalities of Body Psychotherapy to be accredited were Biosynthesis, Bioenergetic Analysis and Psycho-organic Analysis. The EABP was scientifically accredited by the EAP in the year 2000, and through its membership, it is associated with the World Council for Psychotherapy. The EABP has every right to be proud of its achievements in all these areas of accomplishment, which will continue to develop and diversify in the coming years.

One area which I would like to emphasise for the future is the hope that the EABP could deepen its connection with the USABP, and possibly create, in time, an International Association of Body Psychotherapy which could recognise and support institutes in Asia, South America, Australasia, and other regions of the world. So, I wish the EABP all the very best for the next 30 years of expansion and rich development.



Structure of European Association for Body Psychotherapy



The arrows show who chooses Board and Committee members (black) and who they are responsible to (red).

1 The Founding of EABP

It is wonderful to look back over the years to the first Congress in Davos, Switzerland, in 1986 and picture the excitement of all those psychotherapists who considered the body to be central to their work coming together for the first time, exchanging knowledge, talking, dancing, and laughing, and starting to feel like a part of a new community of diverse, yet like-minded people. Did they realize that their understanding of the linkages between the mind and the body in psychotherapy had already planted the seeds for the European Association for Body Psychotherapy, or EABP, a remarkable organisation of body-focused psychotherapists and somatic psychologists?

Perhaps they already anticipated that this knowledge would expand and deepen, making the integration of the mind *and* body a requisite for those seeking an integrated approach to improving their well-being? Attending were teachers, students, and graduates from many different schools of body-oriented psychotherapy from across Europe, and yet body psychotherapy was not a well-recognised field of study.

Certainly, a lot has happened in the 35 years since that first get-together. Have we managed to maintain that initial enthusiasm? Is that spark of inspiration making what we do so meaningful, still alive? We almost certainly have increased our knowledge; are we staying grounded in a holistic vision while gaining a scientific perspective? There is undoubtedly an important future for body psychotherapy in a world in so much turmoil. What impact have we had, and what more can we have? Are we still faithful to Wilhelm Reich's dictum: "*Love, work, and knowledge are the wellsprings of our life. They should also govern it.*"

These are just a few of the many questions we might ask. And as we have learned from experience, revisiting our past can help us find inspiration for the present, which can help us go forward. So, let's go back in time to the years where it all began and see what took place to make the EABP what it is today.

The adventure begins!

The Initial Constituents: 1970-1990

From the 1970s on there were several different forms of what can now be called body-oriented (psycho)therapies in Europe.

There were still the original (Reichian) pre-WW2 initiatives, including **Character-Analytic Vegetotherapy**, based in Norway. Wilhelm Reich had developed this body-oriented psy-

choanalytical work between (about) 1934 and 1939, when he left Oslo for America, leaving much of that tradition in the hands of Ola Raknes and Tage Philipson. They started working again in the 1940s and 1950s and by the 1970s, this tradition had spread to Reichian centres in Italy, Greece, Spain, Mexico, and Brazil.

Gerda Boyesen, a Norwegian physiotherapist, had trained with Ola Raknes and a physiotherapist, Aadel Bülow-Hansen, and then developed her method, **Biodynamic Psychology and Psychotherapy**, which included Biodynamic Massage. From the mid-1970s on, she was teaching this in London. Two of her daughters and then some of her trainees set up their own training programmes, Mona-Lisa and Ebba in Germany and François Lewin and Christine Gros in Montpellier, France.

Another Norwegian physiotherapist, Berit Heir Bunkan, who was also a pupil of Aadel Bülow-Hansen, has also developed her work into a form of body psychotherapy she calls 'Norwegian Psychomotor Psychotherapy'.

Lillemor Johnsen, also working in Norway, had developed her **Integrated Respiration Theory / Therapy**, which had inspired Lisbeth Marcher and colleagues in Copenhagen to develop the **Biodynamic Psychotherapy** method.

David Boadella, having been trained by Ola Raknes and inspired by Reich's writings, started working in the UK and internationally, giving sessions, training groups of people; and by the mid-1980s, he had also begun to develop what he called **Biosynthesis**.

There were also a few people, who had trained in the United States in **Bioenergetic Analysis** with Alexander Lowen, or in **Radix** with Chuck Kelley, and were now starting to train people in Europe. Jay Stattman had developed his form of **Unitive Body Psychotherapy** and was training many people, both in the Netherlands and Germany.

Jerome Liss, a fairly radical American psychologist and psychotherapist, who had worked with R.D. Laing in London, had settled in Rome, Italy, and was developing his **Systemic Psychotherapy**; and Luciano Rispoli, an Italian psychologist, was developing his **Functional Body Psychotherapy** in Naples, Italy.

Paul Boyesen, the son of Gerda, developed his **Psycho-Organic** Analysis. A relative outsider, Arnold Mindell, had started working as a body-oriented Jungian analyst in Switzerland and had then gone back to America to start his **Process Oriented Psychotherapy** in Portland, Oregon, though these two have not established formal connections with EABP or USABP.

Reich himself was quite strict about who he trained and insisted most of his trainees were medically qualified doctors. They had developed a stream of training in Medical Orgonomy, based nearly exclusively in North America, originally centred on Orgonon in Rangeley, Maine, and now mainly in New York. Some of these people later moved to the West Coast.

There were several people in Europe who had studied **Bioenergetic Analysis**, a popular offshoot of Reich's work developed by two of his American pupils, Alexander Lowen and John Pierrakos. Pierrakos later split off from Lowen to develop his **Core Energetics**.

There were also some trainees in **Radix** (developed by Charles Kelley), who started trainings in Europe, notably in **Tepsynthesis** in Serbia, and in **Organismic Psychotherapy**, developed by Malcolm Brown, who trained people in the USA and Italy.

In America, Stanley Keleman was significant in developing **Formative Psychotherapy**, Ron Kurtz was developing **Hakomi**, and Ilana Rubenfeld was developing her form of body psychotherapy, **Rubenfeld Synergy** (inspired by Fritz Perls' Gestalt Therapy, Moise Feldenkrais' Awareness through Movement, and the Alexander Technique). There have been several other forms of body-oriented (psycho) therapies developing in the USA as well.

Furthermore, there were later body-oriented psychotherapeutic developments coming out of Naropa University in Boulder, Colorado, epitomised by the work of Christine Caldwell, who developed her **Moving Circle**, and Susan Apoyshyan, who was developing Bonnie Bainbridge Cohen's Body-Mind Therapy into **Body-Mind Psychotherapy**.

In Santa Barbara, at the Institute of Graduate Studies, there was a movement in the 1990s **Pre- & Peri-Natal Psychotherapy**, developing Thomas Verny and Otto Rank's work on the life of the baby in the womb and on the effects of birth trauma. Some of Stanislav Grof's Holotropic Breathwork had made experiential contributions here, although other popularists, like Janov's 'Primal Scream' and Leonard Orr's Rebirthing Movement, did not contribute much to Body Psychotherapy.

There were also initiatives happening at the California Institute of Integral Studies in San Francisco, with Don Hanlon Johnson developing a master's degree in Somatic Psychology. Jack Lee Rosenberg also came over a few times from California to Europe in the 1970s and 1980s. He developed a Gestalt-based form of body psychotherapy, into **Integrated Body Psychotherapy** and Peter Levine was developing his body-oriented trauma work, **Somatic Experiencing**.

Further developments include Pat Ogden, a trainee of Ron Kurtz, who developed her Hakomi-based trauma work into **Sensorimotor Psychotherapy**, and Al Pessio, who developed his psychodrama work into the **Pessio-Boyden System Psychomotor**.

There were many significant – and somewhat parallel – developments in the field of Dance-Movement (psycho) therapy, inspired, in Europe, by the work of Rudolph von Laban and Elsa Gindler and, in the USA, by Mary Whitehouse and Marion Chance, and further by the development of a form of self-movement therapy, **Authentic Movement**, which only fully emerged later). It came out of Harry Harlow's work with young Rhesus monkeys, and John Bowlby's work on maternal deprivation. This field has since become known as **Attachment Theory**, thanks to the work of a neuroscientist, Allan Schore, and has contributed much to the theoretical understanding of such dynamics, which are of particular interest to body psychotherapists.

Poor parenting techniques have, more recently, been helped by the work of Daniel Stern (*The Interpersonal World of the Infant*: Basic Books, 1985, 1998) and George Downing (*The Body and the Word*), giving further depth to our understanding of early childrearing practices. Another neuroscientist, Antonio Damasio, had also published his seminal book, *Descartes's Error*, and there were other professionals who were becoming interested in the body, like Candace Pert, author of *The Molecules of Emotion*. Trauma work has been augmented by Bessel van der Kolk (*The Body Keeps the Score*), who asserts that you really need to be a body psychotherapist to work successfully with people in trauma. Lastly, there is the very important work of Stephen Porges with the Polyvagal Theory, which inspired the EABP Science and Research Committee to collaborate on some research with him.

These are all significant people, amongst many, many others, who were beginning to coalesce their work – or to have their work adopted and adapted – into what was shortly to become the mainstream field of body psychotherapy, or what came to be called somatic psychology or somatic psychotherapy, mainly in the USA and Australia.

All these different modalities go (and grow) to make the wider 'field' of body psychotherapy.

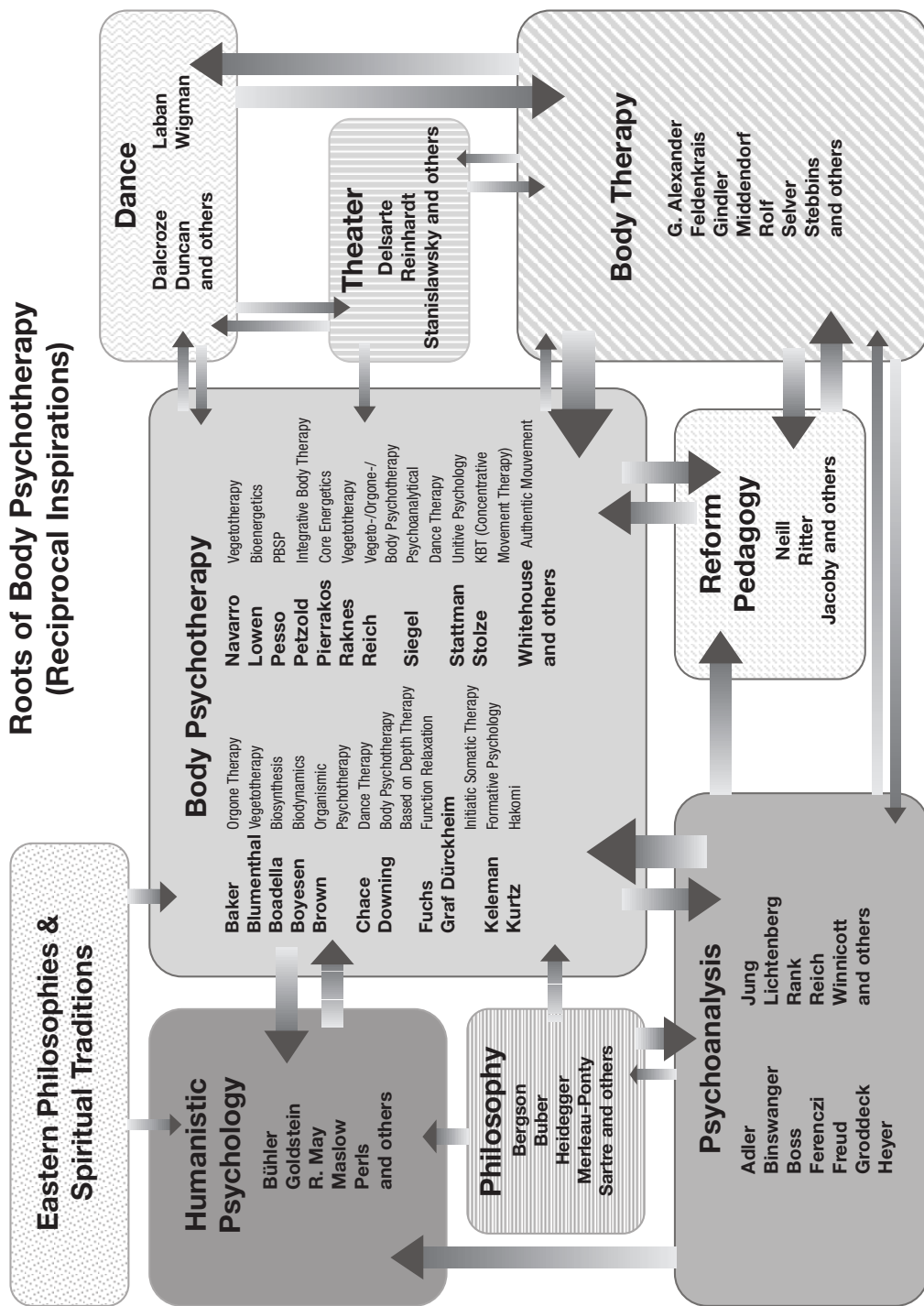
The Founding: 1988

The elements flint, iron, tinder, wood, a few human hands, or perhaps a chance lightning strike in the ideal circumstances are all necessary to produce a spark that then grows and develops into a fire. Who knows? Few participants who attended the inaugural body psychotherapy conference in Davos in 1986 are still alive today. No records or programmes still exist. David Boadella, Malcolm and Katherine Brown, Jay Stattman, and Bjørn Blumenthal were certainly present, and these people were subsequently instrumental in establishing the Association.

In 1988, at the second body psychotherapy congress, this time in Seefeld, Austria, it was Malcolm Brown, Jay Stattman, and Bjørn Blumenthal who took up the initiative and founded the EABP, with a set of Statutes (Articles of Association^a) signed in Oslo, Norway, on December 20, 1988¹, and elected David Boadella as its first president. The stated aim was to bring together body psychotherapists from all the different schools – big and small – who were working with the body in psychotherapy throughout Europe, to support each other and find some common ground.

1. In 2016, these were revised when the Association transferred its domicile to the Netherlands.

a. <https://eabp.org/wp-content/uploads/2020/10/EABP-Articles-of-Association-2018-new-design.pdf>



The Congresses

Since then, congresses have been held mostly every two years, continuing up to the latest – at the time of writing – the 18th. They have usually been hosted by one of the National Associations of Body Psychotherapy. The 17th Congress in Bologna (2020) was postponed because of the Coronavirus (Covid-19) world-wide pandemic, then cancelled, and then eventually held online in 2021. It is with great excitement that we anticipate meeting again in the flesh in Sofia, Bulgaria, in September 2023.

The International Scientific Committee for Body Psychotherapy (ISC) is an ad-hoc group of people who also run body psychotherapy congresses about every three years, alternating from one side of the Atlantic to the other (see Appendix 5). They have joined with EABP in the organisation of some of these congresses.

Keynotes are presented by leading lights in body psychotherapy and aligning fields, and several EABP members demonstrate their work in plenary sessions, workshops, poster presentations, seminars, and round tables. All attendees come to exchange their expertise, their practice, and their insights and to collaborate with colleagues from other schools and backgrounds. Panels of experts debate, challenge, and offer critiques, toward furthering insight and understanding.

Of course, there are a ton of extremely fascinating and varied encounters between friends and colleagues that take place at these congresses. In the coffee breaks, pubs, restaurants, and evening social events, many friendships are formed. Rather than the details of this workshop or that lecture, these experiences are frequently what are recalled.

The Saturday evening dinner dance is frequently a major event of the congress. It would be difficult to forget the 2012 dinner in the magnificent King's College Hall in Cambridge, and, for many years, 'The Howling Shrinks' were also a highlight – a group from Germany/Netherlands, with Ilse Schmidt Zimmermann as lead singer, Gustl Marlock on guitar, and Robbert Verschuur and other colleagues from the Unitives School as backup musicians. Bosse Ahrenfelt inevitably started the ball rolling with 'Are You Ready Eddie?', which was a top hit in 1986 in Davos ... when we would all get up and DANCE. It's all part of the fun – the cement holding us together, the 'joie de vivre' that has invigorated us and is making us feel connected – part of a different family, a collegial body.

The General Assembly (GA)

The EABP biennial General Assembly has functioned as a vital part of the democratic process within the Association. It is traditionally held at some time before, during, or after a congress to enable as many members as possible to attend. Since 2018 and the transfer of the domicile to the Netherlands, a GA must be held each year to approve the financial statements, according to Dutch law. In a non-congress year, this is completed through an online voting system.

Since (about) 1999, a book of papers for the General Assembly – known as the ‘Grey Book’ – has been presented in English, the official language of the EABP. The Grey Book contains reports from the board and committees, the FORUM, the COUNCIL, and the individual National Associations and Committees. It includes the official minutes of the previous GA, which are approved by a vote, the financial statements for the previous two years, the budget for the following two years, and the auditors’ report. Motions to be put to a vote are submitted in writing with a rationale, and details are given of the candidates standing for election.

In the General Assembly, the members of EABP review the work of their elected representatives and approve (or occasionally disapprove) of their decisions. The members get a clear picture of what needed to be accomplished, what has been achieved, and what lies ahead. Members also participate in vital discussions about future directions that might serve as a roadmap for the EABP board in exploring new policies and initiatives.

It is worth noting that EABP started out with a traditional top-down organisational structure with a president, general secretary, treasurer, and elected board members. A few committees came into existence (Congress, Ethics and Training Standards) and their chairpersons reported up to the board. With the introduction and development of the more autonomous FORUM (1997) and the COUNCIL (2007), a more grassroots or bottom-up structure developed. Both the FORUM and the COUNCIL have direct representation on the board and meet once or twice each year. At some stage, a ‘joint meeting’, held every two or three years, came into existence with all the stakeholders present, and more recently there have been meetings of the chairs of all the committees with the board. These developments have all led to a more democratic structure where more voices can be heard, and new ideas can be incubated.

2 The Groundwork: 1988-1995

The First Years

We have jumped ahead in time, and now we return to those first years of establishing the groundwork. Filled with enthusiasm, the first board set about setting up a structure for the new European Association.

To begin with, they adopted membership criteria for individual members, and the Association began the process of recruiting new members – originally (only) practicing body psychotherapists – even though this was a relatively new and undefined term. Over the following years, there were several additions and adjustments to the membership criteria and several new membership categories were added: Organizational (1997), Associate (1997), Candidate (2014), and finally Student (2010).

In the years 1991 and 1993, two more conferences were organised – the first in Lindau, Germany, and the next in Strasbourg. However, the Secretariat collapsed after the 1993 General Assembly in Strasbourg, where several ethical accusations were exchanged between two significant senior EABP members. This threatened to split the organisation, just at the time when David Boadella was standing down, after four years as president.

A new president was elected, Alison Duguid, an English woman living in Siena. In the following conflicts and confusion from the Strasbourg Congress, all the EABP files, records, minutes, and accounts from the previous secretariat were withheld, so the organisation had to start all over again, virtually from scratch. The conflict had also passed down to the German membership and caused a severe split, so many German members left the organisation.

In the following two years, the board meetings were held in the practice rooms of a member in Paris (fairly central for everyone), and a decision was made to hold the next congress in a French location: Carry-le-Rouet, west of Marseilles. The aftermath of the ethics dispute rumbled on and still took up a lot of time.

For any new professional association, it takes some time to establish appropriate structures, administrative routines, communication channels, and most importantly, values, ethical guidelines, and acceptable professional behaviours. This initial, complicated ethics case, gave an extra impulse for the creation of an Ethics Committee, which put together a

set of Ethical Principles, a Code of Ethics, Guidelines, and a Complaints Procedure, which over the years have been added to (see **here**^a).

The Ethics Committee (EC) has five members (and one reserve) who are elected by the General Assembly, with each member serving a minimum of four years. They process ethics cases in the different countries as they arise. Ideally, the National Associations (with at least 100 members) develop the capability to deal initially with any ethical complaints from within their country, perhaps referring them to the EABP Ethics Committee for guidance or support. Ethical principles of looking for resolution and mediation are applied before moving towards a formal ethics hearing, which can be complicated by the variety of European languages, customs, and legal structures.

Over the years, the EC has also taken on the responsibility of educating members about ethical behaviour through the addition (for a few years) of an ethics column in the newsletter, and by creating ethics workshops “to teach ethics systematically and concretely in training schools and institutes”.

Ethics committees have always worked quietly in the background, bringing new thinking to accepted professional ethical behaviour. The EABP Ethics Committee chairperson is a non-voting member of the board and therefore carries the task of seeing that board members also behave ethically in their decision-making. Ethical dilemmas are the bane of all professional associations, and by offering (ethical) information, assistance, and possibilities for mediation, EC members seek to help resolve conflict situations.

As EABP is a member organisation of the European Association of Psychotherapy (EAP) (see below), its ethical code must be in line with the EAP’s “Statement of Ethical Principles” (see **here**^b). The EAP is unable to hear any ethical complaints about individual psychotherapists, leaving this task mainly to the national organisations and/or European-wide organisations (like EABP) for the different mainstreams and modalities of psychotherapy.

Undeterred by the need to deal with inevitable ethical problems, the board again focused on the planning of the next congress and on building a new structure. At the 1995 General Assembly in Carry-le-Rouet, Peter Bolen was elected as the new President, and Courtenay Young as General Secretary/Secretariat. Training standards were developed over the next two years as the build-up continued to the following congress in 1997 in Austria. By this time, there was also easy access to computers, the internet, and printing facilities, as well as to Apple and Microsoft programmes supporting easier international communication. Already in 1996, a comment was made in the new newsletter: “The long work of building up the Secretariat after the debacle of four years ago continues. Membership information is almost up to date.” With the recent growth of the internet, communication by e-mail was then a lot easier than by snailmail, telephone, and/or fax.

a. <https://eabp.org/wp-content/uploads/2020/10/2020-EABP-Ethics-Guidelines.pdf>

b. <https://www.europsyche.org/quality-standards/eap-guidelines/statement-of-ethical-principles/>

The Strasbourg Declaration: 1990

Psychotherapists in Europe have increasingly worked for psychotherapy to be recognised as an independent profession – separate from but parallel to the professions of psychology and psychiatry. Psychotherapy is often seen as an activity that can only be carried out by professionals such as psychologists and psychiatrists, and some European countries have tried to determine this by legal statutes. Psychotherapists in Austria and the UK have somewhat led the field towards a more separate direction, and a wider momentum has developed.

In 1990, the Strasbourg Declaration on Psychotherapy was created as an impetus to establish psychotherapy as an independent profession in Europe. This was in accordance with the aims of the World Health Organisation (WHO) and the non-discrimination accord, valid within the framework of the European Union (EU) and was intended for countries within the European Economic Area (EEA). It specifically supported the principle of freedom of movement of persons and services.

The Strasbourg Declaration states:

1. Psychotherapy is an independent scientific discipline, the practice of which represents an independent and free profession.
2. Training in psychotherapy takes place at an advanced, qualified, and scientific level.
3. The multiplicity of psychotherapeutic methods is assured and guaranteed.
4. A full psychotherapeutic training covers theory, self-experience, and practice under supervision. Adequate knowledge of various psychotherapeutic processes is required.
5. Access to training is through various preliminary qualifications, in particular human and social sciences.

The Founding of the European Association for Psychotherapy (EAP): 1991



The EAP was formed in 1991 and based itself on the Strasbourg Declaration. “The EAP represents and sustains the highest professional standards for the free and independent practice of psychotherapy and upholds rigorous standards of competence and professionalism.” (<https://www.europsyche.org/about-eap/eap/>)

There was a danger that especially in the early years, body psychotherapy would become marginalised alongside the psychotherapy mainstream and possibly even legislated against in certain countries, and in certain USA states because, as the saying went: “Proper Psychotherapists Don’t Touch.” However, EABP joined the EAP in 1996, but represented a

psychotherapeutic mainstream a little different from some of the other professional psychotherapist organisations within the EAP – primarily because we work with the body and mind as a single indivisible unit, but also because there were (and still are at the time of writing) a fairly large number of different and distinct sub-modalities within this mainstream.

It therefore became clear to the EABP board, from the mid-1990s on, that if the EABP and practitioners of body psychotherapy were to survive, we would have to ensure we were properly represented in all significant discussions and deliberations as to which modalities are legitimately included within psychotherapy. This, not only concerning inclusion but also concerning the professionalism and professionalisation of psychotherapy itself in Europe, in a significant number of European countries, and also internationally, in the Americas, (mainly USA, Canada, Mexico and Brazil), as well as Australia and New Zealand, South Africa, and Japan.

In 1995, the EABP President, Peter Bolen commented, possibly a little prematurely:

We have entered EAP as a European-Wide Organisation (EWO) and have a seat on the EAP board ... we are really considered there as equal partners in the psychotherapeutic profession, and there is [now] no interest to marginalise or exclude us.

Peter Bolen:
EABP newsletter, 1995

National Associations (NAs)

For EABP's membership within EAP, it was important to demonstrate we were a credible, professional branch of psychotherapy and were well established throughout Europe, with trainings in at least six countries. During these first years of development, body psychotherapists worked hard to develop the profession in their own countries and set up several local organisations, which then developed into National Committees, and then into 'official' EABP National Associations. NAs developed first in Switzerland (1993) and Germany (1995) and were very strong from the beginning. Other countries followed.

Switzerland: CH-EABP 1993-2017; **Germany:** DGK 1995; **Austria:** AABP 1997; **Greece:** Pe-sops 1999; **Netherlands:** NVLP 1999-2022; **Italy:** AIPC 1999; **Russia:** RABOP 2001-2015; **Serbia:** SABP 2004; **Spain:** APCCE 2006; **United Kingdom:** CABP/EABP-UK 2008-2020; **Israel:** ILABP 2012.

Representatives of different countries usually came together in the EABP biennial congresses and General Assemblies and later started to hold their own congresses in the years in-between. These internal gatherings gave them the opportunity to discuss developments within their own countries and problems they shared – in their own languages.

Over the years, a lot of work has also been done in many other countries, with varying success, to encourage the development and formation of a National Association of Body

Psychotherapy (or Somatic Psychotherapy) – in Scandinavia, Brazil, Australia, and Mexico. Scandinavia managed to form a regional committee and then faded out, while other countries have become more active on a purely national level.

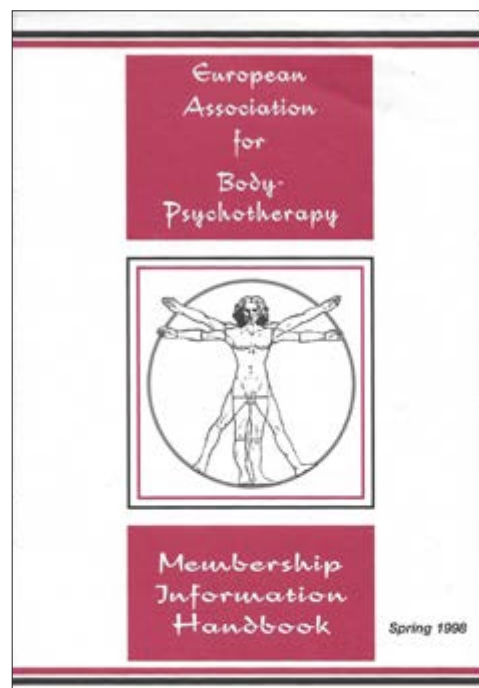
To become an EABP National Association, there first needs to be three or four full individual members in the country who can form a committee. Once there are at least ten individual full members, the National Association can then be formulated as a legal entity, and have its constitution, statutes, or articles of association translated into English, and be voted on at an EABP General Assembly. Subsequently, it can collect fees directly from its members and retain a percentage of these for its own use, passing on the remainder to the central body of EABP. More background on how NAs are formed and the history of each of the NAs can be found in Appendix 2.

Ideally, the EABP National Association is also a part of the EAP's National Umbrella Association (NUO) or National Awarding Organisation (NAO) for psychotherapy in their country. However, in some European countries, body psychotherapy is still not properly accepted as a legitimate form of psychotherapy. There is, therefore, quite a delicate balance of autonomy between being a legal organisation in a particular country, with its own goals and priorities, and also being a part of the National Association for Psychotherapy in that country, and – at the same time – being part of, or a branch of, the wider European Association for Body Psychotherapy.

Keeping Members Informed and Up to Date

Joining a new association is not so difficult. But what happens afterwards? First, you want to hear what is going on and what they are doing with your subscription money. The Presidents in the first years – Alison Duguid (1993-1995), Peter Bolen (1995-1997), Ilse Schmidt-Zimmermann (1997-2001) and Courtenay Young (2002-2006) and as (General Secretary (1995-2001): all created regular newsletters with various levels of information for members.

In 1995, the first EABP membership booklet was published. It included information about membership criteria, a definition of body psychotherapy, a member's declaration, and all the current ethics information. It was updated



regularly until the EABP website, created in about 1996, became the main source for all this information.

Any professional association, especially in its formative years, needs this sort of hard, dedicated, and consistent work, structure and cohesion, transparency, and ethical behaviour, especially from a significant few. Perhaps this can be best illustrated by Michel Heller's words:

Alison [Duguid] has once again stepped down from the board. Whenever you are in trouble, here is Alison ready to do whatever must be done. Once she has sewn up all the holes she could spot, she gives back the reigns to us males, who comfortably play with the beautiful association she has put back on its feet ... until Alison is asked for again. Alison was on the board during two of the main crisis' periods the EABP has had to endure until now. She was president for the 1993-95 period when the EABP lost many of its members because of its incapacity to manage ethical issues properly. She was able to find in the EABP the support needed to help us do our work as efficiently as possible. She then handed over an EABP with sound ethical and financial structures.

Michel Heller also commented on the retirement of Barbara Santocchini-Gerg in the same newsletter:

Barbara has retired from the board, having served three years as membership secretary. Her predecessor had had a deep life crisis and had stopped answering letters from colleagues who wanted to join the EABP. Having written three or four times, many decided an association that did not answer letters was not worth joining. So, Barbara had to recreate a job that had disappeared. She did all the work required, conscientiously, and put her department back on its feet.

Michel Heller:
Newsletter, Winter 2003

Throughout the years many EABP members have made significant contributions to helping the association develop and grow. There are too many to mention all of them individually, although you will hear of many of them as you read further. Their contributions have all been greatly valued.

Cultural Differences

One great strength of the EABP is its cultural diversity and its policy of inclusion, which does not only refer to countries and languages and body psychotherapeutic modalities. There are some very significant – and contrasting – cultural differences in Europe: between northern (Nordic/Germanic) countries and southern (Mediterranean) countries; between Eastern and Western European countries; between those countries with a written constitution (Code Napoléon) and others based more on case law and developing legislation; and, of course, while English is the common language, it is only a second language for most.

There are also significant differences arising from the multiplicity of the body psychotherapy trainings and other backgrounds (including age, gender, sexual orientation, etc.), which colour all our perceptions of ourselves, others, and the types of bodies we have or want. The amalgamation of all these differences into a coherent organisation has not always been easy.

Michel Heller wrote in the same winter newsletter:

Along with Alison, she (Barbara) also contributed to improving the difficult relationships between Italian colleagues and the EABP. The incompatibility between Anglo-Saxon and Nordic countries on the one hand, and the Latin countries on the other seems to be deeply woven into the unconscious history of Europe. I have experienced the same difficulty in my many attempts to reinforce the presence of French colleagues in the EABP.

Barbara put her finger on one of the essential differences between Latin European countries and the more Nordic ones. The Swiss, Dutch, Austrian, and German National Associations seem to be highly motivated by social recognition issues, while those in Latin countries seem to be more interested in intellectual recognition, without having to speak English. The EABP will have to decide whether it is a USA-English colony or an association of different [European] cultures.

Yes indeed! From the mid-1990s onwards, the development of our sister organisation, the United States Association for Body Psychotherapy (USABP), had also shaped the perception we all had of ourselves as (European) body psychotherapists. Despite some similarities between the two organisations “from across the pond”, several different body psychotherapies had emerged in the States and subsequently flourished in Europe, and some European body psychotherapies successfully crossed the other way, as well as a significant number that didn’t. Accepting these cultural differences, both for European body psychotherapists and the (somewhat less internationally oriented) American body psychotherapists, was not easy, and many (relatively minor) prejudices had to be overcome.

The different routes to training and professional accreditation in the USA and Canada, with a preponderance of academic psychology qualifications to practice any form of psychotherapy, as well as more draconian restrictions on who can touch clients and patients, possibly exacerbated by different ‘touch’ experiences in childhood and adolescence, all contribute to subtle, but significant, cultural differences between North America and Europe. Similar sorts of differentiations are also found with the Hispanic influences, especially in Central and South America.

Interestingly, body psychotherapy does not seem to have become significant or very popular with the Afro-American population of the USA. Something similar could be said about the comparative lack of interest from the African continent (apart from South Africa), much of the Middle East, the Indian subcontinent, northern parts of Asia, the Far East (except for Japan) and China. Given that body psychotherapy is an attempt at restoration of, or therapy for, the (largely Western) mind-body split, one can therefore hypothesize that

one of the distinguishing features of all these other geographical areas, cultures, sub-cultures, and traditions is that they possibly do not experience (or embody) such a split.

*The relevance of colonial legacies in these areas can be experienced as a deep bodymind wound in terms of intergenerational trauma in those with these heritages in Europe and those descendant from the colonial power groups. It is one area where we can look for widening and deepening our understanding in BP. It also is a direction of awareness on diversity and inclusion of different peoples that has become part of the focus in recent years for the Board of EABP. Hence the title and theme of our 2023 Congress in Sofia is Identity in Transformative Times: Construction, Deconstruction, Reconstruction. Eugene Ellis, a body-oriented psychotherapist and writer in the UK, offers some insight on this (Ellis, 2021. *The Race Conversation: An essential guide to creating life-changing dialogue*).*

Carmen Joanne Ablack:

Email, 2023

More recently, there has been an increasing interest in, and inclusion of African-based and other traditional teachings and psychology happening in the UK, USA. This also applies in Australia with Aboriginal work, and in New Zealand, because of the Māori cultural renaissance, which emphasizes values and an interest in traditional medicine. People of African and other descent also wish to redress the Western body-mind Cartesian split! What indigenous people have to offer to the idea of doing something about the Cartesian split, is their deep understanding of the unity of everything, something we are desperately trying to take on board now that we realize what we have done to our planet. We still have a lot to learn.

3 Developing structure: 1995-1999

Board Business – New Ideas

When Peter Bolen became EABP President in 1995 (after taking-over from Alison Duguid and after the 1992-1993 organisational crisis had largely been resolved), with the new General Secretary, Courtenay Young, some of the basic administrative structures were put back into place, and new ideas and initiatives were able to develop. These included:

- ▶ Working out a contract/agreement with the National Associations
- ▶ Establishing the FORUM of Body Psychotherapy organisations
- ▶ Developing Body Psychotherapy Training Standards
- ▶ EAP; Scientific Validity and the 15 Questions
- ▶ Investigating research possibilities suitable for body psychotherapists
- ▶ Improving record keeping
- ▶ Creating the EABP Bibliography of Body Psychotherapy
- ▶ Contact with the USABP
- ▶ Discussions about forming an International Organisation for Body Psychotherapists.

National Association Agreement

By 1996, when there were already national associations in Switzerland and Germany, it was decided to formalise the process of collecting EABP membership fees in the country of origin rather than everyone having to send money to a central secretariat. Both existing and new NAs would now have to 'agree' to accept new members in their countries under the EABP Membership Application Procedures and to accept their membership fees on behalf of EABP, a portion of which they retained and a portion of which was passed onto EABP.

A contract, or agreement between EABP and the NAs was worked out, and a split of the income from membership fees was agreed upon, with EABP getting 60% and the NAs getting 40%.

Having the NAs take responsibility for membership within their countries took quite some weight off the central organisation. The NAs were required to supply an accurate and up-to-date list of members to the EABP Secretariat, which sometimes caused complications

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German: Thomas Tepfer, Bauerstr. 37-5, D-80796 Munich,
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Ethics Committee:

Michael Heller; Marianne Ingen-Housz; Robbert Vorschuur; Joachim Vieregge;
Christiane Lewin-Gros (Reserve: Babette Rothschild)

Board Sub-Committee Members:

1997 Congress Planning Committee:

Peter Bolen; Per-Olof Björck; Ilse Schmidt Zimmerman; Gordon Harris
plus - Herr Fraundörfer, I.C.O.S.; and - Xavier Serrano, I.C.C.P.; Sybille Står, A.I.S.

Congress Selection Committee: Björn Blumenthal; Bosse Ahrenfelt; Per Harbitz

International Membership Committee:

Richard Blamauer, Alison Duguid; Lois Reirsol; Niki Filippatou

Publications Committee: Courtenay Young, Alison Duguid

Training Standards Committee:

Courtenay Young, Felix Hohenhau, Jaap Valstar, Bernhard Villiger

Scientific & Research Committee Michael Heller, Luciano Rispoli, Hans-Joachim Hellweg

National Committee Chairpersons:

(Please contact us if people have changed)

Austria: Christian Zitt

Belgium: Guido Laforce

Brazil: Rubens Kignol

Denmark: Babette Rothschild

France: Françoise Lewin

Greece: Niki Filippatou

Holland: Joop Valstar

Italy: Paulo Ortolani

Israel: Esther Frankel

Norway: Lois Reiersol

Portugal: Thomas Ripenhaser

Spain: Xavier Serrano

Sweden: Bosse Ahrenfelt

U.K.: Bernd Eiden,

Yugoslavia: Ljiljana Kisic Dordevic

EABP National Committees contact person: Björn Blumenthal

and delays. However, the contract also gave the NAs a degree of autonomy, and several started to hold their own national congresses, which ideally were not to be held in the same year as the biennial EABP Congress. A new national association had to have its statutes (Articles of Association) ratified at an EABP General Assembly, which sometimes created

technical complications, particularly between different national legal systems, different languages, and official translations.

As the 1990s progressed, EABP membership expanded significantly, with some 'old' members re-joining and body psychotherapists from several other countries beginning to develop their own national associations to encourage new members to join.

Founding the FORUM

The EABP was attracting many small body psychotherapy training institutes and a separate structure and mechanism were needed to incorporate them and give them support. The FORUM of Training Institutes and Professional Associations was officially established at the 1997 General Assembly, as a separate, but parallel, structure to the EABP board. The elected Chairperson of the FORUM is a board member with voting rights. EABP offered to be the umbrella organisation for (the smaller) BP schools, to support their integration and development, and to be the speaker for those schools within EAP. The first FORUM meeting of these BP schools took place in April 1998. Peter Bolen commented:

I believe the process we started now is the most important in the history of BP. Instead of competition with each other, we [now] have mutual recognition, acceptance of the necessity for training standards and ethics codes, and discussion about scientific validation. I think very few schools would be able to fulfil immediately the high criteria of EAP, but we can work on it and, if not now, then in a few years, this criterion can be fulfilled.

Peter Bolen:
EABP newsletter, 1997

Criteria for membership in the FORUM were approved, and all the body psychotherapy training institutes, professional associations and European-wide body psychotherapy institutes were encouraged to join.

The Accreditation Process

In 1999, in Travemünde, the collection of training institutes that was becoming the FORUM was given a mandate by the EABP General Assembly to be responsible for the accreditation process of all BP training institutes (schools, organisations, etc.) according to the EABP Training Standards.

Most of the work of planning and developing this process had been done beforehand in a series of regular meetings of representatives of the BP training schools, mostly in Vienna, from 1995 on. Thus, the EABP began its formal accreditation process for body psychotherapy training institutes. This process consisted of:

- (a) Self-assessment – according to the EABP Training Standards, whereby the training institute describes, in detail, how it fits (or doesn't) each item in the EABP Training Standards.

- (b) A mutual recognition process – through a visitation by representatives of two other BP training schools. They meet with the staff and the trainees, trying to get a ‘felt sense’ of the type, scope and quality of the training, and they each present a written report.
- (c) The self-assessment form, and the reports from the two visiting representatives, are then circulated to all FORUM organisations for:
- (d) The acceptance (outright or conditional) of the institute for its accreditation at the next meeting of the FORUM.

This process of Self-Assessment and Mutual Recognition for the accreditation of body psychotherapy training schools is now carried out totally within the FORUM. The first seven schools were accredited in 1999, and since then a further 14 schools have been accredited, in a total of 11 different countries: Bulgaria, Denmark, France (2), Germany (5), Greece, Hungary, Israel (2), Italy (4), Netherlands (2), Serbia, and Spain.

There are another four training institutes that are not yet accredited (in Croatia, Italy, Switzerland, and London); and three professional associations, one in Bulgaria and two in France. The professional associations are associations of particular modalities, and are not accredited, but they often express the opinion that they like to be part of the FORUM, to come, share, and take part in the discussions.

One or two training institutes have closed in the last 20 years. There are also other body psychotherapy training organisations across Europe that are organizational members of the EABP and offer trainings that are not accredited by the FORUM. Further details can be found on the EABP website^a, and there is a list of current FORUM members is found in Appendix 3.

Professional Training Standards

After an initial impetus starting at the first meeting of the different body psychotherapy schools in 1995 in Carry-le-Rouet, a consensus gradually became established as to what should be mutually acceptable training standards in body psychotherapy. By this time, the new EAP Training Standards were being set at a similar level, so the new training standards being created by EABP became aligned with them. These established an appropriate professional psychotherapy training course that was now being considered as a 4-year (post-graduate) level of training, including theory, awareness of different methods, a significant amount of supervised professional practice, as well as a significant amount of individual therapy.

Discussions around different details concerning body psychotherapy training standards continued within EABP board meetings, committees, and at the General Assemblies and a

a. <https://eabp.org/eabp-forum/>

first set of Body Psychotherapy Training Standards was eventually adopted in 1999. These have continued to come under scrutiny as new developments in Europe have added their contributions and new approaches, and an increasingly professional climate have necessitated changes and additions.

Various somewhat different training standards for fully trained psychotherapists have since then been accepted by EAP (e.g., a 5-year psychotherapy first degree course and masters, combined with professional training undertaken within a university), and now there are also some universities (in Europe and the USA) with direct academic trainings, including a master's degree in body-oriented psychotherapy.

The current EABP Training Standards are accessible **here**^b: and there are “variant” (post-qualification) Training Standards available **here**^c.

EAP: Scientific Validity and the “15 Questions”

In 1997, David Boadella, after retiring from the EABP presidency, had become chair of the Scientific Validation Committee of the European Association for Psychotherapy (EAP). With others (including some EABP members), the EAP established a method of validating mainstreams, modalities, and methods of psychotherapy through the “15 Questions” about Scientific Validity; these are available **here**^d. These were to set the standards for all methods recognised in Europe.

To become a European Wide Organisation (EWAO) or a European Wide Accrediting Organisation (EWAO), within the EAP required every modality of psychotherapy to follow a process and answer the EAP's 15 Questions about Scientific Validity. The EWO members were largely representing quite separate modalities. The EAP treated EABP differently than other Europe-wide modalities and initially required each separate sub-modality or method within body psychotherapy to be scientifically validated.

EABP was seen as representing a different mainstream of psychotherapy within the psychotherapy profession rather than a particular modality or training institution. The development was not an easy one, and it involved considerable expenditure in terms of time, energy, and money for EABP. In 1999, three members of the (then) EABP Scientific Committee – Courtenay Young, Michel Heller, and Peter Bolen – collaborated to submit “Answers” to the 15 Questions for Body Psychotherapy^e. The project was completed in 1999 / 2000. This also really helped to establish body psychotherapy as a totally legitimate mainstream of psychotherapy in Europe.

b. <https://eabp.org/training-standards/>

c. <https://eabp.org/variant-training-standards/>

d. https://www.europsyche.org/app/uploads/2020/06/EAP_15_Questions.pdf

e. <https://eabp.org/european-association-for-psychotherapy-eap/>

Some BP modalities that were not members of EABP, applied separately and were recognised as scientifically valid body psychotherapy modalities – Biosynthesis (David Boadella), Psycho-Organic Analysis (Paul Boyesen) and Bioenergetics (Alexander Lowen). By 2001, four individual BP modalities from within the EABP had submitted their answers to the 15 Questions and were thus accepted as scientifically valid – Biodynamic Psychotherapy, Hakomi, Unitive Psychotherapy, and Bodydynamic Analysis. In 2002, Character-Analytic Vegetotherapy was also accepted: this application came from a combination of three different “character-analytic” schools within the FORUM from Greece, Finland, and Spain.

Subsequently, several other body-oriented modalities were accepted: Emotional Re-Integration (Peter Bolen), Functional Psychotherapy (Luciano Rispoli), Core Energetics (John Pierrakos), Biosystemic Psychotherapy (Jerome Liss), and Postural Integrative Psychotherapy (Jack Painter), all from within EABP, as well as Concentrative Movement Therapy from outside of EABP.

Having the scientific validity of a particular European-Wide Accrediting Association accepted means graduates from the training institutes in those BP modalities should be able to receive the EAP’s European Certificate of Psychotherapy providing (1) they have been trained in one of these modalities, (2) their training institute has been accepted by their National Umbrella/Awarding Organisation in their country, and (3) the BP training institute has also been accredited by the EABP.

In 2006, the EAP handed over the process of accrediting body psychotherapy methods back to the EABP, which is therefore now responsible for seeing whether any particular modality or method either fits within the EABP’s answers to the 15 Questions or whether the modality has answered the 15 Questions satisfactorily. In reality, the responsibility of checking the scientific validity of any method (as used by, for example, a new applicant, BP Training Institute) has always been given to the peer-group processes of the FORUM. The EAP’s EWOC should be notified, by the EABP representative to the EAP, of any new scientifically validated body psychotherapy modalities.

In the years 2000-2010, there was a gradual realization that the profession of psychotherapy was still not properly legalised in a sufficient number of EU countries. The EAP and the EABP therefore also began to invest in other strategies. A Special Directive was the original format for the recognition of a profession in Europe; a Psychotherapy Law was then proposed; and a Common Training Framework was developed. The EAP has now applied for its psychotherapy training standards (the ECP document) to be accepted as a specific profession according to the development of a Common Training Framework within nine (one-third) EU member countries, and a new ‘Psychotherapy Act’ has been proposed.

Within EABP, proposals such as the development of our profession through science and research, different publication projects, affiliations with other body psychotherapy and somatic psychology and psychotherapy organisations, awards for student dissertations, investments in our individual members, and public relations, as well as more people writ-

The 15 Questions about Scientific Validity

Please provide evidence that your approach:

1. Has clearly defined areas of inquiry, application, research, and practice.
2. Has demonstrated its claim to knowledge and competence within the traditions of diagnosis/assessment, and of treatment/intervention in its field.
3. Has a clear and self-consistent theory of the human being, of the therapeutic relationship, and of health and illness.
4. Has methods specific to the approach, that generate developments in the theory of psychotherapy, demonstrate new aspects in the understanding of human nature, and lead to ways of treatment/intervention.
5. Includes processes of verbal exchange, alongside an awareness of non-verbal sources of information and communication.
6. Offers a clear rationale for treatment/interventions facilitating constructive change of the factors provoking or maintaining illness or suffering.
7. Has clearly defined strategies enabling clients to develop a new organisation of experience and behaviour.
8. Is open to dialogue with other psychotherapy modalities about its field of theory and practice.
9. Has a way of methodically describing the chosen fields of study and the methods of treatment/intervention, that can be used by other colleagues.
10. Is associated with information, which is the result of conscious self-reflection, and critical reflection by other professionals within the approach.
11. Offers new knowledge, which is differentiated and distinctive, in the domain of psychotherapy.
12. Is capable of being integrated with other approaches considered to be part of scientific psychotherapy, so it can be seen sharing areas of common ground with them.
13. Describes and displays a coherent strategy to understanding human problems, and an explicit relation between methods of treatment/intervention and results.
14. Has theories of normal and problematic human behaviour that are explicitly related to effective methods of diagnosis/assessment and treatment/intervention.
15. Has investigative procedures that are well enough defined to indicate possibilities for research.

ing books about body psychotherapy, all helped bring body psychotherapy into greater public recognition. The hope was (and still is) that public recognition would probably, in the long term, be as effective and as necessary as bringing in any specific European-wide legal recognition.

EAP: Main Goal Achieved 1997



EABP members continued to contribute to the development of the EAP. Courtenay Young and Felix Hohenau representing the EABP worked on developing the EAP's European Certificate of Psychotherapy (ECP).² Felix's work was later taken over by Elfriede Kastenberger.

By 2000, the desired relationship with the EAP had been basically established:

At Lindau (6 years ago), I wrote a paper saying I thought there was a real danger of BP being marginalised. That is to say, if someone draws a line around what is psychotherapy and excludes what is not psychotherapy, BP might be outside that line. Now, I think I can say this danger is over. There is still a long way to go to get BP properly accepted in every European country, but BP is now (officially) part of the field of psychotherapy – within EAP. It has also been accepted historically. It is becoming more and more accepted professionally, as being a legitimate discipline, or as an adjunct to “talking” psychotherapies. Politically, we are being accepted in some areas and in some countries but still being excluded in others. Ethically, we have quite a good reputation (just), and we must make sure no scandals deplete this record. Emotionally, we have many friends and sympathizers in other disciplines: particularly in Gestalt and other humanistic disciplines.

Courtenay Young:
Newsletter, Autumn 1997

The First Scientific Meetings

On September 18 and 19, 1998, the first EABP Scientific Meeting was held in Switzerland, organised by Michel Heller, Jerome Liss, and Hans Krens, “to promote the scientific aspects of body psychotherapy”. Many valuable ideas were put forward; they discussed ‘outcome studies’ and ‘questionnaires’ and asked: “Are therapists willing to participate in such outcome studies?” It was agreed ‘to look for research methods that are easily accomplished and give immediate rewards of learning and satisfaction to the beginning therapist-researcher’.

2. The **European Certificate of Psychotherapy (ECP)** is a European wide standard for psychotherapy education and training. It ensures equal standards of education and training across Europe. The ECP is awarded by EAP on application to psychotherapists whose psychotherapy education conforms to the ECP standard.

Jerome Liss then presented his paper, *An Epistemological Protocol to Create a Scientific Psychology: The Application of Carl Hempel's Epistemological Program to Daniel Stern's Research*. There was further discussion of possible video-sharing among colleagues.

They also had the idea that EABP could create a Document Center, or the NAs could do it, or an individual could do it. With the new EABP website, they wanted to utilise the EABP network to create some sort of collaborative internet research.

These noble ideas were never implemented. However, this was the beginning of some degree of scientific thinking within the EABP. Like all things, the seeds first had to be planted and then watered; there was often a cold period (which helps germination), and then we had to wait for the shoots to come out and grow and flower, which they did finally in 2012, with the founding of the EABP Science and Research Committee (SRC). (See Chapter 7.)

External Relationships

Between 1996 and 1998, the board was investing considerable time and energy in connecting externally with other similar body psychotherapy organisations both inside and outside of Europe, and there were even thoughts of creating an International Council for Body Psychotherapy.

Several EABP members were present at the first US Body Psychotherapy Conference in Beverley, Massachusetts, in June 1996. This Congress included many people who were



Lily Anagnostopoulou, Andreas Wehowsky, Courtenay Young, Mark Ludwig, Gustl Marlock, Rubens Kignel, Peter Bolen. (US Body Psychotherapy Conference, Boston, MA, June 1996)

Report from the 1st U.S. Congress for Body-Psychotherapy 12th-16th June in Boston.

Peter has spoken a bit about this already. This was a great event for a number of reasons. It was marvelous to meet one's peer group from the other side of the Atlantic and to find so many similarities and also so many differences. There were about 500 people in total with 150 presenters and an incredibly full programme - indeed there were many comments that it was much too full. The organisation, under the enthusiastic direction of Alex MacMillan, Joel Ziff and Cynthia Wilson was wonderful to even cope moderately with such a diverse crew, and for the most part they did a lot better than that, though there were still some complaints. The surroundings of Endicott College, a stone's throw from the coast of Massachusetts and set around a delightful lake were - like many colleges - attractive yet spartan. The food was mediocre but plentiful and the variety of courses, workshops, books, artifacts, sessions, displays, stalls etc. was almost overwhelming. The weather was sultry but fine and the sunshine very pleasant to the more sun-starved of the northern Europeans.

EABP was well represented there. Peter Bolen (EABP President), myself and Manfred Thielen (Germany DGK) were there officially and other stalwart EABP Members there were Rubens Kignai (Brazil), Andreas Wehowsky (Germany), Gusti Marlock (Germany), Per Harbitz (Norway), Erik Jarlnas (Denmark), Luciano Rispoli (Italy), Diana Comboy (Britain) amongst others as well as Mark Ludwig (U.S.) who was one of the organisers. EABP had a stand and distributed copies of the last two Newsletters, the new Introductory Booklet and details of our next Conference in Vienna in 1997. There was a lot of interest.

However our main contribution perhaps was to persuade, or even nudge, our American colleagues into forming the United States National Association of Body Psychotherapy at that Conference and this was duly and formally inaugurated.

Their Mission Statement is: To support the development of body psychotherapy as a profession and to nurture and embrace the associations and individuals therein.

You can join this initiative as a Charter Member for \$100 or as an Associate Member for \$50 (non-voting, tho gets information) or as a Student Member for \$25 by mailing to Barbara Goodrich-Dunn, 1111 Bonifant St., #201 Silver Springs, Maryland 20910 or contact her on 301-588-9341 (ext 3).

This was a great step forward though there will be many difficulties ahead. For a start, in the US, psychotherapy (as a profession) is dominated by academic psychology and by medicine (psychiatry) and it is NOT setting up as an independent profession, as is happening in Europe (Strasbourg Declaration).

Body Psychotherapy in the USA still has to ensure that it is seen as a legitimate branch of psychotherapy. The main difficulty in the USA that I envisage is that Body Psychotherapy has to draw a line somewhere between itself and the very strong Body Therapy movement - that is often very psychotherapeutic as well. It also has to distinguish between itself and the new Somatic Psychology initiative. What a task they have before them !!!

At that Conference, despite its title, there were also a great number of Body Therapists, Dance Therapists, Rubinfeld Synergists, Reike, Transformational Breathworkers, Yoga practitioners, Feldenkrais practitioners, Massage therapists, Alexander Technique, Rolfers, Hellerworkers, etc. there and, as I said, the differentiation between these Body Therapies and Body Psycho-therapy is not at all clear.

For those interested, it was also great to meet and experience the work of a number of "second generation Reichians" - Myron Sharaf, John Pierrakos, Chuck Kelley - all pupils of Reich - were there and all in good form. Richard Blasband, an Orgononist, was giving workshops and there was an Orgone Accumulator and a Medical Dor-buster on display. There was even a trip arranged up to the Reich Museum at Organon, in Rangeley, Maine, just before the Conference. A declaration was also drafted to President Clinton to re-investigate the actions of the FDA and to clear Reich's name.

Other major figures present and prominent were Ron Kurtz, Gerda Boyesen, Zerka Moreno, Al & Diane Pesso, Max Schuepbach, Virginia Wink & Bob Hilton (Virginia is the President-Elect of the International Bioenergetics Association and, as Peter mentioned, very sympathetic to EABP).

You can get copies of the 1st Collection of Papers for the Conference from: Alex MacMillan at the Centre for Body Oriented Psychotherapy in Boston, 831 Beacon Street #163, Newton, Massachusetts, 02159 USA Tel: 617-630-9110 Fax: 617-332-5856 or e-mail: PPTI@aol.com and the cost - I think about \$20.00 + p&p and I am assured there will be a 2nd Collection as well.

Courtenay Young

Diary and News Items

The **Swiss Congress of Body-Psychotherapy** is from 7-9th November 1996 in Basel. The title is: The Future of Body-Oriented Psychotherapies. More information from Thomas Ehrensperger. It is proving to be very popular, it seems. About 300 people have booked.

body therapists, and, as a way of moving forward, it was suggested there was a 'subtle knife' of distinction between US body therapists and US body psychotherapists. Out of this, the United States Association for Body Psychotherapy (USABP) formed their own association in 1997.

There was a similar attendance by EABP members at several subsequent USABP conferences,³ with reciprocal visits by USABP members to the EABP conferences, all of which helped to cement this connection and start an on-going relationship between these two 'sister' organisations that continues to this day and has developed into several further collaborations. Unofficially, USABP and EABP agree to accept each other's members attendance at their conferences at their own members' rates. The USABP Journal (founded by Dr. Jacqueline A. Carleton) later became the *International Body Psychotherapy Journal*, which is currently produced jointly. The initial development of the EABP Bibliography and EABP's 'The Evidence-Base for Body Psychotherapy' (see [here](#)^f) contains many entries from the USA, and the USABP website uses and lists similar material to the EABP website.

The International Scientific Committee (ISC)⁴

In 1997, the EABP Congress in Pamhagen was held in collaboration with ISC and AIS and was organised by Peter Bolen and Bjørn Blumenthal. The International Scientific Committee (ISC) was a loose association of about 150 quite well-known body psychotherapists and some training institutes, mainly from Southern Europe, Central and South America, USA, and Canada – mainly French, Italian, and Spanish-speaking, and several quite 'Reichian-oriented'. Since being founded in 1985, they had already initiated the coming together of these separate organisations and accentuated some of the cultural differences. EABP organisers could easily get irritated about the lack of concrete structures within the ISC; in their turn, they could get irritated by EABP giving priority to organizational issues, rather than to what were considered the more important matters of content and spirit. But these joint conferences were always very alive and well attended, and the North/South confrontations between the different European (Latin and Northern) cultures has always enriched these body psychotherapy professional collaborations.⁵

The AIS was another much smaller body psychotherapy association based in Strasbourg, organised and centralised under Richard Meyer, which had organised several separate body-oriented conferences since about 1984.

Good Record-Keeping

From 1995 onwards, the general secretary had taken on the function of keeping proper written records for the Association. He initiated the process of creating and keeping a detailed record of the Association's early business, minutes of meetings, and policies and

3. **USABP Congresses:** Boulder, CO, in 1998; Berkeley, CA, in 2000; Baltimore, PA, in 2002; Tucson, AZ, in 2005; Boulder, 2012; Rhode Island, RI, 2016; Santa Barbara, CA, 2018; San Francisco, 2023.

4. See in Appendix 5 a list of congresses organised by the ISC.

5 Congresses organised through collaboration between the ISC and EABP were held in Ischia (2002), Paris (2008) and Lisbon (2014).

f. <https://eabp.org/research/the-evidence-base-for-body-psychotherapy/>

procedures. A regular (once or twice a year) newsletter was created to keep EABP members up-to-date, and an official Publications Committee was formed. In addition to the Membership Handbook, it also produced an EABP Introductory Booklet and the Register (database) of EABP members, all of which were reprinted in 1998.

By 1999, the EABP website (www.eabp.org) was up and running, bringing all relevant EABP material together in one easily accessible place. A bibliography of about 5,000 published books, journal articles, books, tapes, videos, etc. about body psychotherapy was also being developed. More EABP board members had started using email (instead of phones and faxes) and the Internet.

The communication process has not been easy over the years. It has been a great help when the members of the board and other colleagues are connected on the Internet because, when we have to rely on the post, faxes, or answering machines and expensive phone calls, the whole process is not always so efficient.



President, Peter Bolen:
Report to the GA, 1999

The first EABP logo was designed to represent the body in body psychotherapy in the late 90s by a German designer during Ilse Schmidt-Zimmerman's presidency. The figure is still used in the DGK logo, although the main EABP logo has undergone two revisions since then.

What Have We Achieved So Far?

On leaving his presidency in 1999, Peter Bolen had this to say:

Fifteen years ago, we all felt more like 'body therapists' than 'body psychotherapists' and this change has had a huge influence on our work. It was a shift towards more precise, ethical, and scientific criteria and [to] clearer insights about the importance of the relationship in the therapeutic process. Such changes also reflected themselves in the training standards and supervision requirements of body psychotherapy.

My main goal in this period has been to have our profession clearly established in the field of psychotherapy. EABP has joined the EAP, participates, and has influence on the politics of that organisation. In order to do that, we had to look once again at our training standards, only to find out (just as with the whole psychotherapeutic field with a few exceptions), the EAP Training Standards could only be fulfilled by 'grandparenting' present psychotherapists through. A burden of high training standards has therefore been left for the next generation to fulfil.

At times, I had to remind our board that body psychotherapy is not just a part of the psychotherapeutic field but is much more. Our energetic and spiritual resources create a bigger field that overlaps the purely psychotherapeutic file. However, our politics were clearly to go forward and be fully accepted scientifically within EAP to support those schools in countries

EABP

Spring 1999
Newsletter

European Association for Body-Psychtherapy

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Letter from the EABP President

Over the period since our last Newsletter was published I have been involved primarily with two important subjects. The first one concerns the Secretary of the Membership Committee and Member of the Congress Planning Committee, Per Olof Björck, from Sweden, who stopped any contact with the Board (apparently due to personal problems). One of the consequences of this was a delay in processing some applications forms from people interested in becoming EABP members. After many unsuccessful attempts in re-establishing contact with him the Board has decided that I would take over the Membership Secretary's function until the next General Assembly in September. I have managed already to get hold of the files (hopefully all existing ones!) and to deal with some cases. We, the Board, want also to apologise to those concerned for the delay with their cases.

The second subject has been The FORUM of the European Body Psychotherapy Schools. We had our second meeting in Vienna on the 6th and 7th of February. Twenty five delegates from twenty different European schools and associations attended the

meeting. Fourteen schools filled up the Self-Assessment form and were able to start with the second step of the Mutual Recognition process. Three groups found each other: a northern one - with Danish, German and Dutch schools; a southern group - with schools from Greece, Italy and France; and a German speaking group, with participants from Germany and Austria. These groups will study the Self-Assessment documents of each participant of that group and will then visit each other in order to speak personally with the trainers and trainees; to take part in training procedures like workshops and supervision; and whatever else might be necessary for the writing up of their own assessment of the visited school. (There will be always 2 schools visiting a third one). The assessments should then be sent to The FORUM to be voted on and the result will be presented to the Board. The next FORUM meeting will be on the 1st of September and the Board will bring it forward to the General Assembly to be voted on. So it is possible that in September 1999 we will have the first recognised schools within EABP.

A very important decision was made by The FORUM. It has been decided and voted that The FORUM is to be an integrated part of EABP. So EABP stands now on two pillars: the individual members and the schools. As Biosynthesis had managed to become an European Wide Awarding Organisation (EWAO) and Psycho-Organic Analysis has also managed to become an EWAO, it created a slightly difficult situation for EABP within EAP representing only individual members and no schools. This has changed, and we are politically much stronger now.

The Scientific Committee had some difficulty in filling up the 15 scientific questions of the application form of EABP to become an European Wide Awarding Organisation, so Courtenay Young with Michael Heller took over the work and I have also been willing to help, so that by July EABP should also have reached this goal of being an EWAO. With that, EABP will be in a better position to help the different Body Psychotherapy schools in Europe, which have gone through the mutual recognition process, to become

EABP • The First 35 Years

where body psychotherapy is not accepted and where EAP has significant influence. So far, we have done this successfully.

Towards greater unity within Body Psychotherapy, my main efforts have been to create the FORUM to support and represent Body Psychotherapy schools, which were too small to represent themselves as a European Wide Organisation.

Finally, I must say it has been a very meaningful experience in my life to have had the opportunity to work with so many dedicated and good-hearted people in the EABP. Many of these people, now friends, will continue working very actively for our association and I wish them all the best for the future, and ongoing development of the organisation, and as much solidarity in our movement as possible.

The retiring President, Peter Bolen:

Report for the General Assembly, 1999

4 Finding a New Equilibrium: 1999-2006

Board Business: Where to Next?

Eleven years have passed since the founding of the Association, and the question now is, “Where to next?”

The 7th EABP Conference, held in Travemünde, Germany, created another turning point in EABP affairs. The congress was a great success organisationally, in community building, in attendance, and in developments for the future. However, it also resulted in a large financial loss. This had the effect of making everybody, especially those on the board, think a lot more deeply about the structure of the whole organisation, what the main objectives were, how to finance all the different initiatives, and how to organize a financially successful conference.



The three main themes arising in the aftermath of Travemünde occupying the board for the next two years were increasing membership, finding a new equilibrium between the NAs and the centralised aspects of EABP and finding a new equilibrium between the energy expended on issues about wider recognition for body psychotherapy and that spent on professional support and content for the EABP members.

Membership Business

In 1997, two new categories of membership ‘Organizational’ and ‘Associate’, were accepted by the GA. This enabled the training institutes to join as organisational members which in turn encouraged individual members to join. Individual members had to be fully trained and qualified, but the board wanted to encourage more trainees to join while they were still associated with the training institutes, so they proposed the new category of ‘Candidate’ membership.



Three successive Membership Certificate designs in 2001, 2012, and 2016. Members could hang them in their offices and in their advertising they could use the wording: 'Accredited as a European Body Psychotherapist by EABP'.



The European Certificate of Psychotherapy (ECP), which was being promoted by the EAP, could only be attained by a body psychotherapist by being an EABP member, as EABP was now the European Wide Accrediting Organisation (EWAO) for body psychotherapy. Individuals wanting to be on the EAP Register were also required to be members of a National Umbrella Organisation (NUO) or, better still, a National Awarding Organisation (NAO) and this development was also bringing in new members. Mainly in Germany, many came in

through EAP's grandparenting process. From a membership point of view, EABP was a relatively small organisation (then about 600 members), so some chose to be members of a national psychotherapeutic organisation or to join an association that was more closely linked to their particular modality or approach.

Establishing the COUNCIL

Thankfully, the national associations were continuing to take on more activities and responsibilities. By this time, they dealt not only with membership administration, but also began creating their own websites and organizing their own conferences and symposia. Whereas previously members were keen to come to the EABP congresses as a place to meet other body psychotherapists, now they could go to a congress in their own country, conducted in their own language, at a much lower price. Gradually, more countries recognised the many benefits of having their own National Association.

Representatives of the national associations and national committees had begun meeting regularly, and the question then arose of how to balance the relationship between the main 'body' of EABP and the NAs. In 2006, discussions resulted in formalizing that arrangement through the creation of the COUNCIL of National Associations and National Committees, with an elected representative as a full voting member on the board. Like the FORUM, the COUNCIL now became a fairly autonomous pillar of the EABP.

In some countries, it was the leaders of the training institutes who had founded the national associations. However, it soon became clear, because of developments in Greece, and later in Serbia (especially after the series of wars in the 1990s that saw Yugoslavia become split up into separate countries), that the EABP NAs should be legally separate from the training institutes, with a separate leadership and a separate organisational structure. Otherwise, there was – almost inevitably – a conflict of interest between the 'dominant' training institute and body psychotherapists from other modalities in that country.

The main issues concerning the COUNCIL were:

- ▶ to support and encourage the growth of the National Associations
- ▶ to help NAs develop membership and training opportunities in their own countries
- ▶ to negotiate their relationship with the EABP board, including what percentage of the membership fees the national associations retain
- ▶ to help promote – and (often) legitimise – body psychotherapy in the various European countries.

They also fed back a wealth of information about the status and development of body psychotherapy in the various countries. In some – though relatively few – cases, individual members of EABP did not wish to be a part of the national association in that country, so they could opt to remain as individual members of EABP and pay their full annual membership fees directly to the central part of EABP.

COUNCIL meetings are held yearly, usually on the last weekend in January, and are generously hosted by one of the COUNCIL members. The atmosphere of exchange and mutual support has always accompanied these meetings, initially under the chairpersonship of Elfriede Kastenberger (2004-2014) from the Austrian National Association (AABP), followed by Kathrin Stauffer from EABP-UK (2014-2022). In the COUNCIL meeting in 2023

it was agreed that Sladjana Djordjevic (see photo) would take over the role from Kathrin and this decision will be ratified in the GA in September 2023. During this period, Dagmar Rellensmann (DGK) also played a stabilizing role in the organisation of the COUNCIL and hosted several meetings. By 2008, the members had also found a good ‘economic’ solution – how to support some of the countries that otherwise could not afford to send a delegate to the meeting. They agreed to share all the travel costs proportionally.



The COUNCIL has now evolved into a vital pillar of the EABP. It has provided valuable material for several important discussions and brought valuable motions to the General Assembly. The members of the COUNCIL also get to know the problems and successes of body psychotherapists in other countries throughout Europe. On completing her chairmanship of the COUNCIL in 2014, Elfriede Kastenberger commented:

We succeeded in creating an atmosphere of mutual support and exchange in the COUNCIL. This warm and accepting climate strengthens the solidarity and coherence among NAs and NCs and enables us to experience the richness and resources, the diversity, and strength of our association. It fosters coherence in EABP, and the conviction of belonging together. It also allows us to deal with the difficulties and problems in the different countries and cultures and enables us to find solutions for supporting each other. This atmosphere gives safety and enables creativity.

Elfriede Kastenberger:
Grey Book COUNCIL Report, 2014

The 8th EABP Congress, Egmond aan Zee, 2001

The NVLP, the Dutch National Association, took on the organisation of this congress. The upheaval and financial loss after Travemünde had caused great anxiety about being able to afford to run such congresses. There were also considerable communication difficulties between the board and the national organizing committee, headed by Joop Valstar, the president of the NVLP. It was then decided the board's responsibility was to create the Congress budget and the NA's responsibility was to keep to it.

Up until this time, the congresses had been largely organised by EABP members, and the dominant question arose continually as to whether a professional Congress bureau should be engaged. These tended to be quite efficient but very costly, and it was always questionable whether they were worth it. Joop Valstar, engaged an independent organiser – Jill van der Aa, who was running Universal Seminars, a business to promote international workshops and trainings in the Netherlands.

In this upheaval, several EABP members had joined the Congress Planning Committee (CPC) and then left just before a final committee was formed. The CPC is made up of members from different countries and chooses the theme of the Congress and the main speakers. Although there is naturally a certain emphasis on speakers from the host country, the CPC makes sure there are also speakers from other national areas. A new CPC was formed.

The previous CPC had also reported after Travemünde the opinion that EABP was probably in a “growth crisis”, and this also may be the case for body psychotherapy in general. For this reason, the conference was seen from the beginning as an opportunity to look at ourselves, at our professional identity, at our resources, the internal situations in the EABP, and at our relationship to society. The title, *The Art of Relating: Exploring Positions and Relationships in Body Psychotherapy*, was apt. Several topics were explored: ‘The Development of Consciousness and the Formation of Relationships’, ‘Underlying Beliefs and Doubts Concerning Our Professional Identity’, and ‘The Art of Conflict Resolution and Conflicts in Systems – Systems in Conflicts’. The conference programme described the aims of the conference as follows:

We believe it to be the right time for body psychotherapy to take a grounded stand both in professional and social contexts. Since its foundation in 1989, the aim of the EABP has been to incorporate more than just the sum of its separate parts. The biannual conferences and the formation of national committees and associations have resulted in an exchange between schools. During the last few years, the EABP FORUM has proved to be a productive meeting place for schools, and from this contact has developed a need for sharing – a need to compile our knowledge, to broaden our professional base, and to create an identity built on common ground.

Two days before the Congress officially started, the tragic events of 9/11 in New York and Washington occurred. Together with the CPC, Joop quickly adjusted the programme so time could be given to processing and integrating the disaster of the ‘Twin Towers’.

Joop gave an impressive opening and Walid Daw from Switzerland led a meditation that brought people together in their concern. Despite the high degree of almost universal traumatisation, the congress was a very inspiring and moving experience with 200 participants. It was a much smaller congress than Travemünde, but tight control was kept over the budget, and the congress broke even.

Several decisions were made about the location for the next EABP Congress. There was an attempt to 'space out' the biennial EABP Congresses and alternate them with the USABP Congresses. The ISC was planning on holding a congress on Ischia, near Naples, in 2002, and the EABP would co-sponsor this. The next EABP Congress would be in 2004 in Greece.

Lennart Ollars' Keynote Speech



Katherine Bateson, who had been planned as one of the keynote speakers, was not able to get on a plane to attend (along with several other USA participants), so Lennart Ollars, a Bodydynamic trainer, stood in at the last minute. Joop Valstar resurrected Lennart's address in the 2005 newsletter after his death. It deserves a mention because it brings up themes that will arise in the next few years (viz: the Common Ground and research) and is notable for its pure humanity, intelligence, and introspection, and its plea for us to listen to each other.

The following is an extract:

Challenges on the way towards a 'Common Ground' of Body Psychotherapy: Body Psychotherapy versus the established areas of psychology.

I believe that we need to move towards a common ground of Body Psychotherapy, and also that we need to enter into a more professional dialogue with the world of established psychologists. These are not easy challenges. I will address some of these difficulties I see as connected to these processes, including what I perceive as our fears and resistances.

On the one hand, there is the field of conflict between different psychological and also psychotherapeutic approaches and traditions; basically, a conflict that is much broader than just between body psychotherapists; a field of competition and a striving for recognition that is going on between different ways of thinking and working within psychology in general.

On the other hand, there is a more personal and relational field of differences, animosities, and polarities between people, a field of conflict that has to do with a complex mixture of emotional, personal, and cognitive stuff.

Nevertheless, both areas are important, to some degree for our personal future, and certainly for the future of Body Psychotherapy.

What is preventing us from formulating the common ground of Body Psychotherapy? Swallow fear and feelings of inferiority, because there is no actual reason to have them, and start talking and asking. It's true that people who are academically trained sometimes know and use a lot of words, and this is not only meant sarcastically. If you are trained, for example, as a psychologist, you know (or at least did know) a lot of different theories, and you are more or less trained in critical thinking.

But in my experience, when it comes to the more operational knowledge and skills in handling communication and solving problems, including understanding what are the finer dynamics in the psychotherapeutic session, academics are not wiser than non-academics. Some even have the handicap that they are much too focused in the head, and less trained in sensing themselves. Traditionally, in most countries I have heard about, academic training to become a psychologist contains much less practical contact training than we as Body Psychotherapists are used to in our trainings.

So, relax. They might know a lot of words, but they are not that clever, so start asking questions and start telling them what you do and think yourself!

To be scientific is neither imperialistic or dogmatic, nor is it to allow others to be imperialistic or dogmatic. To quote the well-known meta-scientist Michell, "The common core of all scientific methods is critical inquiry..." After discussing these matters, especially with scientists and meta-scientists, it is my attitude that we should participate in, and if possible, initiate quantitative and qualitative scientific studies, with an open and critical awareness, as well as self-critical awareness of what kind of knowledge the different ways of working scientifically can provide and what they cannot provide.

A Paid Secretariat

It had become clear that EABP was a structurally vulnerable organisation

because its functioning was almost completely dependent on colleagues who were willing to work voluntarily as 'political activists'. A lot of idealism and identification with our professional field and its theoretical and practical implications was needed to take on one of the representative or executive functions. The structure of the organisation implied an enormous dependency on the individual members and the willingness of at least most of the members to support the organisation and be actively involved. The EABP could not exist purely out of itself. The structure, the framework, was given; the rest depended very much on what was contributed from both sides: the board and the committees on one side, and the members on the other.



Finally, the decision was taken at the 2001 General Assembly to create an independent, part-time, paid secretariat. Jill van der Aa was given the job under the supervision of Joop Valstar, both resident in Amsterdam. The official secretariat address was transferred from Switzerland to Jill’s office. A Euro bank account was created, and the Swiss and English bank accounts were closed. The website was taken over by Rien Groenendijk in Amsterdam, and under Joop’s direction, it was given a design makeover and a new logo with a background flag (!) to emphasize the involvement of many European associations. The EABP Handbook was updated, and a FORUM Handbook followed in 2003.

Freeing board members from much of the administrative business created a little more space, allowing new developments to come into focus and new directions to open up.

An Ethics Dilemma

In 2001, an Ethics dilemma came to light. It involved various ethical complaints about a specific accredited FORUM Training Institute. Because the complaints were anonymous, the Ethics Committee was unable to follow-up on them at that time, according to their defined procedures.

As a result of frank discussions in 2002 between the then EABP President, Ilse Schmidt Zimmermann, Lisbeth Marcher (FORUM Chairperson), and the two main directors of the training institute, the board suspended the institute in question and instructed the FORUM to investigate the accreditation status further. An investigation panel of three people, acceptable to the training institute, visited the institute in February 2003 with the intention of interviewing the trainees directly. Their investigation was cut short by the institute: the panel members were told to leave at lunchtime. The panel then made a confidential report to the FORUM at its next meeting in Montpellier in March 2004, where the directors of the Institute were also present.

By this time, further confidential information had come to light from trainees at the Institute who had made signed and notarised statements but still wished to maintain their anonymity. This solved some of the ethics procedural issues. The result of this very drawn-out and contentious process was



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the unanimous decision of the FORUM to withdraw the accreditation of two training institutes. Their membership was also suspended, and the directors involved resigned their individual memberships.

It has been a very difficult process for us all, as individuals and as an organisation. Heart-felt thanks are extended to everyone who stuck with this process, examined how it affected them personally, and then put that aside, continued, and persisted for the sake of, and for the benefit of, EABP and body psychotherapy. Hopefully we can all learn and progress from this experience.

EABP President, Courtenay Young:
Grey Book, 2004

One of the underlying issues was that the director of one of the institutes was an EABP member who had resigned his EABP membership after the ethics debacle in 1992-1994, possibly to avoid being investigated further. He had then become quite prominent in the early days of the EAP. Eventually, more complaints about him and the activities within his training institute came to light, and he was expelled from the Dutch (Netherlands) National Association for Psychotherapy (NAP) and from the Dutch Psychological Association. He was ultimately prosecuted and given a 4-year prison sentence.

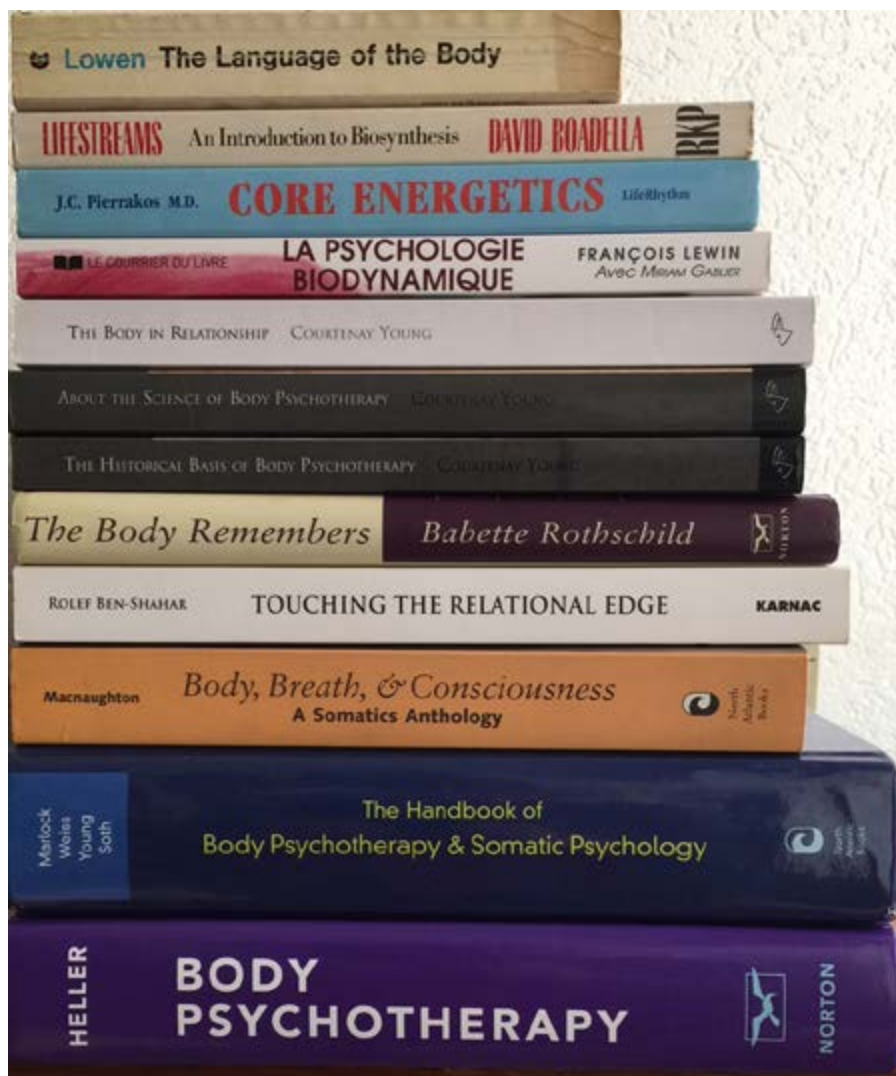
From an account of the court in Roermond in the Netherlands, records in the prosecution of .. (14/02/2007) on 4 counts of repeated statutory rape under Article 249.2.3 of the Dutch Penal Code §174 (Criminal Code) concerning sexual abuse by taking advantage of a consulting, treatment, or equivalent care relationship. Two of the victims spoke of long-term abuse (about 8 years); the other two for shorter periods.

Footnote in Courtenay Young and Gill Westland (2014)
Shadows in the History of Body Psychotherapy:
Part 1, USABP Journal, Vol. 13, No. 1, pp. 13-30.



FORUM Meeting: Front from left: Joop Valstar, Courtenay Young, Thomas Riepenhausen, Isaias Costa, Ilse Schmidt-Zimmermann, Bettina Schroeter, François Lewin, Joachim Nordheim, Harry Visser. Back row from left: Markku Välimäki, Michael Meiffert, Erik Jarlnaes

Books and Publications



By this time, EABP members were writing and publishing books about the profession, their modalities, and clinical work, many of which are listed on the EABP website, on the websites of the National Associations or sold through the author's websites or through Amazon. Here are just a few generic ones on and around the themes of: What is a body psychotherapist? What are the roots of body psychotherapy? What are the different approaches and methods of body psychotherapy? What does body psychotherapy achieve?

In 2001, *The Flesh of the Soul*, edited by Michel Heller, based on presentations at the Trave-münde congress was published by Peter Lang, aided by a grant from the EABP. This was a significant step in the process of making the invaluable work done during the EABP congresses available to a wider audience. Unfortunately, the work of creating written accounts

of congress proceedings has not been followed up regularly, although sound and (even) video recordings of keynote speeches and panels from several conferences, which could be bought at the end of the event, have often been made available since Egmond aan Zee.

Starting about 1998, Courtenay Young had created the EABP *Bibliography of Body Psychotherapy* available, with articles, chapters, books, videos, films, etc. This project was also aided by a grant from EABP. An expanded version (in the form of a CD-ROM) was presented in 2007, by which time it had more than 3,000 entries. It has now increased to about 5,000 entries. Since the digital revolution, many international search engines (such as Google) have come online, and it is now easy to search for a particular title, author, or subject. University students have access to specialised databases. However, trainees of body psychotherapy in FORUM schools often do not have access to these databases, so the bibliography, which now has a separate section on the website, has retained its relevance. It is easy to search for material, and it is now possible to enter articles, book titles, films, videos, etc., which are then uploaded by a manager.



In 2006, the *Handbuch der Körperpsychotherapie (The Handbook of Body Psychotherapy and Somatic Psychology)* was published in German by Schattauer, edited by Gustl Marlock and Halko Weiss. This massive work originated from a discussion held in Belgrade in September 1997, following a Congress seminar that had invited several body psychotherapists in celebration of Reich's 100th anniversary. Travel and accommodation had been financed by the Sauros Foundation. However, as things turned out, the planned 4- or 5-day seminar was 'cut down' to just one evening. As a result, several people found themselves stuck there for a week, leading to a discussion of how they could turn this relative 'hiatus' in their lives into an opportunity, resulting in the 'Handbuch'.

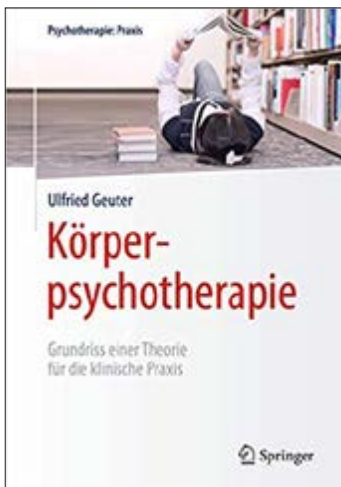
In 2008, Michael Heller's massive work, *Body Psychotherapy History, Concepts and Methods* was published in French; then in English in 2012 (by W.W. Norton & Co.), and in German in 2016 (by Psychosocial). It also received some financial support from the EABP. Peter A. Levine described it as, "unquestionably the bible of body-oriented psychotherapy." Babette Rothschild commented, "Michael Heller's masterpiece text not only cogently illuminates what Body Psychotherapy is, it also traces the origins of how it evolved, where it is going, and its promise for the future."

In 2015, Ulfried Geuter's *Körperpsychotherapie: Grundriss einer Theorie für die klinische Praxis* was published by Springer. A second revised edition will be published in German in the summer of 2023 and in October an English language translation will follow: *Body Psychotherapy. A Theoretical Foundation for Clinical Practice*. Routledge, 1923.



“The book presents a scientific, easy-to-read overview of all relevant aspects of the broad field of body psychotherapy. Based on his extensive background knowledge, the author discusses the various subject areas in detail and supports his respective position very clearly with therapy examples reflecting his decades of therapeutic practice. ... The book meets all the expectations one has of a scientific overview in a university context and offers a potential enrichment, especially for academic psychology in the sense of an extension to include physical experience...”

Dr. Benajir Wolf,
Philipps University of Marburg



In 2015, after about six years of further work, the revised, updated, re-edited, and extended English / American edition of the handbook was published as *The Handbook of Body Psychotherapy & Somatic Psychology* by North Atlantic Books, with some financial support from the EABP. It had been compiled with the further participation of Courtenay Young and Michael Soth and contained articles about body psychotherapy from the perspectives of many different body psychotherapists throughout the world. It indicated just something of the enormous breadth and depth of the field. There are about 82 contributors, 94 chapters, about 1,000 pages, and half a million words.



The Handbook of Body Psychotherapy and Somatic Psychology “constitutes a critical attempt to begin the creation of some unified concepts and elements in a common language, issues essential for this field to emerge from its prescientific past... It is an important step toward facilitating unification of the fragmentation existing in our field – there are an incredible number of methods, each differentiated by language and approach. Each method, each school and each practitioner will gain when we increase awareness and appreciation of our commonalities, and stop the trajectory of tunnel vision, halt our sole focus to prove our way is the right way, that we are separate and unique, and therefore in competition with one another for recognition and client care.

Bessel A. van de Kolk

Bessel van der Kolk commented further:

Without being able to relate to one's body as the container of one's self-experience, true integration, empowerment, and thus healing are not possible. Only when we are able to quiet down, get in touch with ourselves, and master our inner physical experiences, can we regain the capacity to use our normal resources, as well as speech and language, to convey to others what we feel, know, and 'remember.' Body psychotherapy helps with both of these processes. I can therefore strongly recommend this handbook.

Bessel A. van der Kolk:

*The Body Keeps the Score:
Mind Brain, and Body in the Transformation of Trauma*

Body Psychotherapy Publications

Under this title, Courtenay Young has produced several edited volumes of a variety of previously published (but now not so easily available) articles on different themes: *The Historical Basis of Body Psychotherapy* (2010); *About the Science of Body Psychotherapy* (2012); *About Relational Body Psychotherapy* (2012); *The Body in Relationship: Self – Other – Society* (2014); *Body Psychotherapy Case Studies* (2018); *About Touch in Body Psychotherapy* (2020); *David Boadella: A Collection of Tributes* in 2021, and the massive, *The 'New' Collected Papers of Bio-dynamic Psychology, Massage & Psychotherapy: 2022*, in celebration of 100 years since Gerda Boyesen's birth. Currently, this is only available as an eBook with 50 different authors, and about 1300 pages. (www.bodypsychotherapypublications.com)

BODY PSYCHOTHERAPY PUBLICATIONS

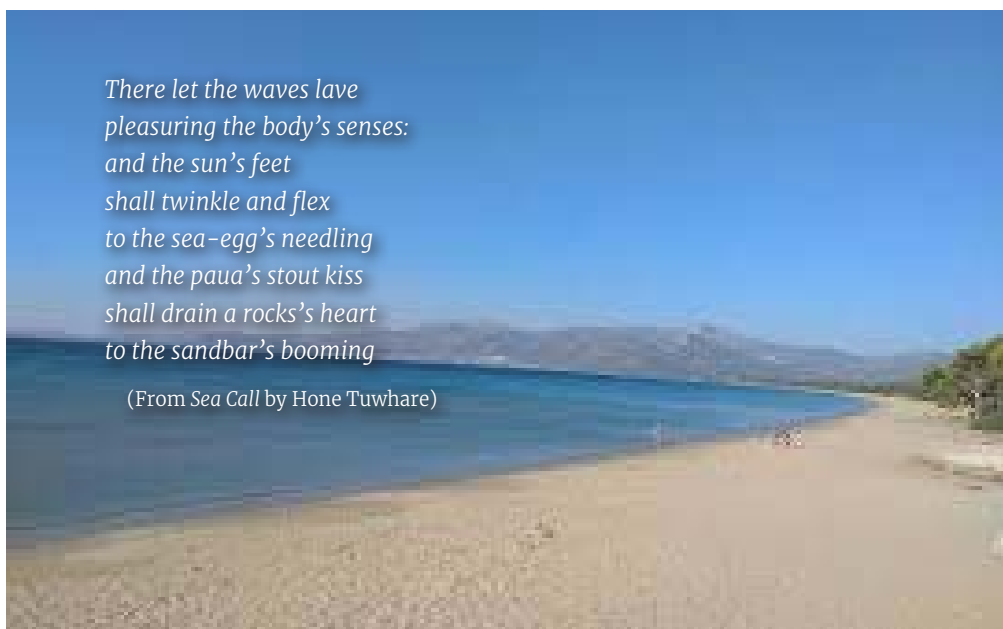
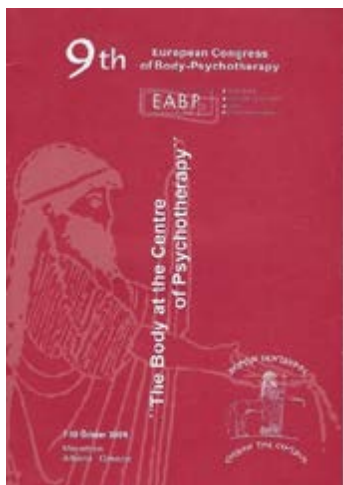
The 9th EABP Congress, Marathon, 2004

The *Body at the Center of Psychotherapy* Congress took place in Marathon, about 50 km northeast of Athens – the town where the first battle for freedom and democracy was fought and won by a group of brave and outnumbered Athenians. After the victory, Phidippides ran all the way to Athens to inform them of the outcome.

The body was very much at the centre of the congress presentations. Kerstin Uvnas Moberg, professor of physiology at the University of Agricultural Sciences in Uppsala, Sweden, gave an excellent keynote on the *Role of Oxytocin in touch mediated effects*, which was followed by a round table on *Touch in Psychotherapy* with Bjørn Blumenthal, Francois Lewin, Lisbeth Marcher, Eleni Stavroulaki, and Alberto Torre. Bessel van de Kolk gave a keynote on *Trauma, Attachment and the Body* which inspired years of further work on trauma from members. And there were a multitude of fascinating workshops that placed the body at the

centre of psychotherapy.

Although the Club Méditerranée facilities were very pleasant, but quite basic, the weather was bright and sunny, so many of us ran all the way into the sea to get energised again in between keynotes and workshops. There, your author's mind left the beach of Marathon to land on Aotearoa's shores for a short while:



5 Consolidation and refining: 2006-2010

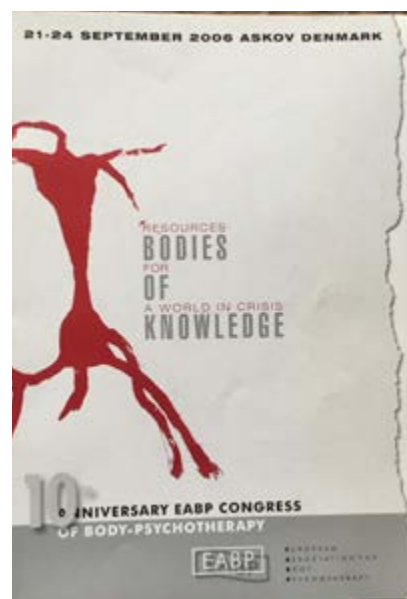
The 10th 'Anniversary' Congress, Askov, Denmark, 2006



Another two years have passed, and from Marathon we travel to one of the oldest of Denmark's High Schools (or popular universities), unique in the Danish tradition for their emphasis on holistic education and educating people to become aware of their own ideals. Although there were many EABP members in Scandinavia, there was no national association, so individual members organised the congress.

Bodies of Knowledge – Resources for a World in Crisis provided three main themes: Love and Sexuality, Work and Play, and Knowledge and Science, which were seen to form the bases of a healthy, involved life. The programme introduction noted:

Let us ask ourselves what gets in the way of an engaged and positive lifestyle. How can we step aside from media distortion of news and polarised views expressed in sound bites? How do we respond to cycles of violence and cruelty? How can we distil from the wealth of information and scientific knowledge available to us the essential wisdom we need to know? Wilhelm Reich wrote: "Love, work, and knowledge are the wellsprings of our life. They should also govern it." How do we achieve that? How should these three aspects govern our lives? And what would that look like?



Board Business: Looking at Membership



At the 2006 General Assembly, a new executive board was elected: Joop Valstar (President), Sean Doherty (General Secretary), and François Lewin (Treasurer). They held an additional three meetings a year, all in Amsterdam, in Joop's practice, continuing the tradition of EABP members providing their locations for board and committee meetings. The board felt the pressure of growing bureaucracy and made a concerted effort to ensure creative and open time to brainstorm about the vision and spirit of body psychotherapy and to explore ways of allowing our different cultures and philosophies to meet.

The next two years were stressful, yet in his final report to the GA in 2008, Joop wrote: 'During these two years, we have been successful in

consolidating and refining the structures that have been created in our association, and the coordination between them.' He commented on the main themes he saw operating in the EABP at this time. Awareness of the diversity of cultures and languages in Europe and within EABP was growing. The northern countries were dominant in membership numbers and input. English wasn't being spoken and understood by all members – apparently especially in the south. The board spent a lot of time meeting on the upcoming conference in Paris and decided to provide information and simultaneous translation during the congress in five languages as well as work on harmonizing representation.⁶

It was becoming ever more evident that it was important to ground our work in description, theory, research, and evaluation and to connect it to theories and new findings from related sciences and healing traditions. At the same time, it was also important to hold on to the understanding that our work has dimensions and subtleties not generally covered by current academic, evidence-based research practice.

While our position as a mainstream of psychotherapy within EAP was seen as valuable, it had become clear that we needed to promote body psychotherapy, get wider recognition, and find additional possible fields for application. At the same time, it was important not to submit ourselves to organisational structures or politics that would clip our wings or insist on body-mind splitting. We needed to show the importance of creating clear parameters and regulations in our profession and our association.

6. Although it has always been the aim to provide direct translation in as many languages as possible, it has often been financially impossible for the smaller congresses. Instead, the organisers would try to encourage people to sit in a group where one or two people could provide translation.

The Membership Survey:

was sent out in March 2014 in the English (52 replies) and German (57 replies) languages.

Five questions were asked.

1. What was the main reason for you to join EABP / your national organisation?
 2. Areas of Improvement
 3. How important is legal acknowledgement of Body Psychotherapy to you in your country / in Europe?
 4. In your view, what are the most important goals the EABP should focus on?
 5. Are there any topics within the EABP that you would like to get involved with personally?
-
1. Was bedeutet die Mitgliedschaft in der EABP / in deiner Nationalen Assoziation (NA) für dich persönlich?
 2. Was davon ist erfüllt, was nicht?
 3. Welchen Stellenwert hat in Deinen Augen die gesetzliche Anerkennung der KPT in Deinem Land / in Europa:
 4. Was sollten aus deiner Sicht die drei wichtigsten Ziele der EABP sein?
 5. Gibt es Themen, bei denen du dich persönlich im Rahmen der EABP engagieren möchtest?

RESULTS

Question 1	English	German
Certification for Body...	60%	78%
Get the ECP	45	50
Emotional Home	35	
Networking	42	60
Website for patients	5	
Information on developments...	35	65
Information relating to...	18	70
Conferences	33	
Advanced Training	12	45

Question 2: Areas of improvement

- Clarify how to denote that you are accredited as a body psychotherapist – what letters should go after your name?
- What does a therapeutic session look like?
- Making BP more well-known and trying to find ways to connect with society in the enormous changes that take place.

Question 3: More than half the respondents found legal recognition very important in their countries. 58% English and 38 % Germans answered very important.

Question 4: Education, making BP known to public ...

Question 5: Most people were fully engaged either with their own work or with EABP involvement.

A membership survey was carried out, and it was clear the older generation was over-represented in many places and there was a need to have more and younger members active in committees and contributing to projects.

Reaching Out: The Newsletter

The newsletter committee had a lot of fun creating the EABP newsletters and reaching out to the different branches of EABP – the board, FORUM training institutes, COUNCIL, national associations, committees, congress organisation – and encouraging them to participate and keep everyone informed. So much seemed to be happening. EABP was now 22 years old and had reached a stage of relative stability.

What makes writing the newsletter worthwhile are the contributions we (the publications committee, board, etc.) are all getting from YOU. We are happy because you are relating to us – you are sending us your material. We can even feel from your side a little excitement in showing a little more of yourselves through the newsletter. Our job is to facilitate dialogue, to stimulate, to connect, to join, and to focus where needed. It is not to judge (we do not refuse material and at the same time do not take responsibility for the content), or change,

or critique, but to offer a platform for you to exchange ideas, show your wares and take pleasure in your and others' accomplishments. ... Just as important, is that all the issues, and forces, and obsessions, and preoccupations of members and organisations are becoming more tangible. From newsletter-to-newsletter we can see the EABP growing and expanding and becoming more mature and confident. It is not quite the amorphous, undefined being it once might have felt. We are seeing the fruits of the work. It is becoming clear now, through the reports from the FORUM and the National Associations and committees and through the work of the relatively new COUNCIL, and the yearly meetings, that quite specific focuses are coming to the fore. ... And this South-North divide – this language gap, which is keeping us apart – is slowly being transformed into a challenge to appreciate the diversity of our many member nations ... Our hope is that through the newsletter (and, of course, the website and other publications), you can, in every tangible way, feel the BODY of the EABP and its various fingers and toes, its hands and feet, its arms and legs, its organs, its head and, most importantly, its heart.

Joop Valstar, Ingeborg Joachim & Jill van der Aa:
Newsletter, Summer 2007

Added on to this report was an extra word of wisdom:

*Real learning is learning what you can't learn.
Real practice is practicing what you can't practice.
Real discussion is to discuss what you can't discuss.
Therefore, those who can dwell on what they don't know –
will reach the very highest.*

Zhang Zi

Where do we all come from?



Along with all the other bits and pieces, a report was published of the 7th ISC Conference in Brazil in October 2005, organised by Rubens Kignel (a long-standing member of EABP). In contrast to the smaller EABP biennial congresses, this conference had 850 participants coming, mostly from Mexico, Venezuela, Chile, Argentina, the USA with a smattering of EABP members from Europe. Ruben's words brought everyone warmth and heart-felt energy.

The congress brought together many different professional streams of (body) psychotherapy aided by the internet, which had an important place in this meeting. This also happened in a spontaneous way from beginning to end. The horizontality with which both speakers and participants exchanged information and experiences challenged hierarchies and formalities in a very positive way. Body psychotherapy, as it was presented at this event, has in

fact a strong social-political side. I wanted to stress that as the organiser, the body is closer to social knowledge, rather than psychoanalytical knowledge, which tends to be more elite.

Understanding the body puts feet on the floor and sends us to the very essence of being human. Nowadays, when we see so much misery and a lack of effective social and political action, we feel touched in our essence, because we all want to live in a better world. This unifies professional desires with essential human desires. In this way, the social work of body psychotherapists rewards us through the pleasure of having a conscience and being able to offer something positive to society, which originates from human capital and not financial capital.

Rubens Kignel:
EABP newsletter, 2006

The FORUM Executive Committee

The FORUM was feeling the pressure of extra bureaucracy, and political issues had increased the workload. In 2007, the FORUM decided to elect an executive committee, a triumvirate – Thomas Riepenhausen, Martin Tidén and Lidy Evertsen – who worked hard to distribute the workload. They were to share the board representation but after Thomas had been once, it was decided Lidy would take over this role, which she did until 2009.

Meetings were held in different locations, and the process of mutual assessment, accreditation, and re-accreditation of training institutes took up quite a lot of meeting time. For re-accreditation, a simplified process had been initiated. As compensation for meetings dealing with bureaucracy, they decided to devote four hours on Friday afternoon and another four on Saturday morning to a symposium where the institutes would present their modalities and their ways of working to move towards some common ground. Instead of the old 'tribal struggles', the FORUM started to look more and more to what bound them together and what was making us body psychotherapists.



The FORUM was feeling the pressure of extra bureaucracy, and political issues had increased the workload. In 2007, the FORUM decided to elect an executive committee, a triumvirate – Thomas Riepenhausen, Martin Tidén and Lidy Evertsen

Themes were discussed, such as:

- ▶ Ethical Questions on Touch (Markku Väälämäki)
- ▶ Death and dying and how we deal with this in our Body Psychotherapeutic practice (Bettina Schröter)
- ▶ Psychotherapy and the Spiritual Dimension (Thomas Riepenhausen)
- ▶ What Really Works in our Therapeutic Work? (Bettina Schröter)
- ▶ Quality Assessment (Luciano Rispoli)

These symposia have continued through the years, helping EABP arrive at a more coherent modality within the whole of psychotherapy. The sharing of work in the symposia also helped to encourage trainers from the institutes to visit each other, find out more about each other's modalities, as well as exchange trainers.

Newsletter, Spring 2008

In 2008, the Spring newsletter was published, in colour on shiny paper, packed with reports, including those from the President, the board, the FORUM, the COUNCIL, the individual National Associations, and the various committees, as well as from some individual members.

It also included a synopsis of a very special and significant research project: *Evaluation of the Effectiveness of Body Psychotherapy in Outpatient Settings: (EEBP) A Multi-Centre Study in Germany and Switzerland*, undertaken by Margit Koemeda-Lutz, Martin Kaschke, Dirk Revenstorf, Thomas Scherrmann, Halko Weiss and Ulrich Soeder. This had been published (in German) in *Psychotherapie Psychosomatik Medizinische Psychologie*, in Dec. 2006, 56 (12): 480-48, and it was later republished in the USABP Journal, in English, in full. Also published was an interview with Joachim Bauer by Elizabeth Marshall titled *The Brain Transforms Psychology into Biology*.

The 11th EABP Conference, Paris, 2008

The joint EABP / ISC Conference burst onto the scene in November 2008 in Paris, the 'City of Light', and was entitled *Body Awareness – Where Body Psychotherapy, Neuroscience and Traditional Healing Meet*. The 'conference' was held in the University Faculty of Medicine in the Quartier Latin, 'making the meeting in the heart of Paris a place of multi-cultural exchange, intimate and open, to leave you with experiences of sharing and inspiration'. It underscored EABP's desire to be taken more seriously by colleagues from neighbouring health fields. While it highlighted how our current know-how is supported by the latest scientific studies on human functioning, it also introduced (for the first, but hopefully not the last time) practitioners from methods and traditions that 'have always understood the human body is the carrier of consciousness and wisdom'. One keynote was on *Shamanism and Modified States of Consciousness*, and there was a presentation by Gerardo Pizarro on



Peruvian Shamanism. The life and work of Wilhelm Reich were also being celebrated because the official archives were opened to the public in 2007 – now fifty years after his death in 1957.

The conference was organised by François Lewin and drew about 700 (!) body-oriented psychotherapists from all over the world. The French training institutes and professional associations had never coalesced into a French National Association, but François, like many others, had maintained contact with the loose group of body psychotherapists, the ISC (International Scientific Committee), and other groups around the world, as well as in Europe.



Gill Westland, Director of the Cambridge Body Psychotherapy Centre, wrote a report of the conference, which was later published in the *Journal of Body, Movement, and Dance in Psychotherapy*.

Other welcome and reasonably well-known faces at the Congress were: Judyth Weaver, Mark Ludwig, and Christine Caldwell from the USA; George Downing (Paris); Berit Heir Bunkan (Norway); Ginovino Ferri (Italy); Xavier Serrano (Spain); Frank Röhricht (UK); and Jerome Liss (Italy). There were some significant changes from other EABP Congresses (which had been largely residential). This Congress took place in the Faculty of Medicine, which is part of the René Descartes University in the St. Germain district: a beautiful building once upon a time but sadly deficient for a conference such as ours. The administration was (dare I say it?) somewhat ... “French”! – and the tone of this conference was somewhat more academic, than (perhaps) experiential – as was the previous Congress in Askov, Denmark.

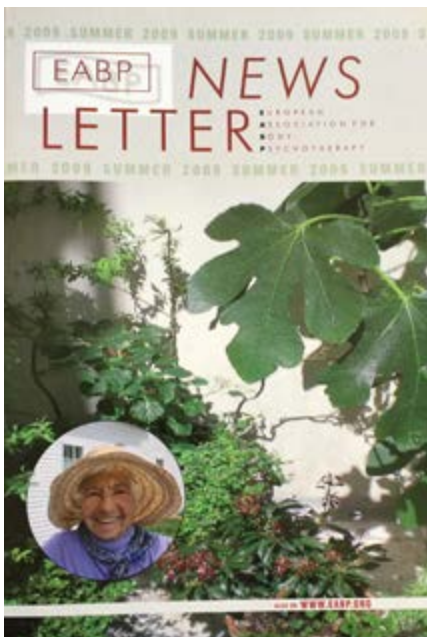
She commented that what she observed was quite a lot of:

‘schoolism’... our tendency to relate and discuss from [the perspective of] our different training schools.” She also stated, “If the profession of Body Psychotherapy is to become more potent, and mature, it has to move to a ‘Body Psychotherapy’ inclusive stance with a sense of what we hold in common.

Gill Westland, Director Cambridge Body Psychotherapy Centre
‘Conference Report’
Journal of Body, Movement & Dance in Psychotherapy
(Vol. 5, No. 1, April 2010, pp 89-93).

Newsletter, Summer 2009

The 2009 newsletter extended to 56 pages and was packed with interesting material: an expanded report of the 2008 EABP + ISC Conference in Paris; an obituary for Eva Reich, one of our honorary members; an interview with Ron Kurtz; and an article by Malcolm Brown; as well as all the usual reports. Jacqueline A. Carleton, editor of the USABP Journal, submitted 25 book reviews from her trainees, and there were expanded book reviews of recent publications from Malcom Brown, Fabio Carbonari, Louis Cozolino, Michel Heller, Clorinda Lubrano-Kotoula, and Luciano Rispoli.



The Ethics Committee continued their ethics column and Jerome Liss submitted some correspondence to the board. His suggestions, regarding the General Assembly, were eagerly read and partially taken up. He had written two papers: *The Structure of the General Assembly: From Direct Democracy to Representational Democracy*, and *The Scientific Paradigm Applied to Clinical Cases of Body Psychotherapy Membership*, which were being tracked year by year; they had now reached 700 downloads!

6 New Winds, New Visions, New Policies, and New Projects: 2010-2012

Newsletter, Summer 2010

Unfortunately, the printed publication of the newsletter was coming to an end as the digital age started up in earnest: the summer 2010 newsletter was the last. From now on, it will be sent by email, another cost-saving device.

This last newsletter ran to 56 pages, printed in full colour. It is still available to be downloaded and read [here](#)^a. It focused in part on the forthcoming 12th Congress, in October in Vienna. There was a report from the new general secretary, Lidy Evertsen, followed by a couple of pages on the number of EABP members, which had now reached 724, rising in a steady progression from 2002, when there were 550 members. Reports followed from the various committees; pages from the FORUM included an introduction to the International Institute of Core Evolution and Coresoma, with trainings in California, South America, and one planned in Australia. This was followed by five pages of professional development courses, congresses, events, workshops and university programmes; details of and a report from the COUNCIL and from all the national associations (some in their mother tongue). There were also several pages of a report from the EAP registrar, Serge Ginger, and *The EAP as seen by a Newcomer*, by Thomas Riepenhausen. There was an obituary of EABP member, Andreas Wehowsky, and one about Alexander Lowen, co-founder of Bioenergetic Analysis, followed by various book reviews, and an interview by Elizabeth Marshall with Malcolm Brown. Bjørn Ødegaard wrote about *Babies, Fathers, Massage: Eva Reich in Memoriam*. Finally, Siegmarn Gerken wrote about *Earthquake Trauma Relief Work with Body-Oriented Therapy Methods*.

The 12th EABP Congress, Vienna, 2010

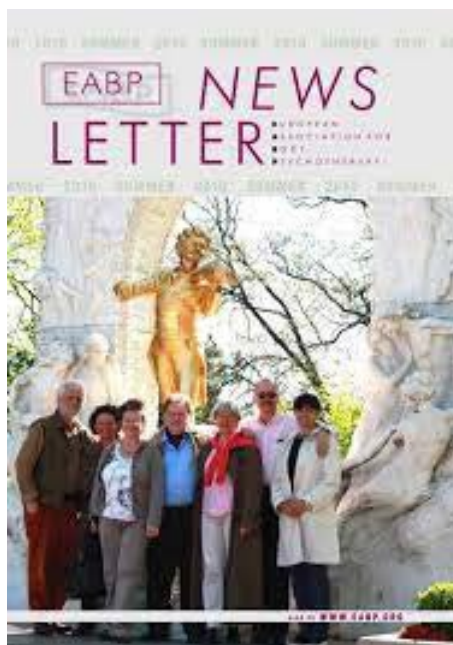
The 12th EABP Conference, *Body – Mind – Relationship*, was held in Vienna, at the university. The focus was on the interaction between the body and psychotherapeutic methods and interventions. Presentations covered the history of body psychotherapy, new medi-

a. <https://www.yumpu.com/en/document/read/32611297/download-eabp>

cal paradigms, research, and evaluation. It was not quite as flamboyant as Paris, but then every EABP Conference has its own individual flavour.

Jerome Liss had really ignited interest with his letter to the board published in the summer 2009 newsletter, and in the General Assembly, the board laid out some specific topics to encourage discussion among attending members. It was thought this might stimulate new initiatives, which in turn might lead to individual members taking ideas further and presenting motions to the GA in 2012. These topics were moderated by board members and opened new trains of thought for EABP.

- ▶ Working toward a common “brand” of body psychotherapy to become more visible in the outside world. Should we set up more cooperation between the modalities under the common name “Body Psychotherapy”? (Lidy Evertsen)
- ▶ Membership Vision: Should the criteria be aligned with the EAP and other criteria? (Bjørn Ødegaard)
- ▶ Professional Development and Ethics: Should an ethics workshop module be mandatory for the EABP membership? (Angela Belz-Knöferl)
- ▶ The Next Generation: Could there / should there be a student representative on the board without voting rights? (Elfriede Kastenberger).



There had also been a meeting just prior to the congress where the need for more emphasis on science and research was stressed. A motion was introduced to re-establish the (new) Science and Research Committee (SRC), which had a ‘ring-fenced’ budget of at least €4,000 p.a. from a previous decision made in 2001, but never properly implemented. Herbert Grassmann was elected as its new chairperson.

Board Business: New Faces

Nearly all the members who had been involved in executive functions since the founding years had now withdrawn, although thankfully there were many who had retired from these activities and still found their way back onto committees. The way to become a board member is generally through working on a committee, on a congress, in a national association, or in the FORUM or COUNCIL. This new and relatively younger board elected in 2010 had considerable experience in different areas of the association and brought new ideas

and a fresh outlook to board business. It consisted of Lidy Evertsen (President), Jill van der Aa (General Secretary/Vice President), and Eva Wagner (Treasurer), who formed the executive board. Other members were Bjørn Ødegaard (Membership Committee), Thomas Riepenhausen (Chair 2014 Lisbon CPC), Herbert Grassmann (Science and Research Committee), Elfriede Kastenberger (COUNCIL Chair), Angela Belz-Knöferl (Ethics Committee Chair) and Stephan Bischof (FORUM Chair).

By this time, the function of the EABP board had changed significantly: it was no longer the only source of ideas from the top down. These now sprang up out of the business of the different 'organs' – the FORUM and the COUNCIL – as well as committees, several of which were now directly represented on the board. Indeed, by this time, there was an Ethics Committee, a Training Standards Committee, a Congress Committee, an International Membership Committee, and more to come.

What was needed was: (a) good management; (b) an oversight role; (c) clear channels of communication; (d) creating an equilibrium between the board, the COUNCIL, and the FORUM; (e) bringing all the people and ideas into focus; and (f) making sure new items were discussed fully throughout the association.

The new president, Lidy Evertsen, managed a hard-working team, while promoting honest and gentle interpersonal communication. Because she had experienced holding positions in the board, FORUM and COUNCIL meetings that were often fiery and raucous, where clashes between highly intelligent people, with very different personality styles, were frequently evident, she was determined to bring in a little more collegial respect. She listened to her board members and gave them space to express their views, while making sure to clarify conclusions and action points when needed. This was no more a 'Yes' board than any others because body psychotherapists have always had plenty to say (!), but her approach was very refreshing. She also saw it as part of the president and vice president's work to participate in many other meetings throughout the association to get a good overview and to develop an appreciation of the different languages and especially, different 'cultures' within the association.

Vision and Policy Document

With the new board, Lidy created space to reassess, to look once again at where we had come from and where we were going, and to bring all the themes discussed over the years into focus, after which a policy and future agenda could be set.

She emphasised a few important issues.

- (a) ***Balancing the regulation and control tasks of the organisation on one hand, with encouraging as much liveliness in the organisation as possible on the other.*** *I had seen the Dutch Unitive Association die slowly under the pressure of too much organisation work. It had taken the life and passion out of people. I saw it as a very important task, to look for the enthusiasm of our members and engage them in the structure of the EABP.*

Jill van der Aa was an excellent companion in this task. Her ability to awaken people's enthusiasm is endless.

- (d) **To change the communication culture** of sometimes heavy disputes that sound to me like fights that I experienced in the FORUM as well as in former boards, To look for how our opinions can differ while also listening to those differing opinions so we can grow from them. How can we live with differing ideas and differing interests while being respectful to each other?
- (c) **Making the outer world more aware of us and our profession, Body Psychotherapy.** Other modalities and professions started to include the body in their therapies, without knowing of the long tradition, the knowledge and experience we have in the field. This had to change. Also, the general public should know more about our existence, especially where it became clear that trauma work needed the integration of body, psyche, and nervous system, which was already at the centre of our profession.
- (d) **Strengthening the whole system of the organisation by looking for a theory of BP that can hold the different sub-modalities.** This led to what we later called 'mapping our grounds', a term introduced by Sheila Butler. A process that is still going on within the Think Tank and the Continuing Congress Content Committee. I kept chairing both committees after my terms as president.
- (e) **The continuity of the organisation and its governance.** This was in my awareness from the day I started, and here too, Jill was at my side, constantly looking for people especially younger or newer people, who could join in activities and might be willing to serve on the board with a view to becoming governors after some time.

In general, I thought it worthwhile to involve more women in the governance of the EABP because the 20% male members of the organisation had done most of the decision-making until then. On the one hand, they had done the work and let themselves be heard. On the other hand, I thought some of the changes mentioned above might benefit from having more women involved.

The forthcoming document was based on the stated Aims and Objectives of the EABP, the Articles of Association^b, and the House rules^c which were also being further developed. We formulated our mission into six topics needing work. Each topic was worked out at the policy level. This resulted in sub-topics that were concretised on a third level. The projects evolving from all this, on all levels of the organisation, became tangible in this way, and it was clear where and how the work was needed.

The relationship with some NAs was not flourishing, and I started to regularly visit the DGK and their seminars. That resulted in very pleasant contact with the German colleagues. I also visited Italy to strengthen the connection. The contact with Greece and other countries started to flourish as well, more so when Sofia Petridou came on the board. Of course, the

b. <https://eabp.org/wp-content/uploads/2020/10/EABP-Articles-of-Association-2018-new-design.pdf>

c. <https://eabp.org/wp-content/uploads/2020/06/200607-EABP-REGULATIONS-AND-HOUSE-RULES.pdf>

executive board (EB) visited wherever EABP congresses were organised, and we met our colleagues from that country.

To ensure democratic values and processes, we decided to restrict sitting on the EB to two consecutive 4-year terms. This was a motion to the 2010 GA, which was unanimously carried by the membership. It also protects members working for the organisation, by setting limits on their deep involvement and opens up the space for new officers.

Lidy Evertsen:

President's Report, Grey Book, 2012

The main aim, expressed in the GA report, was the 'branding' of body psychotherapy, and making our work more well-known to a wider public. Another goal followed naturally from this, which was to support further unification of sub-modalities under one denominator and to stimulate contact between professionals and organisations within the body psychotherapy community. A general "theory of everything", however elusive, would "give room for every method and modality to position itself within the totality of the overall theory".

The national associations were working hard and by 2010, the balance of power between the central EABP management and the NAs changed once again, and a new financial arrangement was cleverly brokered by Dagmar Rellensmann of the DGK. The financial split was altered from 60:40% to 53:47%, with 100% of the first 10 members' fees being kept by the NA (as happened with the national committees) before the split calculation was started.

EAP and Recognition 2010

The legal recognition of psychotherapy in Europe, although still on the agenda, is not now seen as the top priority. It was some twenty years after the founding of the EABP, the 1990 Strasbourg Declaration, and the founding of the EAP. People were, however, expressing concern that the profession was still not being recognised as a legitimate form of psychotherapy in many European countries. The call from the EABP members was, "What are we doing to improve the situation for (body) psychotherapists?"

The 2010 newsletter published an article by Serge Ginger, (a French Gestalt psychotherapist, who was also the EAP's Registrar), giving a good description of what the situation with the EAP was now: *Psychotherapy: An Independent Profession – A European Challenge*. He pointed out that the profession of psychology had, at one point in time, detached itself from philosophy in the same way that psychotherapy is now trying to do so from psychology.

- ▶ *The Strasbourg Declaration (1990) led to the founding of the EAP and subsequently to the establishment of the European Certificate of Psychotherapy (ECP) in 1997. The criteria for the attribution of the Certificate were negotiated.*
- ▶ *In the first instance, a 'grandparenting procedure' was applied. Each candidate needed to be registered with their National Awarding Organisation as well as with their appro-*

priate European-Wide Accrediting Organisation (EWAO) – if there is one – of which the EABP is one – and then with the registration committee of the EAP.

- ▶ By 2010, around 6,000 ECPs had been awarded in 51 different countries.
- ▶ By another route, graduates of a psychotherapy training institute that had become a European Accredited Psychotherapy Training Institute (EAPTI) by applying to the Training Accreditation Committee (TAC) – could now apply directly to the EAP's Registrar.
- ▶ The European Parliament was considering the main points of the ECP program for a “common platform” in Brussels. The World Council for Psychotherapy (WCP) had used the same model to establish a Worldwide Certificate of Psychotherapy.
- ▶ The level of competence of professional psychotherapists has increased and become comparable from one country to another, at least to the level of a master's degree. Exchanges among different professionals therefore become much more possible.

Concerning any possible European legislation governing or regulating an independent profession of psychotherapy amongst the countries in the European Union:

- ▶ In 2010, about 10 out of 27 countries had established a specific law relating to psychotherapy: most of these 10 countries discriminated against an independent profession of psychotherapy.
- ▶ Some of them (Germany, Italy, Sweden, and the Netherlands) also gave limited access to the practice of psychotherapy for psychologists and medical doctors.
- ▶ Whereas others (Austria, Finland, etc.) had opened their trainings to a variety of backgrounds – and even to people who had just finished their secondary studies.
- ▶ There were an increasing number of universities offering a 5-year training programme in psychotherapy to master's degree level with a “professional practice” component.
- ▶ The UK – like Ireland – had a profession of psychotherapy open to many different types (modalities) of psychotherapy, and registration with the National Awarding Organisation – the United Kingdom Council for Psychotherapy (UKCP) or in Ireland, the Irish Council for Psychotherapy (ICP), gave an essentially recognised ‘quasi-legal’ professional status, like that of a clinical psychologist.
- ▶ However, the UKCP was not recognised as ‘the’ legal body for psychotherapy in the UK as there were several organisations as well, including the British Association for Counselling and Psychotherapy (BACP) which did not differentiate between counsellors and psychotherapists, and the British Psychoanalytic Council (BPC), which was mostly composed of very psychodynamic and psychoanalytic therapists, and did not want to join the UKCP.
- ▶ Additionally, the European Cognitive Behavioural Therapists did not seem to consider themselves as “proper” psychotherapists and had not joined the EAP, or the UKCP, or – seemingly any of the National Associations for Psychotherapy: they were conspicuous by their absence, mainly because they did not agree with the ‘own therapy requirement’ as they saw themselves as (largely) clinical psychologists.



Michel Heller, Joop Valstar and Courtenay Young made honorary members in 2011.

EAP Project: Professional Competencies

In 2010, the EAP had started a project to develop the “Professional Competencies of a European Psychotherapy”, largely driven by Courtenay Young. This was a huge process involving both ‘top-down’ and ‘bottom-up’ feedback and suggestions. The list of the Core Competencies (ideally) for all psychotherapists was completed in July 2013. It is available **here**^d on the EAP website.

In 2012, in parallel with and possibly inspired by this process, a unique joint project was started in the UK looking at the competencies of a body psychotherapist. Contributions were made by people from three different modality-based organisations involved in the training and/or accreditation of body psychotherapists: Gill Westland, from the Cambridge Body Psychotherapy Centre (CBPC); Michaela Boening from the Chiron Association for Body Psychotherapists (CABP), and Clover Southwell, from the London School of Biodynamic Psychotherapy (LSBP). These Competencies were outlined in a document expressing most of the competencies a person, who had been properly trained in body psychotherapy should / could / would be expected to have.

Although this was not an EABP initiative, it was very welcome, and the document is also available on the EABP website^e.

These competencies now have to be adapted so as to fit in with the range of Specific Competencies (of the various different modalities of psychotherapy) in the EAP’s project.

d. https://www.europsyche.org/app/uploads/2019/05/Final-Core-Competencies-v-3-3_July2013.pdf

e. <https://eabp.org/wp-content/uploads/2020/02/BodyPsychotherapyCompetencies.pdf>

7 A Time for Research and Publication: 2012-2014

The 13th EABP Conference, Cambridge, 2012

We had left Paris and Vienna behind. Where to next?

Now we find ourselves in the University of Cambridge, England, and our Saturday evening, unforgettable dinner in the hallowed King's College Hall surrounded by huge portraits of famous dignitaries.

The programme introduction by the President read as follows:

Body Psychotherapy seems to have come into its 3rd developmental stage.

The first stage being the time different methods and modalities were developed under strong, creative leaders. At that time, it was important to underline differences in ways of working; the second being a period when training institutes and professional associations were created. It was of importance each organisation would believe in its 'own and only truth' to develop properly; now we have reached a stage showing the importance of consolidating what is developed in the previous periods. So we are working towards a common language and a recognizable face to the world. The identity of Body Psychotherapy should be clear and known to the public and the professional world.

Our 'body' of Body Psychotherapy should claim its place in the world!

I am confident this congress will be another step on this way.



It is followed by a symposium about the relationship between science / research and the practice of Body Psychotherapy. These two pathways come together at an opportune time. We will follow this direction to create a 'container theory', a theoretical description of our professional field, so methods and modalities will be able to position themselves within it.

On behalf of the EABP I wish you a congress with lots of interesting subjects and presenters, new and renewed professional friendships and a lot of pleasure!

The theme of the 13th Conference was *Relational Body Psychotherapy*. The organisers reached out to interact and dialogue with professionals from many other disciplines, resulting in further creative cross-fertilization. They also aimed to demonstrate how body psychotherapy is relevant to fields like social justice, conflict resolution, and the emerging discipline of eco-psychology; and that body psychotherapy's contributions have far-reaching consequences of interest for many beyond the world of body psychotherapy.

Presentations available here^a

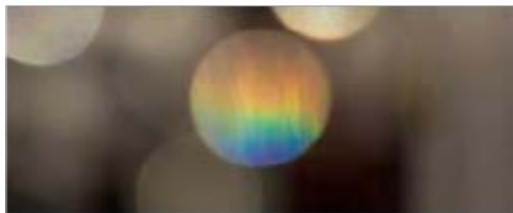
The Innovation Fund

The Cambridge Conference was financially very successful so an Innovation Fund of €5000 was set up using the profit, and members were invited to send in grant applications for projects not normally financed by EABP.

There were three recipients: The Stress Management Counselling Center in Kosovo, headed up by two young candidate members, Saranda Rexha⁷ and Lilian Drini who were psychologists and candidate members of EABP, received €2000. They had worked with a research questionnaire on "a project to improve the life of people with disabilities, to offer a place where people's rights are fulfilled, and they can reach their full potential through body psychotherapy techniques."

Sheila Butler was awarded € 1000 to create the short, film, *Body Psychotherapy in Our Changing World* (<https://youtu.be/jnXbnefmf7Yre>) which has turned out to be one of the only public relations tools EABP has that directly addresses the general public.

EABP website: <https://eabp.org/about/about-body-psychotherapy/>



'Our body holds thousands of untold stories'. Body Psychotherapy has an important place in the world of psychotherapy. It has allowed advances in understanding the pathways and connections in the mind-body dynamics and contributed to the de-

7. Saranda later joined the EABP Secretariat and has made many contributions, also developing our electronic newsletter and Social Media coverage.

a. <http://owl.postle.net/indexpage15.html>

velopment of new approaches to the relational nature of human experience. Body Psychotherapy in our changing world is a short introduction to current therapeutic practices and the benefits they can bring to those in need. Have you ever wondered what Body Psychotherapy is? And how our body holds thousands of untold stories? Find out how you can heal the past, in the present for the future.

Project directed by Alan Mandel
Designed and produced by Sheila Butler

€2000 was also awarded to *The Counselling Project*, headed up by Marilena Komi and Despina Markaki, for groups of unemployed and very low-income Greek adults. Evaluation questionnaires were used to monitor progress. This developed into a small research project. Kostas Bousoulas, who held a PhD in Clinical Psychology and had extensive research and publication experience, guided, and monitored the project. He presented a final report in the 2014 Science and Research Committee's Symposium.

Science and Research

Is psychotherapy really a science, or is it more of a craft?

This question was posed during an EAP meeting back in 1996 and it was followed up in a seminal article by Courtenay Young and Michael Heller, published in 2020 in the *International Journal of Psychotherapy* (Vol. 5, No. 2). Various initiatives had since taken place within the EABP, for which funds had been ascribed in 2001 for a Science and Research Committee. These had not been properly used, due to various financial restrictions and a certain lack of interest at that time.

Meanwhile in the USABP Conference in 2002, Christa Ventling (an EABP member) had been presented with the First Prize for Outstanding Research Advancing the Profession of Body Psychotherapy. An article on her research entitled *Efficacy of Bioenergetic Therapies and Stability of the Therapeutic result* was published in the Fall issue of the USABP Journal. Christa had also edited a 2002 book on *Body Psychotherapy in Progressive and Chronic Disorders*. Karger, Basel. Psychotherapists from Bioenergetics, Gestalt, Neo-Reichian schools and the psychoanalytical body-oriented therapy institutions spoke about how they deal with transference and counter transference when treating patients with incurable disorders or with progressive somatic diseases – diabetes, infertility, multiples sclerosis, AIDS, and cancer.

The 2008 newsletter had published a review of the research study: *Evaluation of the Effectiveness of Body Psychotherapy in Outpatient Settings – A Multi-Centre Study in Germany and Switzerland* by Margit Koemeda-Lutz and others, and it was also published in the USABP Journal. A keynote speaker at the 2010 Congress in Vienna, Frank Röhrich, presented on the topic: *Research and Evaluation in Body Psychotherapy*.

The Science and Research Symposium presented by the EABP Science and Research Committee at the Cambridge conference, was a further important milestone and developed

into a regular feature at the biennial EABP Conferences. The committee defined its role as ‘supporting projects furthering the scientific aims and objectives of EABP and research projects within body psychotherapy’. Their tasks included updating and expanding the Research section on the EABP website^b, where a wealth of research articles and information can be found; developing a Practitioners’ Research Network of people interested in research, theory; and publishing case studies. They also aimed to develop critical thinking about research and to increase awareness among the membership of the possibilities of appropriate research in body psychotherapy.

The Symposium, *The Science of Body Psychotherapy: From Research to Practice* was held one day after the conference. Joop Valstar posed the question to himself, ‘What am I doing, anyway?’ and came up with answers such as “No idea at all!” and “I know damn well!” and “It’s a mess anyway.” He described his conclusions:

I had to realise I could not find clear-cut defining statements about my professional work, and at the same time, I could hold up proudly the conviction that what I’m doing is without doubt worthwhile. This touches the quintessential issue that, in some way or another, we are all concerned with. As body psychotherapists, we’ve brought essential areas of human existence into consciousness, and we’ve developed powerful methods and techniques to touch these. At the same time, there is a lack of well-formulated descriptions and concepts of the phenomena we work with. And with what method and how does this method work?

This sort of introspection is quite common to most body psychotherapists, but it doesn’t really constitute proper ‘research’. That a traditional ‘scientific’ approach did not come naturally to many body psychotherapists was well recognised, and this more introspective approach was more common. The really significant question remained: How to bridge the gap between research and practice?

Student Final Paper Award

In 2012, the category of student membership (non-voting), was introduced. Membership was open to students from body psychotherapy training institutes, and to university students from the social science faculties – psychology, medicine, social workers, with an age limit of 28. It is for a period of no more than five years. Student members participate in EABP congresses at the student rate set by the CPC.

Prompted by the COUNCIL, a Student Thesis Prize (later renamed Student Final Paper Award) was created. This was designed to stimulate EABP FORUM Training Institutes to establish a ‘final paper’ in their trainings and encourage more critical thinking and writing abilities among our future body psychotherapists. A team of three judges was appointed – from the FORUM, the SRC and one other. Later, the team was expanded to find a way to cope with the many languages the papers were written in. In 2014 the jury commented,

b. <https://eabp.org/research/>

“they found reading all the theses a very enriching experience” and “they were impressed by the motivation of the students.” The award has been presented at the EABP biennial congresses since 2012. Winners have been:

- 2012 Rachel Shalit – Reidman International College for Body-Centered Psychotherapy, Israel.
- 2014 Mona Gollwitzer – Institut für Atem- und Körperpsychotherapie, Germany
Liron Lipkies – Reidman College, Israel
Grégoire Rodembourg – Ecole Biodynamique, France
- 2016 Marialuisa Biggio – Società Italiana Di Analisi Reichiana, Italy
- 2018 Robert Brumărescu, PhD – Società Italiana Di Analisi Reichiana, Italy;
2nd prize: Tiziana Longo;
3rd prize: Alessia Mazzolini Polonia

(Body) Psychotherapy Journals

A further way to establish body psychotherapy as a worthwhile profession is to have a recognised scientific and peer-reviewed journal that is produced regularly, building up a significant body of knowledge. The various EABP boards have always seen the relevance of such a journal but establishing one had been more difficult. There were significant language issues for the EABP, though less so for the USABP. Early ‘feelers’ had been put out by Michael Heller and Courtenay Young (for EABP) and Christine Caldwell (for USABP) at the 1st USABP Congress in Boulder, Colorado, in 1998, but there was no proper agreement and there were questions about how to finance such a journal. However, gradually, more body psychotherapists began writing about their professional work, and there was an obvious and increasing interest in such a publication.

The first (non-EABP) body psychotherapy journal to be published was *Energy & Character*, founded in 1970 by David Boadella, which was later transformed into the *International Journal of Biosynthesis*, and produced in German for a while as *Energie & Charakter*. This was an excellent early means of communication amongst the variety of colleagues and professionals in the body psychotherapy community all over the world, and it established a very sound basis for future journals. However, it was not peer-reviewed, and by 2000, there was an increasing need for a ‘scientific’ journal.



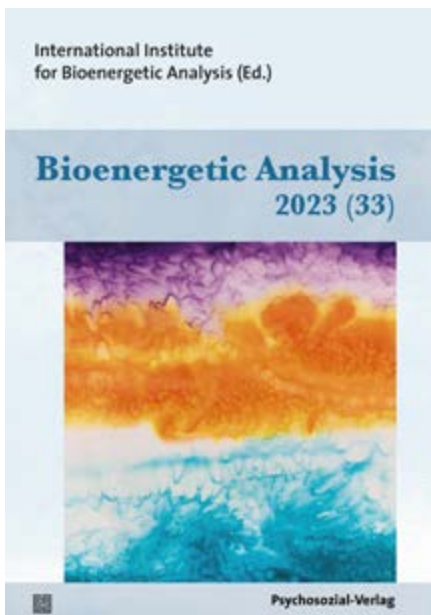
It should be noted, *The Journal of Orgonomy*^c has been published continuously since 1967, with two issues a year, by Orgonomic Publications Inc., a branch of the American College of Orgonomy (which carries on Reich's heritage). Another branch of the Orgonomists published *The Annuals of the Institute for Orgonomic Science* between 1984–1989.

There were also several 'in-house' body psychotherapy journals, such as: *The Journal of Somatic Experience: Studies in the Life of the Body*, published by Stanley Keleman, Ian Grand, and others, starting in 1977, and continuing to about 1983 (though the name, 'Somatic Experiencing', has since been used by Peter Levine).

The International Institute for Bioenergetic Analysis^d (IIBA) has also published a series of clinical journals from 1984 until the present day. These are mostly not peer reviewed. Their website describes their collection of journals as, 'an historical document tracing the development of thinking and practice in Bioenergetic Analysis. The papers in this compendium span a wide range of ideas, perspectives, clinical applications, and viewpoints.'

The Hakomi Forum Professional Journal^e from the Hakomi Institute contains informative articles about Hakomi Therapy, its applications, and its relationship to other psychotherapeutic and healing arts modalities. The Hakomi Forum has been published since 1984.

A *European Journal of Bioenergetic Analysis and Psychotherapy* published four issues from 2003–2008, edited by Regina Axt.



Chuck Kelley's *Radix Journal* was published from 1978 until (about) 1983. There was also a *RADIX Compilation*, published in 1992.

A *Journal of Biodynamic Psychology* had been published by Gerda Boyesen's London centre, for three issues between 1980–1983. There may well have been other similar publications over the last 50 years, not known to the authors.

In March 2006, Taylor & Francis started publishing the *Body, Movement and Dance in Psychotherapy Journal*, putting out two, then three, and later four issues a year, edited by Professor Helen Payne and co-edited by Gill Westland. It is properly peer-reviewed, indexed, printed, and is now very well established. It explores the relationship be-

c. https://www.orgonomy.org/media_journal/media_journal.html

d. <http://www.bioenergetic-therapy.com/>

e. <https://hakomiinstitute.com/resources/professional-journal>



tween body and mind, focusing on the significance of the body and movement in a therapeutic setting. It encourages broad and in-depth discussion of issues relating to research activities, theory, clinical practice, professional development, and personal development. As its title indicates, it incorporates articles from both body psychotherapy and dance movement psychotherapy in fairly even proportions. Other co-editors have been Vicky Karkou, and Roz Carroll (until 2006), Courtenay Young (2007-2010), and Tom Warnecke (2011-). (<https://www.tandfonline.com/toc/tbmd20/current>)

In 2015 the quarterly German Journal *körper – tanz – bewegung: Zeitschrift für Körperpsychotherapie und Kreativtherapie*, published by Ernst Reinhardt Verlag, was initiated with two DGK members as co-editors. (https://www.reinhardt-verlag.de/ktb20220300_koerper_-_tanz_-_bewegung_3_2022/)

The *International Journal of Psychotherapy*, founded in 1996, is a peer-reviewed, scientific journal published by the European Association for Psychotherapy, three times a year. It aims to inform, stimulate debate, and assist the profession of psychotherapy in developing throughout Europe and internationally. It is now an open access journal, with Courtenay Young as its editor. (<https://www.ijp.org.uk/>)

The International Body Psychotherapy Journal (IBPJ)

After the financial loss from the 2000 EABP Travemünde Congress, many ideas, including working with *Energy and Character*, or setting up another body psychotherapy journal, were shelved. From 2001-2011 Dr. Jacqueline A. Carleton edited the *USABP Journal* which gave excellent coverage of the field, including special editions on Charlotte Selver, in 2004,

David Boadella in 2006, and Stanley Kellerman in 2007, all still to be found in the archive on the IBPJ website^f.

In 2012, the USABP and EABP (at last!) began a collaboration to assist with the continuation of the USABP Journal, but under a new name: the *International Body Psychotherapy Journal: The Art and Science of Somatic Praxis* (IBPJ). At the time of the journal's creation, Helen Payne encouraged the EABP organisation and members to participate more in the Taylor & Francis journal, rather than creating a new and separate one, but the plans for a combined USABP / EABP collaboration had been so long in the making that the 'T & F' option was not seen as an alternative: we wanted our own journal! And at last, we got it! (<https://www.ibpj.org>)

As the field continues to expand, the Journal's aim is to broaden its readers' horizons by inviting submissions of original theory, qualitative and quantitative research, experiential data, case studies, as well as comparative and secondary analysis and literature reviews from clinicians and researchers practicing in all health care fields across the globe. The Journal's mission is to support, promote, and stimulate the exchange of ideas, scholarship, and research within the field of body psychotherapy as well as encourage an interdisciplinary exchange with related fields of clinical theory and practice through ongoing discussion.



The IBPJ was in effect an extension of the USABP journal and Jacqueline A. Carleton (USABP) remained the editor with Jill van der Aa (from EABP) joining as Managing Editor. Together, they set up an advisory board, established a peer review process, created a website, and encouraged members throughout the association to translate abstracts of the articles for the website. In 2014, Jacque stood down as editor. In an interview with the IBPJ much later, she commented:

The support and collegiality carried me forward more than any intellectual inspiration. It's not like I had huge aspirations for myself, I had huge aspirations for body psychotherapy. Leaving the body out seems stupid. That's important for us to be supporting. But it was the work with the contributors. I was always fascinated by the editorial exchanges with authors, and the variety of articles coming in. And the conferences, especially my role as editor of the

f. <http://www.ibpj.org/>

journal, were always enlightening and sent me back with new inspiration. It was a wonderful time.

I'm thinking of Ghandi's famous saying, something like: "There go my people, I must follow them." You know, that's the kind of leadership: leadership that's also not. That's how a journal needs to be.

Jacqueline A. Carleton
Interview with IBPJ Editors, 2014

Money that had previously gone into the production and mailing of the EABP newsletter was diverted to this new journal and the EABP newsletter was now published and distributed electronically.

The original plan was that the IBPJ Editorship would transfer every two years from one association to another. After Jacquie stepped down the IBPJ was edited 2015-2018 by Asaf Roelof Ben-Shahar (from the EABP) with Shamit Kadosh, Nancy Eichhorn, Debbie Cotton, and Yael Shahar. Roelof Ben-Shahar (from the EABP) with Nancy Eichhorn, Debbie Cotton, Shamit Kadosh, (see photo) and Yael Shahar.

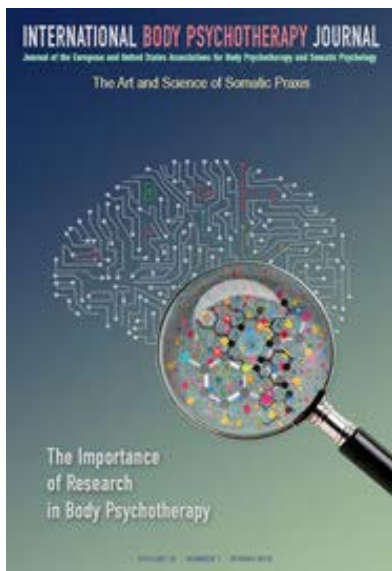


From Autumn 2018, a new editing team took over with Madlen Algafari (EABP) as Editor in Chief and associate editors from the USABP headed by Dr. Aline La Pierre. Antigone Oreopoulou (EABP) took over as Managing Editor. Working together as a team, they brought in new enthusiasm. Christina Bogdanova (now Deputy Editor), with her considerable experience in publishing, has worked to create a new design and layout for the Journal: a bigger format, more readable fonts, more space between letters, words, and lines, new graphical elements, and other distinguishing elements. When Madlen stepped down with the idea of heading up the 2023 EABP Congress in Bulgaria, Aline took over as Editor in Chief.



INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

THE ART AND SCIENCE OF SOMATIC PRAXIS



For nearly all those involved in this endeavour, there was a steep learning curve and the realization that there is a lot more involved in publishing a reputable scientific journal than could possibly have been anticipated. While the focus has remained on well-written peer reviewed articles, the editors have also worked on encouraging contributions with a wide range of topics, including book reviews and reports on body psychotherapy, from throughout the world to inform how this field is developing in different countries.

The IBPJ website^g includes an archive of all past journals.

Somatic Psychotherapy Today



Several other initiatives had developed along the way to get the dialogue moving. A USABP member, Nancy Eichorn began producing the magazine, *Somatic Psychotherapy Today*^h as a quarterly in 2011. She described the publication as, ‘designed to provide a bridge between body psychotherapy and the general field of health care. The materials shared will shed some light on body psychotherapy and provide a forum for sharing news and advances in clinical practice, research, resources, and policy. Our goal is to share the science and the art of body psychotherapy with a larger public

audience to support a frame of understanding in our local and international communities. We hope to provide a venue for our readers to experience different perspectives related to psychotherapy in general. It is my hope to foster collaboration among all fields of health care through a better understanding of each other’s ideologies and methodologies.’

SPT was first produced as a USABP magazine. Lidy Evertsen and Jill van der Aa from the EABP provided a regular column *From Across the Pond*⁸ and Nancy interviewed people from both sides of the Atlantic. However, with the job of financing journals, congresses, books, and other activities, neither association wanted to direct monies to the magazine: so, it was left to Nancy to publish independently. Since 2017, SPT has gone from a quarterly publication to an online-only presence. It is validated by professional organisations and associations representing various modalities in the fields of body psychotherapy, somatic psychology, and prenatal and perinatal psychology. Nancy commented:

SPT Magazine has evolved from its earliest beginnings as a shy, quiet publication, shrouded behind the shirt tails of our main body psychotherapy associations, to become a well-respected, ‘differentiated’ magazine offering articles readers cannot find elsewhere. My goal was to create a safe space to share our thoughts and ideas, our curiosities, and our questions.

8. Courtenay Young created a column for the USABP in the 1990s, so we took over this name.

g. <http://www.ibpj.org/>

h. <https://somaticpsychotherapytoday.com/about-somatic-psychotherapy-today/>

I wanted our articles to be both beautiful and meaningful, entertaining, and informative, relational and interactive, and accurate, valid and true (thus my adherence to the American Psychological Association’s standards for in-text and reference list citations, and my doggedness to fact check). I wanted to offer a magazine filled with words and images written by colleagues that stimulate conversations, further what we think we know and how we apply it, and explore what we question and what we believe.

SPT magazine is all the above, and at the time of writing this in 2022, it is still publishing. As opposed to all the journals that are published on body psychotherapy, SPT has always had direct appeal to a much wider audience and if supported could continue to be a marketing tool for both the USABP and the EABP. Alas!

Somatic Perspectives on Psychotherapy /Active Pause

A LinkedIn discussion group, facilitated by Serge Prengel, who started off by interviewing prominent people in the field of body psychotherapy, also began as a joint effort of USABP and EABP. Still in existence, now under the name Active Pauseⁱ, it is independently run by Serge and offers a series of free podcasts, articles, and pdf books, mostly with clinicians, and featuring leading thinkers in related fields. Stimulating ideas are discussed, as well as clinical examples, in a conversational manner, helping you get a sense of what it’s like to see things through each guest’s eyes.



‘We all have beliefs and practices through which we make sense of the world and our interactions within it. Our way of speaking of the way we interact with and connect to nature and society takes place within a context that provides a guiding framework, be it scientific, philosophical, spiritual, or religious. This exploration aims to move outside of these frameworks and build bridges by discussing the experience of how we connect to the spiritual or the divine. The key word here is “experience”, as opposed to the stories we tell ourselves and others about this kind of experience.’

Serge Prengel

More FORUM Business

In their October 2010 meeting, the FORUM adopted suggestions acknowledging EABP’s role as an umbrella (or a safety net) for the smaller training institutes – institutes too small to be accredited. This issue relates to training standards. It was seen as valuable to include these institutes and their ideas and knowledge in the FORUM so they could learn

i. <https://activepause.com/>

from and grow from their association with bigger and accredited institutes. The FORUM could accredit institutes, in exceptional cases, if they differed from the training standards, on the condition they could explain how this was related to the specific nature of their sub-modality.

A FORUM *Certificate* was redesigned in 2010 for FORUM accredited and re-accredited training institutes to display on their websites. The FORUM also continued with the first round of re-accreditations of the Training Institutes and accredited two new ones. The work in the various symposia was beginning to bear fruit. Martin Tidén commented: “It is amazing, time after time, to see how alike the work is, in spite of the apparent differences of the schools.”

EABP had also been acknowledged as an EWAO⁹ by EAP back in 1999/2000, and by the mid-noughties (2000-2010), the FORUM got a third group of training institutes – those with EAPTI¹⁰ status. This group had to fulfil all the required conditions described in both the EABP and EAP’s Training Standards, without exception.

In the 2012 General Assembly, a motion was passed stating that graduates of accredited FORUM training institutes may automatically become Candidate members of the EABP as and when they apply. This was followed up with comments pointing to some issues around training that were beginning to concern, not only the FORUM members, but also the COUNCIL and the EABP board as well. How to deal with these issues was to occupy the association during the coming years. There was a fear that these new challenges appearing on the scene might influence the training and livelihood of the private training institutes.

Firstly, there was a movement of European governments towards only officially accrediting university degrees as valid for doing (body) psychotherapy, which looked like a movement away from the belief the ECP would be able to become officially acknowledged in Europe. At the same time, there was a movement among some members of the BP community towards setting up BP training programs in cooperation with universities and a further movement to reduce the length of the BP trainings with the corresponding reduction in self-experience.

Many saw body psychotherapy trainings entering the universities as a positive development. This might contribute to opening it up to the public as a valid “stream” of psychotherapy, thereby attracting more people into becoming body psychotherapists or taking body psychotherapy sessions. However, there was a fear that BP would become more, “institutionalised, more theory-centred, and lose part of its soul”.



9. EWAO (European Wide Accrediting Organisation).

10. EAPTI (European Accredited Psychotherapy Training Institute).

Others felt quite strongly that the obligation to have previous academic training was not the only, or best preparation for a body psychotherapeutic training.¹¹ In 2014, the FORUM produced an interesting power point, which outlined many other ways that might be seen as preparation to start training in the profession.



In 2013, Kerensa Martin took on the role of FORUM secretariat answering the current FORUM Chair's call for more administrative backup and a minute taker for the meetings of the FORUM. She was a very welcome addition, as she was already known and well appreciated from her work as one of the organisers for the Cambridge Congress. She then started work a few more hours a month as EABP Secretariat Assistant and slowly took over some of the tasks, dealing with

website updates, compiling, and sending the digital newsletter through MailChimp, and general administrative tasks.

President's Report 2014

The general task we set ourselves in the board – and I set myself as your President from the start of our term four years ago – was to create a stronger position for EABP and body psychotherapy in general, to raise our public profile and professional profile.

On the one hand, we want to do that by supporting a good balance between promoting and supporting creativity and aliveness in our organisation, and on the other hand, we want to do that by safeguarding the quality of our profession and our members. Important in keeping this balance is that on all levels our organisation supports inclusiveness, and we develop a coherent approach to diversity. By listening to different parties and bringing in minority voices, the decisions should enhance the health and growth of the living tissue of the EABP.

The work toward a common brand should mean, in the future we will hardly need to use our 'elevator pitch' to explain what we do; people will already know what we do when we say we are body psychotherapy practitioners, writers, or researchers. So, we need to have this face defined for the outer world, based on a common theoretical, philosophical, and clinical foundation.

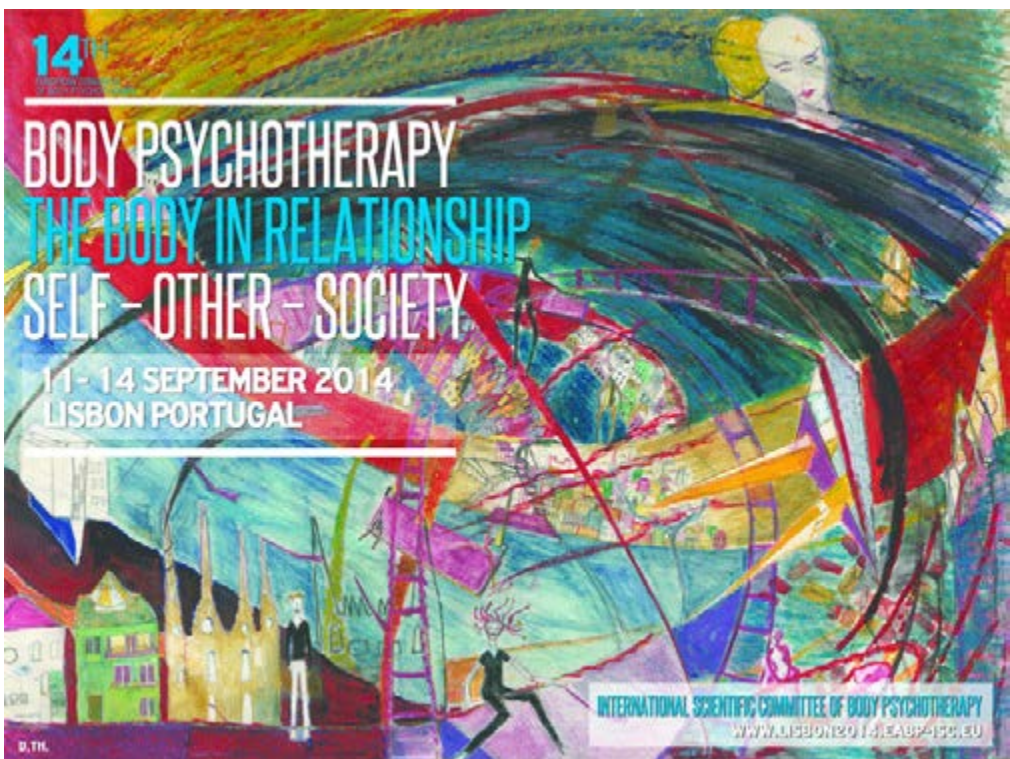
It is essential that we not only keep an eye on the quality of our members, but that we keep developing our profession and the professionalism of our members. Continuous Professional Development is one way to promote this process.

Lidy Evertsen:
President's Report, Grey Book, 2014

11. See Lennart Ollars' Keynote Speech at the Egmond aan Zee Congress, in 2001.

8 Moving on: 2014-2016

The 14th EABP Congress, Lisbon, 2014



Thinking back on our congresses certain moments pop up out of nowhere to produce a hearty laugh. One of these was in Lisbon. On the first day of the congress, the local organisation was a little shaky and the registration desk was not opening on time for business. And there we all were waiting impatiently, complaining of course, when suddenly from behind the desk our organiser, Thomas Riepenhausen appeared, clapping his hands loudly and yelling out wildly, “Follow me, follow me! Follow me, follow me! And so, obediently, we picked up our possessions and followed, trooping up the stairs after our EABP pied piper – where to, I am not sure, but I think it was to the canteen where we were offered a generous morning coffee. And that frolicking memory is backed up by the beautiful colourful poster above designed by Dora Theodopolous, and memories of a little late-night fado in the center of Lisbon!

The Body in Relationship SELF – OTHER – SOCIETY focused on “body psychotherapy in its current richness, bringing together professionals from many European countries, Latin America (again from the ISC), and the United States. It covered theory, clinical practice, and the embeddedness of our work in society, as well as the cultural diversity of the movement.”

It started with an overview on the State of the Art of our profession, exploring its basic assumptions and general intervention principles. Ulfried Geuter (Germany), and Michael Heller (Switzerland) situated our modality among the mainstreams of psychotherapy: psychodynamics, CBT, humanistic and systemic; covering what are common areas, and what is specific to body psychotherapy. Both have written extensively and have their own approaches and differences of opinion, so it became a debate at the highest level – a little like having two great boxers in the ring – where both turn out the winner of course!

The Science and Research Committee presented a Symposium and a second Symposium, *New Roses*¹² introduced by Bettina Schroeter, brought a fresh new subject to the table. It reflected on “gender issues and embodiment as well as aspects of representation of the female in the field of psychotherapy.” Further there was a wider look at the societies we live in, their structures and tendencies, how and to what extent they determine the clinical issues we treat in our everyday clinical work. Are we at the receiving end of a neurotic society, or can we psychotherapy professionals influence the direction in which that society is going?

The International Body Psychotherapy Journal (IBPJ) published a Lisbon Congress Supplement in Volume 15, No. 1, Spring 2016^a, with articles by Ulfried Geuter, Genovino Ferri, Rubens Kignel and Hans-Joachim Maaz. There was also a book, with the same title as the Congress, made of all the Conference presenters, produced by Body Psychotherapy Publications^b.

Joint Meetings of the FORUM and COUNCIL

The Association was still looking for ways to encourage more member interaction, as well as free exchange of ideas and information. The General Assembly was originally used as a place to hold face-to-face discussions with members from all over Europe. Meanwhile, the FORUM and the COUNCIL provided space for people to dialogue during meetings and they regularly offered ideas and suggestions for changes and improvements to the board. But there was still something missing. The three main pillars of the association were isolated from one another – there was no partnership in which decisions were reached through dialogue.

12. *New Roses* (Neue Rozen) developed out of a DGK Congress in 2013, in Marburg.

a. <https://www.ibpj.org/issues/Lisbon%20Congress%20Supplement.pdf>

b. http://www.bodypsychotherapypublications.com/pub_4.html



Above: Montpellier 2014 Middle: Bulgaria 2016 & Below Montpellier 2019

The first joint meeting of the FORUM and COUNCIL, including a board presence, was organised in April 2014. So many issues had already been discussed separately by all three; now they could discuss and make decisions together. The first was held in Montpellier, with about 50 people attending. The FORUM regarded this as “a good way to improve dialogue and advance the profession.” The COUNCIL, meanwhile, “appreciated the creative and connecting atmosphere and wanted to make it a regular practice.” It was decided to hold such a meeting every two years. A second meeting was held in Bulgaria, in 2016, a third in Athens in November 2017, and a fourth in Lucca, Italy, in April 2022.

More EAP, though Less

By 2014, the EAP was represented approximately 120,000 European psychotherapists, and approximately 128 different psychotherapy organisations, from approximately 41 different European countries; however, the elusive goal of an independent profession of psychotherapy in Europe remained elusive – albeit gradually approaching. EABP had joined the EAP in 1995. In the years between 1996 and 2000, the EAP established its European Training Standards for psychotherapists, as outlined in the European Certificate for Psychotherapy^c (ECP) document.

Many EABP members were involved in this process. David Boadella created the entry criteria for different modalities of psychotherapy (the 15 Questions about Scientific Validity). Courtenay Young and Michael Heller developed the ‘Scientific Validity of Body Psychotherapy’ for the EABP, which was accepted in 1999 / 2000. Throughout the intervening years, other EABP members had played a significant part in the organisation and development of EAP namely, Michel Meignant, Paul Boyesen, Felix Honenhau, Elfriede Kastenberger, Tom Warnecke and Enver Cesko – to name a few. These EAP representatives invested a lot of time and effort to make sure EABP and body psychotherapy were not marginalised or excluded.

However, the issue of recognising psychotherapy as a legal profession throughout Europe remained unresolved and various EABP boards were still grappling with it. Gradually it became clear that it was more strategic to refocus on other priorities such as developing and strengthening the profession to gain more public recognition for our work.

EAP’s main objective to get psychotherapy recognised as a profession on its own has not been realised in the 24 years since this goal was affirmed in the Strasbourg Declaration. The tendency in more and more countries has been to restrict access to this profession to psychologists and physicians. This means colleagues in those countries with no laws about our profession are sometimes better off than those in others ... Some facilities have been found for people who change residence to another country. Still, today there are several countries in Europe that do not recognize psychotherapy as a legal profession.

Thomas Riepenhausen and Elfriede Kastenberger:

Grey Book Report, 2014

c. <https://www.europsyche.org/ecp/about-ecp/>

EABP Training Standards: A Balancing Act

(i) Harmonizing Membership Criteria and Training Standards

Individual therapy and supervision hours were stated differently in the EABP Membership Criteria and the EABP Training Standards. The Training Standards required more hours to comply with the EAP's Training Standards, so FORUM accredited Training Institutes were required to train at the higher level. Members who joined EABP through other channels (for example, through National Associations) only had to meet the EABP Membership Criteria. The FORUM demanded harmonization, but the DGK (German National Association) responded, "We do not want to raise them!" A significant proportion of DGK members were Heilpraktikers (State-Registered Health Practitioners) and raising the standards would be difficult for them. There were discussions held over several years and finally a compromise was found allowing the current DGK applicants to enter with the lower number of hours.

(ii) Direct Academic Training

The FORUM also felt very strongly – and this is echoed throughout the profession – the therapist's own experience is at the heart of body psychotherapeutic work. Direct academic training on the other hand, was emerging in several European Universities. This meant that some students were graduating as psychotherapists and entering the field at a young age, whereas the general perception among psychotherapists was that a significant amount of personal therapy and life experience was necessary before taking in clients.

While we note more Body Psychotherapy is taken up in academic trainings, we also note from our perspective, the practical in-depth therapy and supervision done in our work should be included.

Elfriede Kastenberger:
Grey Book 2016

(iii) Variant Training Standards

This refers to discussions about psychotherapists, who are already fully qualified in another modality, and are pursuing training in body psychotherapy. They were already capable professionals and expecting them to work for another four years was unrealistic. It was also thought that training schools could run parallel courses, increasing their student numbers.

Discussions about Variant Training Standards had been on the agenda for many years. Because basic body psychotherapy training was not possible, in some countries (notably Austria), this route for fully trained psychotherapists to become body psychotherapists was seen as an important alternative source of new practitioners (and new members for EABP). However, it appeared at times that the discussion was going in circles, rather than forward, and that it was being tossed from board to COUNCIL to FORUM and back to the board. Finally, the COUNCIL, together with the DGK, broke this cycle and brought a motion to the GA.

In 2016, the General Assembly voted to create the principle of establishing such a standard, and over the next two years, a working group comprised of FORUM, COUNCIL and board representatives established the range of number of hours deemed minimal requirements for psychotherapists to be ‘transformed’ into body psychotherapists. The set range of hours provide significant flexibility to allow for people from diverse backgrounds as well as individual training institutes to set their own preferences. This Standard was adopted by the GA in 2018 based on the recommendations of the DGK and COUNCIL.

The working group was chaired by Kathrin Stauffer, who represented the COUNCIL, Sladjana Djordjevic who represented the board, Alessandro Fanuli who represented the FORUM. Bettina Schröter (DGK) and Enver Cesko, two members with extensive training experience also joined the committee. Later, Kathrin Stauffer said, “To my mind, the VTS offers a typical EABP solution attempting to leave room for individual differences while setting some standards that must be followed.”

Moving Domicile: 2016

The Secretariat was first run by individual members from Germany, then from Italy (prior to 1995), and then from Scotland between 1996 and 2001. It was formally established in the Netherlands in 2001. However, the official domicile remained in Switzerland, and because there were indications that the Swiss National Association was winding down, it was felt that the Netherlands, as a member of the European Union, would be a more convenient location. As a result, the General Assembly voted in 2016 to transfer the domicile to the Netherlands.

This transfer entailed rewriting the Articles of Association, which was – in essence – creating a whole new legal structure to be compatible with Dutch law. These new Articles included:

- ▶ Change of domicile to the Netherlands
- ▶ A new object: “*to further awareness about how the EABP members can function as agents of ethical responsibility in society and give directions to health and human rights issues.*”
- ▶ Requirement that the General Assembly meet every two years, with a full agenda, and every other year, with a minimal agenda, as required by Dutch law.
- ▶ Changes relating to removal of board members, conduct of GA meetings, voting, committees and working groups; and
- ▶ A conflict-of-interest clause.

While “nothing much” had changed, a great deal had. The distinction between the legal system in the country of registration and having multiple *ad hoc* bank accounts in different countries may have even been improper. We are now firmly established in Europe both financially and legally.

Our face to the world: PR and Marketing



From left Mark Graves, Sladjana Djordjevic, Jill van der Aa, Carmen Joanne Ablack, Lidy Evertsen, Rob van Schaik

Does body psychotherapy have an image problem?

Our conferences were becoming increasingly popular, attracting professionals interested in our more holistic vision. We had two (now three) websites: one main website, one for our congresses and one for the journal. We emailed our news to a database of thousands, but we still felt we lacked a ‘face to the outside world’ as if we, and body psychotherapy, were a mystery to the public, as if we were still looking inwards rather than outwards. We wanted to increase public awareness and respect for body psychotherapy and its benefits.

Jennifer Tantia, a USABP member and Science and Research Committee consultant, once started a discussion on LinkedIn about ‘the elevator pitch’. This is what you say to someone in a lift when you enter on the ground floor, and they ask what you do, and you want to explain everything before you exit on the third floor. “Body psychotherapy,” I say, and when I get a blank stare, I stumble through a couple of well-worn sentences before the door opens, and my lift companion exits. “Oh, you mean massage,” they may say as the door closes. So, I am constantly looking for ways to explain body psychotherapy in ever more simple words.

Do our members have an elevator pitch? Probably not!

We already had our Vision and Policy document, so we made a marketing plan, but we felt we needed some professional advice. Mark Graves of Consultek2, a marketing firm in the Netherlands, was hired by the board in 2016. Mark first assisted us in furthering the EABP vision. “A vision should be about aiming for the moon when the goal is to reach the top of a tree. It should be ‘far out’ in terms of attainability but credible enough to remain believable.” We decided on, “Body psychotherapy is at the cutting edge of the health profession.

EABP is inspiring health professionals to join in an awareness shift – to see and experience health and vitality from a holistic perspective where body and mind are BODYMIND.”

From this we moved on to discussing the EABP mission, purpose, basic values, proposition, market positioning, a descriptor, of course an elevator pitch, keywords, and a description of body psychotherapy. Mark suggested we create a PR packet of material for our members that includes such elements as press releases, a media database, background stories, and so on. We should consider using success stories as cases, which would entail creating real client cases and video testimonials of success stories that are relevant to the target audience while also delivering the BP core messages. The next suggestion was to create a website that would be more accessible to a wider population, something more colourful, visual, and more modern, to explain what BP is and how it works. Then, the suggestion was, to use google analytics, to see which pages people are visiting and how often – and which pages are most sought after, and then to adjust the pages to make them clearer.

Our previous logo, which featured a flag behind the acronym symbolised our European identity. It had a classic and dignified flavor that provided us the business-like image we desired at the time. It was in grey and ox-blood red, and was used throughout the EABP on the website, newsletters, handbooks, documents, certificates, and so on. It was now time to create a new house style that reflected our current situation. “EABP is the natural choice for – and authority on – psychotherapy in a world where psychotherapy is understood to be a truly holistic profession.”

EABP has consolidated our work in recent years, and we are expanding into new areas, bringing our knowledge into therapy practices, trainings, hospitals, trauma and crisis centers, and contributing to a broader understanding of health and well-being wherever our members work. The new logo represents the spread of our knowledge into the wider world – now we are a 30-year-old Association. We see our knowledge rippling out from the center, as in a lake. It incorporates our taglines: *connecting professionals, exchanging expertise, enabling collaboration*.

The new three-colour logo gave the board the feeling that we could breathe again, that we could breathe new life into new beginnings. The emerald green (inspiring and uplifting, suggesting abundance and wealth in all its forms), the light fresh spring green (growth, harmony, freshness) and the purple (powerful and sophisticated, imaginative, and creative) were all very pleasing to us. In 2021, the newly designed, more colourful website was completed. It still represents our desire to be taken seriously, ‘as an independent profession’, but the descriptions of our work have become lighter and a little more refined and the website contains information for individuals to clarify what body psychotherapy is, and to find a body psychotherapist in their area – anywhere in Europe. Unfortunately, due to the new privacy regulations we are no longer able to email to our extended mailing list, but our Public Relations Committee and Saranda Rexha in the Secretariat, ensure that new information is posted to the website and on social media.

Is our public image better because of all of this? Hopefully! Our main reason for existence is of course a s platform for professional practitioners. However, there is much more we can do to make our message and work more accessible to the person on the street along the lines of the film made by Sheila Butler *Body Psychotherapy in the Changing World*, and SPT magazine. Some of the national associations, and also some individual members, have done well at gaining the public’s attention through TV appearances or newspaper articles. Perhaps some more TedEx presentations would help!



EABP Board 2016 Back from left: Kathrin Stauffer, Elfriede Kastenberger, Jill van der Aa, Sophia Petridou, Carmen Joanne Ablack, Stephan Bischof Front: Lidy Evertsen, Thomas Riepenhausen



EUROPEAN
ASSOCIATION FOR
BODY
PSYCHOTHERAPY



The 15th EABP Congress: Athens 2016

For the 15th congress, *The Embodied Self in a dis-Embodied Society* we returned to Greece – this time to Athens – and were once again hosted with great generosity and big warm hearts by the Greek National Association. Nancy Eichorn wrote a congress report for the IBPJ. The 15th EABP Congress e-book including texts, Power Points and pdfs submitted for inclusion by their authors / presenters is also now available online. Panagiotis Stambolis provided an energizing welcome to the congress.

“Modern human society has been undergoing an ever-deepening crisis originating from the alienation of the human being from his sources, his biological roots in life and in nature. The objectification of the human body and its promotion as a consumerist product, as a tool



for production, as a narcissistic, sexual/sexist and art object, as a servant to the demands of mind and society, has deepened the gap and the alienation.

*The human being experiences today the phenomenon of a **dissociated society** with an ever-increasing alienation from self and other, and the manifestation of alarmingly increasing rates of borderline, narcissistic, and psychopathic disorders.*

The dissolution of structures and institutions, the dismissal of humanitarian and ecological concerns in the name of economic development and survival, the liquefying of supports and structured frames, and the distortion of bonding within and without the family are manifestations and secondary causes of this dissociation.

*The contemporary current of the theories of **embodiment** and **enactment** is “sweeping” the philosophic and interdisciplinary scientific world of our epoch, identifying the importance of the body in every aspect of the human dimension: knowledge, pedagogics, and education, awareness and mindfulness, psychosomatics and psychopathology, arts, and sciences.*

*The simultaneous “explosive research and evolution” in neurosciences which point out and confirm the primacy of the **body** not only as an object of the mind but as **participant to the subject** (Damasio), has opened the way for the restoration of scientific truth regarding the original union of the human being with his body, and thus with life and nature.*

***Body psychotherapy** having since its early beginnings identified the root of the problem has developed theories and methods for the restoration of the dysfunction.*

We wish this Congress to be a time and a place of meeting for ourselves as psychotherapists, though originating from different backgrounds and approaches that have the body/soma in the center of therapy, to continue defining what unites us and outlines our common ground, and what differentiates and enriches us.

*But we also want to meet as scientists, researchers, philosophers, therapists, and most importantly as human beings in order to share the knowledge, the experiences and the journeys each of us within her field has been traversing, meeting in the **common ground** of our body,*

*which is the gateway to our subjectivity, our truth but also our humanity. Interdisciplinary dialogue comes to unite that which the partially necessary specialization has fragmented: the integrity and totality of the human being and the human experience and truth with the higher perspective of the **re-embodiment** of us and our disembodied society.*

Panagiotis Stambolis:
President of the Congress Content Scientific Committee
Athens Congress Program, 2016



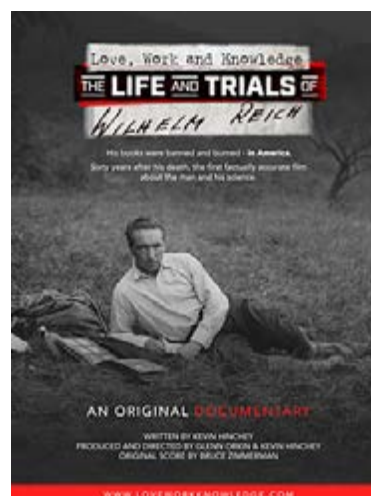
9 2017 onwards

The 16th EABP Conference: Berlin, 2018



In 2018, we celebrated our 30th anniversary as a professional association of body psychotherapists advocating for the value of body psychotherapy in the clinical setting, in our societies and communities, and in the larger world. The 2018 Congress, held at the Free University of Berlin, reflected on how far body psychotherapy had progressed while also looking forward. *Body Psychotherapy and Today's Challenges – Alienation–Vitality–Flow*. It was hosted by the DGK, with Gustl Marlock and Werner Eberwein, and was led by Manfred Thielen (DGK President for many years, who had fought hard in many circles in Germany to get body psychotherapy recognised).

The congress addressed the numerous psychological and social-psychological challenges of postmodern society, relating them to our field's theory and practice. It was emphasised that, to gain a better understanding of so-called clinical issues, body psychotherapy theory of neuroses, character formation, and the way people live, must be linked to social and cultural contexts and engage in the zeitgeist. Andreas Peglau delivered a speech on the global *New Authoritarian Right* providing background on Reich's *Mass Psychology of Fascism*. *The Life and Trials of Wilhelm Reich* a new film by Kevin Henchey and Glenn Orkin, was also shown.





Elfriede Kastenberger and Berit Bunkin

Board Business: Engaging with Stakeholders



EABP board 2018-2020 From left: Carmen Joanne Ablack (President), David Trotzig (Ethics Chair), Sladjana Djordjevic (General Secretary), Kathrin Stauffer (COUNCIL Rep.), Saranda Rexha (Secretariat), Sofia Petridou (Member and Chair Membership Committee), Fabio Carbonari (Member), Vladimir Pozharashki (Treasurer), Absent: Lidy Evertsens (Reserve member)

The executive board (EB) (Carmen Joanne Ablack, Sladjana Djordjevic and Thomas Riepenhausen) with the assistance of board member Kathrin Stauffer continued to engage different committee chairs, other officers, and consultants in collaborative and explorative dialogues as part of their day-to-day management of EABP, allowing them to listen to different parties, taking multiple aspects and viewpoints into consideration and formu-

lating directions of work and goals to help achieve the directions given by GA and board. In 2016–2018 the EB had skype, or in-person meetings with representatives from various branches including the congress organisation, secretariat, website development, SRC, IBPJ, EAP representative, and Chris Walling, President of USABP.

As new perspectives and responsibilities emerged, the board focused on respectful dialogue; even when disagreeing, to keep track of and reflect on our interactions within EABP in dealing with differences.

Two National Associations were dissolved, the CH-EABP (Switzerland) and RABOP (Russia). The President attended the USABP Conference in November 2018, the Training Standards Committee was revitalised, and the board reviewed what the committees were doing to teach about Ethics and Research. With the support of the Joint Meeting, the Publications Committee was considering approaching the EU for funding for specific projects.

The new Articles of Association brought the Association under Dutch jurisdiction. One of the first tasks was to register with the Amsterdam Chamber of Commerce, which required each board member to be registered separately. Dutch law now requires financial reporting to be done every year. As a result, the board needed to figure out a way to do this on alternate years. For the first time, E-voting was implemented in 2017. They set up a virtual GA, which was an entirely new experience.

GDPR Process: The General Data Protection Regulation (GDPR) was created to harmonize data privacy laws across Europe, to protect and empower all EU citizens' data privacy, and to reshape how organisations in the region approach data privacy. This was the most significant change in data privacy regulation in 20 years, and EABP carried out the entire process in accordance with EU laws. EABP data protection is at the highest level, and our IT Administrator was instrumental in carrying it out and developing a new Privacy Policy Statement.

And after years of deliberation, the board finally purchased board insurance!

Ethics

The EABP is an association of body psychotherapists, a group of individuals who are especially concerned with ethics as their interactions with their clients or patients imply an asymmetrical position of power and responsibility on the one hand, and of vulnerability and need on the other. Ethics are a crucial part of that activity as the basis for a working therapeutic relationship is trust, and trust is only possible if the client is deeply convinced his or her psychotherapist's intentions are clear and transparent. An ethical stance requires one becomes as explicitly conscious as possible of these underlying values and to be able to reflect on them.

Thus, ethics is much more an attitude of self-reflection and being able to question oneself and one's own deep motivations for one's actions and behaviour, than finding what is right or wrong. It therefore requires the strength of being able to recognize one's own weaknesses

and mistakes and the courage to correct them. The work of the Ethics Committee can therefore be summarised as follows:

- ▶ To look for ways of maintaining the spirit of the EABP within the Association. This means the EC tries to promote an attitude of openness, transparency, and self-criticism within the structure of EABP and in the relations between the different bodies and committees of the association.
- ▶ to promote discussions on the attitude of an EABP Body Psychotherapist
- ▶ to define the forms of behaviour which are incompatible with the ethical guidelines and ways of dealing with members who use such behaviour, as well as to collect, analyse and process complaints and received information on ongoing ethics cases
- ▶ to work on possible areas of research relevant to the clarification and development of ethical positions
- ▶ to implement ways of improving self-regulation and exploration in the membership, and
- ▶ to promote the teaching of ethics in training schools and institutes.

The work continues. Luckily, there do not seem to be many of the toxic and complex ethical cases arising that be-devilled the organisation in the mid-1990s and early 2000s (the 'Noughties' or, in this case, the 'Naughties'!) (English Joke!). That work – as and when it arises – should be / is being done by the much stronger Ethics Committees within the National Associations. The centralised EABP Ethics Committee should nowadays perhaps only be involved in matters of principle or perhaps in making a survey of what types of ethical cases arise, to be able to 'monitor', analyse and correct the Ethical Principles / Guidelines – if necessary. And then, as stated above, to promote the teaching of ethics in the Institutes.

Since the last General Assembly in Athens 2016, the EC has held its biannual meetings in Frankfurt and Barcelona, two in Frankfurt and one in Barcelona. Our main work has been to analyse and respond to the cases coming up during this period as well as respond to requirements for advice in ethical questions both by individuals and associations. We have also implemented the changes in the Ethics Guidelines which were approved in Athens, and published the updated ones on the EABP website.

Here we point out, the English version of the Guidelines is the only legally binding version of the EABP Ethical Guidelines, while several National Associations have also found the time and opportunity to translate the changes into their own languages.

David Trotzig: Chair Ethics Committee
Grey Book Report, 2018

Continuing Professional Development (CPD)

It is a commitment of each full member of the EABP to take care of their own continued professional development (CPD) in order to maintain and develop their professional competency.

This motion was approved by the General Assembly in 2012, and it was an important step forward in the professionalization of the body psychotherapeutic profession. newsletters and the website have always covered events across the association, including conferences, university programs, body psychotherapy trainings, national association events and workshops, not only to engage members and improve communication, but also to encourage people to broaden their professional expertise. However, it was also deemed important to establish a system to monitor members' ongoing professional development.

A proposal for a three-stage CPD framework for dialogue with COUNCIL, FORUM, and EABP members was made. The goal was to consider instituting a process of regular membership re-accreditation like that established for the FORUM training institutes. A committee was formed to investigate how this could be accomplished. The General Assembly approved a draft CPD Framework document in 2018:

Guidelines and Recommendations:

The document sets out a CPD standard aiming to make sure our members are recognised as competent professionals by other health professionals and the outside world. EABP members should be up-to-date and self-reflective practitioners who view the practice of Body Psychotherapy as a process they attend to regularly, so they maintain their professional aliveness and continue to grow throughout their working life. [The amount of CPD recommended is] ... 250 hours over five years. The term CPD is understood as widely as possible, as anything that contributes to our growth as body psychotherapists.

CPD Committee:
Motion to GA, 2018

In part, this was an adjustment of our requirements to be more in line with other professions and professional bodies of psychotherapy in many countries, who were already asking that practitioners be committed to a process of maintaining their own aliveness in their work, actively developing their own understanding of what they are doing in light of their own and colleagues' experience, and staying abreast of the 'Zeitgeist' of the general culture in which they work. It was also motivated in part by our desire for EABP to be seen as a body of high-class professionals, so the name EABP remains a guarantee for the quality of its members' work.

Ten years of hard work has finally paid off. Members are required to participate in continuing professional development beginning in 2022, and they must record their activities on the CPD website. This has not been an easy journey. Carmen Joanne Ablack (Chair), Lidy Evertsen, Kathrin Stauffer, and Fabio Carbonari served on the committee, which worked through several rounds of consultation with the FORUM, COUNCIL, International

Membership Committee, and members from across the association to develop this CPD Framework and Guidelines. It was discussed and agreed upon by the board before being presented for approval to the GA in Berlin in 2018. Following acceptance, a CPD software package was installed so that members can fill out their CPD on-line. Members are gradually becoming adjusted to the system.

Keeping your body in good shape is your right and your duty. The same is true for our profession. CPD is the way to keep yourself in good shape as a Body Psychotherapist.

Our online CPD platform is a useful tool for self-reflection of your work and will document your good standing as EABP Full Member. Using your CPD log you will become more aware of your strengths and weaknesses and build more and more confidence in your qualities and abilities as a body psychotherapist.

You will want to make sure you continue to be recognised as competent and professional by the EABP, other health professionals and the outside world, throughout your working life.

The EABP supports you in this by setting CPD requirements which you need to fulfil. We have set the number of hours at 250 per five years but you choose your own direction in this. You determine the specific activities these hours have to consist of. The term Continuous Professional Development (CPD) is understood as widely as possible, as anything contributing to our growth as body psychotherapists.

Your attendance at congresses, and other EABP events, further workshops, and training, writing case studies, articles, and books, participating on a committee or as a peer reviewer for the Journal – these are just some of the ways you can continue to grow.

Fabio Carbonari:
Chair CPD Committee, 2018

The Science and Research Committee (SRC)



Sheila Butler, an earlier EABP SRC member, had retired after the first couple of years, and Joop Valstar had also stepped back and then sadly died. The members of the EABP SRC, since 2014, have been (as shown in the photo, left to right): Christina Bader-Johansson (Sweden), Zoe Schillat (Greece), Frank Röhrich (UK), Courtenay Young (Scotland UK), Maurizio Stuppigia (Italy), Chairperson: Herbert Grassmann (Germany), and Biljana Jokic (Serbia).

When Zoe stepped back in 2021, the SRC was joined by Vanya Hristoskova (Romania), Chris Walling (USA) and Aaron Freedman (USA), thus widening and strengthening the links to Eastern Europe and to the USABP.

The SRC has worked slowly and carefully over several years to build significant resources for members and encourage more critical thinking, before jumping into the deep end by (possibly) proposing that EABP members conduct ‘proper’ scientific research within their individual practices immediately. Much of the early work was spent planning and organizing a series of Science and Research Symposia at EABP Congresses, which have now taken place in Cambridge in 2012, Lisbon in 2014, Athens in 2016, Berlin in 2018, and the virtual congress in 2021. Another is planned for Bulgaria’s Sophia Congress in 2023.

In 2014, the EABP Science and Research Committee^a established a set of simple *Guidelines for Writing a Body Psychotherapy Case Study*^b. In 2018, this resulted in an edited book *Body Psychotherapy Case Studies: A New Collection of 15 Body Psychotherapy Case Studies* published by Courtenay Young’s imprimatur, Body Psychotherapy Publications. The book is also available as a PDF which can be downloaded from **here**^c. Contributors include Stanley Keleman, Sladjana Djordjevic, Christina Bader-Johansson, Courtenay Young, Herbert Grassmann, Zoe Schillat, Bernhard Schlage, Galit Serebrenick-Hai, Russell Rose, Jacqueline A. Carleton, Laura Steckler and Ulrich Sollmann (with Wentian Li).

In 2018 the results of a survey among EABP and USABP members (as well as other associated professionals working with the body) were presented in the Berlin Symposium and several SRC members have recently been involved in a trans-Atlantic research project, being conducted, and headed up by Stephen Porges.

Stephen W. Porges, Ph.D. is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. In 1994 he proposed the Polyvagal Theory, a theory linking the evolution of the mammalian autonomic nervous system to social behaviour



a. <http://www.eabp.org/research-scientific-committee.php>

b. <https://eabp.org/eabp-guidelines-for-writing-a-body-psychotherapy-case-study/>

c. www.bodypsychotherapypublications.com

and emphasizes the importance of physiological state in the expression of behavioural problems and psychiatric disorders. The theory is leading to innovative treatments based on insights into the mechanisms mediating symptoms observed in several behavioural, psychiatric, and physical disorders. His work is of particular interest to body psychotherapists, and it is an honour to have this collaboration.¹³

The committee has also developed a Science and Research Training Module for ALL body psychotherapy schools, so that the next generation of body psychotherapists is properly informed about the need for science and research, as well as the language of science and research, appropriate types of science and research for body psychotherapy, and different forms of research, as well as assistance in becoming a research-informed practitioner, doing research-informed practice.

There is still much work to be done to expand on the already established and significant “Evidence-base for Body Psychotherapy” – ideally, we would need something like a “Cochrane Review” to do this, but perhaps that is for the future – the next generation of body psychotherapists.

Presidents Report, 2018

The work, internally and externally, for EABP historically and currently includes paying attention to financial, legal, political, and economic influences affecting our understanding of the choices and responsibilities we make as an organisation at Board and at GA, as well as in the different committee, COUNCIL and FORUM meetings. While holding steady to our aims and objectives. In this way, the changeover from the previous board two years ago has offered the current board many areas of sound continuity and development, but also the opportunity to extend and diversify the work of EABP from a more secured base.

Extending Dialogues and Finding Resolutions

It was important to me when I took up the role of President that the board would engage with NAs and members in different countries. We have met in Amsterdam, London and Vienna in the past two years and will meet in Berlin just before the congress begins. These dialogues have improved our understanding of the work and struggles of NAs and our members in the contexts of countries and communities.

Carmen Joanne Ablack:
Grey Book, 2018

13. <https://www.stephenporges.com/about>

A virtual year 2021-2022



17° European Congress for Body Psychotherapy
SENSE AND SENSATION
The Fullness of Experience in Body Psychotherapy

9-12 september 2021
Bologna Italy



CPC Bologna 2021: From left: Maurizio Stupiggia, Thomas Riepenhausen, Lidy Evertsen, Rubens Kignel, Genovino Ferri, Rosanna de Sanctis, Fabio Carbonari

The General Assembly was held online in 2020; this may have been a sign of things to come. The pandemic in 2021 had a severe impact on EABP, particularly because body psychotherapists have direct client contact. The board made an effort to aid EABP's internal and external growth, providing direction and leadership where required.

The congress scheduled for September 2021 in Bologna, Italy, was postponed and then cancelled. Although there was a sizable financial loss as a result, the financial working group was able to minimize it. Due to sound management since the last significant congress losses, the EABP finances were stabilised, allowing the Association to withstand such a beating without going under.

The Bologna Congress CPC stepped down in January 2021 and in February the board agreed, to organise a new virtual congress and GA to take place on an on-line platform. This entailed considerable research and discussion in a very short space of time and the new CPC had to get things rolling very quickly. Some hard decisions were taken and to ensure conti-

EABP • The First 35 Years

nunity Carmen Joanne Ablack became the Congress Co-ordinator, joined by Fabio Carbonari from the previous CPC. Saranda Rexha was the Congress Registrar, Meglena Beneva, headed up the technical team supported by colleagues from Bulgaria, and Tihomira Ilic Prskalo the General Secretary and the Treasurer Vladimir Pozharashki all took on this somewhat difficult task, with enthusiasm, passion hard work and humour.

Zoom was used to perform additional board and committee work electronically, which proved to be a significant cost-saving measure. The board issued a statement endorsing everyone's right to self-definition and self-identification. For better and more concise explanations of the significance and applicability of our study, see Appendix 1.

The work of the executive board has been particularly demanding. Along with three board meetings a year, they met virtually each month and EB members also attended the COUNCIL and FORUM meetings. The president and the general secretary swap into these meeting attendances. A board representative is expected to be part of each EABP committee. 2021 was also a year for the delivery of membership certificates to be sent by email.



And a virtual 17th EABP Congress, online: 2021

After all this turbulence of 2021, the Virtual Congress was presented on time: *Sense and Sensation: The Fullness of Experiencing in Body Psychotherapy*. Thankfully, the presenters who had already offered their services were able to participate including a special Questions and Answers session with *Dr Stephen W. Porges*. There were a few workshops and two symposia – one with the Science and Research Committee and another *Society in Corona Crisis Modus: What does it Mean for Body Psychotherapy* with Thomas Riepenhausen and Ulrich Sollman (a body psychotherapist since 1980 and Guest Professor at Shanghai University of Political Science and Law).

The SARS-Cov 2 virus and the measures implemented by governments all over the world have had a thorough impact on the life conditions of almost all humanity. And on the working conditions of psychotherapists specifically. Basic techniques such as working freely with proximity and distance, as well as therapeutic touch are put into question. In this symposium we offer an event to discuss different views on the socio-political context and share our professional experiences of the last year and a half.



10 Legality and transparency

Permission or Licence to Practice

Despite years of work since the Strasbourg Declaration on Psychotherapy (1990) the situation in most European countries has changed little. The EAP has presented a Statement of the Legal Position of Psychotherapy in Europe, which gives an up-to-date account of the situation in each country and can be found **here**^a:

Another way forward, is for training institutes to register their courses with the educational boards in their country. The ‘Bologna Process’ has established fairly universal levels of educational standards and, since the academic part of a psychotherapy training is – essentially – at a post-graduate level of training, it should be equivalent to the European Qualifications Framework, Level 7 (EQF-7) – a master’s degree. The practical and experiential parts of the course can also be categorised to create a universally recognised standard. However, the individual training institutes will have to do much of this work themselves, though (no doubt) EABP will help to guide them. This process is outlined by the EAP in their document: *EAP’s Next Steps: Mapping the ECP into ECTS to gain EQF-7*. This is available **here**^b.

Some body psychotherapy training institutes have also had the academic part of their course accepted at master’s degree level by a university, though the university has to get paid for this recognition.

Therefore, membership in the EABP – on its own – does not grant someone a license to practice body psychotherapy professionally (except in a few countries), even though it is now the recognised authority in the field of body psychotherapy and actively engages with key policy makers in Europe. Although there are issues in some countries, this license-to-practice is primarily given by the national awarding organisations (NAOs) of the EAP for psychotherapy in different European nations. But the extensive work that has been done and is now being done is building a much more reliable platform from which to continue pressuring local governments, health insurance providers, and the European Commission to acknowledge the caliber and skill of our trainings and membership. Body psychotherapists have a lot more resources now.

a. <https://www.europsyche.org/app/uploads/2021/05/Legal-Position-of-Psychotherapy-in-Europe-2021-Final.pdf>

b. <https://www.europsyche.org/quality-standards/eap-guidelines/mapping-ecp-into-ects/>

Eventually, we will be able to respond to any criticisms of our professionalism by saying something like: “Maybe you need to be very precise about how and why you do not accept our professional standards and the scientific foundation of our work. If not, this challenge can be considered discriminatory. We are clear about our position, practice, strength, and ground. Previously, this assertion could not have been stated with any certainty because we did not have the ‘firm ground’ we do now. We are considerably more grounded in professional activity, and at the same time, we have mostly managed to keep our distinctiveness and diversity.

We are also much more ‘centered’ because there is a greater understanding of the various branches (methods, modalities) of body psychotherapy. This strengthens the field significantly because the diversity of approaches does not undermine the field but rather demonstrates the adaptability of body psychotherapeutic applications to address a wide range of needs.

Financial Matters

The way a company or organization manages its financial and administrative operations determines whether it will prosper or fail. It is impossible to overestimate the significance of maintaining strict financial management rules. Throughout the association’s early years, there was a lot of confusion about the collection of membership fees, despite everyone’s best efforts. This was caused in part by a shoddy administrative system and the challenge of transferring big sums of money across international borders. Due to this, the EABP held two bank accounts before 2001, one in the UK and one in Switzerland.

The financial loss caused by the Travemünde Congress stunned the whole administrative and financial establishment (1999). There were times when the association’s bookkeeping was careless or even disorganized. When the secretariat relocated to Amsterdam in 2001, a Dutch bank account was opened, and the bookkeeping was switched over to the ‘Quicken’ book-keeping tool, which was enough at the time to permit reasonable levels of budgeting and reporting. Also, there was a far stricter control over spending, and the salaried secretariat was responsible for collecting any unpaid fees. The Association’s financial status improved because of the Euro’s introduction.

The congress in Austria (2010) had also brought a grave financial risk to the Association. The EABP/CPC hired a congress bureau which usually organised medical congresses and was not used to somewhat underfunded organisations, such as the EABP at that time; and it also neglected to indicate that the budget included VAT, which came as a shock to the EABP, as it cannot deduct VAT. The looming deficit was halved by last-minute changes. Since 2010, Lidy Evertsen has kept a very close eye on congress expenditure and budgeting, first as president and then as a member of the numerous Conference Planning Committees.

The EABP finances have benefited greatly from the generosity of board, FORUM, COUNCIL, and committee members in opening their homes and offices for meetings, even though in the beginning, board meetings were quite opulent affairs with hotel accommodations, restaurant meals, copious amounts of free wine, etc. Guidelines for board and committee expenses were gradually created and then closely maintained (especially food and travel allowances).

In 2014, when membership had increased and activities had expanded, the Secretariat was taken over by Rob van Schaik and the bookkeeping was transferred to a much more efficient online bookkeeping system. Rob, an ex-banker, brought in more strict controls and there have been no further misfortunes since then. On the contrary, the financial balance has flourished, which has created a buffer against future calamities and should enable new possibilities in the future.

According to the EABP Articles of Association, the General Assembly must appoint two auditors to review the financial management before each GA. Their report provides a summary of their (thorough and critical) audit, and the suggestions are made in the Grey Book of papers for the General Assembly. The accountability of the system has improved, and budgeting has become more transparent because of the recommendations being implemented by the following GA.

The Grey Book contains each financial report, next year's budget, and auditors' report for the EABP Members to vote on at the General Assembly. Transparency is provided via the system's checks and balances. Naturally, the integrity and skill of the administrators are what any system ultimately depends on, therefore the board and auditors must always exercise strict control.

With the advent of the digital revolution, considerable savings have been made. Printing and mailing copies of the EABP newsletters was terminated and the office space in Amsterdam was seen as too costly. The introduction of the dropbox meant less information was kept on paper, making it ideal for the new secretariat, now Rob van Schaik, to conduct business from his home.

The creation of the Financial Working Group to assist the treasurer in his or her duties was a significant improvement to the financial management system. Along with the work of the treasurers, Thomas Riepenhausen and Vladimir Pozharashki, Rob van Schaik's work over the past few years has been invaluable. It has also helped to enhance budgeting and provide a much better overview. At the Berlin GA, Thomas resigned. The EB and the entire board praised his creativity and ability to handle financial and other challenges. He received special praise for stepping in at the last minute and working on the Berlin conference' back office in addition to his other duties.

Rob van Schaik's story¹⁴

I come from the banking world and in 2013 had arrived at the age of retiring. Christine Hayes was stopping with the Secretariat and Lidy, my wife and President at the time, said as a joke, "Is that something for you?" She mentioned it to Jill, the General Secretary, who jumped on the idea – if it was possible to keep me and my wife apart as far as EABP business was concerned, in case of conflict of interest.



I found I could contribute a lot. My first job was to transfer the bookkeeping onto a software package – E-boekhouden – that had been successfully used by the Dutch National Association and was particularly suitable for small businesses. It was cheap and fantastic and enabled us to code transactions more accurately. That was 2013. Now EABP has expanded, and we have handed the transaction bookings over to an Accountant, TEZ Finance, and this will also mean transferring into their bookkeeping software package at some point. One of the reasons to transfer part of the work to an external party was to limit the risk of having only one person doing and knowing all the bookkeeping work.

When I began, EABP had 50–60 members who were registered centrally, so the work was not so complicated. Now we have many new members from Croatia and other countries and as a result of the folding of the Swiss, UK, and now Netherlands National Associations, the number of members in the central system has gone up to ±350 – meaning an expansion of the membership work. Eline de Man, who is taking over my job, will deal with this in the future.

Some EABP members can be quite undisciplined about paying their yearly fee despite a clear invoice and reminder to pay 30 days after invoice date. So quite a bit of my time has been spent chasing up payments. Some members also suddenly decide they want to cancel their membership after they have received their invoice, while the membership regulations and Articles of Association stipulate very clearly, they cannot cancel in the current year. In many cases we successfully introduced the “aging policy” for older members, who are reducing the size of their practice. Some people say I have been too rigid with this strict follow up on payments, but I think I have brought in quite some discipline and some more revenues to cover our expenses.

Also, it seems as if many student members join the Association and then don't quite know how to connect in and the next year want to cancel or just don't pay their membership in-

¹⁴ Rob was the first professional administrator to work for the association who was not a psychotherapist. He has provided 10 years of very valuable organisational continuity and was made a member of the President's Role of Honour in 2021 – the first non-member to be awarded this honour.

voice. I think a mentoring system for student members might solve this problem and give students more perspective. This also applies to associate members. I think they could be quite a source of help and know-how if they were followed up more closely.

I remember the first General Assembly Meeting at the congress – suddenly Jill, General Secretary (and then my boss!) descended on me and said, “You know you have to deal with the list of people who can enter and vote in the GA! That was the first time I had heard of it, so that first time was a little chaotic. By the next GA I had it all sorted out and streamlined.

When I took over the Secretariat, a good part of the work was also dealing with general correspondence from incoming mail. Thankfully this was split off after some years – I became “Office Manager” of financial activities and membership administration with a separate email, and Saranda Rexha became the “Secretariat” and dealt with all the enquiries and the board and the social media.

Some people might think, “Rob comes out of the banking world; they are all very rational and business-like there.” But I found I have become quite emotionally attached to the Association – also to my surprise. I have loved the work and keep thinking up new ways my business knowledge could be applied to the Association to (indeed) make it more business-like – especially now the Association is much more financially stable! Over the years I have been able to contribute to the financial strategy and budgeting of the Association and to seeing the budgets are kept to! I have enjoyed working on this with Thomas and Vladimir and to help expand the way we look at the Association finances.

The next step for EABP is to create a more detailed business plan with related goals and investment policy based on strategy. I think it is time for EABP to look even more out into the wider world and to develop new alliances. One of the points Jill and I tried to bring into the new Articles of Association in 2016 was to allow for one board place to be an external professional – either for Public Relations or Fund-raising or strategy in general. Unfortunately, this was turned down when it came to the vote, but I think it is ever more time now to invite in more expertise to take EABP to the next professional level. The Secretariat could play an important supporting role there. I have so enjoyed the work most of the time – not always – but it didn’t stop me giving advice of course!

It is 2022 and I have managed to hand over most of the office work to Eline. One big job remains, and I can’t quite let it go before I leave! We have so many different databases and they do not talk to each other. This is a big problem more Associations and businesses have. I guess I will be working on that with Louis (our website manager) in the next year or two. I can’t quite let it go.

The Database Project



11 How diverse is EABP?

Cultural identity

This tale contains several uses of the term “diversity.” It is clear that diversity is important to the association. What do we mean by diversity, though? The ‘colour’ of EABP members is distinctly white/pink. Of course, it is not only where race is concerned that EABP considers diversity important. The association can be proud when you consider the various nationalities, ethnic groups, languages, cultures, and histories, as well as body psychotherapy techniques and paradigms, all of which have greatly enriched the culture of EABP.

To make information more easily available to the many language groups, François Lewin and Elfriede Kastenberger put the following motion to the GA in 2006:

“It is proposed that the GA votes the following motion:

EABP encourages, whenever possible, the exchanges between the different European cultures, and will try to compensate for the problem of representation for people who do not have a good command of the English language. EABP is aware of the importance of really listening to the different cultures which comprise European body psychotherapy. This includes commitment, where possible and necessary, to support the translations in EABP and body-psychotherapy communications, particularly into the main European languages (such as French, German, Spanish or Russian).”

François Lewin and Elfriede Kastenberger:
General Assembly, 2006

Language has played a considerable role over the years. Although English is the accepted language of the association, where possible, congresses have supplied translation into three, four, or even five languages. Many reports were provided in English, French, and German in the printed newsletters and Grey Books of the early millennium, and funds have been allocated for the translation of some books and other documents, such the Ethics Code. But as the national associations have expanded, translation has increasingly fallen on their shoulders; happily, many have risen to the occasion.

Although there are a good number of female therapists in the organisation, there have been times when boards and committees have been predominately male. But we have had

five strong female presidents, and their leadership has inspired more women to participate on committees and on the board.

We have not asked members about their sexual inclinations, but Joop Valstar was concerned about being the first openly gay president when he ran for office. It got no mention because it was not considered an issue. But increasingly gender is becoming important. In the 2016 conference, Rae Johnson gave an excellent contribution on, *Navigating Gender*. Rae is a scholar working at intersection of somatic studies and social justice and has been a regular speaker and panellist at our Congresses.

The EABP Code of Ethics (see [here](#)^a) enshrines and celebrates some of these basic principles of diversity. We even saw a different – perhaps even more horizontal structure gradually being developed.

Balancing out the diverse interests

Kathrin Stauffer took a look at what she meant by diversity, – balancing out the diverse interests of the various parties involved in each issue.

The question of diversity has come up at various times, in various ways – sometimes involving powerful dynamics and fundamental differences of ‘how’ we communicate and work together. In the early days, there was quite a male-female dominance; and there was a north-south (Germano-Nordic v. Latin-Mediterranean) split and we were also coping with substantial differences between western Europe and countries behind the Iron Curtain.



So, if I think about what I mean by diversity, for example, I mean the “fee split” (53:47%) which was set up to work for the large NAs (who got to keep more money than under the 40/60 split), as well as for the small ones and National Committees (who get to keep the first 10 full fees), whilst maintaining the same amount of revenue for EABP. Or the special arrangement with the DGK to allow for some of their members to be ‘Junior Practitioners’ which allows EABP to maintain the EAP training standards, while still making reasonable professional practice possible for these therapists. Or the many fee adjustments we have made over the years, including the “3-session” rule: whereby practitioners (living in a country, which was economically challenged) paid an annual Membership fee equivalent to 3 therapy sessions in that country. Or the fact the representative from Kosovo was always allowed to be present in the COUNCIL meetings, even before there was a National Committee. Or the Variant Training Standards allowing for training organisations and NAs to have some leeway in accepting candidates for membership,

a. <https://eabp.org/wp-content/uploads/2020/10/2020-EABP-Ethics-Guidelines.pdf>

while still maintaining good standards of training. Or the many other ways in which we, in EABP, tried to accommodate different national legal situations.

In my experience, especially working in the COUNCIL, it has always been a question of balancing out the diverse interests of the different NAs and countries, and often finding compromise solutions or special arrangements for special cases. I believe this is essential for an international organisation: not to attempt to create a one-size-fits-all regulatory framework, but one that can be adapted by many, and considers the needs of very diverse communities.

Kathrin Stauffer:
Email, 2022

Therapy as political

Work democracy cannot be imposed on people as a political system. It depends on the consciousness on the part of the working people in all professions of their responsibility for the social process. This consciousness may be present, or it may grow in an organic manner, like a tree or an animal organism. The growth of this consciousness of social responsibility is the most important prerequisite for the prevention of the cancer-like growth of political systems in the social organism. If they are allowed to grow, they will sooner or later bring about social chaos. Furthermore, such consciousness of responsibility alone will, in the course of time, bring the institutions of human society into harmony with the natural functions of work democracy. Political systems come and go without stopping or fundamentally changing the social process. But the pulse of human society would stop and not return should the natural life functions of love, work and knowledge cease for only one day. Natural love, vitally necessary work and scientific search are rational life functions. They can inherently be nothing but rational. Consequently, they are diametrically opposed to any kind of irrationalism. Political irrationalism which infests, deforms and destroys our lives, is — in the strictly psychiatric sense — a perversion of social life, caused by the ostracizing of the natural life functions and by their exclusion from the determination of social life.

Wilhelm Reich: *Mass Psychology of Fascism* (1933)

There have been several Conference presentations over the years with themes about issues of diversity, including therapy as being political. In 2014, the presentation by Eric Wolterstorff, Grace Barros Correia, and Panayiotis Stambolis on *Social Crisis and Trauma*, was particularly relevant at that time, and it looked at how body psychotherapists could perhaps be effective outside the therapy room in a wider social context. In the 2016 Berlin Congress Carmen Joanne Ablack spoke on: *Towards Intercultural 'Reserve' Working*.

In 2014 Elfriede Kastenberger asked the PESOPS, how the economic situation in Greece was influencing their professional work and their personal lives. Following up on this Thomas Riepenhausen proposed a Congress discussion on, *The Crisis of Humanity*. He suggested that:

... our specific methodology in psychotherapy permits us to get a deeper insight into human nature, and human society might benefit from that insight. Remember Wilhelm Reich, who played an eminent part in political intervention, starting social clinics in Vienna, becoming a member of the communist party, working for the Sex-Pol movement in Berlin, writing *Mass Psychology of Fascism*, becoming opposed to Stalinist and leftist politics in the 1940s and 50s.

It became evident, however, in EABP there is no consensus about taking a political position. That is why we decided to propose a discussion group in the General Assembly.

In recent years, a lot of studies have evidenced that psychic and psychiatric conditions among the public have worsened. An investigation of Austrian Health insurances showed in the last year, 11% of the population (900.000 persons) was in psycho-therapeutic or psychiatric care. This number includes only those whose therapy was paid for by the insurances. 70.000 persons were in hospital, 65.000 were in psychotherapy, and another 650.000 received psycho-pharmaceuticals.

This large number of psychic illnesses is surely not explainable by failure of the individuals and their families. Social factors have a great influence. Economic and social change has led to a destabilization of society as we knew it: work contracts are less secure; the risk of unemployment has grown. Migration demands a capacity of adaption and tolerance from both migrants and local people. What does all this mean for us, as body psychotherapists?

We propose to discuss these issues, formulated as questions:

1. How are our clients affected by the economic crisis? What has changed in our work?
2. Do we need to consider different objectives of therapy (survival, coping with crisis), strategies and methods, which we might need to incorporate in our training?
3. What about those who do not become our clients for economic reasons?
4. How are we ourselves affected by the crisis – on the family level; feeling the desperation of clients; lack of clients and income?
5. Do we have specific knowledge that may be important for society and politics today?
We would mention for example:
 - a) the consequences of shock trauma, specifically through violence and war
 - b) the difficulty of creating identity as a human being in alienated societies
 - c) the creation of compensatory needs when primary needs have not been fulfilled
 - d) the repetition of victim-aggressor dynamics.
6. What would be the appropriate form through which to make the public aware of our findings? Should we develop prevention programs, as Eva Reich did, or do something 'more'? What are the limits of psychotherapy, in individual and group settings? Can, and should we, go beyond the framework of clinicians?

7. *What are the implications of economic and political situations on EABP members in Europe? How are clients affected and how are we as therapists affected by the crisis?" In Greece there is an increase of clients with depression.*
8. *What stand should we take as EABP? It is a system where we live in, we act differently as therapist. We should not stay at the level of personal or family systems and need to pay more attention to environmental issues.*

Thomas Riepenhausen:
Grey Book, 2014

Working with refugees

The Kosovo National Committee's chairman, Enver Cesko, and others have worked closely with refugees and migrants, a topic of growing concern in Europe over the past eight to ten years. As this book is being put together, a fresh wave of desperate people crossing borders in large numbers has happened since the war in Ukraine started.

Following is an interview with Irena Stojadinović, from Serbia, an EABP Candidate member, who is using the knowledge she is getting from her body psychotherapy training with Ljiljana Klisic in Belgrade, to work with refugees.

Irena is a psychologist. Since 2020, she has been working in private practice under supervision and at the same time also working on her PhD. Since 2017 she has been working with PIN – Psychosocial Innovation Network (founded 2015), an NGO which works on a project base and has been supported by donations from UN agencies such as UNCHR, UNFPA and other foundations. The organisation is working to improve the mental healthcare system in Serbia – especially for vulnerable groups, including refugees – through research, direct help, and advocacy with decision makers at the national level.



Serbia is on the Balkan route so gets refugees and migrants from the Middle East, and Africa, especially since 2015 and the Syrian crisis. In 2016 the EU border closed, including between Serbia and Croatia, Hungary and Romania, leading to increased number of refugees and migrants – about 6-9000 – who have got stuck in Serbia. Few want to stay and ask for asylum – partly because they have family members in other countries and wish to move on. This is the first time Serbia has faced this type of crisis and the system is not set up to cope with the integration of refugees who do not speak Serbian. The Commissariat for Refugees and Migration has 15 facilities providing accommodation and food – some with a psychologist – and there are also organisations providing legal support. However, many unregistered migrants without accommodation are sleeping in the forest waiting for an opportunity to

cross over the border and being pushed back.

The Ukrainian refugees (around 5–6000) are mostly in private accommodation and have their own contacts or family members, friends, or colleagues. About 100 are in the asylum center – mostly older women or women with children. There are also many Russians, but they also have their own contacts and colleagues.

Irena is working in a dynamic 9-member team of psychologists (eight women, one man) – all from different psychotherapy backgrounds – family therapy, transactional analysis, REBT, and constructivist psychotherapy. They learn from each other in their inter-vision sessions, and exchange ideas about how to approach their clients.

Irene's team is working, with the help of interpreters, in camps, in the shelters for children and in their office in Belgrade – mostly with families and children who have been traumatised along the way or have suffered abuse in their home countries. Some of them are suffering from chronic medical conditions or severe psychiatric disorders, some are highly vulnerable such as unaccompanied children, women with children, some with acute trauma, and others need basic support with housing or other help. They are referred on to psychologists or reach out on their own, especially when they face physical problems – headaches, trouble with breathing, fatigue, etc.

Although her job is not the normal work of a psychotherapist, Irene finds she uses all her body psychotherapy techniques, especially as the refugees are coming from cultures, where talking or thinking about feelings is very strange. She uses breathing, centering, and grounding continuously in her work, as well as techniques for working with trauma, processing difficult emotions, and improving emotional regulation and ego strength. She also uses some emotional expression through art and drawing. Some of her colleagues work with unaccompanied minors – mainly 12–18-year-old boys traveling on their own, who are under a lot of pressure from their families to reach their destination and provide for them. These are the ones who try to cross the border more often and suffer abuse.

She was surprised some of her female clients, out of curiosity, were interested in exploring their sexuality – something not common in their background. She can support them to feel some empowerment and independence. The women have many children and pregnancies, and contraception has not been available to them – ‘God will decide if a child will be made or not’. It is rare for them to talk about sexual problems, such as not understanding what was happening when they had outbursts of emotion after sex, or how to reach satisfaction during intercourse. And some have experienced painful intercourse. For many of them it is the first time to think about this possibility because sex is only used to ‘supply’ the men. However, it is not possible to change beliefs or give much further support.

Irena and her colleagues do not experience aggression from their clients, and she has the impression this is because, as psychologists, they know how to listen to, and treat people. When clients talk to them, they feel they are the only people who are really listening to them – they are in a space they can talk about their problems, even if they are not able to easily find solutions. Her colleagues all try to make it clear that these people are struggling

and vulnerable even if they seem tough and aggressive, and if they react back the same way, this is where the problems happen. Even with the most difficult, i.e., people with personality disorders, people call her team when they do not know what to do anymore. Irena is not working in all male camps but notes the conflicts arising there are mainly between the many different nationalities and caused by religious and cultural differences.

As a child in elementary school, Irena had the idea she would like to study psychology, and especially community psychology. After she finished her graduate studies, it was crisis time, and she found her current job by chance, wondering whether she would enjoy it, but she finds it very meaningful. When she talks to colleagues about her work, for instance friends working in private practice or health care, she sees she is learning such a lot because she is dealing with complex, emergency situations all the time. One on one with a client is always fulfilling, however difficult. Despite hearing terrible stories from her clients, she feels she is making a difference. Her greatest frustration is the difficulty of making people aware that mental health is a priority at all levels.

12 Members' Journeys

EABP's first 35 years are gradually coming to a close. But first, let's take another look at membership.

Wherever possible, we have acknowledged the contributions and commitment of the many members who have worked with the national associations and with the central EABP management, on committees, boards, or with the FORUM, or COUNCIL. The EABP has benefited from their invaluable work.

In this story, a lot of attention has also been given to the work done on creating membership categories and keeping members up to date. Over the years the International Membership Committees have been kept busy drafting and rewriting application forms based on the training standards, scrutinising membership applications, accrediting members, etc. Recently the committee, chaired by Sofia Petridou, also took the time to ask:

... how to expand the Membership and to look at how we can improve the membership experience from applying to become a member through to leaving the Association at the end of a career. We will look at how we can improve the value members get from their Membership and how to encourage more members to participate in activities and to communicate with each other.

Sofia Petridou:
Membership Report, Grey Book, 2018

One way to benefit from membership is by volunteering. It is a two-way transaction. While we give our very important time to the 'company' we 'work for,' it also makes us feel connected and gives us a sense of direction. Perhaps what makes life worthwhile is the awareness that our work for others, being in service to something greater than ourselves, and within our community, aside from our client work, is meaningful.

There is also the realization that there is a great depth to the collegiality created through participation in many meetings, in many different European cities, over many years of working alongside people for a specific organisation, working for the 'cause' or for the bigger picture. The discussions and arguments in the meetings themselves and over meals eaten together help us all clarify what we are doing and why we are doing it. In essence, we are building up a meta-level of communication and collegiality.

On several occasions, various people have talked about developing a European College of Body Psychotherapy, with these colleagues (or elders – as well as friends) being the members of this College. They might also be available to the different training institutes as providers of body psychotherapy seminars, or with themes or topics on a meta-level, or on a trans-modality level. We shall see!

Sladjana Djordjevic's story

Sladjana was President of the Serbian National Association, spent some years on the EABP board as general secretary, and has given time to various committees including Membership and Public Relations. In 2023, she returns to the board as COUNCIL representative. As she looks back on how this all happened, it is clear how much these experiences have meant to her, and those who have worked with her are aware of the warm hearted and intelligent contribution she is making to the Association.



My EABP journey started in 2004 when I began my Body Psychotherapy training in the Tepsynthesis Institute in Belgrade, Serbia. It was love at first sight, or should I say, first mindful breath! ☺ Reading and learning about Body Psychotherapy, both theoretically and experientially, inspired me so much. I experienced profound personal changes.

I heard about EABP – this organisation so far away – for BP practitioners across Europe and I wanted to learn more. In 2010, I received a welcome letter – an invitation to become a full member. I thought, ‘Wouldn’t it be wonderful to participate in such a vivid organisation’, but it seemed rather like wishful thinking! But I did become a member and just four years later, I became the Chair of the Serbian National Association (SABP) and a representative in the EABP COUNCIL of National Associations, where I met many body psychotherapists personally. I remember that first Joint meeting of the COUNCIL and FORUM in Strasburg in 2014, how fulfilled I felt. A whole new world opened for me.

Then, two years later, I received an email. I thought it was sent to me by mistake. It asked the recipient of the email to stand for the position of the EABP General Secretary and become a member of the board. But indeed, it was intended for me. I almost fell off my chair. Of course, I did apply, and was elected in 2016 and remained GS until the end of 2020.

Wow, when I look back on those days, how I learned and grew on so many levels, it gives meaning to those many many hours and days spent working for the Association. I continued as chair of the International Membership Committee (IMC) and have remained as representative to the COUNCIL.

It is an invaluable experience being an active member of EABP! I gained soooo many friends and collaborated with colleagues from so many different countries and cultures! And as always, through each experience, I grew and expanded my boundaries and found a more solid grounding in myself. What a journey – and it still continues!

Of course, body psychotherapists who are striving to work, train, and support themselves in the practice of body psychotherapy may not be the ideal candidates for working in an organization, on boards, or in committees. Instead, they may want to focus on a much broader and different form of professional activity. The following tells the tale of *Agné Matulaitė* who combines her professional work with her very valuable contributions to her community, as well as to the EABP.

Agné Matulaitė's story

For nearly 10 years, Agnė Matulaitė has been the only EABP member in Lithuania. She participated for a time on the Training Standards Committee and is currently (since 2021) a member of the Think Tank with Nick Totton, Michel Heller, Lidy Evertsen and Carmen Joanne Ablack.

Agnė is a Doctor of Social Sciences, lecturer, psychologist-psychotherapist, head of the Phenomenological Research Institute in Vilnius, writer, TedEx presenter, Honorary Research Fellow at Birbeck University of London, member of the International Advisory Panel for the International Journal of Body, Movement and Dance in Psychotherapy – and a mother.



Following her master's dissertation (1996), Agnė wanted to explore the mother – child relationship where it truly starts, at an embodied level... in pregnancy. So, she set out to explore 'women's own accounts of how they experienced their bodies in pregnancy and during their postpartum year.' She interviewed six women from different parts of the world, five times each over a period of three years. The PhD thesis, and further related articles, gave her the position of Honorary Research Fellow at Birbeck University of London. Currently the thesis, "Your Body Just Goes Bananas: Embodied Experience of Pregnancy", (2013): Vilnius University, Lithuania is being developed into an accessible book, with drawings and pictures. It has been almost ten years since it was published and documents printed on A4 pages are regularly circulated among women who want to share the research.

In "Green Biscuits: A Book for Healthy Neurotics" (a popular book of phenomenological essays), Agnė looks at various aspects of human life, therapy, and facing everyday encounters, while, as a true phenomenologist, she creatively seeks for the intimate essence of these. This book includes a whole section on embodiment and being a body – being equally imprisoned and empowered by our physical bodies. The book has gone into its 7th edition, which is quite rare and impressive for psychological reflexive writing. Unfortunately, however, you have to learn Lithuanian to read it!

How has Agnė's fascination with embodiment developed? A dancer from the age of three, Agnė wasn't a stranger to her body, from very early on. While studying for her first psychology degree at Vilnius university, she participated in Dance Movement Therapy, (DMT), sessions with Dr. Ilene Serlin from California, USA. Ilene herself was trained with Irmgard Bartenieff, and Laura Perls. Meeting with Ilene and being invited to assist her in the international conference workshop, immediately changed a lot in Agnė's life.

After that, she moved to the UK and learned therapy skills at a "Dance Voice" organisation, as well as continuing her training as a clinical and counselling psychologist at Bristol University. She then started to assist Marie Ware, the leader and founder of the "Dance Voice"

programme, while she and others were also leading dance movement therapy groups at several psychiatric hospitals, and centres for people with disabilities, in and around Bristol.

When she came back to Vilnius, in 1992-1994, Agné, started leading the first dance movement therapy groups within the psychiatric services of Lithuania which included the main psychiatric hospital of Vilnius. These workshops were also held within the educational system of Lithuania, including the Lithuanian national boarding school for future artists, named after the Lithuanian painter and composer, M. K. Ciurlionis. The introduction of DMT in Lithuania was not straightforward, because established staff members, who were not used to this way of working with a person's psyche, via their bodies, found it quite a challenge.

At the same time, she continued writing her master's thesis on "Body experience changes in long-term schizophrenia" and received her MA Hons Degree in 1996. Her experience and volunteering work in helplines in the UK also lead her to initiate the hotline – Lithuanian "Child Line". It provides free services for children in need.

Deciding she wanted to go much deeper into both psyche and body work, led her to move to the UK again in 1997. She entered a body psychotherapy training at the Chiron Institute in London, followed by a training in short term symptom focused psychotherapy with Margaret Langdale, then 2-year training in Embodied Relational Therapy with Nick Totton, then trauma training with Babette Rothschild at Cambridge.

This then allowed her to move into private psychotherapy work, and finally to writing her doctor's thesis in 2013. At the same time, she became deeply involved in qualitative research, phenomenology research and, in December of 2014, she established the **Phenomenological Research Institute**, which quickly became the main provider of qualitative research training in Lithuania. As head of this institute, she not only supervises and teaches students who come from all over the world to do qualitative research in any area of social science or Human Science research, but she has also been teaching a phenomenological perspective to future psychotherapists in various psychotherapy schools – analytical, existential, humanistic and child psychotherapy. She also leads writing retreats for those who are in the final stages of their research, or for any phenomenological writing. She and her colleagues have initiated an annual award for *The Best Qualitative Research in Lithuania*, which has now taken place for seven years, and is well known in Lithuanian academic circles.

We have emphasised the commitment of board and committee members throughout this book – individual members who have put in tens of thousands, if not hundreds of thousands, of hours working on projects they believed to be more important than their own personal objectives. In this instance, perhaps to the European Body Psychotherapy "cause". This has been a recurrent theme in EABP, the National Associations, the FORUM, and the COUNCIL.

To end our comments on membership we give space to the Presidents who have led the association through the last 35 years and to some whose contributions have been honoured for their contributions to the Association.

EABP Presidents 1989-2023



David Boadella,
1989-1993



Alison Duguid,
1993-1995



Peter Bolen,
1995-1999



Ilse Schmit-Zimmerman,
1999-2002



Courtenay Young,
2002-2006



Joop Valstar,
2006-2008



Lisbeth Marcher,
2008-2010



Lidy Evertsen,
2010-2016



Carmen Joanne Ablack
2016-2023

EABP Honorary Members



David Boadella, B.A., M.Ed., Hon. D.Sc. (1931-2021)

David was the first President of EABP, 1989-1993. He trained in vegetotherapy with Ola Raknes and Paul Ritter. He was the founder of Biosynthesis Therapy and the Institute for Biosynthesis IIBS, which he has directed with Dr Silvia Specht Boadella since 1986. He was the founding editor of *Energy & Character*, (1970) and author of *Wilhelm Reich: The evolution of his work*, and of *Lifestreams* and other books. He was a Board Member of World Council for Psychotherapy, 1999-2001. Sadly, he died, age 90, in November 2021.



Eva Reich (1924-2008)

Wilhelm Reich's eldest daughter, Eva was born in Austria. In 1938, she moved to the US, trained as a doctor, and worked as one of her father's closest assistants. As a paediatrician, she developed the technique she became famous for, the Butterfly Baby Massage (1996), a sort of soft massage given by mothers to their babies who were born prematurely to restore the process of the rela-

tionship. She was an advocate of improving birthing practices, healthy child rearing and community support of its members. From the mid 70s, until her retirement in 1992 she gave lectures on ergonomics, gentle birth, breast-feeding, sexuality, organic foods, and baby massage, as well as running therapeutic workshops. She eventually rounded the world eight times, traveling to 30 countries: in Europe, behind the iron curtain, to Japan, Australia, and South America. In 1999, with her daughter Renata Moise as companion, she presented a lecture at the EABP conference in Travemünde. This was the last time for her to travel. In 2002, USABP awarded Eva a “Lifetime Legacy Recognition Award for embodying spirit in your life, in our work, and in the world.”



Gerda Boyesen (1922–2005)

Gerda was the initiator and founder of Biodynamic Psychology and Psychotherapy. Born in Norway she was educated as a clinical psychologist and physiotherapist. Throughout her life, her focus was on the interdependence of body and soul. Her research work, following her famous colleagues Sigmund Freud and C.G Jung and most of all Wilhelm Reich, resulted in her discovering ‘psychoperistalsis’, meaning emotions can be digested. This led to the development of new methods of treatment to apply to a spectrum of malfunctions, resulting in simple relaxation or in the reduction of stress.

In 1969 she founded the first Biodynamic Centre in London where she taught and supervised her students. Her work was continued by body psychotherapists through the European School for Biodynamics and Erogenetics (ESBPE - <http://www.biodynamik.de>) in Lübeck and through Ecole Biodynamique in France (<http://www.psychologie-biodynamique.com>). She was also an honorary president of the German Gesellschaft für Biodynamische Psychologie (Society for Biodynamics psychology), the professional association for biodynamics therapists in Germany. Biodynamic Psychology is recognised as a method by the European Association for Psychotherapy EAP. *Über den Körper die Seele heilen: Biodynamische Psychologie und Psychotherapie*, Munich: Kösel, 1994 (7th ed.) ISBN 3-466-34167-1



Malcom Brown (1929–2020)

Malcolm is one of the founding members of EABP. He received his BA in Philosophy and Criticism from Boston University in 1951, and his PhD in Psychology from the University of London in 1969. He began his body psychotherapy work organizing and leading training programs as a colleague of Alexander Lowen. He founded the Berkeley Institute of Body Psychotherapy in California, then moved to northern Italy where, with his wife and colleague

Katherine Ennis Brown, he co-directed the European Institute of Organismic Psychotherapy from 1977-1993. From 1993-2004 they directed the USA Training in Atlanta where they offered postgraduate training programs in Organismic Psychotherapy. He was made an Honorary Member of EABP in 1999 at the Trave-münde Conference and AGM.

Malcolm was influenced by Reich, Jung, Maslow, Neumann, Goldstein, Rogers and D.H. Lawrence, as he developed his own methods of dissolving chronic muscular tensions and reactivating the natural mental-spiritual polarities of the embodied soul and transcendental psyche. Books: *The Healing Touch: An introduction to Organismic Psychotherapy* (1990) and *Primordial Regression and Fulfilling Sex – An autobiographical account* (2005).



Jacob "Jay" Stattman PhD (1935-1988)

Jay was born (1935) and raised in Chicago. While doing his military service in South-East Asia, he was also studying psychology. He came in contact with Zen Buddhist teachings, had a transformational experience, and moved to the San Francisco Bay area where he continued studying psychology, as well as eastern religion, philosophy and enlightenment processes. He developed as a teacher and trainer and in the early 70's he was invited to teach in London, resulting in frequent visits and commuting between the US and different European countries. He settled in the Netherlands, where he founded the first body-oriented

training institute on the European continent in 1975 in Lage Vuursche.

Jay named his approach Unitive Psychology, and later Unitive Experiential Psychotherapy, bringing together various sources of psychotherapy in a creative integration, including; depth psychology and group-analytic work, represented by his colleague Estella Weldon; the character-analytic tradition, originating with Wilhelm Reich; various traditions of body-psychotherapy, Gestalt therapy, and Existential therapy and Transpersonal inspirations from the later Humanistic tradition and Zen Buddhism. The Unitive approach was a conscious oriented approach, grounded in the experiential and dynamic edge (touch-point) of dual and nondual reality and realization. The work was experiential, focusing on the immediate experience, while employing various body-oriented methods, including breathing, touch, movement, and different levels of contact. It was influenced by the work of Gerda Boyesen, Reich, Lowen and Feldenkreis. It further included forms of (guided) imagery (Jay's dissertation) and meditation.

Together with Malcolm Brown and Bjorn Blumenthal Jay initiated the first conference on Body Psychotherapy in Davos in 1987, which led to the birth and foundation of EABP. However, before its founding meeting in the 1989 conference, Jay died very suddenly at

the age of 52, leaving a wife and three children. His work continued in the professional organisations of his trainees, both in the Netherlands and in Germany, and was accredited as a modality of body-psychotherapy within EABP/EAP. As of today, it continues in the School of Unitive Psychology in Frankfurt.

Sources: Creative Trance: PhD dissertation, Jacob Stattmann (Kreative Trance: German translation. Transform Verlag, Oldenburg, 1997). Unitive Body-psychotherapy, Vol I and II, various authors. Ed. Gustl Marlock Weder Körper noch Geist, Ed. Gustl Marlock.



Bjørn M.C. Blumenthal (1930–)

Bjørn was awarded an Honorary Membership in 2001. He is a psychologist specialised in clinical psychology who graduated at University of Oslo in 1956 and trained under Elsa Lindenberg, Odd Havrevold and Ola Raknes. He is the leader of the Norwegian Institute of Vegetotherapy and co-founder of the Scandinavian Institute of Psychotherapy in Gothenburg, former staff member of the European School of Function and Corporal Psychotherapy training in Naples, Italy.

The EABP President, Ilse Schmidt Zimmermann, presented him with a glass statuette during the EABP General Assembly and he received a standing ovation. *“Bjørn was not only a founding member of EABP, he is like an ambassador for Body Psychotherapy who says his ‘district’ of working is from the north of Norway to the south of Sicily, and from Odessa in the east to England in the west, and also west across the Atlantic to Mexico.”* Bjørn commented he had one wish ... he would have liked to work for was the legal rehabilitation of Wilhelm Reich, whose files are going to be opened in 2005.

Minutes of the General Assembly:
Egmond aan Zee 2001



Luciano Rispoli (1946–)

Luciano was awarded an Honorary Membership in 2003. He is a clinical psychologist, founder of Functional Therapy, President S.I.F. (Italian Society for Functional Body Psychotherapy) and SIF (European School of Functional Psychotherapy), Member of National Board of the Italian Society of Clinical Psychology, President of the Italian Scientific Committee for Body Psychotherapy and of the Comite' Scientifique Internationale pour la Therapie psychocorporelle (International Scientific Committee for Body Psychotherapy). He developed Funzionele Psychotherapie in Italy, exploring the functionality of a person on all levels: thoughts, emotions, body, physiology. His therapy aims to mobilize and reclaim the altered functions to restore primal fundamental experiences.



Clorinda Lubrano-Kotula (1934-2019)

Clorinda was awarded an Honorary Membership in 2004. She was the founder and Honorary President of the “Wilhelm Reich” Center of Athens and the Hellenic Institute of Vegetotherapy and Character Analysis (E.I.N.A.). She served as a founding member of the EABP, a member of the International Scientific Committee (ISC), and a member of the Board of the International Federation of Orgonomic Colleges (I.F.O.C.), a member of the National Organisation for Psychotherapy of Greece (N.O.P.G.), of the Hellenic and European Counselling Association, of the European Counselling Association, and an Honorary President of the Hellenic Association of Body Psychotherapy (GABP - PESOPS). Clorinda was a graduate of the Department of Pedagogy of Naples University and a postgraduate of the Department of Psychology of Torino University. She had trained with, among others, Ola Raknes, Federico Navarro, Alexander Lowen and Barrie Simmons. She created the first body-oriented psychotherapeutic and training Center in Greece in 1979, as well as a great community of body-psychotherapists, in the spirit of the pioneer Reichian groups in which she participated actively in Naples in the 1970s.



Michel Coster Heller (1949-)

Michael was awarded an Honorary Membership in 2011. Michael was initially trained in Piagetian developmental experimental psychology, and body psychotherapy (in Biodynamic Psychology with Gerda Boyesen and her team) in Geneva (Switzerland). He is a psychotherapist in Lausanne (recognised by the Swiss Association of Psychologists (FSP and AVP)), assistant psychologist in Le Noirmont clinic (Jura, Switzerland), trainer and supervisor, as well as honorary member of the EABP. Editor of *The Flesh of the Soul* Bern: Peter Lang, 2001 (based on the 2001 EABP Congress); Author of *Body Psychotherapy: History, Concepts, and Methods* New York: W.W. Norton, 2012 (also in French and German), *La Méduse, Postural Dynamics* and more than 70 published articles on body- mind issues. He became doctor in non-verbal communication and social experimental psychology at Duisburg University; participated in the editorial team of several body psychotherapy journals; and was previously chairman the EABP ethics and scientific committees, as well vice-president of the EABP board. Website:www.aqualide.com. His full CV is available **here**^a.

a. <https://www.yumpu.com/en/document/view/24555228/download-eabp>



Joop Valstar (1945–2018)

Joop was awarded an Honorary Membership in 2011. Joop was a psychologist and had trained in Unitive Body Psychotherapy with Jay Stattman. From the beginning, he was a member of EABP, attended all the congresses, and worked on several committees, including the Training Standards Committee and the Science and Research Committee. For many years, he was also the driving force behind the NVLP – the Dutch National Association.

Joop was present at the formation of the FORUM and the COUNCIL and instrumental in creating the NA contract. He was elected to the EABP Board in 2002, and worked very closely with the new Secretariat and a graphic designer on redesigning the EABP logo and creating a House style which was used throughout the Association up until 2018. He supervised the website and redid the Membership and FORUM handbooks. Under Joop's direction, the paper newsletter and the Grey Books became works of art. Between 2006–2008, Joop was EABP president and hosted the board meetings in his practice in Amsterdam. He was particularly happy that becoming 'the first gay president' did not bring up discriminative – negative or positive – issues in any way. After 2008, he continued to work on the Science and Research Committee. In the Netherlands he formed the Wilhelm Reich Foundation – a foundation gathering funds for research and other developmental and promotional activities. Joop was prominent in forming the thinking about body psychotherapy and the EABP and, in all the work, he gave it a face and a body. He died in 2018.



Courtenay Young (1948–)

Courtenay was awarded an Honorary Membership in 2011. When he stepped down as president in 2006, Courtenay had been a board member and intimately involved with the formation of EABP since 1993, having served two years as the Ethics Committee representative to the board, seven years as general secretary and four years as president. In the early years, he was a driving force in creating the structure of the association helping to set up the training standards and the FORUM and also to establish body psychotherapy as a 'scientifically validated' psychotherapy in the EAP. As the first general secretary/secretariat, he created the first website and established the tradition of keeping members informed through newsletters. He developed the EABP Bibliography of Body Psychotherapy. He was the English-editor of the *Handbook of Body Psychotherapy and Somatic Psychology* (North Atlantic Books, 2015) and in 2012 started his independent publishing venture, Body Psychotherapy Publications, dedicated to publishing materials relevant to the training and professional practice of body psychotherapy and/or somatic psychology. Courtenay's activities

have extended beyond the EABP. He was a founder member of USABP, is an active member of the EAP, and is currently the editor of the *International Journal of Psychotherapy*. Courtenay is a psychotherapist and NHS counsellor and supervisor, based in Edinburgh, Scotland. His first published book was: *Help Yourself Towards Mental Health* Karnac Books 2010.

Personal Website: www.courtenay-young.com

Body Psychotherapy Publications: www.bodypsychotherapypublications.com

Lidy Evertsen (1954-)



Lidy joined the FORUM in 2004 as representative for VUP, the Association for Unitive Psychotherapy in the Netherlands and soon after became vice-chair next to Lisbeth Marcher as the chair. She subsequently became representative on the board and from 2008-2010 she was part of the executive board as the general secretary. In the second half 2010 she also replaced Sean Dougherty as the treasurer when enormous difficulties surfaced over the finances of the Vienna congress. With some financial background she has been very instrumental through the next years in keeping a tight rein on the finances of the congresses.

During her presidency (2010-2016) Lidy created the Vision and Policy Document and followed through with the board strengthening board communication and the culture of the organisation, working on continuity and its governance. She also paid attention to making the 'outer world' more aware of us and our profession. She took a special interest in strengthening the whole system of the organisation by looking for a theory of BP that can hold the different sub-modalities. She has continued to chair the Think Tank and the Continuing Congress Content Committee.

Jill van der Aa-Shand (1944-)



Born in New Zealand, Jill studied history and education and after teaching for a few years followed her love of theatre in New Zealand and Australia. She came to the Netherlands in 1974 and with some colleagues established English Speaking Theater Amsterdam (ESTA 1977-1988) and Universal Seminars (1992-2011). In the 90's she followed a body psychotherapy training and eventually became an EABP member. Since 2000 she has filled several functions within the EABP – secretariat, organiser for two congresses, general secretary / vice president (2012-2016) and managing editor for the IBPJ (2011-2018). She chaired the Membership and PR committees and supported both the FORUM and COUNCIL in their work throughout the years.

President's Role of Honour: 2021

- ▶ Fabio Carbonari
- ▶ Elfriede Kastenberger
- ▶ Sofia Petridou
- ▶ Dagmar Rellensmann
- ▶ Thomas Riepenhausen
- ▶ Kathrin Stauffer
- ▶ Rob van Schaik (non-member)
- ▶ Lisbeth Marcher was made an honorary member in 2012 but returned her membership in 2021.

Ilse Schmidt-Zimmermann

Ilse was one of the founding members of EABP and has been active throughout the association for the last 35 years.

In the first years she worked closely with Peter Bolen on several projects contributing to setting up the structure of the organisation and organising the early congresses. In 1999 she organised the very successful congress in Travemünde, after which she became president (1999-2002). It was during her presidency, and thanks to her, that the Ethics Dilemma (p.54) came to light and it was her perseverance that brought it finally to an end with the withdrawal of the training institutes and resignation of the members. Later, Ilse spent ten years as member of the Ethics Committee of which five years she chaired the committee. During this time the EC worked on several difficult cases as well as promoting the work of the EC and being open to questions from members and associations.

Ilse's Training Institute Zentrum für Integrative Körperpsychotherapie und Humanistische Psychologie E.V which she established with her colleague Gustl Marloch has also played a central role in EABP and the FORUM. Their modality, Unitive Psychotherapy, was one of the first to complete the 15 Questions about Scientific Validity in 2001.

Ilse has always very generously opened her home and the Institute to hosting board and FORUM meetings, most recently hosting the FORUM Meeting in 2003 in Frankfurt. Further she is remembered for her unforgettable performances as the lead singer with 'The Howlin' Shrinks' which livened up many a Saturday night Dinner/Dance at the congresses.

13 Final reflections

In the introduction to this story of EABP's 35 years, we stated that (body) psychotherapy is still not commonly accepted as a valid kind of psychotherapy in many nations. Even though many European nations still do not recognize it as of 2023, we are proud of the strides we have made in building a strong foundation for a comprehensive, professional, psychotherapy association. We are keeping it together, ensuring its survival, interacting with one another as members and professionals, staying current with our practice and field, and contributing significantly to society and the future of the world. So, where do we want to be in 35 years from now?

What I bear in mind as I work on behalf of you and EABP as a whole is: Unity in our diversity, respecting and supporting differentiation and coming to mutual understandings in collaborative efforts, deepening co-operative dialogues and staying focussed on the health and vitality of EABP and its members as we continue this work together.

Carmen Joanne Ablack:
President's Report GA, 2018

We began by asking the questions:

- ▶ Have we managed to maintain that initial enthusiasm from Davos?
- ▶ Is that spark of inspiration making what we do so meaningful, still alive?
- ▶ Are we staying grounded in a holistic vision while gaining a scientific perspective?
- ▶ What impact have we had, and what more can we have?

Have we managed to answer these questions for you, dear reader?

And for you, dear members of EABP, who will carry the Association into the future, we trust that you will continue to ask these questions of yourselves and keep the spirit of the Association alive. We trust also that understanding a little of our past will provide you with a direction for the future, with the words of Wilhelm Reich in the forefront of your minds:

“Love, work and knowledge are the well springs of our life.

They should also govern it.”

Appendix 1: EABP 2023

EABP Management 2023

BOARD

President: Carmen Joanne Ablack

General Secretary: Tihomira Ilic Prskalo

Treasurer: Vladimir Pozharashki

Members: Marc Rackelmann,

COUNCIL Representative: Sladjana Djordjevic

FORUM Representative: Assaf Avraham

Ethics Committee Representative: Mariella Sakellariou

Reserve board member: Fabio Carbonari

EAP Representative: Kathrin Stauffer

SECRETARIAT

Office Manager: Eline de Man

Secretariat: Saranda Rexha

Forum Assistant: Giulia Fiorentino



Eline de Man



Saranda Rexha

WEBSITE MANAGEMENT

EABP & IBPJ & Congress Website: Luís Osório



Luís Osório

COMMITTEES

The standing committees Ethics, Science and Research, Training Standards, International Membership and Auditors, were initially created by a General Assembly motion. Members of these committees must be elected or ratified in the GA meeting. Decisions taken must fit with the aims and objectives of the Association. Further committees have been established that meet regularly, and also some workgroups with a limited time frame and objective.

Committees meet one or two times a year where possible and where budgets allow – preferably hosted by one of the committee members to keep costs to a minimum. Other meetings are held by Skype or zoom.

Decisions made by committees are minuted, and then confirmed by the full Board at the next board meeting.

Standing Committees

AUDITORS 2023:

Conseicao Silva, Jill van der Aa

ETHICS COMMITTEE (EC)

The committee consists of five people and deals with all matters touching on the ethics code, procedure for complaints, ethics advice and similar professional issues. It also acts as an informational resource for EABP members on ethics issues. The chair is a non-voting member of the board.

Chair: Mariella Sakellariou,

Amir Leibman, Regina Hochmaier

Reserve Member: Sasa Bogdanovic

SCIENCE AND RESEARCH COMMITTEE (SRC)

The SRC supports projects furthering the scientific aims and objectives of EABP and research projects in body psychotherapy.

Chair: Herbert Grassmann,

Christina Bader-Johansson, Biljana Jokic, Frank Röhricht, Vanya Nikova, Maurizio Stupig-gia, Courtenay Young, Carmen Joanne Ablack (Board Representative)

TRAINING STANDARDS COMMITTEE (TSC)

The TSC is responsible for reviewing the Training Standards.

Chair: Elya Steinberg

Enver Cesko, Luciano Sabella, Sofia Petridou

INTERNATIONAL MEMBERSHIP COMMITTEE (IMC)

The IMC looks at matters regarding membership criteria and accreditation of members and how to create value to the membership experience, from the process of joining through to being a leader of the Association.

Chair: Irena Anastasova,

Mihaela Richter, Irena Markus

Ad Hoc Committees

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

The CPD Committee is responsible for setting up structures that support our members to work continuously at meeting the requirements needed for good practice, including attitudes and actions, as well as behaviours.

Chair: Fabio Carbonari

Lilamani del Soldato, Arber Zeka, Marc Rackelmann

CONGRESS PLANNING COMMITTEE (CPC)

A CPC is established for each congress consisting of members from the host country and a member from the Board.

CPC 2023 Sofia Congress:

Chair: Madlen Algafari

Vladimir Pozharashki, Meglena Beneva, Alex Vachev, Sofia Petridou

CONTINUING CONGRESS ORGANIZATIONAL COMMITTEE (CCOC)

The CCOC works to ensure continuity of the congress organizational work over several congresses. It includes, where possible, the chair of the current CPC, organizers of the two last congresses, and a future organizer.

CONTINUING CONGRESS CONTENT COMMITTEE (CCCC)

The CCCC's function is to debate and exchange key developments and emerging new ways of thinking, to set out a framework of congress subjects, and to set out the general direction of future congress themes, based on the aim of 'mapping our field'. The CCCC has a consultative function to the CPC (Congress Planning Committee) and can suggest congress titles to the EABP Board and the CPC.

Chair/practitioner: Lidy Evertsen

Board representative/president EABP: Carmen Joanne Ablack
Researcher: Sheila Butler,
Theoretician/writer: Ulfried Geuter

PUBLIC RELATIONS COMMITTEE (PRC)

The PRC investigates ways to promote EABP and body psychotherapy both on a national and international level. It has discussed the presence of EABP in social media to improve the communication and to enhance the connection among members.

Chair: Tihomira Ilic Prskalo

Carmen Joanne Ablack, Saranda Rexha, Despina Mavropoulou, Maja Prebeg Wonder

PUBLICATIONS COMMITTEE

Chair: Carmen Joanne Ablack

Adam Bambury, Lenka Stefancikova

THINK-TANK COMMITTEE

The Think Tank is aiming to investigate the possibilities of a unified field or container theory, that can do justice to the diversity of approaches, models, concepts and ways of working represented by EABP members. This should be based upon discussions of fundamental theory as well as clinical practice. The Committee's function is to prepare and propose a structure for such discussion processes. By naming and defining crucial topics of discussion, and possible areas of agreement and divergence, the committee aims to outline the issues that will need to be addressed. It also aims to propose a possible course for future discussion amongst the wider membership. An initiative started in 2023 is a series of short videos of approximately ten minutes each, in which committee members interview each other in pairs about topics that are discussed in the Think Tank so far.

Chair: Lidy Evertsen

Carmen Joanne Ablack (Board), Nick Totton, Gustl Marlock, Agné Matulaite

FINANCIAL WORKING GROUP

Chair: Vladimir Pozharashki

Rob van Schaik, Eri Basiouka, Denitsa Itcheva

EABP Statement on Mental health, wellbeing, social, political, economic freedom, recognition and acceptance of self-identification and self-definition *are all basic human rights.*

Political, economic, social, psychological and identity recognition repression are the result of fear: fear of the unknown, of the different, of ideas that don't conform to our own ideas and of those who are not like "us".

Repression and discrimination are attempts to retain power, authority, influence, or vested interest, by retaining a status quo that divides peoples from co-creating and co-exist-

ing with equality for all as a main objective of society as a whole.

Political economic, psychological and identity recognition repression is a way of not learning anything new, of trying to stop the natural way that changes occur, of stopping the flow of a river, the laughter of a child, the movement of life... it is a defensive response of armouring and an attempt at dividing society or worse perpetuating society as divided along identity and other lines. In the same way as a person armours her body and her mind when she feels threatened.

This armouring is the basis for emotional and mental disorders and the only way to cure it is through freedom of expression, freedom of speech and freedom to be as one feels and freedom to be diverse, to be who I am and for this to be self-defined.

To regain, reclaim or achieve for the first time this freedom one has to be able to express what's wrong, what is not supportive or recognising of oneself, group, community or society, to talk about what's right (*right and wrong I think is too dichotomised here and not enough recognition of the layers and nuances involved*) to be able to take, as well as be supported in self-definition without oppression of who I am, who we are, and to be as one wants and to be recognised as one is by self-definition and not by a definition imposed by others.

We support the ideas of co-creative, collaborative existence that recognises the importance to mental, emotional, and psychological wellbeing for all peoples, groups, communities, societies through recognition of co-existence that honours and strives for equality through diversity in unity and unity in diversity.

EABP is an Association for Body Psychotherapy, our members work every day to encourage, support and promote the capacity to be oneself in co-relationship with others. Freedom, recognition, ownership of prejudices and discriminatory actions, and actions then taken to alleviate the effect of these – all lead to better health and wellbeing and to better societies.

EABP recognises good mental health, wellbeing, social, political, economic freedom, recognition and acceptance of self-identification and self-definition as basic human rights for all peoples, communities, and societies.

EABP takes a clear position that all forms of discrimination on grounds of identity or capacity, intimidation, and repression are always unacceptable, no matter the situation. We believe that everyone has the right to self-determine and to be supported to live life to the fullness of their capacity and to be enabled to fulfil their potential by choice.

EABP Board 2020

Membership Growth: 2002-2022

	Full Mem- bers	Candidate Members	Student Members	Associate Members	Honorary Members	Organisa- tional Members	Total
National Associations							
AABP Austria	29			8			37
DGK Germany	259	6	4	15		24	308
PESOPS Greece	57	13	28	7	1	1	107
ILABP Israel	38	1	10	1		2	52
AIPC Italy	17				1	10	28
SABP Serbia	19	6	4			0	29
APCCE Spain	5					2	7
Subtotals	424	26	46	31	2	39	568
Countries without a National Association							
Albania	1		1				2
Australia	2			1			3
Austria	1						1
Belarus		1					1
Belgium	4	1				1	6
Brazil	2	1		2			5
Bulgaria	11		10			2	23
Croatia	46		2			3	51
Cyprus	1						1
Czech Republic	1					1	2
Denmark	7		3	1			11
Estonia	1						1
Finland			1				1
France	9			1		6	16
Georgia				1			1
Hungary	3					1	4
Ireland	7	1	1			1	10
Iran			1				1
Japan	3			1		1	5
Kazakhstan	1						1
Kosovo	8	1				1	10
Lithuania	1						1
Mexico				1			1

Appendix 1: EABP 2023

	Full Mem- bers	Candidate Members	Student Members	Associate Members	Honorary Members	Organisa- tional Members	Total
North Macedonia		1					1
Netherlands	21	3	3	4	3	3	37
Norway	7		1		1		9
Poland							
Portugal	4		2			1	7
Russia	13		1	2			16
Slovenia	3		1				4
Spain	19					2	21
South Africa	1						1
Sweden	3						3
Switzerland	24		4	6	4	5	43
Turkey	2						2
Ukraine	3	2					5
United Kingdom	38	2	5			2	47
United States	2	1		2		1	6
Subtotals	249	14	36	22	8	31	360
Subtotals							
TOTALS 2022	673	40	82	61	10	70	928
TOTALS 2018	618	44	61	67	10	64	883
TOTALS 2017	629	44	60	87	10	63	893
TOTALS 2016	623	39	52	90	15	68	887
TOTALS 2015	596	35	38	61	10	70	810
TOTALS 2014	584	21	41	78	9	65	798
TOTALS 2013	586	15		83	10	65	759
TOTALS 2012	574	3		85	9	65	736
TOTALS 2010	568	3		72	8	71	722
TOTALS 2009	573	2		54	8	63	700
TOTALS 2008	551	3		63	8	62	687
TOTALS 2007	523	1		66	8	47	645
TOTALS 2006	525	8		63	8	42	646
TOTALS 2005	502	5		72	7	40	626
TOTALS 2004	525	2		63	8	42	640
TOTALS 2003	486	5		44	6	47	588
TOTALS 2002	449	36		34	6	29	554

Appendix 2: The COUNCIL



COUNCIL Meetings 2003-2023

2003 Amsterdam – National Associations Meeting
2005 Vienna
2006 Zurich
2007 Belgrade
2008 Athens
2010 London
2011 Rome
2012 Prishtina
2013 Moscow
2014 Lisbon
2014 Strasbourg Joint FORUM/COUNCIL Meeting
2015 Frankfurt
2016 Sofia Joint FORUM/COUNCIL Meeting
2017 Belgrade
2017 Athens Joint FORUM/COUNCIL Meeting
2018 Cleberg
2019 Tilburg
2019 Montpellier Joint FORUM/COUNCIL Meeting
2020 Athens
2021 Online
2022 Prizren hosted by NOKTA
2023 Belgrade

More About the National Associations

Kathrin Stauffer commented in the Grey Book in 2018: “I have noticed before that National Associations have a wave-like quality to them: as some are on a downwards path, others are rising, and there is always movement. So currently the NA of Italy is rising, and we will soon have a new NA in Kosovo, and the fortunes of the NA in Israel are on the way up again as well.”

The endurance of an NA partly depends on the strength of participation over several years but in some countries a National Association of Body Psychotherapy may be somewhat less than relevant to the wider picture. Over time, we have seen that some of the NAs have dissolved, specifically those in Russia, Switzerland, the UK, and the Netherlands, all of which had seemed to be strong and very active within the EABP. The Spanish NA has been sleeping since 2018 and shows little sign of revival. There are National Committees in Kosovo and Bulgaria, and some serious interest from Croatia and Ireland.

Currently, in the UK, a new ‘Body Psychotherapy Network’ has emerged with over 100 people, holding an annual ‘meeting’, and occasional regional group meetings (disrupted somewhat by CoVid-19 lockdowns), but still existing as a strong, active Google-group. There is no formal structure or statutes, perhaps echoing Nick Totton’s prominent dislike of these: instead, it is ‘held’ by one or two central people, who (wisely) rotate after a period of service.

Currently there are National Associations in Austria, Germany, Greece, Israel, Italy, and Serbia and Spain. There are still some advantages for a country to have a National Association, as it:

- Forms a network of professional organizations, training institutes and individuals within a particular country, who work with the various modalities of body psychotherapy that exist in that country
- Gives body psychotherapy a place, as a recognised form of psychotherapy, in that country and (usually) within its National Association of Psychotherapy: an EAP National Umbrella Organisation (NUO) or National Awarding Organisation (NAO)
- Develops and supports activities, such as workshops, symposia, mini-congresses, or organizing an EABP Body Psychotherapy Congress in their country, as well as national and regional possibilities for therapy, training supervision and intervision
- Processes its own membership applications based on EABP Membership criteria
- Is responsible for the quality of the practice of, and can process complaints about, as well as support, its members after their training has been completed
- Engages in topics of interest to support the ‘continuing professional development’ of their members and of other professional psychotherapists, counsellor, psychologists, doctors, etc.
- Initiates the translation of EABP documents into its own language, such as the EABP Membership Criteria, Training Standards, Ethical Guidelines and Ethics Code

- ▶ Ensures that its members are acquainted with the EABP Ethics Guidelines and sees that these are followed – especially in the early stages of an ethical issue
- ▶ Initiates publications of important body psychotherapy books and articles from international authors, and the translation of books and articles by psychotherapists in their own country
- ▶ Is semi-autonomous and represents EABP in that country, especially when public statements need to be made
- ▶ Can have its own website, in its own language (as well as in English), and can organise its own events and trainings
- ▶ Its members can automatically become members of EABP, although body psychotherapists do not have to be members of that country's National Association
- ▶ Collects and utilises a proportion of the fees for EABP Members in that country
- ▶ A National Association (with about 100 members) can form its own Ethics Committee (as in Greece, or Germany), but smaller National Associations may still need to rely on the EABP Ethics Committee for their support and for guidance, especially in the early stages of an ethics issue.

Why become a member of an EABP National Association?

For an individual Body Psychotherapist (of whatever modality), joining an EABP National Association enables them to benefit from the enormous pool of resources that the National Associations of EABP have developed over the last 35+/- years and to participate equally in the future development of the profession of psychotherapy and – within that – the 'mainstream' of body psychotherapy. An EABP National Association also offers the individual the possibilities of:

- ▶ Connecting with other body psychotherapists (i.e., colleagues) in their own country and also with colleagues from 'within' their modality and connecting with colleagues from other countries
- ▶ Sharing their passion for the profession and for their own expertise with others in their profession
- ▶ Pooling resources with other professionals in their own country, or from their own modality resources, especially those who are in their country
- ▶ Supporting each other in developing the wider profession of Body Psychotherapy
- ▶ Collaborating, nationally locally, on a significant level, about the different aspects of practice, theory, and research
- ▶ Learning from different body psychotherapies, from different professionals, and from other somatic modalities
- ▶ Importantly, engaging in the translation of seminal body psychotherapy publications (that are particularly relevant) into their own language for other BP colleagues within your own country

- ▶ Joining forces in lobbying local government and health insurance companies, to help them to accept our trainings and membership as legitimate and valid, which agencies can often be very amenable and see us as a potential resource
- ▶ National Associations are actively involved in the development and establishment of a national law for psychotherapy in their country with the support of their members and the EABP and the EAP
- ▶ EABP National Associations can become caught up with political aspects within the EAP, that are also (potentially) capable of becoming somewhat divisive, or even moving towards an extremist position; such negative inclinations can be resisted by us staying grounded
- ▶ EABP National Associations deal with their own membership administration, have their own websites and organize their own congresses, symposia, and workshops, so you can – if you so wish, extend your professional activities outside of the confines of the therapy room and join in a wider ‘family’ of professional colleagues and associates.

EABP National Associations

Switzerland:	CH-EABP:	1993-2017	
Germany:	DGK:	1995-	www.koerperpsychotherapie-dgk.de
Austria:	AABP:	1997-	www.aabp.at
Greece:	Pesops:	1999-	www.pesops.gr
Netherlands:	NVLP:	1999-2022	
Italy:	AIPC:	1999-	www.psicoterapiecorporee.it
Russia:	RABOP:	2001-2015	
Serbia:	SABP:	2004-	www.telesnapsihoterapija.org/en
Spain:	APCCE:	2006-2018	www.apcce.es
United Kingdom:	CABP/EABP-UK:	2008-2020	
Israel:	ILABP:	2012-	http://www.ilabp.org



CH-EABP: The Swiss National Association organised the inaugural meeting in Zürich in 1992 and was accepted as an EABP National Association at the GA in Strasbourg in 1993. Founding president was Thomas Ehrensperger who did a very important work with the organizing of three congresses in Basel which set the standards for body psychotherapy. Presidents during these years were: Thomas Ehrensperger 1992-2002, Jürg Thomet 2002-2009, and Christina Bader-Johansson 2009-2016. The NA was dissolved in 2017 due to the impact of the new PsyG (Psycholo-

gieGesetz) regulations whereby only people with a degree in psychology and medicine could be accepted into a psychotherapy training. Body psychotherapy was one of many directions of psychotherapy. Unfortunately, CH-EABP had many members who did not qualify for this new regulation.

“Our body psychotherapeutic work is effecting a paradigmatic change in public health concepts: a move away from the specialist knowledge to a holistic comprehension of the client, linear thinking is being replaced by circular thinking, one-dimensional thinking is being replaced by multi-dimensional thinking and networking, emotional considerations are winning equality with intellectual ones. On the threshold of the new millennium we, as body psychotherapists, are the protagonists of a revolution that is silently but surely spreading over the whole world. We find ourselves at the starting point of a long-term process, that will result in the humanization of our society and in the thinking and feelings of everyone concerned in public health.”

Thomas Ehrensperger
President SVKP/ASPC
EABP Newsletter n° 1, 1995

From the beginning quite some emphasis was placed on research. In 1998 the Association gave financial support for two research projects: one a sophisticated outcome study in Bioenergetics and one for the GFK Institute for an energy study. They also organised a scientific day about research in body psychotherapy with a presentation of an interdisciplinary circle of lectures in the specific task of body psychotherapy in psychosomatics.

They also started negotiations with governmental commissions about acceptance of body psychotherapy under the new laws. They were working towards common quality standards for Body Psychotherapy, but the Swiss government was more interested in negotiating about methods than schools. This indicated the need for a charter for body psychotherapy.

EABP Newsletter
Summer 1998

Seminars and mini congresses

- 1996 Basel Congress *The Future of Body-Oriented Psychotherapies*
- 2000 Basel Congress 2 days for CH, D, A
- 2002 Basel Congress 2 days for CH, D, A
- 2010 January 3 lectures, 4 workshops *Burnout und Burnout-Prophylaxe, Körperpsychotherapeutische Methoden im Dialog* (Burnout and burnout prophylax, body psychotherapy methods in dialogue). A collaboration with two of our membership-institutes, IBP, Institute for Integrative Body Psychotherapy and SGBAT, Swiss Society of Bioenergetic Analysis. From CH-EABP: Christina Bader-Johansson.
- 2010 EABP Congress in Vienna: organised together with the Austrian National Association.

- 2014 January: 3 lectures, 4 workshops: *Vom Essenz der Angst* On the Essence of Fear): a collaboration with the IBP and SGBAT Institutes
- 2012 January: *Etik in der Körperpsychotherapie* (Ethics in Body psychotherapy), was cancelled due to too few participants.
- 2013 3 lectures, 3 workshops: *Verschiedene Ansätze in der körperpsychotherapeutischen Diagnostik* (Different views in body psychotherapy diagnosing), in cooperation with IBP and SGBAT. Moderation: Christina Bader-Johansson
- 2014 January: 2 lectures, 4 workshops: *Embodiment, ein körperpsychotherapeutisches Thema neu entdeckt* (Embodiment, a body psychotherapy subject in revival) Christina Bader-Johansson, Thea Rytz, S Kockel and B Streuli.
- 2015 *Dissoziation*. Lecture: M Hauswirth und JB Schmidt
- 2016 *Sexualität, Reifung und Entwicklung*. Lecture and Workshop. R Fischer *Innere Sicherheit und Kontrolle (wieder-)erlangen – Die Therapie von sexuell traumatisierten Klientinnen und Klienten*. Lecture and workshop R Schwager

Workshops were held after the GM every year]

- 2007 *Open Space Technology: Vision quest* for CH-EABP. Christina Bader-Johansson
- 2008 *Research in Body psychotherapy (on Master-level)* was presented by five Swiss body psychotherapists
- 2009 *Die fünf Rhythmen* (The Five Rhythms)
- 2010 Thea Rytz: *Achtsamkeitsbasierter Körperwahrnehmungstherapie, Emotionsregulation und Stressreduktion –mit Fokus auf Essstörungen und PTBS (Mindfulbased Body Awareness Therapy, Emotionregulation and Stressregulation with focus on eating disorders and PTB)*
- 2011 Brigitte Obrecht, Beatrice Ochsner and Silvia Kockel: *Atempstherapie* (Breathing psychotherapy)
- 2012 Sarah Radelfinger: *Die undulierende Atemwelle zur Erhaltung der Selbstkonstanz* (The undulating wave of breathing to keep the Consistency of the Self)
- 2013 Ursula Schwendimann: *Das emotionale Herz, Einführungsworkshop in die Herzintelligenz* (The emotional heart: Introduction workshop to Heart Intelligence)
- 2014 M Ryser-Inderbitzen: *Die Fascien und deren Behandlung /The connective tissue and its treatment*.

The German National Association:

Deutsche Gesellschaft für Körperpsychotherapie (DGK)

<https://koerperpsychotherapie-dgk.de>

Thomas Tepfer, Thea M. Mertz, Joachim Vieregge and others contacted over 1100 body psychotherapists and schools during 1993 / 1994 informing them of their plans to set up a German Association. As a result, the foundation meeting was held in Munich in October 1994, and over 45 people asked to become members. The DGK was accepted as an EABP National Association during the EABP Congress in Carry-le Rouet on 30th April 1995.

The DGK has played a major part in the development of EABP, contributing significant work for and hosting several COUNCIL and FORUM meetings. The Handbook was first published in German in 2006 and many other books about different modalities and clinical practice have been published in German. They have held regular national conferences and hosted two EABP congresses.

On January 1st, 1999, a new law came into effect in Germany reserving the title of psychotherapist for doctors and psychologists. Since then, DGK members have worked with many other associations and supported activities which try to challenge the law on political and judicial grounds. The law also defined the methods which are recognised as scientific – psychoanalysis, behavioural therapy, psychodynamic based therapy, and Rogerian psychotherapy. They have continued to work with other humanistic approaches to fight for scientific recognition. They joined the German section of the EAP and worked towards the ECP, which eventually made it possible for the DGK members to get the ECP if they have seven years of practice as a body psychotherapist.

By 2022 body psychotherapy is still not recognised as a “proven scientific method of psychotherapy” in Germany, even if performed by an accredited psychotherapist or medical doctor. As 70% of DGK Members are “**Heilpraktiker**” the matter is of some concern.

The board of directors of the DGK also worked on coordinating the curricula in Body Psychotherapy. Meetings took place with the training institutes that are organised in the DGK, attended by representatives of Body Psychotherapy, i.e., Bioenergetics, Hakomi, Core-Energetics, KBT, Integrative Body Psychotherapy, Dance Therapy, Breathing Body Psychotherapy, Body-oriented Baby therapy. The delegates of Biodynamics, Unitive Body Psychotherapy, Functional Relaxation, Transformational Body Psychotherapy, Biosynthesis and Structural Body Psychotherapy excused themselves for not being able to participate. Based on the guidelines of the EABP, the EABP Training Standards and the training curricula of the individual institutes, the DGK worked out the framework regarding content. The central focus was the adoption of what became called a **Core Curriculum for Body Psychotherapy** applying for all basic and advanced Training Institutes organised in the DGK: a big step forward by the board of the DGK, as all schools represented by the DGK were actively engaged in this discussion and adoption process.

In 2022 The German Ministry of Health published an expert report that is very much in favour of preserving the Heilpraktiker, arguing both legally as well as highlighting the benefits for public health! But the threat of diminishing the range of Heilpraktiker conditions is still alive. The *Heilpraktiker für Psychotherapie* (restricted to psychotherapy) is particularly vulnerable as this subsection is not codified in written law. We expect that there will be a legislative proposal in this regard by lawmakers later in 2024.

Throughout the years the Association, and especially its President Manfred Thielen, with the support of Dagmar Rellensmann and Bettina Schroeter, has worked tirelessly to get acceptance. The DGK is active in the *Gesamtkonferenz der Heilpraktikerverbände und Fachgesellschaften* (General Conference of the Associations of Alternative Practitioners and Professional Societies) and other working groups to strengthen the position of the Heilpraktiker. Currently most of the many Germany Heilpraktiker organizations and professional psychotherapeutic societies (like Humanistic approaches), are productively combining forces.

1998 1st DGK Congress in Berlin (700 participants)

2003 Congress *Body, Mind and Psyche*, Berlin

2011 Congress *Body-Group-Society*

2012 Symposium in Frankfurt – *Body Psychotherapy with children and juveniles. Report on Research on Wilhelm Reich*

Members of the Reich Committee of the DGK (Ilse Schmidt- Zimmermann, Ulfried Geuter, Thomas Harms, Manfred Thielen) travelled to the Reich Archive in Boston to screen relevant documents and get new information and documents on Reich's Body Psychotherapeutical work, especially his case studies, the correspondence with Freud, Lowen, Pierrakos, Wal and other contemporary psychotherapists, as well as his unpublished manuscripts.

2013 Marburg *New Roses* Symposium about the issues of gender in body psychotherapy

2015 Conference in Marburg

2015 Conference in Marburg *BPT and Trauma* and *BPT and Humanistic Psychotherapy*

2017 13^{de} Conference in Berlin *New Paradigms in Body Psychotherapy*, Keynote speakers: Ulfried Geuter and Judith Biberstein.

The Austrian Association for Body Psychotherapy

Österreichische Wissenschaftliche Vereinigung für Körperorientierte Psychotherapie (AABP)



The AABP was formed in Vienna in 1995 and accepted as an EABP National Association at the EABP Congress in Pamhagen in 1997. The first issue the Association dealt with was how to achieve official recognition for the specialty of body psychotherapy through the Ministry of Health. Three institutes attempted to get recognition but by 2006 their attempts were not successful. They then decided to concentrate on the exchange of ideas and experience among the members. However, the work of trying to get recognition started up again and in the years 2009, 2010 several people from different BPT schools worked together and developed a body psychotherapy training, which was necessary for accreditation. Ulf Geuter wrote a document to demonstrate the theoretical background, proving that body psychotherapy is a modality of its own, that it works, and is used internationally. This was supported by CH-EABP and the DGK.

In 2010, the AABP organised the 12th EABP Congress, in Vienna together with CH-EABP.

Under Elfriede Kastenberger's leadership, work on acknowledgement continued but has still not been successful. In the meantime, the association began running post qualification trainings in BPT for accredited psychotherapists, and in 2018 they were doing their 4th training.

The Dutch National Association

Nederlandse Vereniging voor Lichaamsgeörienteerde Psychotherapie (NVLP)



The NVLP was founded in the autumn of 1995 by a committee of Marije Smit-Bakker (NIBA), Bill Solomon (Stichting Grounding), Angela Terpstra (NVBT), Joop Valstar (NVLP-EABP) and Robbert Verschuur (VUP) and subsequently organised the first Dutch congress in body psychotherapy in 1998.

The association was accepted as an EABP National Association in Travenmünde in 1999 with Tom Paulissen (President), Joop Valstar (Secretary) and Marianne Ingen-Housz (Treasurer). In 2001, the NVLP hosted the EABP congress in Egmond aan Zee which coincided with 9/11. In the subsequent years Joop Valstar (President) and Elisabeth de Lange (Secretary) organised many excellent symposia which raised the profile of Body Psychotherapy in the Netherlands.

In 2006, Joop and Elisabeth founded the Wilhelm Reich Fund, with the aim of supporting research in body psychotherapy. The aims and statutes agreed fully with those of NVLP/EABP.¹⁵ Joop was made an EABP Honorary Member and in 2015 Elisabeth was given an honorary membership of the NVLP.

¹⁵ When the Wilhelm Reich Fund was wrapped up after Joop's death the funds were given to the EABP to support further research.

The established psychotherapy profession in the Netherlands is a closed system and government supported. The NAP, representing the EAP in the Netherlands, continues to work towards recognition. Angela Terpstra (Chair) and Eline de Man (Treasurer) and later Ilona Göttges (Secretary) worked to keep the NVLP alive, but activities came to a halt in 2022.

- 1998 Symposium *The role of energy in Body Psychotherapy*
- 2008 5th Symposium *Attachment – main focus in the therapeutic relationship*
- 2013 Symposium
- 2017 with Merete Brantjberg, *An introduction to trauma-related therapy.*
- 2018 with Lidy Evertsen

Italian National Association

Associazione Italiana Psicoterapia Corporea (AIPC)



The AIPC was established in 1990 and was accepted as an EABP National Association in 1999. In the initial years there was not much contact between AIPC and EABP, mainly because of language difficulties. However, when a new Board was formed in 2006 with Fabio Carbonari as President, there was more activity. The most important activities are:

- Organization of conferences, symposia, expert meetings, and confrontation with other psychotherapeutic models i.e., conference dedicated to Navarro in 2007
- The Scientific Committee assesses the theoretical-methodological models of body-psychotherapy of the institutes belonging to the AIPC
- Active contribution to the biennial congresses of the EABP
- Collaboration with the Italian Federation of Psychotherapy Association (FIAP) that is the Italian representative of the European Association for Psychotherapy (EAP).

Under the presidency of Genovino Ferri (since 2015), attention has been paid to improving the quality, increasing the efficiency, widening the influence, and obtaining real results, by holding regular monthly meetings of the Scientific and Directive committees.

- 2011 2nd National congress incl. Ed Tronick, *The emotional and polymorphic polisemic flow of meaning and dyadic expansion of consciousness*
- 2014 1st Expert Meeting – *The embodied Self*
- 2015 2nd Expert Meeting – *Intersubjectivity and Body Psychotherapy*
- 2015 3rd Expert Meeting – *Fragile identities and body psychotherapy*
- 2017 Rome, Italy - the third AIPC conference *Psychotherapy takes body – encountering Stephen Porges' Polyvagal Theory*

Greek National Association for Body Psychotherapy (GABP)



Pesops

The first efforts to establish an Association which would represent body psychotherapy professionals in Greece started in the early 90s.

On the 12th of September 1995, the Greek Association for Body Psychotherapy (PESOPS) was founded by Klorinda Loubrano Kotoula in Athens and was accepted as an EABP National Association in 1999. Founding members and the Board of PESOPS were graduates of the Reich Institute, which had also been established by Clorinda Loubrano Kotoula in 1978. She was made an honorary president of the EABP in 2006.

The Association organised the 9th European Congress of Body Psychotherapy in 2004 in Greece (in Marathonas Attikis) and the 15th EABP Congress in 2016 in Athens. In November 2007, GABP-PESOPS, in cooperation with the Reich Center and the University of Athens organised a successful day event to celebrate the 50th anniversary of Wilhelm Reich's death.

Psychotherapy is not recognised as a profession in Greece but has a separate code for VAT from the Ministry of Finance. In late 2011 the NOPG submitted a proposal for professional recognition to the Minister of Health. PESOPS has been quite active in terms of presence and action within the NOPG.

PESOPS is a founding member of the National Association of Psychotherapy (NOPG), which has represented Greece in the European Association for Psychotherapy (EAP) since 1998. There is no official law in Greece governing psychotherapists, psychologists, and training schools, and the government does not recognize body psychotherapy schools.

Members have been active participants in institutional bodies of the profession in Greece and in EABP congresses and many have participated on the EABP Board and committees.

2004 Hosted the 9th European Congress of Body Psychotherapy in Marathonas Attikis

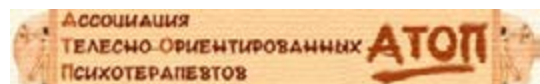
2007 Organised a day event together with the Reich Center and the University of Athens to celebrate the 50th anniversary of Wilhelm Reich's death.

2016 Hosted the 15th EABP Congress in Athens.

2017 Hosted the Joint FORUM & COUNCIL Meeting

Russian Association of Body-Oriented Psychotherapists (RABOP)

RABOP was founded in 1999 with Galina Chentsova as Chairperson and Victoria Berezkina-Orlova (later Svetlana Er-



makova) as Representative to the EABP COUNCIL. The Association was accepted as an EABP National Association in 2001, but the situation was not easy, as it was partly inherited from Soviet times when people were expected to be happy, thus not in need of therapy. The

Russian Government did not recognise body psychotherapy; according to a 1930's law, only medical doctors can practice psychotherapy. The Association worked hard for many years to build bridges and create collaboration. Individual members worked on supervision and education, finding ways to introduce many body psychotherapy modalities, including Bodydynamics and Biosynthesis, to Russia, and they presented their work in EABP events. Membership grew to more than 50 members. Although the Association came to an end in 2015 there are still several Russian members.

2009 Celebration for the 10th Anniversary of RABOP with *The Research-to-Practice Conference, Languages of the Body*

2013 hosted the COUNCIL meeting

2014 3rd International Festival of RABOP with 20 workshops and masterclasses by Russian and Ukrainian specialists, and about fifty participants.

Spanish National Association (APCCE)



In the 2010 Grey Book David Trotzig reported that the Association had ten members and that they were working hard to get more from the various body psychotherapy schools, but that in general there was not much interest in Europe-wide developments, and that language was a barrier. On May 21st, 2012, the association presented an event at the Psychology College of Valencia. Tairé Paredes became president in 2014. Although the association is still in existence it has not expanded, and language problems continue.

EABP-UK



On November 14, 2008, after a couple of successful national conferences in 2005 and 2007, the CABP (Chiron Association for Body Psychotherapy) was accepted as the EABP National Association for Body Psychotherapy. In 2012 the name was changed to EABP-UK to denote the section of CABP that consisted of EABP members.

Originally a professional association for those who had trained at the Chiron Centre for Body Psychotherapy, CABP took on the accrediting function for body psychotherapists of any training background, as the British NA from 2008.

Starting in 2010, the association's activities included providing a Body Psychotherapy CPD programme for psychotherapists of all modalities. The association was dissolved in 2020 by a majority vote of its members.

Since then, there has been an ad hoc 'Body Psychotherapy Network' (linked by a Google-group) of about 100+ people, meeting annually, where possible, but keeping UK Body Psychotherapists in touch with each other. There is still hope that eventually somebody will form a new National Committee and then a new National Association.

In 2012 the Association hosted the 13th EABP Congress in 2012 in Cambridge – *The Body in the World, The World in the Body*.

Serbian Association for Body Psychotherapy (SABP)



Ljiljana Klisic established the Tepsynthesis Training Institute in Belgrade. She had written several books and trained many students and then became a member of the EABP.

A group of the Serbian students wanted to become an EABP National Association in 2001, but the war in Serbia intervened, and it was not until 2004 that the Serbian Association for Body Psychotherapy (SABP) was accepted as a National Association of the EABP. Dr Klisic was still head of the training institute and was encouraged to step down as head of the association to ensure there were no conflicts of interest. She became an SABP honorary member.

In 2014, when SABP separated from the training institute, the contract was signed with the EABP COUNCIL representative, Elfriede Kastenberger. Sladjana Djordjevic was elected SABP Chair. When Sladjana Djordjevic became EABP General Secretary in 2016 Ana Ristic became the SABP Chair and Biljana Jokic begun to be actively involved in EABP Science and Research Committee.



- 2007 Hosted COUNCIL Meeting
- 2007 Trauma workshop with Inge Joachim
- 2008 *Management in Trauma with* Ditte Marcher
- 2015 Workshop with John Waterson
- 2016 Two-day workshop with NOKTA about relationships in BP and rebuilding the bridge between two Associations (NOKTA and SABP) – a big leap for both associations!
- 2017 Hosted COUNCIL Meeting
- 2017 Workshop with Carmen Joanne Ablack – *Embodiment and Creativity*
- 2019 Workshop with Maurizio Stupiggia

EABP • The First 35 Years



Israeli National Association

(ILABP)



The Israeli organization of body psychotherapy was accepted as an EABP National Association in 2013. Amir Leibman commented: “We held a launching and about 180 people participated. It was a festive evening with congratulations were received from the main BPT schools in Israel (“Reidman”, Biosynthesis – “Broshim”, “Carkur”, Ronit Askarov), and also from professional lecturers, and interested people from movement and discussion circles.”

In 2016 it was discovered that the Association was not properly registered with certain governmental authorities, and it took two years of effort to complete the official registration. The situation created uncertainty about the future of the association, but in 2017 they were once again able to hold workshops and seminars and to start planning activities.

The current board, elected in August 2020 and re-elected for an additional two years in August 2022, is active in strengthening the ILABP as a professional community and creating support for its members. This includes initiating meetings for junior therapists with veterans via zoom, in person meetings to come together as an ongoing group to discuss issues regarding therapy from different point of view, zoom meetings for discussions of changes taking place in society and in therapy thorough conversations between therapists from different modalities, evenings via streaming on a specific subject or in honour of a book that was published in Hebrew. The recordings of those evenings are available, free of charge, making the world of body psychotherapy accessible to traditional therapists and to the public.

Members have been active in translating the abstracts of the articles published in IJBP into Hebrew as can be seen in the web sites of IBPJ and ILABP.

9(c): National Committees

Scandinavian NC

Portugal: National Committee, APPC 2012–2016

Kosova National Committee KBPA 2015–

Bulgarian National Committee (BNC) 2020–

Croatian Association for Body Psychotherapy (CABP) 2022–

There are a few active National Committees – small associations of body psychotherapists in a particular country (or European regional), where there are, as yet insufficient numbers to form a National Association. National Committee representatives are always welcomed in the meetings of the COUNCIL, and EABP supports them wherever possible, with the hope that, in time, their numbers will grow, and the National Committee will become a National Association.

Scandinavian National Committee

For some years, there was a lot of activity in Norway, Sweden, Finland and Denmark, with some 60–70 EABP members. However slowly the number diminished. Bjørn Blumenthal played a significant role in Scandinavia in the beginning years. Lisbeth Marcher, Erik Jarlmaes from Denmark and Bjørn Ødegaard from Norway participated on the EABP board. A group of Scandinavians organised the congress in Askov Denmark in 2006. At some stage Bjørn Blumenthal and Bjørn Ødegaard formed a National Committee but there was no activity, and this petered out after a number of years.

Portugal: National Committee, APCC



This committee was formed in 2012 by Palmira Caravela, Conceição Silva and Thomas Riepenhausen to bring different schools together with the goal of organizing the EABP Congress in Lisbon. A set of statutes was made and in 2014 they were accepted as a National Association by the General Assembly. However, after attempts to keep things moving the NA was dissolved in 2016.

Kosova National Committee KBPA 2015–



In 2014, KBPA became an Organizational Member of EABP. In 2016 it became the Kosova National Committee. KBPA hosted the COUNCIL Meeting in Kosovo, Prishtina in 2012 and planned the Joint FORUM/COUNCIL Meeting in Kosovo, Prishtina in April 2021, which was cancelled due to the pandemic but held on zoom. They hosted the live COUNCIL Meeting in 2022.

Development of body psychotherapy in Kosovo was started with the Mind Body Medicine Approach when its founder, Dr. Jim Gordon of Washington DC, came to Kosovo with his team to train local professionals in trauma work. Subsequently local faculty members trained new members to help traumatised clients in mental health centres. This became one of the main approaches in the workshops offered by international organizations to treat war survivors with PTSD. In 1994, Enver Cesko, who had trained with Tepsynthesis in Serbia, started training in Body Psychotherapy.

Enver Cesko, now a full EABP member, started organizing workshops with psychology students in Kosovo, the first with 18 trainees in June 2007. Three people subsequently became full members in 2013, and a further six full members followed. International body psychotherapists, Ingeborg Joachim (Germany), Christina Bader-Johansson (Switzerland) and Sibylle Huerta-Kreff (Germany), also gave supervision and personal therapy to students. In 2010, Will Davis (USA / France) hosted 12 students for one week in his workplace in Calvission, France, for a workshop in Functional Analysis. Fabio Carbonari and Francesca Zoppi (Italy), Kostis Gkourtsoulis (Greece), and Ana Ristovic (Serbia) also gave workshops. Workshops have been attended by psychologists, pedagogues, physiotherapists, nurses, and sociologists.

From 2008 to 2010, KBPA-NOKTA received some financial support from CH-EABP, EABP and PESOPS and were especially grateful for the work of Christina Bader-Johansson and Sibylle Huerta-Kreff.

Enver Cesko started his first training workshop in Cyprus in 2006, and the following year he moved to Turkey where he is still continuing to train body psychotherapy with Turkish participants, organised by Celal Eldeniz, who is now the official representative from Turkey in EABP.

Bulgarian National Committee (BNC)

The BNC was established in January 2020 with seven full members of EABP. Shortly afterwards the pandemic started, putting activities on hold until July 2021, when activities resumed. The current situation in Bulgaria is as follows:

- ▶ There is no law governing psychotherapy in Bulgaria.
- ▶ Health insurance does not cover psychotherapeutic sessions or psychological consultations; clients pay their own treatment.
- ▶ Psychology is studied in universities (private and state), psychotherapy, as a specialization, in private training schools.
- ▶ Psychotherapeutic modalities (15) are all members of the Bulgarian Association of Psychotherapy.
- ▶ Bulgarian Institute for Neoreichian Analytical Body Psychotherapy is an EABP member and accredited by the EABP FORUM. It has existed for 26 years and offers a 4-year programme.
- ▶ Bulgarian Neoreichian Psychotherapeutic Society is an EABP member with more than 70 members.

Both the Bulgarian Institute for Neoreichian Analytical Body Psychotherapy and the Bulgarian Neoreichian Psychotherapeutic Society are active in sustaining a dynamic, functional, cooperative, and united professional community. Once or twice a month, one of them organizes an event, either online or face-to-face. These include group supervision, intervision, workshops, masterclasses, or other meetings, including guests/presenters from abroad such as Rubens Kignel online, Genovino Ferri.

Croatian Association for Body Psychotherapy (CABP)

(currently being established)

In the summer of 2022, the association had its founding assembly meeting and agreed that Sonja Briglevic would be President, DORIJAN BURČUL Vice president, IVA PIGAC Secretary, and LIDIJA KAŠTELANČIĆ Treasurer. Croatia has three Training Institutes that are accredited by the FORUM.

Appendix 3: The FORUM



ACCREDITED TRAINING INSTITUTES

Bulgarian Institute of Neoreichian
Analytical Psychotherapy (BINAP)

Sofia, Bulgaria
office@ibpt.eu
www.binap.eu

Centre for Integrative Development -
Educa (CIR-ICD)

Zagreb, Croatia
cir@cir.hr
www.cir.hr

Integral Personal Development -
Center and School (IPD)

Zagreb, Croatia
info@ipd-center.eu
www.ipd-center.eu

Ecole Biodynamique

Montpellier, France
ecole@psychologie-biodynamique.com
www.psychologie-biodynamique.com/

IFCC Institut de Formation en Thérapie Psychocorporelle

Strasbourg, France
secretariat@ifcc-psychotherapie.fr
www.ifcc-psychotherapie.fr



Aus- und Fortbildungszentrum Transformative Körperpsychotherapie

Berlin, Germany

bettinaschroeter@freenet.de

www.transformative-koerperpsychotherapie.de

Europäische Schule für Biodynamische Psychologie (ESBPE) e.V.

Gronenberg, Germany

esbpe@web.de

www.biodynamik.de

Hakomi Institute of Europe e.V. - Germany

info@hakomi.de

www.hakomi.de

Institute for Core Evolution

Essen, Germany

siegmar.gerken@gmail.com

www.CoreEvolution.com

Zentrum für Integrative Körperpsychotherapie und Humanistische Psychologie E.V.,

Frankfurt, Germany

Ilse.Schmidt@mac.com

www.zikp.de

EINA - Greek Institute of Vegetotherapy & Character Analysis

Athens, Greece

info@kentroraix.gr

www.kentroraix.gr

Hungarian Institute for Body Psychotherapy (HIBP)

Budapest, Hungary

mszemerey@gmail.com

www.szomato.org

Karkur College of Holistic Therapy

Karkur, Israel

roimaliach@gmail.com

www.bespirit.co.il/

Reidman International College - School for Body-Centered Psychotherapy

Tel-Aviv, Israel

sally@reidman.co.il

www.reidman.co.il/

European School of Functional Psychotherapy (SEF)

Napoli, Italy

info@psicologiafunzionale

www.psicologiafunzionale.it

Istituto di Neuropsicosomatica - Institute of Neuropsychosomatics (INP)

Bagni di Lucca, Italy

segreteria@villaggioglobale-education.com

www.neuropsicosomatica.com

SIAB Società Italiana de Analisi Bioenergetica

Roma, Italy

mail@siab-online.it

www.siab-online.it

SIAR Società Italiana di Analisi Reichiana

Roma, Italy

siar@analisi-reichiana.it

www.analisi-reichiana.it

SIB - Società Italiana di Biosistemica

Rome, Italy

info@biosistemica.it

www.biosistemica.org

Appendix 3 - Training Institutes 2022

Escuela Espanola Reichiana (ES.TE.R.)
Valencia, Spain
reichiana@esternet.com
www.esternet.org

NIB Nederlands Instituut voor Biodynamische Psychologie
Amsterdam, The Netherlands
jlbvisser@gmail.com
www.biodynamischepsychologie.nl
<http://www.biodynamischepsychologie.nl/>

NON-ACCREDITED TRAINING INSTITUTES: 2023

IKP Institut für Körperzentrierte Psychotherapie
Zurich, Switzerland
helene.helwing@ikp-therapien.com
www.ikp-therapien.com

Cambridge Body Psychotherapy Centre
Cambridge, United Kingdom
gillwestland@cbpc.org.uk
www.cbpc.org.uk
LSBP, London School of Biodynamic

Psychotherapy
East Finchley, United Kingdom
cbp.hilary@gmail.com
www.lsbp.org.uk

Centar Snaga Namjere
Zagreb, Croatia
centar.snaganamjere@gmail.com
<https://snaganamjere.com>

PROFESSIONAL ASSOCIATIONS

Bulgarian Neoreichian Psychotherapy Society
Sofia, Bulgaria
danymanolova@abv.bg
www.neoraihanstvo.org

Association Professionnelle de Psychologie Biodynamique (APPB)
Montpellier, France
president@appb.org
www.appb.org/

Association Européenne de Thérapie Psychocorporelle et Relationnelle (AETPR)
Strasbourg (Neudorf), France
secretariat@aetpr-psychotherapie.org
www.aetpr-psychotherapie.org/

Forum Symposia 2010-2017

2017 Athens Joint FORUM and COUNCIL

PESOPS, 'Supervision – How it is Approached in Different TT'.

2017 Frankfurt

- Ilse Schmidt Zimmermann & Gustl Marlock Zentrum für Integrative Körperpsychotherapie & Humanistische Psychologie, Frankfurt, Germany Presentation about the Stanley Keleman methodology. Discussion took place about *The Handbook of Body Psychotherapy*, Unitive Body Psychotherapy. and Formative Psychology, followed by a filmed demonstration of the Voluntary Muscular Cortical Effort technique.
- Michel Heller gave another workshop on ethics, with much discussion amongst members. The Ethics Committee wants ongoing contact with members to discuss and help with the ethics of training. The three main topics of discussion were:
 - Teaching: How to incorporate an automatic, explicit understanding of what is ethical and not ethical?
 - Sexuality: Sexual relations between therapists and patients are known to happen. Body Psychotherapy is perceived as having more occurrences of this, because of the involvement of touch. However, in fact, it may be less than other modalities, because touch is out in the open.
 - How can you identify people who should never be therapists?
- Siegmund Gerken, Institute of Core Evolution, Essen, Germany, gave a presentation of some of the scientific evidence for the benefits of Core Evolution work, plus an experiential workshop on the pulsation of one's life.
- Maayan Gedaliya, Reidman International College – School of Body Psychotherapy, Tel-Aviv, Israel *Cancer – In View of Holistic and Body-Mind Psychotherapy* The study measured sleep quality, appetite, and sexual desire before, during and after, once a week treatment, for four months. The immune, physical, and emotional systems increased, whilst anxiety, depression and tiredness reduced. Of the risk factors, Stress is considered the most important. The ability to express emotions is very important. People have to feel free to talk about death, what happens after, belief etc.

2016 Sofia Joint FORUM and COUNCIL meeting

- Michael Heller (Ethics Committee) repeated his Ethics workshop.

2015 Lyon

- Frederique Benoiton presented her *Biodynamic Therapy and Bio-release programme* with elderly patients with dementia in a hospital with 120 patients. Frederique trains the nursing aides and medical staff to use a biodynamic approach. She stressed the importance of knowing a patient's life story and how a repetitive, seemingly illogical, be-

haviour may be caused by an unresolved life problem. An elderly man kept crawling out of bed during the night and lying under the table. Understanding the patient's wartime experience led her to encourage the staff to cover him up and look after him under the table. Another patient kept screaming all day until Frederique's team worked to encourage her to scream and express what she needed to. She finally stopped screaming.

- ▶ Dominique Gutierrez presented her work giving Biodynamic psychotherapy with horses. Her beautiful film showed how two young children suffering speech and motion disabilities and being teased at school, could blossom and find friendship. Dominique was working on an application for use in one of the local prisons.
- ▶ Michael Heller's excellent presentation inspired the audience to think of ethics as a way of life, rather than the application of rules of behaviour. The Ethics Committee continues to be concerned about ethical behaviour of members, pointing out that Ethics should be an important subject on the Training curriculum of all Institutes.

2015 Athens

- ▶ Ditte Marcher (Bodydynamic International) Presentation of *a project for an association to support traumatised soldiers and their families*. Workshop on *body-psychotherapy treatment for trauma disorders in Bodydynamics*.

2014 Strasbourg

- ▶ Claude Vaux, Eliane Fliegans (IFCC, Institut de Formation en Communication et Thérapie Psycho-Corporelle) Workshop on *Touching in Psychotherapeutic Postural Integration: theoretical concepts, teaching structure, relationship between the different stages, reading of the body and contact with the animal nature*.

2013 Rome

- ▶ Zaharina Savova, (IBPT Bulgaria): Research: *Socio-economic Assessment of Treatment and Rehabilitation of Breast Cancer & Psychodynamic Aspects in the Development of Eating Disorders*.
- ▶ Gino Ferri (SIAR, Italy): *Supervision in Reichian Analysis* on a case brought in by Madlen Algafari (IBPT)

2013 Tel Aviv

- ▶ Luisa Barbato (SIAR, Italy): *Reichian body language: the correlation between evolutionary phases, character traits and bodily levels*

2012 Cambridge

- ▶ Amir Leibman (Reidman College, Israel): *The competency of body psychotherapy*. Re-

ichian and post-Reichian body psychotherapy, Bioenergy, biosynthesis, biodynamic, etc., all work with their unique approach. At the same time, they all have common ground with other modalities. In body psychotherapy we work mainly with contact, movement, breathing, mindfulness and relationship. Each modality might emphasize different aspects but will integrate all of the aspects.

2011 Seidenbuch

- Elisabeth Grubenmann, (IKP Zürich)

2010 Barcelona

- Thomas Riepenhausen (Asas e Ra'zes, Portugal) and Charlotte van Molen (Nederlands Instituut voor Biodynamische Psychologie): *Biodynamics*
- Genovino Ferri (SIAR, Italy) with translation from Luisa Barbato: *The Scientific Model of SIAR*

Presentations before 2010 included:

- Jerome Liss (SIB, Italy): *Vertical Brain Mechanisms for Understanding Conscious, Unconscious and Non-Conscious Knowledge. How Neuropsychological Maps Justify the Different Schools of Psychotherapy*
- Irit Peleg (Reidman College, Israel): *Research study with some hospital patients.*
- Bettina Schroeter (Aus- und Fortbildungszentrum Transformative Koerperpsychotherapie, Germany): *Death and Dying and how we deal with this in our body psychotherapy practice.*
- Thomas Riepenhausen (Asas e Ra'zes, Portugal): *Psychotherapy and the Spiritual Dimension*
- Markku Valimakki (Finnish Institute of Character Analytic Vegetotherapy, Finland): *Ethical guidelines on Touch*
- Bettina Schroeter (Aus- und Fortbildungszentrum Transformative Koerperpsychotherapie, Germany): *What works really in our therapeutic work? Beyond the books, the advertising brochures etc., with all our decades of experience in therapeutic work and training ... what do we still believe in, what are we disappointed at, tired of, resigned about?*

Appendix 4: EABP Congress History

EABP Biennial Congress Organization

The biennial congresses are major EABP events that give body psychotherapists the chance to network with colleagues from other nations, various modalities, and other professions interested in a more comprehensive approach. Our members are exposed to current events through pre- and post-congress workshops, keynote addresses, panels, and presentations.

The International Scientific Committee (ISC) worked with the EABP to hold the 2008 Congress in Paris. Although the ISC organized their body psychotherapy congresses every three years, this partnership took place every six years. It made sense for their congress to coincide with the EABP Congress when it was held in Europe. There is a list of ISC Congresses in Appendix 5.

The first few congresses were organised on an 'ad hoc' basis. Since 1999 they have mostly been hosted by a National Association. A Congress Planning Committee (CPC) is formed each time to decide on content and speakers and accept workshop leaders. Sometimes an external congress organisation has handled some of the local organisation – accommodation, publicity, travel bookings.

The congresses are held under the EABP banner and EABP is financially liable for their success or failure. This creates the potential of an uneasy or difficult relationship with the National Association: Who has the ultimate control – the Board, or the NA? Who creates the budget? Who does the book-keeping? Who has the bank account? How – and how often – is any monitoring carried out? Who makes decisions about the keynote speakers? Do we pay for (usually quite expensive) translation facilities and, if so, translation into how many different languages? Whose Congress is this anyway?

Losses incurred by congresses have emphasised the high financial risks involved in organisation and supervision by board members is not the only solution. Brainstorming and discussions in the years 2011, 2012 and 2013 led to the formation of two new 'Continuous Congress Committees'.

Continuous Congress Organizational Committee (CCOC)

While it is important to safeguard the autonomy of the Conference Planning Committees (CPC), set up for each new congress, experience needs to be passed on. The CCOC was formed in 2014, comprised of organizers of the last two congresses, and the next two congresses. Since then, the CPC has included members of this committee along with the local NA members.

Generally, it has become clear that we needed to develop more continuity in congress organization. For this reason, we integrated into our team colleagues from the last congress (Cambridge, 2012: Kathrin Stauffer) and the next congress (Athens 2016: Sofia Petridou, Pangiota, Katerina Kounali).

Thomas Riepenhausen, CPC Chair,
Grey Book Report 2014

In the 2018 Grey Book, Thomas Riepenhausen reported that the committee had developed a timeline ('what' should be done 'when') to assist congress organizers. A clear distinction was then made between the responsibilities of the local organization and those of the EABP board, secretariat and CPC:

- ▶ The local organizers look after contracts with the venue, service providers, hotels, restaurants, place for the welcome cocktails, the dinner and dance, the location of the GA, the distribution of rooms, and the organization of the team of assistants, etc.
- ▶ Registrations and payments from participants are the responsibility of the EABP administered by the secretariat. A central EABP congress bank account was set up after Lisbon and the conference bookkeeping has been done since then by the EABP office manager.
- ▶ Public Relations, design and texts, emails to members, social media, etc. are shared between the local organizers, and the EABP Committee for Public Relations.

Continuous Congress Content Committee

This committee was established after the 2010 Vienna Congress with the goal of setting up a content framework for the next series of congresses. The aim was to support the development of a general theory of body psychotherapy and encourage dialogue amongst the different traditions and theories. In line with the board's vision and policy, it was hoped this would help develop the profession and enable us to position ourselves better in the public realm. The idea was that the committee would work with the planning committees (CPCs) of the upcoming congresses, which it has continued to do.

In 2016, the themes for the next three congresses were formulated:

- ▶ Athens, 2016: *Embodiment*
- ▶ Berlin, 2018: *Experiencing Vitality and Flow*
- ▶ Bologna, 2020: *Experiencing Meaning through Sensations*

In 2018, the committee decided on an overarching theme for the next three congresses: *The Complexity and Integration of Body Psychotherapy*. The committee also works with collaboration from the Think Tank Committee.

Congress Website

The association had financed new websites for Askov (2006), Paris (2008), Vienna (2010) and Cambridge (2012), each time re-inventing the wheel at some expense. The 2014 Lisbon Congress organization engaged Luís Osório to use the Cambridge website and develop it further. Since then, Luís has continued to develop its capabilities; interim ‘back office’ problems have been sorted out, and the participant registration workshop participation now runs smoothly. The EABP now has a permanent Congress website. Since then, Luís has slowly taken over the management of all of the EABP websites – **EABP**^a, **EABP congress**^b and **IBPJ Journal**^c.

EABP Congresses

- 1986 1st EABP Congress Davos, Switzerland
- 1988 2nd EABP Congress Seefeld, Austria
- 1991 3rd EABP Congress Lindau, Germany
- 1993 4th EABP Congress Strasbourg, France
- 1995 5th EABP Congress Carry-le-Rouet, France
- 1997 6th EABP Congress Pamhagen, Austria
- 1999 7th EABP Congress Travemünde, Germany
- 2001 8th EABP Congress Egmond aan Zee, The Netherlands
- 2004 9th EABP Congress Marathon, Greece
- 2006 10th EABP Congress Askov, Denmark
- 2008 11th EABP / ISC Conference Paris, France
- 2010 12th EABP Congress Vienna, Austria
- 2012 13th EABP Conference Cambridge, UK
- 2014 14th EABP Conference Lisbon, Portugal
- 2016 15th EABP Congress Athens, Greece
- 2018 16th EABP Congress Berlin, Germany
- 2021 17th EABP Congress Online

a. <https://eabp.org/>

b. <https://congress.eabp.org/2023/site/>

c. <https://www.ibpj.org/>

EABP Congresses (since 1986)

The following section represents some of the amazing diversity of topics that come under this ‘banner’ of body psychotherapy. It lists organisers, themes, keynotes, panels and workshops. A few develop their presentations into articles, many of which are published in local publications, newsletters, and the IBPJ, and many are still available if you know where to look.

Little information remains about the first four congresses, but we have compensated by giving what information exists in our files for the later congresses. And indeed, it is remarkable what we *do* have available. Here it is, before it too disappears into obscurity.

This is Body Psychotherapy – in the flesh!

1986: 1st EABP Congress, Davos, Switzerland

Body Psychotherapy in Europe

1988: 2nd EABP Congress, Seefeld, Austria

Body, Health and Society

1991: 3rd EABP Congress, Lindau, Germany

Words, Touch and Transference

1993: 4th EABP Congress, Strasbourg

Science and Love

1995: 5th EABP Congress, Carry-le-Rouet, France

Six Perspectives on Body Psychotherapy

This was the first residential Congress with 203 participants

Congress Planning Committee: Gordon Harris, Michel Meignant, Per Harbitz, Bosse Ahrenfelt, Mathew Speyer, Peter Bolen.

Keynote Speakers: Alison Duguid: *Practice and Theory of Body Psychotherapy*; Tillman Moser: *Freudian Psychoanalytical Perspective*; Michael Heller: *Philosophical Perspective*; Jerome Liss: *Neurophysiological Perspective*; Serge Ginger: *Gestalt Perspective*; Anne Fraise: *Archetypal Perspective*; David Boadella: *Spiritual Perspective*.

1997: 6th EABP Congress, Pamhagen, Austria

100 Years of Wilhelm Reich: Energy, Sexuality, Character and Society

Held in cooperation with International Scientific Committee (ISC) and Association Internationale Soatiotherapie (AIS). The congress started in the Palais Ferstel in Vienna, to celebrate the 100th anniversary of Wilhelm Reich's birth and then moved to Pamhagen, a resort in Eastern Austria. It was the second residential congress.

Congress Secretariat: ICOS.

Planning Committee: Peter Bolen, Per Olof Björck, Gordon Harris, Ilse Schmidt-Zimmermann, Xavier Serrano Hortelano (ISC), Sybille Stähr (AIS)

Keynote Speakers: *Sexuality:* Myron Sharaf, Ilse Schmidt-Zimmermann, Andreas Wehowsky; *Self-Regulation: & Society* Michel Heller, Gustl Marlok & Esther Frankel; *Energy Concepts:* David Boadella, Luciano Rispoli, Lisbeth Marcher; *Empirism & Constructivism:* Peter Bolen, Heiko Lassek, Thomas Ehernsperger; *Diagnostic Tools:* Frederio Navarro, Eva Wold, Peter Geissler; *Therapeutic Relationship:* George Downing, Marten Aalberse, Richard Meyer.

Workshop Presenters: Barbara Andriello, Mi Arling, Eivind Christian Bartuska, Richard Blamauer, Björn Blumenthal, Christa Bolliger-Karcher, Ebba Boyesen, Gerda Boyesen, Mona-Lisa Boyesen, William Cornell, Lilly Davis, Will Davis, Walid Daw, Erick Dietrich, Thomas Ehrensperger, Androniki Fillipatou, Anne Fraise, Esther Frankel, Peter Geissler, Rolf Gronseth, Thomas Harms, Doris Hebenstreit, Felix Hohenau, Charles Kelley, Rubens Kignel, Anne-Marie Lesens-Porte, Jerome Liss, Mark Ludwig, Michel Meignant, Mello Wagner, Tracy Metz, Sture Nyman, Willem Poppeliers, Marjorie Rand, Luciano Rispoli, Stephano Sabetti, Xavier Serrano, Ilse Schmidt-Zimmermann, Căsar Schwieger, Jon Sletvold, Bengt Stern, Manfred Thielen, Nick Totton, Regina Lucia Vieira, Joachim Vieregge, José Henrique Volpi, Barbara Wanderer, Halko Weiss, Heinrich Wedral, Silja Wendelstadt, Christian Zitt.

1999: 7th EABP Congress, Travemünde, Germany

The Flesh of the Soul – The Body in Psychotherapy

Host National Association: DGK

Organiser: Ilse Schmidt-Zimmermann

Keynote Speakers: Michael Heller: *The Organism as Physiology, Body, Flesh and Soul*; Gerda Boyesen: *Body Psychotherapy is a Psychotherapy*; Malcolm Brown: *The How is Blood-Synergic Direct Touch*; Will Davis: *Energetics and Therapeutic Touch*; Fritz-Albert Popp: *Biophysical*

Aspects of the Psychic Situation; Maarten Aalberse: *Graceful Means: Felt Gestures and Choreographic Therapy*; Gustl Marlock/Halko Weiss: *In Search of the Embodied Self*; Bjørn Blumenthal: *The Psychotherapist's Body*; Luciano Rispoli: *Functional Psychology and the Basic Experience of the Self*; Jerome Liss: *Maps of Experience*; Albert Pessó: *The Elusive «I»*; Christine Caldwell: *Addiction as Somatic Dissociation*; Michael Heller/Véronique Haynal-Reymond/André Haynal/Marc Archinard: *Can Faces Reveal Suicide Attempt Risks?*; Siegfried Frey: *New Directions in Communications Research: The Impact of the Human Body on the Cognitive and Affective System of the Perceiver*; George Downing: *Bodies and Motion*.

2001: 8th EABP Congress, Egmond aan Zee, Netherlands

The Art of Relating: Exploring Positions and Relationships in Body Psychotherapy

Host National Association: NVLP

Conference Planning Committee (CPC): Erik Jarlmaes, Ingeborg Joachim, Kristine Lötsch, Lenie van Schie, Joop Valstar

Conference Selection Committee: Sean Doherty, Joachim Vieregge, Courtenay Young

Conference Office: Universal Seminars, Jill van der Aa

±200 participants. With an opening meditation with Walid Daw.

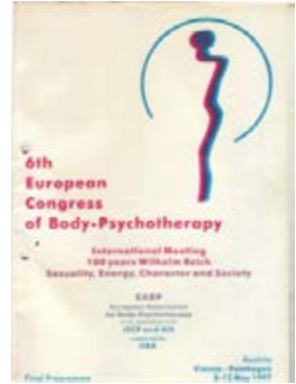
Keynote speakers: Marianne Bentzen, Andreas Wehowsky: *Introduction to the theme*; Lennart Ollars: *Challenges on the way towards a common ground of Body Psychotherapy: Body Psychotherapy versus the established fields of Psychology*; Kerstin Moberg: *The importance of touch*; Michael Randolph: *The Original Odyssey*; Michael Heller & François Fleury: *Margaret Mead Centenary*. (Mary Catherine Bateson was invited to speak but could not attend because of 9/11.); Daniel Ofman *Underlying beliefs and doubts concerning our professional identity*; Inga Teekens and Jean-Claude Audergon: *The art of conflict resolution*.

Master Classes: Gerda Boysen *Fifty Years of Body Psychotherapy*; Malcolm and Katherine Brown: *A live demonstration of organismic psychotherapy with a volunteer as client*; Bjørn Blumenthal: *Relating in the Body Psychotherapeutic process*.

Workshop Presenters: Maartin Aalberse: *War trauma, intra-uterine trauma and beyond*; Ron Alexander: *The art of leadership: excellence in communication, creativity and vision*; Jean-Claude Audergon: *The essence of symptoms in conflicts*; Jeff Barlow: *Contemporary somatic psychotherapy; towards an integrated theory of 'body' psychotherapy*; Ebba Boysen: *Exploring aspects of energetic and organic bond-*



ing within the therapeutic relationship; Enver Cesko: *Mind-body medicine approach in treating the wounds of war*; Walid Daw: *The power of the heart as a modality in the process of healing*; Thomas Ehrensperger: *The eyes are the mirror of the soul*; Chaja Kaufmann & Huub Notermans: *'It isn't mental, is it?'*; Berend Eiden: *The legacy of Reich and body-psychotherapy today*; Reinhard and Cornelia Flatischler: *Ta Ke Ti Na workshop*; François Fleury: (1) *Exclusion relived: Co-construction of prevention capacity* (2) *From one point of view to another; co-construction of an otherness*; Margit Grossmann: *Interaction patterns and basic principles for a 'good enough' relationship*; Michael Heller: *Who regulates whom?*; Gerald Kreft and Richard Wolf Nathan: *On the trail of an organismic legacy: a tribute to Kurt Goldstein*; Inge Krens: *Relationship begins in the womb*; Tanja Küchler and Emelie Sanktjohanser: *Transforma trauma therapy*; Menno de Lange: *The wounded healer*; Lisbeth Marcher: *Teaching children to deal with conflict by using a bodydynamic approach*; Kerstin Moberg: *The importance of touch*; Turid Nylund and Jon Sletvold: *Getting to know by imitation – emotion, character and formation of relationship*; Bjørn Skar Ødegaard: *The art of sex in a therapeutic relationship*; Lowijs Perquin: *Limiting aggression and handling conflict in Pesso Boyden System Psychomotor Therapy*; Luciano Rispoli: *Change at the deep functioning level*; Bregytta Rooney & Robbert Verschuur: *Alone, together; together, alone: Separation and intimacy in partner relationship*; Susan Scharweiss: *Using 'family' sculptures to understand international relationships*; Han Wassenaar: *Laws of communication in psychotherapeutic scenarios*; Halko Weiss: *On the multiplicity of the body/psyche and its effects on human relationships*.



Entertainment: Dinner Party with the Howlin' Shrinkers, Stories with Mary Sue Siegel, Musical performance by Yara Brusse and Hemmo Drexhage

2002: 6th International Congress of Body Psychotherapy, in Ischia, Naples, Italy (Not an official EABP Congress)

The Psychotherapy of the Future: from healing to life

Organised by International Scientific Committee for Body Psychotherapy (ISC) and Società Italiana de Psicoterapia Funzionale (SIF)

Co-sponsors: AIPC, EABP, USABP

Congress Secretariat: SIF

In 2002, the bi-annual sequence of the EABP Congresses was adjusted, so as not to interfere with the timing of the USABP Conferences, so that we wouldn't compete in the same year,

sometimes in the same month: this attempt failed as, shortly afterwards, they skipped a year: such is life! EABP held its General Assembly here, in Ischia, and was a co-sponsor for the ISC Congress in Ischia, which was organised by Luciano Rispoli from the European School of Functional Psychotherapy (SIF).

2004: 9th EABP Congress, Marathon, Greece

About a Body: The Body at the Center of Body Psychotherapy

Host National Association: Pesops

± 220 participants

European Scientific Committee: George Astrinakis, Bjørn Blumenthal, Elisabetta Casalotti, Clorinda Lubrano-Kotoula, Jerome Liss, Klimis Navridis, Nikolaos Paritsis, Luciano Rispoli, Panagiotis Sakelaropoulos, Xavier Serrano-Hortelano, Barrie Simons, Alberto Torre, Ioannis Tsegos, Ilse Schmidt-Zimmermann.

CPC: Clorinda Lubrano-Kotoula, Savvas Alexoglou, Lena Giannakopoulou, Kostas Gour-soulis, Marilena Komi, Pepi Mazaraki, Panayiotis Stambolis, Nikos Stergiou, George Astrinakis, Evelyn Niavi, Joop Valstar

Pre-congress workshop: Al Pessó, Diane Pessó: Holes in Roles

Post-congress workshops: Barrie Simons *Gestalt and the Body*, Alberto Torre

Keynote Speakers: Courtenay Young: *The History of Body Psychotherapy*; Kerstin Moberg: *The role of oxytocin in anti-stress and well-being*; Al Pessó: *Holes in Roles*; Bessel van der Kolk: *Trauma, Attachment and the Body*; Michael Heller: *A Case Study illustrating what can be evaluated with Postural Dynamics System*

Panel Presentation: *Touch in Body Psychotherapy*

Round Table: *Diagnosis in Body Psychotherapy, Touch in Body Psychotherapy*

Posters:

Sara Quenzer Matthiesen *The contributions of Wilhelm Reich to Education*; Berit Heir Bunkan *The Comprehensive Body Examinations*

2006: 10th EABP Congress, Askov, Denmark

Bodies of Knowledge – Resources for a World in Crisis

±200 participants.

Congress Planning Committee: Sean Doherty, Bjørn Skar Ødegaard with Ditte Marcher, Dagmar Rellensmann, Lisbeth Sten-Jensen, Martin Tidén, Markku Välimäki, Hellen Wraanes

Organisers: Jill van der Aa, Ditte Marcher

Pre and Post congress workshops: Stephano Sabetti, *Life Energy Process and the resonant body*; Andreas Wehowsky: *Integral Body Psychotherapy*; Erik Jarlmaes: *A Taste of Peak and Shock*; Siegmar Gerken: *Love, Sexuality and Relationship*; Rubens Kignel: *Accessing your creativity*.

Keynote Speakers: Gustl Marlock: *Eros Revisited; The therapeutic discourse on sexuality, love and passion from Freud to the present forms of Neo-Sexuality*; George Downing: *The development roots of work and play*; Kenneth Purvis: *Orgasm revisited*; Kerstin Uvnas-Moberg: *Love, Touch and Oxytocin*; Joachim Bauer: *Mirror Neurons: The neurobiological basis of resonance, intuitive understanding and empathy*; Lisbeth Marcher: *Kinaesthetic Learning*.

Panels: *Children and Body Psychotherapy*, with Marianne Bentzen, Amara Eckart and Ilse Schmidt Zimmermann; *Survival in Crisis* with Inge Joachim, Ljiljana Klisic, Ditte Marcher; *Love and Sexuality* with Ebba Boyesen, Malcolm Brown, Christiane Lewin and Stephano Sabetti; *Psychotherapy and Medication* with Joachim Bauer, Thomas Eherensperger and Gordon Harris.

Workshop presenters: Siegfried Bach: *Validation of William James' theory of emotion: An empirical report of vegetative reactivity by emotional induction and discussion of its implication for a coherent understanding of emotions*; Vladimir Baskakov: *Thanatotherapy: resources from the other side of life*; Marianne Bentzen: (1) *Heart and brainwave resonance in psychotherapy and meditation*; (2) *Sexual identity, gender roles and brain development from 0-5 years*; Jure Biechonski: *Your body talks to you – listen. Psychoneuroimmunology – clinical applications using hypnosis*; Ebba Boyesen: *Introjective identity*; Merete Brantbjerg: (1) *Pleasure and direction- integrating resources from different developmental phases*; (2) *Coping with transitions*; Malcolm Brown: *Amoring, fulfilling sexuality and monogamous bonding*; Fabio Carbonari: *Love, sexuality and tenderness: bodypsychotherapy resources in infertile couples*; Amara Eckert: *Psychomotor therapy – an experiential workshop*; Enver Cesko: *Using the four aspects of qualities of life in the treatment of sexual disorders*; Jörg Clauer and Vita Heinrich Clauer: *Bioenergetic work with pairs*; Sybilla Huerta Krefft: *Check the flow! Supervision and coaching and the wisdom of bodypsychotherapy*; Gerhard Fitchner: *Psychomotor therapy developmental accompaniment with children*; Mark Frosch-Baumann: *Grenzen ziehen: eine nachhaltige körpertherapeutische intervention*; Siegmar Gerkin: (1) *Intention quest*; (2) *Core evolution and infrared analysis*; Moritz Heitzler: *The role of the body in trauma work and EMDR*; Anne Jorgensen: *A sea of love – when love and sexuality move together*; Elmar Kruithoff: *How to recover play – the Moving Cycle model of body-centered psychotherapy*; Josette van Luytelaar: *Flow: unfreezing shock trauma and panic*; Vivian Persson: *Sound of movements*; Kenneth Purvis: *Male sexual dysfunction*; Bettina Schroeter: *Coming home*; Michael Soth: (1) *The potential and the pathologies of character structure theory*; (2) *Supervision from an integral-relational perspective – a live demonstration*; Laura Steckler: *The alchemy and the 'talk and touch' duet*; Elya Steinberg: *Touch, biodynamic massage, sexual and physical abuse*; Lars Tauvon: *The bodily presentation of significant life roles on the psychodrama stage*; Klaus von Ploetz: *Systemische Körpertherapie als ressource*; Kerstin Uvnas-Moberg: *Love,*

touch and oxytocin; Gill Westland: *Contemplative supervision of body psychotherapy – inviting the totality of experience in supervision*; Courtenay Young: (1) *Doing effective bodypsychotherapy without touch*; (2) *Bodypsychotherapy for the 21st century: The bio-psycho-social-political environment*; Ethics Committee with Angela Belz Knöferl, Lisbeth Sten-Jensen, Felix Hohenau, Christiane Lewin Gros; *My car, ethics and me*.

Mini Lectures: Bo Ahrenfelt: *Body cognition; body, information processing and consciousness*; Mona Lisa Boyesen; *Prevention of early disturbances*; Jörg Clauer: *From intellectual understanding to embodied comprehension: treatment of psychosomatic disorders in bioenergetic analysis*; Mark Frosch-Baumann: *Effekte wahrgenommener Selbstgrenzen auf die psychologische, endocrine und autonome aktion*; Gertude Rapinetti: *The embodied therapist – reflections from neuroscience and subjectivity*; Jorg Stolkner: *A key for working the forbidden: integrating sex therapy techniques in bodypsychotherapy*; Tom Warnecke: *The borderline experience – a somatic perspective*; Halko Weiss: *Mindfulness revisited: the contribution of bodypsychotherapy to mindfulness-based approaches*.

2008: 11th EABP / ISC Conference, Paris, France

Body Awareness – Where Body Psychotherapy, Neuroscience and Traditional Healing Meet

± 700 participants.

Organizers: François Lewin, Louise Quéré, Alexandra Pérol.

Selection Committee: Genovino Ferri, Rubens Kignel, Manfred Thielen, François Lewin, Michaël Soth, Maurizio Stupiggia, Guy Tonella, Joop Valstar, Claude Vaux Bjørn Ødegaard, Xavier Serrano.

Pre- and post-congress workshops: Jack Painter: *l'Intégration Posturale (Postural Integration)*; Rubens Kignel: *Biosynthesis, Biodynamique et Bioénergétique*; Svetlana Daribazarova (*Chamane Burriate: Burriate Shamanism*); Clover Southwell: *Psychologie Biodynamique*; Alberto D'enjoy: *Psychologie Biodynamique et voie du guerrier spiritual (Biodynamic Psychology & the Way of the Spiritual Warrior)*.

Keynote Speakers: Opening: Michel Meignant, François Lewin, R. Dadoun, G. Ferri, X. Serrano & I. Schmidt-Zimmermann (mod) *Reich toujours actuel? (Is Reich still up to date?)*; Michel Odent & Luciano Rispoli: *Development of the Social Being*; Manfred Thielen, George Downing & Guy Tonella: *The Development of the Infant*; Jerome Liss, Serge Ginger & Maurizio Stupiggia: *Trauma and Neuroscience*; Judyth Weaver, Geraldo Pizarro, Bo Ahrenfelt & Gilberto Safra: *Shamanism and Modified States of Consciousness*; M. Heller, G. Marlock, L. Tenenbaum, J. Valstar & F. Lewin (mod): *New Paradigms*; B. Ahrenfelt, J. Fontanille & G. Safra: *La Sémiotique, le Soi et la Conscience [Semiotics, Self & Consciousness]*; Gerardo Pizarro: *Chamane péruvien [Peruvian Shamanism]*.

Round Tables: *Le trauma et ses conséquences [Trauma & its Consequences]* Inge Joachim, Danielle Kerdommarrec, Fernando Ortiz & P.Y. Brissiaud; *Le développement de l'enfant*

Appendix 4: EABP Congress History

[*Infant Development*] Nora Avila, Paola Bovo & Mona Lisa Boyesen; *Sensorialité et identité [Sensoriality & Indentity]* G. Safra, J. A. Cotta, M. C. Giménez; *Les états modifiés de conscience [Modified States of Consciousness]* B. Blin, P. Gauthier, J. Baril De Grandpré, B. Bernard-Stacke, D. Magnin & E. Jung (mod); *Les Courants Reichiens [Reichian Currants]* Roger Dadoun, Manuel Redon, Thomas Riepenhausen, Bjørn Ødegaard; *La végétothérapie Caractéro-Analytique [Character-Analytic Vegetotherapy]*: X. Serrano, G. Ferri, A. Girardi, M. Valimaki, C. Lubrano & J.-L. Albina; *L'intelligence du corps [Body Intelligence]*; A. D'Enjoy, B. Blin, E. Ransford, T. Janssen & C. Vaux (mod); *Chamanisme et Traditions Athamis [Shamanism & Athemis Traditions]*; T. Janssen & S. Daribazarova.

Workshop Presenters: Miriam Dascal (Brazil): *Eutony, A Process and a Product*; Jean-Marc Guillerme (France): *Esthétique et énergétique*; Yardena Kaldes (USA): *Current Notions Of Trauma And Adaptation In The Context Of W. Reich's Orgasm Theory: A Bioenergetic Analysis Perspective*; Marie-Lise Labonté (France): *Le coeur de notre corps et la blessure d'amour fondamentale*; Edith Liberman (Spain): *L'analyse Bioénergétique au point de rencontre: émotion, langage verbal et relation*; Bernard Schlage & Agnès Hublitz (Germany): *The Pain Brain*; Réjean Simard (Canada): *Passer des eaux troubles à une rivi ère tranquille (modulation de la tension psychique et situation ou état de crise)*; Laura Stecker Scotland) & Betta Van der Kolk: *The alchemy of listening touch and verbal process: Rubenfeld Synergy Method® of Body Psychotherapy* Jack Painter (Italy/USA) *Awareness as Energetic Bodymind Drama, Roles which offer Excitement, Joy and Satisfaction*; Alberto D'Enjoy (France): *Drainage profond ou deep draining*; Beatriz Gonzalez de la Garca (Mexico): *The proposal is from the work of Dr. Luciano Rispoli relating the sociocultural influence, the ancestros, the psychologie and the family involved in the original nucleus of «yes»*; Paola Bovo & Martina Fara (Italy): *Le manque de résistance et d'affirmation des jeunes filles et des femmes: comment intervenir à des niveaux de profondeur avec la méthode fonctionnelle*; Michel Heller (Switzerland): *Les psychotherapies corporelles et le Système des Dimensions de l'Organisme*; José Cotta (Brazil): *Isaiah, a being of border: or when the environment transvestites the body, the identity*; Frank Röhrich, (England): *Body Psychotherapy in treatment of mental illness – state of the art in research and practice*; Kirsten Ekerholt (Norway): *Breathing: a sign of life and a unique possibility for reflection and action*; Lucas Rizzi, Silvia Belcaro & Marco Ascola (Italy): *L'effet de la formation sur les futurs psychothérapeutes*; Andrée Poupart, Marcelle Leger & Michael Paterson (Canada): *Des psychotherapies, processus, mort, et devenir*; Xanti Patera & Laura Casseta (Italy): *Music in Functional Psychotherapy*; Christina Bader-Johansson (Switzerland): *From Bunkan to Boadella: about Body Awareness in Scandinavian Psychosomatic Physiotherapy and in European Body Psychotherapy*; Rita Pinetti (Italy): *Méthodes et techniques fonctionnelles dans l'intervention clinique avec les enfants: quand le jeu devient thérapie*; Michel Alma Dea (Mexico): *Le corps dans la théorie de Reich*; Kina Meurle-Hallberg (Sweden): *Relationships between bodily characteristics and mental attitudes: bodily examined and self adressed ratings of ill health*; Cristianon Stea, Giuseppina Pasqua, Mariateresa Humar, Lisa Novelli & Roberta Rosin (Italy): *New approaches in patients with Multiple Sclerosis in a Public Health Service of rehabilitation with technical of Functionalism Body-psychotherapy integrated with physiotherapy inter-*

ventions; Halko Weiss (Germany): *Exploring the neurobiological base of the corrective emotional experience in Body Psychotherapy*; Fernando Ortiz (Mexico): *Character analysis today: indicators in the Hakomi Method*; Christiane Lewin (France): *Rêvéé veilléet fonction symbolique en psychologie biodynamique*; Martine Patet & Martine Guedon (France): *Défenses et corporelle*; Jean-Marc Tauszik (Venezuela): *Esbozos para una epistemologia del cuerpo que concierne a una psicoterapia contemporanea*; Ralf Vogt & Daniel Bade (Germany): *A psychotrauma and body-oriented model for single and group therapy that utilizes special symbolization methods for externalization*; Hartmut Wuebbeler (England): *Energetic self-care and subtle body connections in the therapy room*; Niede Diefenbach & Cassia saud Miranda: *Listening to the body in Morphoanalytical therapy*; Roberta Rosin & Valentina Cincotto (Italy): *Women and mobbing: methodological and functional aspects*; Maria Das Graças Vilas Boas (Brazil): *Breast cancer and behavioral patterns - A clinical observation*; Marie-Dominique Linder (France): *Engagement du corps dans la relation thérapeutique dans ses dimensions psychique, affective et spirituelle*; Marcia Helena Ferreira (Brazil): *Bioenergética na escola: intervenção que gera integração*; Marina Pompaei (Italy): *Elle avait peur de sortir toute seule*; Maignalida Zamora (Venezuela): *Orientacion para la eficiencia personal y laboral cambios y transformaciones*; Rizzi Luca, Patera Xanthi, Casetta Laura, Ferrat Hervé & Ascoli Matteo (Italy): *Les sources des groupes sportifs pour l'intégration socio-culturelle*; Deborah Carone Bellodi (Brazil): *Ecos do corpo - Body echoes*; Life Martin Tiden (Denmark): *Energy Process - Tapping into the healing resources of the body*; Sheila Butler (England): *Listening to the Body: the Biodynamic Way - The Expression, non-expression and suppression of emotions*; Bernadette Lamboy: *Comment la conscience émerge du corps : la démarche du focusing*; Yann Desbrosses (France): *La cigogne, atelier d'expérimentation d'un dispositif de revécu prénatal, à l'aide d'une nacelle de tissu*; Nora Avila (Venezuela): *Technics of therapeutic sensibilisation and contention*; Maryse Doess (France): *Le Toucher dans la construction du lien intersubjective*; Karine Hanselmann (France): *Les Fluctuations de l'identité et leur résonances dans le corps*; Sarah Radelfinger (Switzerland): *Sustaining self-constancy through the undulating breathing wave*; Jean-Loïc Albina & Anne Van Eisner (France): *Historique et méthodologie de la végétothérapie Caractéro-Analytique*; Giuseppe Rizzi, Chiara Pacquola & Francesca Galvani (Italy): *Les indicateurs du changement du fonctionnement d'un groupe de thérapie dans l'expérience du «S'appuyer»: une recherche avec le Modèle Fonctionnel*; Sorrentino Teresa (Italy): *Les Attaques de Paniques : nouvelles connaissances et nouvelles méthodes d'intervention avec l'approche Fonctionnelle*; Elya Steinberg (England): *The voyage from paralysis to life*; Xavière Azemard (France): *La mère et le corps: du corps à corps maternel... au corps de l'autre, Fusion - Identification - Séparation*; Jorg Clauer (Germany): *Developmental Aspects of Grounding*; Carlota Benitez & Cristiana Salvi (Italy): *Le Bien-être comme condition base du fonctionnement*; Simona Bartolini & Silvia Polizzi (Italy): *Body Psychotherapy in the ER. Applying Functional Psychology*; Verena Blum (Switzerland): *How couples succeed in mastering the balancing act between closeness and distance*; Patricia Burstein (Argentina): *The importance of using techniques in the treatment of eating disorders. Abiodynamic and Gestaltic approach*; Jacqueline Carleton

(USA): *Self-regulation from WReich to contemporary applied neurosciences*; Chantal Charpentier (Canada): *Rêver, vivre et s'ouvrir grâce à l'utilisation des métaphores et des allégories, pour les petits comme pour les grands*; Varda Dascal (Israël): *AContract for Touching* Coline Daubret (France) *Le Corps lieu de mémoire* Enver Cesko (Kosova) *Postural integration in our daily work and expressing the feelings*; Angela Naccarato (Brazil): *Study of the impact of erectile dysfunction in the quality of life of patients after radical prostatectomy*; Rachel Schmid Schoenbein (France): *Trauma dans la petite enfance: «Réparation» des expériences primaires grâce au travail psycho-corporel dans le jeu*; Agne Matulaite (Lituanie): *Phenomenological Analysis of Body Experience in Pregnancy*; Gerd Poerschke (Germany): *Body-psycho-therapeutical and resource-oriented crises-accompaniment for women with risk-pregnancies as well as for parents with babies and / or toddlers having crying- /sleeping- or eating-problems*; Jerome Liss (Italy): *The Impasse in the Stream of Consciousness and the Unconscious Impulses from the Brain Subcortex*; Paola Fecarotta (Italy): *Functional Psychology model in the treatment and prevention of the Obsessive Compulsive Disorder. Theory and testing*; Marcia Helena Ferreira (Brazil): *Atelier théorique*; Herbert Grassmann (Germany): *TraumaSomatics® The reorganization of the somatic memory system*; Merete Holm Brantbjerg (Denmark): *Building a Bridge between Trauma and Personality*; Muriel Jan & Claire D'Hennezel (France): *Raconte-moi ta naissance, pour connaître ta vie*; France Kaufman & Lucienne Spindler (France): *Construction Psychique, Etayage et Enracinement*; Céline Lorthiois, Leda Seixas & Anita Blanchard (Brazil): *Une Pédagogie profonde pour ce troisième millénaire – Nouvelle approche en éducation – Pour un développement intégral de l'enfant et une prévention des désordres psychologiques de l'enfance*; Donna Martin & Flint Sparks (Can/ USA): *Personhood and the Practice of Loving Presence*; Michel Meignant (France): *La légende de l'EMDR, – Présentation video*; Guy Tonella (France): *La mémoire implicite: lieu de résidence des fondements de l'identité de soi et de son pattern d'attachement*; Richard Wolf Nathan (Italy): *On the trail of an organismic legacy: the contribution of Kurt Goldstein: Biological knowledge is a form of biological being (The Organism, 1995)*; Alessia Beghi, Stefania Cavallari & Giuseppe Rizzi (Italy): *Contatto, Tocco e Massaggio in Psicoterapia Funzionale Corporea Italia*; Gerd Poerschke (Germany): *Body-psycho-therapeutical and resource-oriented crises-accompaniment for DE women with risk-pregnancies as well as for parents with babies and / or toddlers having crying- sleeping- or eating-problems*; Morit Heitzler (England): *The Processing Body – integrating EMDR and Body Psychotherapy*; Regina Hochmair & Sybilla Huerta Kreft (Austria): *Is it better to burnout than to fade away?*; Giovanni Lopez (Italy): *Abody-psychotherapy approach to Critical Incident Stress. Debriefing: individual and group treatment of Post-Traumatic Stress Disorder*; Didier Maguin & Brigitte Bernard Starck: *Approches psycho-corporelles et personnes gravement handicapées*; Luciano Rispoli (Italy): *Les racines de la violence. Le Fonctionnalisme : les nouvelles découvertes et les interventions*;s Andrée Poupart & Marcelle Léger (Canada): *Catastrophes, ruptures et re-création dans le processus psychothérapeutiques*; John MacFayden (Scotland): *Listening to and through body sensations and feelings for early relational wounding and uneven lines of trans-generational development*; Alessandro Bianchi

& Emilia Genta: *Early Indicators of disturbance in the first few years*; Manfred Thielen (Germany): *Integrative Körperpsychotherapie – und frühkindliche Störungen*; Ulla Funke Kaiser (Germany): *Somatic Experiencing as tool in working with traumatised clients*; Julio Vicente Perez & Magali Perez: *Body of love, body to love: How to activate and integrate masculine and female energies for intimacy and sexuality*; Carmine Piroli (Italy): *Body sensing techniques as a coping device after distress – experimental findings*; Kuca Rizzi, Laura Casetta, Silvia Radaelli & Debora Trabucchi (Italy): *Postural-Physiological Evaluation Scale (PPES)*; Ali Hamaidia (Algérie): *Le bain traditionnel (le Hammam) et le massage comme mode de thérapie pour le stress*; Nathalie Poepel (Germany): *Body sensing techniques as a coping device after distress – experimental finding*; Vladimir Baskakov (Russia): *Thanatotherapy – healing through Death*; Ebba & Mona Lisa Boyesen (Germany): *The pelvic as gateway to “schamanistic” energy*; Carla Canizzaro & Paola Fiore (Italy): *Yellow Red Violet experiences between art and body*; Enver Cesko & Sokol Sylejmami (Kosova): *Sufi tradition techniques and their place in Body Psychotherapy*; Sven Doehner (Mexico): *The body and sounds in dream images*; Gérard et Samai Fossat (France): *Résolution d’un mouvement primal précocement interrompu dans le cadre d’une intervention en constellation familiale*; Anne Fraisse (France): *Le massage de croisement : conscience et centration*; Eric Guenoun (Brazil): *Génèse de la cuirasse humaine et ses rapports avec la vie extra-terrestre*; Brasilda Rocha (Brazil): *Playing as a transformer of the energy*; Noriko Kubota, Katsuya Tsukakoshi, Yuuhei Hatakenaka, Ryoza Shimizu, Susumu Harizuka & Mitsuyo Tsuru (Japan): *The Dosha Therapy*; Cordula Dietrich (Germany): *The Body Tambura – a new Instrument for the Music Therapy Field*; Clover Southwell and Elya Steinberg (England): *Key biodynamic concepts explored experientially and in the light of contemporary neuroscience*; Peter Bernhardt (USA): *New Hope For Groups: A Systems-Oriented Approach to Managing Conflict and Chaos in Groups and Organizations*; Céline Lainesse (Canada): *La thérapie prénatale, un mémoire sur les traumatismes prénataux, un vécu à partager, une réflexion sur la société*; Paola Fecarotta (Italy): *Functional Psychology model in the treatment and prevention of the Obsessive Compulsive Disorder*; Fabrizio Stasi (Italy): *La Psychothérapie Organismique à la lumière des concepts holistiques de K.Goldstein*; Luisa Barbato (Italy): *The possibility of integration between the body, the emotion, the mind and the spiritual experiences*; Bjørn Blumenthal (Norway): *50 years in working as a bodyoriented psychotherapist – Awareness as a continuous process*; Stefano Sabetti (USA): *The Transpersonal Body*; Sylvie Richard (France): *Enraciner et pratiquer la présence*; Gabriel Shiraz (Israël): *The five energy lights that we breathe from the wisdom of the Kabbalah and the connection to Body Psychotherapy*; Alicia Guerrero (Mexico): *Mouvement Conscient*; Marco Lacono, Giovanni Ottoboni et Luca Rizzi (Italy): *Relations between mental imagery and bodywork : a new study*; Andrée Poupert, Marcelle Léger & Michael Peterson (Canada): *Des psychothérapies, processus, mort et devenir*; Athamis (Brazil): *Atelier shamanique: purification/nettoyage et reconstitution énergétique dans les relations*; Maria Dolores Diaz (Venezuela): *Taller Biodanza yexpresion*; Yannick Laval (France): *Tango argentin: rituel de la relation et voie de transformation*; Miriam Leiner (Brazil): *Body awareness throught rythmic movement: an afro-brazilian approach*; Jeanine

Appendix 4: EABP Congress History

Noel Olavarrieta et Alvaro Fernandez (Spain): *Danzando con el animal humano*; Yamina Nouri (France): *Du «tarab» au «woujoud»: danse, transe et thérapie*; Stig Hjelland (Norway): *Authentic impulse movement - Aworkshop on how to allow the moving, authentic expressions from the core*; Svetlana Daribazarova (Russia): *Divination shamanique avec les pierres (shaman stones predictions)*; Roberta Lubrano (Italy): *Dansethérapie Fonctionnel et Santer à Cubaine*; Laura Manilla et Despina Mavropoulou: *Théâtre Reichien - Reichian Performance*; Martine Gercault (France): *Etats non ordinaires de conscience et créativité: «Le pinceau chamane»*; Michael Soth (England): *‘The Fractal Self’ - re-formulating character formation and transference as parallel process*; Nick Totton (England): *Embodiment and Ecopsychology*; Pierre Gauthier (Canada): *Les états modifiés de conscience en psychothérapie. Leur utilisation dans l’intervention psychothérapique auprès de personnes affectées de graves carences affectives ou d’état de stress post-traumatique*; Luca Rizzi, Ester Bocasso & Patrizia Pozzato (Italy): *Multidimensional evaluation of a “Body Functional” intervention inside an Italian medical center with stress related problems*; Berit Bunkan (Norway): *Aprocess-oriented Comprehensive Body Examination (CBE) in Norwegian Psychomotor Physiotherapy (NPMP)*; Christian Gana (France): *Reich toujours d’actualité! Les générateurs d’orgone - régénération de la Nature, harmonisation des corps, libération de la conscience*; Ana Paricia de Sa Leitao Peixoto et Cosma Linhares (Brazil): *Enracinement et lien / Grounding &vinculo : da conexaõ como self ao encontro com o outro*; Tom Warnecke (UK): *Embodiment and disembodiment in the therapeutic alliance*; Sandra Barbagallo (Italy): *Cultural and Intercultural Mediation: Other Possible World*; Roberta Rosin, Vanessa Marchesini et Chiara Pacquola (Italy): *Travailler sur l’équilibre de Soi et sur les relations dans un syndicat: une intervention en utilisant le Modèle Fonctionnel Corporel*; Vincent Riedinger (France): *La danse du contact dans le toucher thérapeutique en profondeur*; Cristiana Morsolin et Lisa Novelli (Italy): *“Bougeons ensemble”: résultats d’une expérience de réhabilitation de communauté*; Rossella Sofia Bonfiglioli (Italy, Mexico): *Relation sur la psychothérapie du corps, sur la complexité des mondes culturels et sur les process du soin devant les différences et autres registres de la subjectivité et du symbolique*; Ulla Bandelow (France): *Initiation au Sensitive Gestalt Massage, une approche psychocorporelle par le touche*; Rosanna Bilotta et Michèle Lata: *“Et la Rivière coule...” - Atelier de Massage Biodynamique de distribution énergétique*; Juan Carlos Cortes et Rafael Lastra Espinoza (Mexico): *Estrategias psicocorporales mayas*; Achim Korte (France) *Guerison energetique et la dimension spirituelle dans la psychotherapie* Céline Lorthiois et Anita Ribeiro Blanchard (UK): *AState of Fluidity: the Paradigm of the Psychological Body*; Dirk Marivoet (Belgium): *Healing the World as my Body*; Silvana Mello (Brazil): *L’Analyse Bioénergétique sur la plage: corps, rencontre de natures*; Richard Meyer (France): *Le troisième millénaire aura-t-il un paradigme ou une apocalypse? Ecoloses: les pathologies liées au changement climatique*; Marcia Helena Ferreira (Brazil): *Atelier théorique*.

2010: 12th EABP Conference, Vienna, Austria

Body – Mind – Relationship

Host National Association: AABP

Congress Planning Committee: Elfriede Kastenbuerger, Bosse Ahrenfelt, Christina Bader-Johansson, Michael Heller, Regina Hochmaier, Bjørn Ødegard, Eva Wagner-Margetich

Scientific Committee: Martin Anger, Ulfried Geuter, Michael Heller, Margit Koemeda Lutz, Michael Musalek, Frank Röhrich, Regina Hochmaier

Keynote Speakers: Prof Musalek: *Human Based Medicine – Towards a new paradigm in medicine*; James Oshmann: *Body Psychotherapy: recent information on information processing*; Ilse Schmidt-Zimmermann: *Considerations on a contemporary body psychotherapy*; Will Davis: *Touching the Body – Touching the Self*; David Boadella: *Building bridges between feeling thought and action*; Babette Rothschild: *Hands On – Hands off in Body Psychotherapy*; Helen Payne: *Movement therapy with patients with medically unexplained symptoms*; Frank Röhrich: *Research and evaluation in bodypsychotherapy*; Luciano Rispoli: *Psychotherapy of the future from the perspective of modern Functionalism: cure and prevention*.

Pre & Post Workshops: Will Davis, Rudolph Müller-Schwefe, James Oshmann, David Boadella & Sylvia Specht-Boadella, Christiane Lewin, Babette Rothschild, Berit Heir Bunkan.

Workshops: Daniela Dvoretzka and Hedda Lausberg: *Kinetisches turn-taking in dyadischer interaktion*; Thomas Ehrensperger: *Körperpsychotherapie in de Psychosomatic und Allgemeinpraxis*; Ethics Committee: *Das Ethikkomitee*; Margit Koemeda-Lutz *Wo Worte nicht mehr greifen – Zur körperorientierten, emotionsfokussierten Arbeit in de Psychotherapie*; Christiane Lewin Gros: *L'utilisation des vibrations de la voix chantée en thérapie psychocorporelle*; Courtenay Young: *Encouraging the 'felt sense of self'*; Sheila Butler: *Landscapes of emotion – exploring the journeys we make with ourselves and with others*; Fabio Carbonari and Francesca Zoppi: *Respirazione funzionale e contatto dolce una chiave per l'unità mente – corpo*; Jacqueline A Carleton: *Somatic Experiencing in the treatment of attachment trauma*; Dietmar Dobretsberger and Monika Leitinger: *Körperpsychotherapie für Menschen mit Psychoseerfahrung im Rahmen de Tgaesklinischen Gruppenpsychotherapie*; Margarete Finger-Ossinger: *'ICH BIN VIELE' – Einzelfallberachtung einer dissoziativen Persönlichkeitsstörung*; Rita Fiumara-Liss: *The word and the impulse*; Siegmund Gerken: *Images of consciousness – between soul and science*; Rebecca M Ridge: *The body alchemy of psychodrama and its application to clinical populations*; Asaf Rolef Ben-Shahar: *Surrender to flow: trance and bodypsychotherapy*; Zaharina Savova: *Basic ideas of Neoreichian psychotherapy – the theory of 5 movements*; Christoph Schweigstill: *Hand aufs Herz – bindungsenergetik, eine herzgeleitete Therapie*; Gabriel Shiraz: *Bodypsychotherapy with mentally ill patients in Beer Yaakov mental health Hospital in Israel*; Joachim Vieregge: *Psychotherapie des feinstofflichen Körpers*;

Courtenay Young: *Doing effective bodypsychotherapy without touch*; Malcolm Brown: *A presentation of my three-volume autobiography*; Helga Hofinger: *Multimodale stationäre psychotherapeutische Behandlung aus Sicht der Konzentrativen Bewegungstherapie*; Waltraut Kompen-Chimani: *Keine Angst vor Nahe*; Eugenio Marer, Yuri Vilarinho and Tania Maria de Lima: *Experimental research in ergonomics: relationship between emotional and physiological signs in a body psychotherapy session*; Elisabeth Sedelmeyer-Langer: *Die Effekte von zwei Körperinterventionen auf das Verhalten und die emotion einer schwer gestörten Patientin in einer Therapiesitzung*; Cosimo Esposito: *La vegetoterapia carettero-analitica nella prevenzione e trattamento delle gravidanze a rischio*; Veronique Haynal-Reymond and Corinne Schütz-Demole: *Bodily expressions of emotions*; Barbara Jakel: *Pränatale Wurzeln der Bindung in der Psychotherapie*; Margit Koemeda-Lutz: *Two naturalistic prospective evaluation studies of effectiveness of BPT: EEBP and PAP-S*; Eugenio Marer and Tania Maria de Lima: *The bodypsychotherapists intervention in social contexts*; Asaf Roelof Ben-Shahar: *Resonance – deciphering the wisdom of antelopes*; Jochen Schirmer: *Körperpsychotherapie in einer integrierten hausärztlich-psychotherapeutischen Praxis*; Laurie Schwarz-Friedman: *Mindfulness and the body in experiential psychotherapy: to restore health and wholeness to the self: integration of Hakomi, Somatic Experiencing, Biodynamic, Cranio Sacral Therapies*; Elisabeth Sedelmeyer-Langer: *Die Effekte der Kombination zweier klassischer Interventionen der Körpertherapie*; Ralph Vogt: *Die Bedeutung von Ekel in der Körperpsychotherapie traumatisierter Patienten*; Thomas Ehrensperger: *Erlebte Körpertherapie in der Psychosomatik*; Barbara Jakel: *Praxis der Prä- und Perinatal orientierter Psychotherapie*; Adrienne Levy Berg: *Affect-focused bodypsychotherapy for patients with Generalised Anxiety Disorder*; Afrim Blyta and Jusuf Ulaj: *Psychological trauma related to war, resilience and recovery and Mind-Body medicine model, personal experience*; Waltraut Kompen-Chimani: *Keine Angst vor Nahe*; Jerome Liss: *Video of a face-to-face session: 'I am angry with my daughter, just like my Mother was with me'. Biosystemic Therapy in action*; Barbara Oles: *Trauma releasing exercises TRE nach Dr. Berceci*; Gabriele and Christian Bartuska: *Körperpsychotherapie – Bestätigung durch Naturwissenschaft*; Souza Brandão Frinea and João Paulo Lyra da Silva: *Reich the focal therapy precursor*; Patricia Burstein: *Nuevos Paradigmas en la Psicoterapia Corporal desde la Mirada Cuántica y las Neurociencias*; Lilly Davis: *Functional identity and Functional analysis, verbal work and bodypsychotherapy*; Laura Draghetti: *Il corpo prende forma attraverso la creta – integrazione de tecniche*; Herbert Grassmann: *Memory work – Zeit spielt keine Rolle*; Regina Hochmair and Sybille Huerta Krefft: *Burnout*; Sabine Kipper and Padma B. Tewes: *Die 2 Seiten des Kontakts*; Depi Mavropoulou and Laura Manila: *Body awareness and creativity*; Harry Merl: *Das Gesundheitsbild – ein einfacher Weg zur Körper-Seele Kommunikation*; Renata Moerth: *Ayurveda, bodypsychotherapy and Psychooncology*; Kathrin A Stauffer: *What can bodypsychotherapy really offer to people with physical illness?*; Virginia Zaharieva: *Breathing as an instrument for balancing body-mind relationship*; Ulrike Zahlner: *Somatic Experiencing® – ein psychophysiologischer Zugang zur Verarbeitung von Shock und Trauma*; Kirsten Ekerholt: *Psychologist and Psychomotor Physiotherapist referring patients to each other: common characteristics of the patients and treatments*; Gabriela and Christian Bartuska: *Lösen früherer Traumatisierungen und tiefes Nachnähren*; Souza Brandão Frinea and João Paulo Lyra da Silva:

Ocular work: appraisal different forms of pereptions; Elisabeth Jacobs: *The bodily perspective in the treatment of traumatised persons*; Dorothea Leygraf: *Kontakt – spiel der Gesten und Körpersignale*; Johannes Oehlmann: *Pulsation: Der Rhythmus des Herzens*; Francesca Ceccerelli, Roberta Rosin and Valentina Cincotto: *La voce de dolore: espressione interasta tra postura, emozioni, pensieri, fisiologia*.

2012: 13th EABP Conference, Cambridge, Cambridge, UK

The Body in the World – The World in the Body

Host National Association: UK

Congress Official Opening and Welcome: Kathrin Stauffer, Chair of CABP and the EABP Congress Planning Committee; Lidy Evertsen, President EABP; Professor Andrew Samuels, Former Chair of UKCP and Professor for Psychoanalytic Studies, University of Essex. **Keynote Speakers:** Merete Holm Brantbjerg: *Polarizing or Integrating Differences? An experiential plenary presentation*; Professor Daniel Stern: *Vitality Forms and Intersubjectivity*; Professor Stephen Porges: *The Polyvagal Theory and the Face-Heart Connection: Neural Mechanisms Mediating Social Behaviour and Health*; Professor Rubens Kignel: *Social Justice*; Sue Carter: *The Healing Power of Love: An Oxytocin Hypothesis*; Mary Anne Rust: *Ecopsychology: Exploring Eros, Animal and Earth*; Jean Claude & Arlene Audergon: *Body of Learning: A group process about where we are and what we contribute as a field of Body Psychotherapy*; Rowena Whitehead: *Closing Plenary*.

Panels: Shoshi Asheri, Dr. Asaf Rolef Ben-Shahar, Roz Carroll & Michael Soth: *Relational Body Psychotherapy*; Tom Warnecke, Lily Anagnostopoulou, Carmen Ablack, Michael Randolph & Christine Caldwell: *The World in the Body – Soma, Culture and Intersubjectivity*. **Presentations:** Eric Wolterstorff & Herbert Grassmann: *Event Memories of Familial Traumas: How to Integrate “The Scene of the Crime”*; Lily Anagnostopoulou: *The Body In and Out of the World*; Carmen Joanne Ablack: *Inner and Outer Critical Voices: The Embodiment of Competition, Co-operation and Collaboration in the Therapeutic World*.

Workshops: Madlen Algafari, Virginia Zaharieva: *The body remembers the shortest pathway to pleasure: Blocked communicative models and psychosomatic work with them*; Jon Chapman: *State of Mind – Healing Trauma Film made in 2009 of Albert Pesso’s work with mental health professionals and trauma sufferers in the Congo*; Marian Dunlea: *Body Dreaming – Exploring the Dream through the embodied dialogue between Body and Psyche brings together Marion Woodman’s BodySoul work, Peter Levine’s Somatic Experiencing and findings from Neuroscienc*; Katy Dymoke: *Seduction or Sensitivity, Conflict or Reciprocity*; Marco Iacono, Giovanni Ottoboni: *Touch is an instrument or an experience? Evidence from research and practice*; Kamalamani: *Embodying the Shambhala warrior(ess): exploring how post-Reichian character positions illuminate our creativity and con-*

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nection as ecopsychologists; Mark Ludwig: *Attachment Theory and the Body*; Silvia Kockel: *The world beyond the glasses – Die Welt hinter der* Nicolas Magriel *Attention to Sensation Moving Pieces Theatre Company: Charlie Blowers, Jose Parra, Kathy Osborne: Stories from the Body*; Asaf Rolef Ben-Shahar: *The Rainmaker – resonance as a relational intervention Resonance*; Barbara Schasseur: *Addiction and trance therapy – the other side of the mirror* Xavier Serrano Hortelano: *The Ecology of Human Systems: A Systemic Preventive Mental Health and Emotional Intervention*; Patricia Sherwood: *Somatic psychotherapy processes for working with Indigenous Australian Aboriginals, Black Africans in Zululand and Rwandan Genocide survivors*; Kathrin Stauffer: *Body Psychotherapy in the World*; Ralf Vogt: *Interactive settings within the holistic body- and trauma-oriented therapy model of the psychological experiential and behavioral regulation states*; Berit Heir Bunkan, Tore Kierulf Naess: *The Braatoy and Bülów-Hansen Body Psychotherapy: Theory, body examination, and demonstration on a patient (who is a medical student)*; EABP Scientific Committee – Herbert Grassmann, Siegmund Gerken, Frank Röhrich, Sheila Butler, Maurizio Stupiggia, Joop Valstar, Jill van der Aa, Courtenay Young: *Translating Research into Practice and Practice into Research – a ‘structured discussion’*; Kirsten Ekerholt: *Massage in Norwegian Psychomotor Physiotherapy: Patients’ experiences*; Jane Frances: *Seeing and feeling – the world enters the eye*; Portia Franklin: *An Introduction to PBSP Therapy: Integrating Body and Mind to Create Healing*; John Heath, Lis Heath, Jamie McDowell and Steff Oates: *Splitting – the bodymind in opposition to psychophysical unity*; Morit Heitzler: *“Truly, madly, deeply” – Relational Body Psychotherapy as an approach to developmental trauma and its challenges*; J. Ramón Mauduit: *Proyecto De Prevención Aplicado En Usurbil (“Haur Eskolan Etxean Bezela”)*; Allison Priestman, Stephen Tame: *Embodied Counter-Transference – Listening to our Bodies Telling Our Client’s Story*; Michael Randolph, Michael Gavin: *Pulsation in Practice: The Rhythm of Life (and Therapy)*; Bronwen Rees: *Evolutionary inquiry and its implications for the psychotherapeutic encounter*; Babette Rothschild: *Getting Published: Growing the Library of Books on Body Psychotherapy*; Nicky Smout: *From the womb into the world*; Mini Soer with Geoff Lamb: *Attachment Theory and Sexual Grounding Therapy (SGT)*; Gerhard Payrhuber and Dr Elya Steinberg: *Transgenerational Trauma and its Transmission: Touched by the Holocaust*; Gill Westland: *Touching the Body, Touching the World*; Wendy Bratherton: *Healing the Psyche-soma split through a combination of Jungian Analysis and Craniosacral Therapy*; Raffaele Cascone: *The community of the epigenetic self: regulating the epigenetic regulators with Systemic integration?*; Will Davis: *The Return to the Self/ Towards the Development of a Self-Relations Theory of Attachment*; Maci Daye: *Using Mindfulness to Enhance Erotic Vitality in Long-Term Relationships*; Vicky Gaughan: *Magical Movements in a wordless space*; Stig A. Hjelland: *“The frog egg – experience”*; Jerome Liss (film presented by Dr. Maurizio Stupiggia): *“Carla”, a Psychotherapy Session Using Body Intensification A Scientific Project*; Peri Mackintosh: *Freeforming Contact Meditation*; Agne Matulaite: *“Whose Body is this anyway?” Subjective Experience of the Self and Healthcare Practices*; Theresia Mestmäcker, Asaf Rolef Ben-Shahar: *Embodying the Eternal Triangle, One client and two therapists – demonstration of a single session*; Sandra Reeve: *Getting out of the furrow:*

ecological movement and delirium in ecopsychology; Werner Sattmann-Frese: *Ecologically and somatically aware psychotherapy*; Nick Totton: *The Politics of Character*; Olaf Trapp: *The touching search for the deepest energetic Self*; Halko Weiss: *The Interplay of our Mosaic Minds? How to conduct a systems analysis of interacting body/mind states in human relationships*; Jean-Loïc Albina: *Scientific and relational research in Character-analytic Vegetotherapy*; Julianne Appel-Opper: *Relational Living-Body-to-Living-Body-Communication One-up/one-down - or directed from within?*; Merete Holm Brantbjerg: *Working with patterns of dominance and submission - internally and externally*; Christine Caldwell: *Queer Bodies, Straight Society*; Laura Casetta, Luca Rizzi & Giuseppe Rizzi: *Music in Functional Psychotherapy*; Enver Cesko: *Using the Four Aspects of Qualities of Life in the Treatment of Sexual Diseases*; Ruth Cowan: *Belly Dance Therapy*; Siegmair Gerken: *Embody your Soul and be in the World: Psycho-Social-Emotional Dimensions of Embodiment, Attachment and Relationship*; Helen Payne: *The BodyMind Approach to working with patients with Medically Unexplained Symptoms*; Rachel Shalit: *From Longing to Belonging - Embodied Psycho-Spiritual Therapy Based on the thesis - 'Efficiency of Psychotherapy involving Altered States of Consciousness (ASC)'*; Daniela F. Sieff Bowlby: *How recent research in evolution and anthropology contributes to psychotherapy*; Amalia Sommariva: *Attachment in Pre & Perinatal Life*; Maurizio Stupiggia: *Why verbal psychotherapy is not enough to treat PTSD: a Biosystemic approach to stress debriefing*; Lars Tavvon: *The Body in Psychodramatic action*; Tom Warnecke: *The Intersubjective Body*.

Posters: Kirsten Ekerholt: *Norwegian Psychomotor Physiotherapy: A Source of Information Presentation of patients' experiences with the use of touch and massage in Norwegian Psychomotor Physiotherapy*; Alice Kvålel, Berit Heir Bunkan, Stein I. Opjordsmoen & Svein Friis: *Muscle and skin tension in different groups of patients, compared to healthy*; Ana Carla Lima Ribeiro: *Oxytocin and attachment: a literature review and discussion of the interaction between biological and social aspects of mother-infant relationship*; Katarzyna Schier & Monika Topór-Pamula: *The mental representation of the body in women with infertility*; Hiroki Yamaji: *Does mindfulness cultivate social connectedness? A literature review*. DVD Recordings available from: Owl Productions ([here](#)): Video opening with Merete Holm Brantbjerg, ([here](#)). Photos from the congress are available from Picasa.

2014: 14th EABP Conference Lisbon, Portugal

The Body in Relationship SELF - OTHER - SOCIETY

Hosted by the Portuguese National Committee

Pre and post-congress workshops: Nancy Eichorn: *Professional Academic Writing: Enriching the Human Experience*; Ulfried Geuter: *Working with emotional processes in Body Psychotherapy Experience*; Siegmair Gerkin & Cornelia Gerkin: *Love, Sexuality and Relationship: Our capacity to securely attach, joyfully attune and live a fulfilling sexuality*; Michael Heller: *Using touch in a psychotherapeutic process*; Halko Weiss: *Bringing you self into*

relationship – AHakomi–method approach to the interpersonal realm; Eric Wolterstorff & Herbert Grassmann: *Mandela’s Tongue: How to inspire unity after public traumas*; Paula Diederichs & Cláudia Pinheiro: *Demokratie und Gesellschaft, Prävention und Hilfe zur Selbsthilfe*.

Keynote Speakers: Ulfried Geuter: *Body Psychotherapy – Experiencing the Body, Experiencing the Self*; Michel Heller: *The Place of Body Psychotherapy in relation to other mainstreams of Psychotherapy: Congruence and specificity*; Wanda Viegas: *An Epigeneticist’s view on Psychotherapy*; Christiane Lewin-Gros & Genovino Ferri, Maria del Mar Cegarra Cervantes: *Working with Anxiety and Panic in BodyPsychotherapy*; Hans-Joachim Maaz: *Societal normopathy – narcissism and Body Psychotherapy*; Eric Wolterstorff & Grace Barros Correia, Panayiotis Stambolis: *Social Crisis & Trauma & MaryJane Paiva*.

Research Symposium: *Research Perspectives for Body Psychotherapy: Social & Emotional Isolation*; Herbert Grassmann, Sheila Butler, Frank Röhrich, Maurizio Stupiggia, Courtenay Young, Jennifer Frank Tantia, Stefan Bischof.

Panel: *Female – Bodies – Language* Angela von Arnim, Bettina Schroeter, Luisa Barbatto, Nora Avila Morina, Sofia Petridou, Virginia Zaharieva: *The Body in Psychotherapy Supervision*: Tom Warnecke.

Workshops: Elad Hadad: *Embodied Nonviolence: Somatic Negotiation Of Peace And Aggression*; Gabina Villagrán-Vázquez: *Taller De Atención Plena YConsciencia*; Boris Suvorov: *Corporal Provocative Methods And Frustration In Body-Oriented Psychotherapy*; Maria del Mar Cegarra Cervantes: *Working In Biosynthesis With Couple In Conflict Systemic Integration Process*; Panayiotis Stambolis & Sophia Tsoumaki: *Integrating Bodymind & Soul Aspects Through Multidimensional Maps*; Traudl Szyszkowitz: *Constellation Therapy As AMethod Of Intervention In Psychotherapy Or Supervision*; Olaf Trapp: *The Body In Relationship: Practicing Bioenergetic Analysis*; Herbert Grassmann assisted by Eric Wolterstorff: *“The Scene Of The Crime: Trauma, Transference, & Therapy”*; Suely Silva Freitas Maria, Vilma Chiorlin: *“The Dance Of The Body And The Dance Of The Soul”*. *“Body And Spirituality”*; Madlen Algefari: *Therapy Of The 7 Movements*; Michel Heller and Rubens Kignel: *“The Body Can Change Your Mind And Vice Versa”*; Ricardo Amaral Rego: *Eu Te Curo Ou Tu Te Curas? O Grau De Resistência Do Paciente Determina APostura Clínica*; Marion Lauschke: *Bodily Resonance: Form Processes In Aesthetic Experience And Developmental Psychology*; Sharon O’Halloran & Denise St Arnault: *Trauma After Domestic Violence: ABiodynamic Intervention To Promote Healing And Social Change*; Volnei Jorge Pinheiro Jr: *Corpo Meditativo / The Meditative Body*; Elya Steinberg: *Medicine, Psychological Trauma, Biodynamic PsychotherapyAnd Promotion OfHealth*; Sheila Butler, Herbert Grassmann, Frank Röhrich, Maurizio Stupiggia, Joop Valstar & Courtenay Young: *Ways Forward’ – The EABP Collaborative Practice Research Network (CPRN)*; Fernanda Freitas: *Ciência, Religião E Sociedade Atual*; Laura Hope Steckler: *Heads And Tails: Finding Wholeness Through The Head–Pelvic Connection*; Freema Elbaz-Luwisch: *Writing The Body: AProcess-Oriented Approach To Writing In Personal Development And Therapy*; Angela Yazmín Gálvez Pardo, Asceneth María Sastre Cifuentes: *Programas De Formación Profesional*

En Psicoterapia Corporal En América; Constança Bettencourt: *Embracing the Body-oriented approach in Ludotherapy (Child Therapy)*; Dulce Cabral Amabis: *Baby-Mother Relations: Clinical Discussion*; Kathrin Stauffer: *Integrating Neuroscience Into Psychotherapeutic Practice: What Does The Process Involve?*; Delfina Pimenta: *Análise Psico-Orgânica: Uma Abordagem De Psicoterapia Corporal*; Merete Holm Brantbjerg: *The Hidden Challenge In Coping With Stress*; Vera Pivonkova: *The Social Perception Of Big Five Personality With Relation To Self-Concept Of Judged Individual*; Martha Patricia Chaves, Luís Fernandes & Raquel Barbosa: *“I Enjoyed To Play With Clay” Bioenergetics With Seniors: Program*; Elke Wagner: *“Vivo No Corpo” Dancelines - Eine Heimat Im Körper Finden*; François Lewin, Ilse Schmidt-Zimmermann, Rubens Kignel & Maurizio Stupiggia: *One Case, Many Possibilities*; Cristina Angelini Edoardo Pera: *Analytical-Reichian Bodywork In Gender Based Violence And PTSD In The Middle East*; Renata Terruggi & Luis Carlos Sousa: *Fuxicando Para o Bem*; *Conversações em Conversações No Espaço Comunitário*: Luís Fernandes: *A Comunidade Como Parceira*; *A Construção Social Dos Corpos Periféricos*; Lily Anagnostopoulou: *The Somatics Of Death*; Dominique Gutierrez *Biodynamique Therapie Assisted By Horses In France*; Shai Epstein, Elad Hadad & Asaf Rolef Ben-Shahar: *My Lover, My Enemy, My Brother: Homoerotic, Aggression And Brotherhood In Body Psychotherapy*; Enrica Pedrelli, Luisa Passarini, Roberta Rosin & Luciano Sabella: *Modern Functionalism In Psychological Emergencies*; Miriam Nelken: *The Virgin And The Whore*; Genovino Ferri: *Supervision In Reichian Analysis*; Paula Moreno: *Movimento Sintónico*; Will Davis: *The Endo Self: A Model For Body Psychotherapy?*; Denise Saint Arnault, Sharon O'Halloran: *Mixed Method Multi-Level Research Roundtable*; Jayme Panerai Alves: *Os Irmãos: Relações Horizontais E Os Impactos Além Da Família*; Ilse Kretzschmar: *Meditaciones Personales E Interpersonales. La Dimensión Espiritual En Psicoterapia Corporal*; Angela von Arnim & Sybille Assmann: *Body Image - Diagnosis and Therapy. An Introduction To Working With The Body Image Sculpture Test*; Sofia Petridou, Maria Paschalidou: *Group Session In Times Of Recession*; Hiroki Komuro & Akiko Doi: *Making Friends With Your Body: Body-oriented Approaches For Schools And Community*; Lars Tauvon: *The Body In Psychodramatic Action*; Olinda Nunes: *The Psychodynamics Of Neurotransmitters According Reichian Analysis*; José Alberto Moreira Cotta & Rubens Kignel: *“A Questão Do Exílio Humano: Diálogos Entre A Experiência Clínica E A Literatura De Imre Kertész”*; Ursula Schorn: *Experiencing Inter-Connectedness Through Movement, Dance And Art*; Fabio Carbonari & Francesca Zoppi: *The Primal Bioenergetic Field And The Early Relationship*; Luis Gonçalves Boggio: *Psychotherapeutic Strategies For Addressing PTSD*; Asaf Rolef Ben-Shahar: *Radical Politics And Body Psychotherapy: Where Has Our Edge Gone?*; Virginia Zaharieva: *How To Help Without Wanting To Help?*; Bettina Schroeter & Cristina Angeli: *“Womens - Bodies - Politics” Supporting Embodied Female Dignity And Self Confidence*; Gabriele Bartuska & Christian Bartuska: *Birth Patterns - Social And Therapeutic Perspectives*; Tom Warnecke: *Taming The Tiger - Working With The Psycho-Biology Of Integration And Connection*; Denise Dessaune & Eugenio Marer: *Qualidade E Intensidade Da Função Orgástica. Consequências Individuais E Sociais*; Liliane Viegas: *Da Bioenergética À Dança Movimento Terapia Em Doentes Psiquiátricos: O Corpo Fala E Não Mente*; Despoina

Appendix 4: EABP Congress History

Mavropoulou: *Inner Voices – A Creative Interdisciplinary Anti-Crisis Workshop*; Carin Ballas: *'It Is Not What It Seems: Asperger', Different Perspectives*; Christina Bader-Johansson: *Embodiment – Body Psychotherapy For Beginners*; Stig Hjelland: *Mindful Authentic Movement Or "The Tender Beauty Of Uninhibited Self Expression"*; Berit Bunkan, Tore Kierulf Næss: *The Three Diaphragmas In Braatøy/Bülöw-Hansen Body Psychotherapy*; Evilázio Lima: *Biossíntese Morfo-Analítica – Gestalt Biológica Existencial: Ressonância, Interferência E Coerência*; Ana Patrícia Peixoto: *Grounding Na Relação: Enraizamento No Corpo E Na Vida*; Anette Torgersen: *Kinetic Awareness, A Sensory Awareness Work With Roots Back To The Work Of Elsa Gindler*; Maya Schrier-Kerstan: *Body Of Pain – Physical Pain In Psychotherapeutic Work*; Shinar Pinkas: *Sexuality In Relationship*; Milagros Carmona: *Integrating Biosynthesis And The Heart Meditation*; Brasilda Rocha: *Mãe, Brinquedo E Criança / Mother, Toy And Child*; Barbara Bayerl & Marie-Louise Redel: *Concentrative Movement Therapy (KBT) Einführung / Introduction*; Gabriele Fischer: *Cie Kunst Des Beobachtens*; Grace Wanderley De Barros Correia & Jayme Panerai: *Intervenções Psicocorporais Em Situações Traumáticas*; Wade H. Cockburn: *Embodiment As Compassionate Acceptance*; Carla Alves: *Integração Da Biosíntese Em Meio Escolar (2º E 3º Ciclos)*; Siegmar Gerken: *Embodiment, Empowerment And Centering In Mindful Presence An Experiential Core Evolution*; Amir Leibman & Ronen Levi: *Pulsation – Movement – Space – Structure*; Valentina Cincotto & Roberta Rosin: *The Way Towards Well-Being: Neofunctionalism And Non-Verbal Hypnosis Technique*; Shai Epstein & Rachel Shalit: *Dancing Between States Of Being – Moving Through Potential Transition Spaces*; Fina Pla: *The Grounded Body As A Path To Intimacy*; Ilona Göttges: *Depression In Bodypsychotherapy, Understanding, Holding, Comforting*; Theresia Mestmäcker-Schwieger & Asaf Rolef Ben-Shahar: *Reaching – Our Heart's Desire: Gestures Of Body Language: Real, Imaginary, Symbolic*; Annelie Ritschel: *The Body In Relationship To...*; Francisco Garcia Esteban: *Developing The Capacity To Engage In Deep And Gratifying Relationships Through Bioenergetic Analysis*; Nicky Smout: *Attachment By Attunement. How To Use Our Body As A Guide To Attune*; Annalisa Limosani Nicoletta Raffo: *VGT Applied To Panic And Anxiety*; Milca Leon: *Embodying Change- Molecular To Social- A Movement Based Workshop Presentation*; José Mário Albino: *A Permeabilidade Energética Em Contexto Psicoterapêutico*; Noriko Kubota & Mitsuyo Tsuru: *Dohsa Therapy: Its Theory And Clinical Application*; Frederic Lowen: *"The Bioenergetics Of A Healthy Society"*; Maria Vilma Chiorlin & Sueli Silva Freitas: *The Dance Of The Body And The Dance Of The Soul*; Jennifer Tantia: *Somatic Psychotherapy And Dance/Movement Therapy: A Continuum Of Care*

2016 15th EABP Conference Athens, Greece
The Embodied Self in a Disembodied Society

± 550 participants

Congress Committee: Lidy Evertsen, Sofia Petridou

Host National Association: Pesops

Scientific Committee: Panayiotis Stambolis

Pre congress workshops: Sofia Tsoumaki: *Yoga and Trauma: Creating resources for trauma healing and trauma related stress*; Christina Klissiouni *Touch and connectivity: tools of somatic awareness that enhance empathy, sensibility and flow to the bodypsychotherapist through movement*; Therapeia Stamou–Mazaraki *The ‘talking body’ in the couple relationship: a theoretical – experiential workshop integrating a somatic and a systemic approach*; Richard Overly: *Eva Reich’s Gentle Bioenergetics: connecting and restoring the natural energetic flow in the body*; Angeliki Kalatsopoulou: *Embodied self through play: the original play experience*; Christine Caldwell: *Integrating movement, sensation and breath in body psychotherapy*;

Herbert Grassmann: *How could you do research in your daily practice of body psychotherapy cultivating a somatically–informed mind*; Michael Soth: *Beyond antagonising: how not to enact the body–mind split interpersonally*; Olaf Trapp: *The touching search for the deepest embodied self. Self–experiential Bioenergetic Analysis in a group setting.*

Keynote Speakers: Ilse Schmidt Zimmermann and Frank Röhrich: *Embodiment and its association with Body Psychotherapy*; Shaun Gallagher and Christine Caldwell: *The Embodied Self in Philosophy and Life*; Genovino Ferri and Maxine Sheets Johnstone: *The Psychopathology of Disembodiment and Reconnection through Enactment.*

Round Tables: *Trauma, Embodiment and Self-Regulation:* with Domna Ventouratou, Herbert Grassmann, Lily Anagnostopoulou, Marianne Bentzen & Zoe Schillat; *Embodiment and Sexuality* with Antigone Orfanou, Enver Cesko, Therapeia Stamou– Mazaraki & Notburga Fischer: *The role of Embodiment in Prevention and Educational Sciences* with Fabio Carbonari, Marios Pourkos, Michael Callifronas, Susana Abigador; *The Female Body in Society and Psychotherapy* with Cristina Angelini, Eirini Avramopoulou, Kathrin Stauffer, Rae Johnson; *The concept of Energy in the process of Embodiment: An interdisciplinary approach* with Antigone Oreopoulou, François Lewin, Kostas Tsitinidis & Panayiotis Stambolis; *The common ground in Body Psychotherapy* with Ulfried Geuter, Michael Heller, Eleni Stavroulaki, Luisa Barbato, Judyth O. Weaver.

Science & Research Committee of EABP Symposia: *25 years of Research in Psychotherapy and Body Psychotherapy* with Herbert Grassmann, Lidy Evertsen, Sheila Butler, Frank Röhrich, Maurizio Stupiggia, Courtenay Young, Biljana Jokic & Jennifer Frank Tanti; *Politics and (Body) Psychotherapy: Theoretical and Historical Perspectives–The political significance of psychoanalysis* with Alexandros Theodoridis; *Historical perspectives and diachronicity in the relationship of psychotherapy and politics. Is Reich’s view still topical?* with Marilena Komi.

2018: 16th EABP Conference Berlin, Germany

Body Psychotherapy and the Challenges of Today: Alienation – Vitality – Flow

Host National Association: DGK

Congress Committee: Manfred Thielen (Chairman), Bettina Schroeter, Gustl Marlock, Marc Rackelmann, Ulrich Sollmann,

Congress Organisation: Thomas Riepenhausen

Pre-Congress Workshops

Hilarion Petzhold: *Self-perceptible, complex mindfulness and interoceptions: “Corrective personification and mentalization” in integrative Leibtherapy*

Heiner Steckel: *Basic Emotions, Pulsation and self-regulation*

Lidy Evertsen: *A touch of voice*

Enrica Pedrelli & Luciano Rispoli: *The challenge of health and well-being in today’s society. Scientific research, findings and innovations in Body Psychology in the treatment of anxiety and stress*

Genovino Ferri: *Body Sense – The Body Code Clinical Application of Body Psychotherapy*

Alan Fogel: *The Therapist’s Body: Using our own Embodied Self-Awareness as a Guide to Working with Clients*

Judyth Weaver: *Facing Alienation Rediscovering Vitality and Flow – out Today Challenges of Feeling and Sensing*

Keynote Speakers:

Gustl Marlock: *The Structural Changes of The Soul in Postmodernity*

Prof. Maurizio Stupiggia: *The pain in the virtual world: a new challenge for Body Psychotherapy*

Lidy Evertsen: *Making inner and outer connection*

Jeanne Nakamura: *On the Experience of Flow*

Rae Johnson: *Navigating Gender in Body Psychotherapy*

Carmen Joanne Ablack: *Towards intercultural working – pitfalls and possibilities for Bodypsychotherapy*

Michael Randolph: *On Vitality*

Alan Fogel: *States of Self-Awareness and the Therapeutic Vitality of the State of Embodied Self-Awareness*

Manfred Thielen: *Body psychotherapy and the Challenges of Today and Tomorrow*

Andreas Peglau: *The rightward shift in the 21st century. Wilhelm Reich’s “Mass Psychology of Fascism” as an explanation*

Symposium: Science and Research

Panels

Panel 1 *New symptoms and disorders. BP in a changing world* Luisa Barbato, Marianne Bent-

sen Regina Hochmeier, Eva Kaul Moderation Thomas Harms,

Panel 2 *Gender–Bodies–Politics– Potentials* with Anne Meinhold *The Big Five of Mothers, or: The normal client is a mother* Edoardo Pera *Gender Stereotypes in Eastern and Western Culture* Irena Markus *Non–binary Gender identities* Marc Rackelmann *Pioneers of a New Manhood* Moderation: Bettina Schroeter; *Vitality and Flow* with Heiner Steckel, Marilena Komi

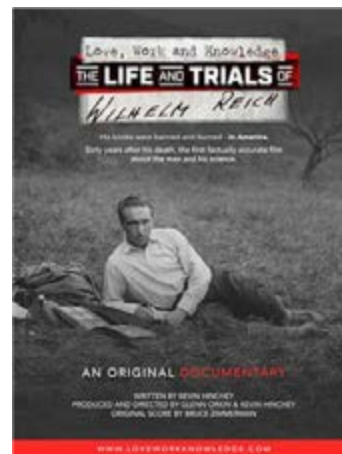
Panel 3: *Vitality and flow: Towards a re-organization of the system-organism*, Will Davis, Clover Southwell, Moderation: Marc Rackelmann;

Panel 4: *The body in the culture and the culture in the body* with Madlen Algefari, Cristina Angelini, Rubens Kignel, Ulrich Sollmann, Moderation: Julianne Appel–Oppper.

Panel 5: *Perspectives of Body Psychotherapy in Europe* Marc Brami, Alessandro Fanuli, Ulfried Geuter, Kathrin Stauffer, Moderation: Manfred Thielen.

Film: *Love, Work and Knowledge. The Life and Trials of Wilhelm Reich*; Discussion with Andreas Peglau, Marc Rackelmann moderated by Manfred Thielen.

Workshops: *The impact of pre- peri- and postnatal trauma and how it can heal* Renate Abel, Ilona Göttges, *Deepening our understanding of interbodily processes:* Julianne Appel–Oppper; *Beyond the Complicity of Expression and Interpretation: A Manifesto for Radical Healing:* Barnaby B. Barrat; *The body as a partner – from physical experience to cognitive understanding:* Michelle Brehm, Waltraud Malin; *Medical Trauma on Both Sides of the White Coat:* Jacqueline A. Carleton; *Physical attunement and body empathy:* Rita Fiumara–Liss; *Working with emotional processes in Body Psychotherapy:* Ulfried Geuter; *Global warming: If I think about it too much, I'll go mad:* Herbert Grassmann & Eric Wolterstorff; *Effectiveness of biodynamic psychotherapy in the case of easy and medium depression:* Thomas Haudel & Tina Schubert; *Grounding through Healing Touch: Techniques of Nurturing Contact and the Therapist's Experience:* Christoph Helferich; *Team Body Psychotherapy:* Michel Heller; *Bioenergetik als mentalisierende Körperpsychotherapie:* Reinhard Weber–Steinbach & Carsten Holle; *Is there a conflict between Body Psychotherapy and the mores of the post-modern world?* Geoff Lamb; *Fear of Life:* Frederic Lowen; *Potential of Motherhood –the big five:* Anne Meinhold; *Unwillkürliche Bewegungen als Ressourcen in der Traumaheilung – TRE® – Tension & Trauma Releasing Exercises:* Barbara Oles; *Intervention on Sensations and Contact alterations in depression disorder treatment:* Enrica Pedrelli & Luciano Sabella; *Nourishing vitality through sexuality* Irene Rizzi, Chiara Verzegnassi; *Stehen Sie auf wann Sie woollen:* Christoph Rother; *“See me, feel me, touch me – heal me!” Body-psychotherapeutic work with aggression:* Thomas Scheskat; *Exhaustion and Vitality – Challenges in Body Psychotherapy with the Elderly:* Boris Suvorov *Somatic Experiencing Praxis: Bridging*



the Neurobiological Chasm of Somatic Therapies & Neurobiology: Chris Walling; *Groundlessness – Safety – Love*: Gill Westland; *Introduction into working with the Body Image Sculpture Test (BIST)*: Angela v. Arnim, Astrid Grossert; *Oriental Dances (Belly Dancing) benefits through seven bodily levels*: Marialuisa Biggio & Samir Ben Mokhtar; *Dynamic Orgonomy*: Mona Lisa Boyesen & Ebba Boyesen; *The three respiratory diaphragms*: Berit Heir Bunkan; *Trauma without the Drama – Mobilizing the Undamaged Self*: Will Davis; *From the Ground to Verticality. From the Self to the Other. From the Womb into the World*: Ana Beatriz Degues & Mario Goretti Coelho; *Sex is not enough: why aging and dying matter to life love and community*: Jeanne Denny; *Gerda Boyesen’s model of body layers and its application in Body Psychotherapy*: Gabriele Fischer; *The imprisonment of the heart and the stiffness of the neck in post-modern society*: Konstantinos Gkourtsoulis, Alexandra Vais; *The Inner Helper*: Thomas Harms; *Peak Experiences*: Erik Jarlness; *Queering / Querying the Body: Working with Body Norms in Psychotherapy*: Rae Johnson; *Embodiment in therapeutic work*: Susanne Kukies; *On the effects of attrition in daily worklife and why self-optimizing is no solution – even not in psychotherapy*: Lutz Grell-Kamutzki & Heike Langfeld; *Sexual Life and Vitality after Prostate Cancer*: Angela Naccarato & Ivan Munic Silva; *The Four Wisdoms: Body Process and Field Perception*: Johannes Oehlmann; *Embodying Vitality, Increasing Fluidity: The Heart of the Matter*: Maria Sangiorgi; *Körperpsychotherapie und Sexualität*: Manfred Thielen; *Passion and Aggression*: Olaf Trapp; *How Postmodern Love puts us through the Wringer*: Halko Weiss; *The Future of Body Psychotherapy*: Courtenay Young; *The Original Body*: Assaf Avraham; *Structural Consolidation through Body-Mind Intervention*: Siegfried Bach; *Trauma, Schmerz, Entfremdung*: Ute Backmann & Martin J. Waibel; *Body-Psychotherapy – grounded in Quantum Physics*: Christian Bartuska & Gabriele Bartuska; *Developmental aspects of wisdom – how compassionate mental insight is born*: Marianne Bentzen; *Ignorance and Denial of Man’s Spirit in Post-Modern Society*: Richard A. Blasband; *Aus der Einengung in den „Flow“ der Begegnung* Ingrid Braunbarth & Klara Kreidner-Salahshour; *An Embodied Dialogue Process for Leadership*: Angel Buster; *Body Psychotherapy in our Changing World – Our body holds thousands of untold stories*: Sheila Butler; *Vitality and Flow Vs Alienation: What happen during the perinatal time?*: Fabio Carbonari & Francesca Zoppa; *Savoring Aliveness: A bodymindfulness practice*: Ginger Clark; *ATOPOS: Towards the lands of a homeland within*: Celâl Eldeniz; *Group for professional support: developing universal skills for body-oriented psychotherapy*: Svetlana Ermakova, Anna Gurina; *Alleviating Anxiety*: Yaniv Gafner; *Energetic Vibrational Psychoanalysis and BreathBalance® to manage stress in rigid patient*: Alfonso Guizzardi; *Gestures in expectation of a change*: Rubens Kignel; *Embodied Awareness of Shared Presence and Inter-Connectedness* Elena Osipova, Gautier Pidou *Meaning of Life through links between Quantum Physics, Evolution, Spirituality and Body Psychotherapy*: Gautier Pidou; *Vitality restoration intervention in chronic cephalic pain*: Giuseppe Rizzi & Umberta Dal Cero Karin Gusella; *Silent lines and lineages*: Bettina Schroeter, Cristina Angelini, Marilena Komi, Anna Willach-Holzappel; *The acting in Charactero-analytic Vegetotherapy, and its application in function of the Structure (Psychotic, Borderline, Neurotic)*: Xavier Serrano Hortelano; *The counselling-psychotherapeutic method of*

Metamorphose: The Self-value-feeling. Transformation of a negative Selfvalue-image: Joachim Vieregge; *Psychotherapeutic Yoga:* Heidi Presterud Wiese & Kari Evelin Arellano Lorentzen; *Seeding workshop:* Kalli Alexiou & Katerina Polemi; *Race, Inclusion and Embodied Reflexivity:* Sopia Ansari; *Erotic and Sex Signals in Therapy – a desirable challenge:* Philipp Alsleben; *Somatic Resonance and Intervision: a new approach to group supervision:* Ermanno Bergami; *Manic Depression: Clinical Evidences and Reichian Therapy:* Robert Brumărescu; *Connective Tissue: the ground of flow and vitality:* Lily A. Davis; *exuelle Liebe zwischen Entfremdung und Bindung (Sexual love between alienation and relatedness)* Notburga Fischer & Robert Fischer; *The organic roots of the sense of security: the use of body contact in psychotherapy:* Alessandra Giovagnoli & Rita Fiumara; *People without rest: treating insomnia and distress:* M Iacono, E Capovilla; *Early childhood development from a psychoanalytical-bioenergetic view: Consequences of early deprivations and early separations:* Hanna Kotowski; *Vom Vertrauen auf die Unbestechlichkeit und Freundlichkeit des Leibes in Zeiten der Selbstoptimierung Körperpsychotherapeutische Möglichkeiten der Funktionellen Entspannung:* Verena Laufer; *Gracefulness: our most natural state of being!:* Kristine Lötsch; *Cartography of Chakras MCKS Pranic Healing:* Ruth Nobuko Nakabayashi; *Awakening the Body Ego:* Michael Rupp; *Bodypsychotherapy in constellation work:* Gregor Reinold Schmitt; *Heart Awareness – in loving flow:* Michael Schmidt, Birgit Fiedler-Rumpel & Birgit Fiedler-Rumpel; *Blossoming Synapses:* Xanthippi Svolopoulou & Christina Samara; *One root of postmodern challenges: civilisation in the light of Quinn's cultural criticism and evolutionary medicine:* Benedek T. Tihanyi; *Estrangement – Orientation – Transformation in Practice and Theory:* Andrea Werner & Helmi Boese; *The terrible psychotherapist:* Virginia Zaharieva.

17th EABP International Congress 2020 – did not take place!

Sense and Sensations: The Fullness of Experiencing in Body Psychotherapy

Congress Committee: Maurizio Stupiggia; Lidy Evertsen, Fabio Carbonari, Genovino Ferri, Carmen Joanne Ablack and Rosanna De Sanctis.

17th EABP international Congress, Online 2021

The Fullness of Experiencing in Body Psychotherapy

Congress Committee: Carmen Joanne Ablack, Fabio Carbonari, Saranda Rexha Meglena Beneva, Tihomira Ilic Prskalo, Vladimir Pozharashki

Keynote Speakers:

Dr. Stephen W. Porges – *Questions and Answers* followed by a panel discussion with Genovino Ferri and Maurizio Stupiggia

Appendix 4: EABP Congress History

Kathrin A. Stauffer PhD *No Sense, No sensations: Working with early neglect*

Marianna Bentzen *Coming to our senses – the music of our bodies*

Panel: Fabio Carbonari, Sladjana Djordjevic

Workshops: *The Basic Experience of the Self of Contact in this distancing world* Luciano Sabella & Enrica Pedrelli

Judyth O Weaver *Sense and Sensations: Experiencing the Fullness in Life... in anything we do*

The International Body Psychotherapy Journal Facilitators Madlen Algafari, Aline LaPierre, Antigone Oreopoulou, Christina Bogdanova *Ten benefits to deepen your clinical skills and expand your professional life*

Symposium Science and Research

(1) *From Neuroception to Body Awareness in Body Psychotherapy*

(2) *Body Awareness Scales & utility in Body Psychotherapy*

Symposium: *Society in Corona Crisis Modus: What does it mean for Body Psychotherapy?* Ulrich Sollman & Thomas Riepenhausen

Appendix 5: Other National and International Congresses

United States Association for Body Psychotherapy (USABP) Conference and Honoree History



- 1996 1st US National Conference on Body Oriented Psychotherapy & 4th International Congress of Psycho-Corporal Therapies: *Building Bridges and Celebrating the Differences*, Boston, MA
- 1998 1st USABP Conference: *Creating Our Community*, The University of Colorado, Boulder, CO
Lifetime Achievement Award: John Pierrakos, MD, Founder of Core Energetics, Co-founder Bioenergetics
- 2000 2nd USABP Conference: *The Art & Science of Psychotherapy*, Berkeley, CA
Keynotes: Allan Schore, PhD & Catherine Weinberg, PhD
Lifetime Achievement Award: Alexander Lowen, MD, Co-Founder of Bioenergetics
First Research Award: Pamela Pettiani, M.D., PhD
- 2002 3rd USABP Conference: *Emergence & Convergence: The Body in Psychotherapy*, Baltimore, PA
Keynotes: Ed Tronick, PhD & Stephen Porges, PhD
Lifetime Achievement Award: Ilana Rubenfeld, Founder Rubenfeld Synergy Method
- 2005 4th USABP Conference: *The Body of Life: Body Psychotherapy in the Real World*, Tucson, AZ
Keynote: Thomas Polk
Lifetime Achievement Award: Stanley Keleman, DC, Founder of Formative Psychology
- 2008 5th USABP Conference: *Getting to the Heart of the Matter, Cherry Hill, NJ*
Lifetime Achievement Award: Ron Kurtz, Founder of Hakomi

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- 2010 6th USABP Conference, *Unravelling Trauma– Body, Mind and Science*, John F. Kennedy University, Concord, CA
Keynotes: Robert Scaer, MD & Janina Fischer, PhD
Lifetime Achievement Award: Peter Levine, PhD, Founder of Somatic Experiencing
- 2012 7th USABP Conference: *The Body in Psychotherapy – The Pioneers of the Past, The Wave of the Future*, Boulder, CO
Lifetime Achievement Award: Albert Pesso, Co-Founder of Pesso-Boyden System Psychomotor
Pioneer Awards: Akhter Ahsen, PhD, Founder of Eidetic Psychotherapy, Eugene Gendlin, PhD, Charles Kelley, PhD, Army Mindell, PhD, Jack Lee Rosenberg, PhD
- 2014 No Conference Hosted
- 2016 8th USABP Conference: *Sexuality, Spirituality & the Body – The Art and Science of Somatic Psychotherapy*, Rhode Island, RI
Keynotes: Joan Borsenko, PhD, Barnaby Barratt, PhD
Lifetime Achievement Award: Eugene Gendlin, PhD: Founder of Focusing
- 2018 9th USABP Conference: *The Science of Connection: Honoring Our Somatic Intelligence*, Santa Barbara, CA
Keynotes: Allan Schore, PhD & Babbette Rothschild, MSW
Lifetime Achievement Award: Judyth Weaver, PhD
Pioneer Award: Stephen Porges, PhD
- 2020 No Conference (Global Pandemic)
- 2023 10th USABP Conference: *A Somatic Revolution-- The New Generation*, San Francisco, CA
Keynotes: Jessica Benjamin, PhD & Susan Aposhyan, M.A.
Lifetime Achievement Award: Don Hanlon Johnson, PhD
Pioneer Award: Bonnie Bainbridge Cohen, OT, RSMT

International Scientific Committee for Body Psychotherapy (ISC) Congresses

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| 1987 Oaxtepec, Mexico | 2005 Sao Paulo, Brazil |
| 1990 Montreal, Canada | 2008 Paris, France – in conjunction with EABP |
| 1993 Barcelona, Spain | 2011 Margarita, Venezuela |
| 1996 Massachusetts, USA | 2014 Lisbon, Portugal – in conjunction with EABP |
| 1999 Morelos, Mexico | 2017 Mexico City |
| 2002 Ischia, Italy – in conjunction with EABP | |

