

THE EUROPEAN ASSOCIATION FOR BODY-PSYCHOTHERAPY - EABP

INTRODUCTION

Body-Psychotherapy

is a distinct branch of Psychotherapy, well within the main body of Psychotherapy, which has a long history and a large body of literature and knowledge based upon a sound theoretical position. It is an ethical and scientific method of professional practice for relieving emotional and mental distress and for human growth.

It involves a different and explicit theory of mind-body functioning, which takes into account the complexity of the intersections and interactions between the body and the mind. The common underlying assumption is that the body **is** the whole person and there is a functional unity between mind and body. The body does not merely mean the “soma” and that this is separate from the mind, the “psyche”. Many other approaches in psychotherapy touch on this area. Body-Psychotherapy considers this as fundamental.

Body-Psychotherapy recognises the continuity and the deep connections in which all psycho-corporal processes contribute, in equal fashion, to the organisation of the person. There is not a hierarchical relationship between mind and body, between psyche and soma. They are both functioning and interactive aspects of the whole human being.

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

It is also a science, having developed over the last seventy years from the results of research in biology, anthropology, proxemics, ethology, neuro-physiology, neuropsychology, developmental psychology, neonatology, perinatal studies and many more disciplines.

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

The European Association for Psychotherapy (EAP) has scientifically validated Body-Psychotherapy as a mainstream branch of the profession of psychotherapy, and several modalities (or methods) within Body-Psychotherapy have also been scientifically validated by the EAP.

AIMS & OBJECTIVES

The Aims and Objectives of EABP are:

- a) to act as an accrediting organisation for Body-Psychotherapists and to maintain and promote standards, ethics, and levels of professional worth among its Members;
 - i) to establish Body-Psychotherapy as a recognised branch of Psychotherapy, and
 - ii) to obtain official recognition for the speciality of Body-Psychotherapy in the various European countries, and
 - iii) to establish that Body-Psychotherapy can be practiced legally and professionally in all countries in Europe;
- c) to promote the dialogue and the exchange of information among the EABP Members to further their intellectual, scientific, creative and special knowledge and practice in Body-Psychotherapy in a manner similar to other fields of psychotherapy;
- d) to offer EABP Members the opportunity to make use of the Association as a supporting structure through the exchange and interchange of information and experience;
- e) to develop and support all kinds of activities, as for instance, the organisation of congresses, workshops or other meetings;
- f)
 - i) to compile a bibliography of all published articles and books relating to the specific theoretical area of Body-Psychotherapy, and
 - ii) to issue a professional journal about Body-Psychotherapy, and
 - iii) to collect and compile publications relating to the subject;
- g) to further scientific research and development in Body-Psychotherapy.
- h) to assist members with professional, ethical, educational, and national registration difficulties (*to be voted on in October 2004*)

Currently we have about 550+ Accredited European Body-Psychotherapist Full Members in about 21 European countries. There are autonomous 'branches' of EABP – National Associations – in at least seven of these countries: Switzerland, Austria, Germany, Netherlands, Italy, Greece & Russia; other National Associations in Yugoslavia, France, UK & Scandinavia are in the process of being formed. We also have members in USA, various South American countries and Australia. This membership represents only a small percentage of qualified and experienced Body-Psychotherapists, many of whom are members of other professional and accrediting organisations allied or associated with EABP.

EABP has various categories of membership for individuals: Full, Candidate, Associate or Honorary Members; and Organisational Membership for Training Organisations, Professional Associations, or European-wide Institutions. Many of these are also members together in The FORUM for Body-Psychotherapy Organisations.

The main source of income is through membership subscriptions. EABP is registered as a legal association in Switzerland. It has bank accounts in Switzerland, Netherlands & the UK.

Relationship with EAP:

EABP is a member of the **European Association of Psychotherapy (EAP)** and has been accepted as a European Wide Accrediting Organisation (EWAO) and, as such, has a seat on the EAP's Governing Board and representation on the European Training Standards Committee and Scientific Validation Committee. **EAP** is currently establishing psychotherapy as a recognised profession, appropriate training standards, accredited psychotherapy trainings, and the European Certificate for Psychotherapy that will lead to professional accreditation on a European-wide basis.

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

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

Relationship with USABP:

The United States Association for Body Psychotherapy (USABP) is a 'sister' organisation to EABP in the USA. It has many links with EABP and many similar aims, criteria and structures: as well as being different, given the different situation of psychotherapy and Body-Psychotherapy in America. Several people are members of both organisations, and there is reciprocation in that USABP members are welcomed at EABP events and given similar discounts as EABP Members.

Similar Associations are forming in other countries (eg: Brazil) and EABP welcomes these initiatives and tries to assist and support these in whatever ways are appropriate.

EABP Website:

EABP has a large and significant website with a number of different & interesting sections and facilities: these include - the EABP Register of Accredited European Body-Psychotherapists; information about EABP, its organisation, its structure, and how to join; information about FORUM Organisations; and National Associations; information about conferences, congresses, seminars, symposia, events, and often reports of previous events; information about publications; book reviews and significant articles on Body-Psychotherapy; information about Ethics; Training Standards; Membership Criteria; down-loadable items like a PowerPoint projection on Body-Psychotherapy; further contacts with other Body-Psychotherapy organisations world-wide; the submission on the Scientific Validity of Body-Psychotherapy; and much more.

ORGANISATION

EABP is organised as follows:

There is a **Board of Directors** of about seven people, which is elected every two years at the **General Assembly of EABP**. This is usually held directly after the biannual **Congress**, the theme of which is relevant to Body-Psychotherapy. Attendance at the Congress is open to anyone. Voting at the General Assembly is only for accredited Full Members of EABP, though admission is open to all.

There is an **Ethics Committee** of five people, also elected at the General Assembly, which deals with all matters touching on the ethical code, procedure for complaints, ethical advice and similar professional issues.

The President, General Secretary and Treasurer of EABP are elected for four-year terms at the General Assembly. The Ethics Committee Chairperson is a non-voting member of the Board. The elected Chairperson of The FORUM of Body-Psychotherapy Organisations is also ratified as a voting Board member. A representative of the Council of National Associations is also on the Board.

Several countries have organized themselves into independent **National Associations**, which check Membership Criteria for applications from that country and organize the country's affairs. Currently Austria, Germany, Switzerland, Greece, Italy, The Netherlands and Russia have a National Association for their EABP Members. Others are in the process of forming one. These National Associations negotiate with the National Umbrella Organisations for Psychotherapy in those countries to achieve official recognition of Body-Psychotherapy in that country. These National Associations are in the process of forming themselves into a **European Council for Body-Psychotherapy**.

Other countries have a **National Committee**, which helps to keep EABP Members in touch with each other. EABP National Associations and Committee representatives meet together annually.

The **International Membership Committee** co-ordinates the various national activities and oversees all individual Membership Applications in co-operation with the National Associations and Committees.

Other Committees include:

The Congress Planning Committee that organises the next Congress and a **Congress Selection Committee** that invites presenters and workshop leaders to this Congress.

The **Publications Committee** oversees the literature that EABP puts out. Currently there is a twice-yearly Newsletter and a booklet of Membership Information that goes to all Members; a booklet about Body-Psychotherapy organisations and the EABP website. There is also this Introductory Booklet.

A **Register of European Body-Psychotherapists** with the names, addresses and telephone numbers of all our accredited Body-Psychotherapist Members is published on the EABP website: www.eabp.org.

A **Training Standards Committee** meets with representatives of the various Training Schools and has established a set of criteria for Body-Psychotherapy trainings.

There is also a **Scientific Committee** and a **Professional Development Committee**. These Committees are open to EABP Members and are chaired by a member of the Executive Board.

MEMBERSHIP CRITERIA AND CONDITIONS

Current EABP Membership Criteria

In order to be accredited as a Full Individual Member of EABP, a Body-Psychotherapist must have completed:

1. At least 600 hours of professional training as a psychotherapist over at least a three-year period, 400 hours of which must have taken place with a recognised school of Body-Psychotherapy; or can demonstrate that they have done "the equivalent".
2. At least 150 hours of ongoing individual (or group) body-psychotherapy, one three-hour session of group work being equal to one hour of individual psychotherapy. These hours of personal psychotherapy should be outside* the setting of training with a professionally paid body-psychotherapist. At least 100 hours should be individual one-to-one sessions; or can demonstrate that they have done "the equivalent".
3. A minimum of at least 100 hours of professional supervision by a body-psychotherapist in either group or individual context outside of the setting of the training; "or the equivalent". The number of hours of group supervision should be multiplied by two and divided by the number of people in the group.
4. At least 600 hours, preferably more, of paid professional practice as a body-psychotherapist over a 3-year period, either in group or individual context, "or the equivalent".

* Although there may be therapy and supervision within the training contract, the hours, which meet the four criteria, must be contracted and paid for separately. The ideal would be to have a separate therapist, supervisor, time and place, as well as separate payment for these sessions. We realise that, at this time in the professional development of some schools and training programmes, this ideal is still unrealistic.

We are at present (in 2004) instigating a process of re-defining these Membership Criteria with a view to harmonising them with the EABP Training Standards, EAP criteria, and other professional developments in psychotherapy.

Membership Conditions:

When an individual has met the acceptance criteria, he/she should receive a copy of the statutes (Articles of Association) along with the Ethical Guidelines and Procedures. When the individual signs the acknowledgement of this acceptance and the EABP Membership Declaration, he/she is thereby also accepting these standards as a condition of his/her membership.

The resignation of a member will not be accepted if there is an ethics case outstanding which involves them and an application to rejoin will also not be accepted until any outstanding ethics case is completed.

EABP membership, at the moment, does not mean that the member has any legal permission to practice.

EABP is working towards having its membership criteria accepted as professional qualifications for Body-Psychotherapy in various European countries.

Currently we also accept members from non-European countries.

Organisational Members can be natural or corporate bodies working in the field of Body-Psychotherapy: usually Training Organisations or Schools, Professional Associations, and European Institutes for Body-Psychotherapy modalities. The annual Individual and Organisational Membership Fees are currently 190 Euros.

Candidate Members are people who have completed a recognised training in Body-Psychotherapy but do not yet fulfil all the current EABP Membership Criteria, particularly item 4. The annual Candidate Membership fee is 100 Euros and it is limited to a maximum of 5 years.

Associate Membership is for students in or for people interested in Body-Psychotherapy and there are no conditions. Associate Members cannot vote in the EABP General Meetings and the annual membership fee is 50 Euros.

Honorary Membership is for people who have contributed significantly to European Body-Psychotherapy, from recommendations that come to the EABP Board and which are ratified by the EABP bi-annual General Assembly.

EABP MEMBERSHIP DECLARATION

All members sign this declaration.

To us, Body-Psychotherapists, ethical principles shape interpersonal behaviour, which is honest, life-enhancing and avoids needless pain. The following statements reflect our feeling that ethical guidelines should express these qualities in feeling as well as in application.

Our work is dedicated to freeing the life energy of human beings and help move it in the direction of clarity, freedom, love, honesty, compassion*, respect and joy.

In order to serve that purpose, we as body-psychotherapists commit ourselves to examine constantly our actions, motives and attitudes in all professional relationships.

We enter into a multitude of complex relationships, individual therapy, group therapy, training, supervision and colleague interactions as well as all the interfaces between them. In all these positions, we also represent our field in the eyes of the public.

We recognise that in all therapy, training, supervision and consultation, we are involved in varying degrees of asymmetrical relationships, in which we have the primary responsibility for appropriateness of content, context and boundaries. Our actions are therefore governed by our perception of the requirements of the relationship in question.

We realise that our goals are influenced both by our overt actions and our state of being.

We realise that our position is unique in our societies, in that we encompass the fields and methods of both psychotherapy and body-therapy, and that we therefore must be especially attentive and sensitive to boundary issues of all kinds: physical, psychological and particularly around the issues of sexuality.

We accept responsibility for keeping up with new developments in psychotherapy, for improving and updating our skills and knowledge, for obtaining advice and support from our colleagues as needed - and when necessary for seeking therapy ourselves to resolve personal problems.

* *Compassion means to have a heart-felt empathy for others - not to suffer for them.* (This footnote is included in the Membership Declaration)

THE FORUM FOR BODY-PSYCHOTHERAPY ORGANISATIONS

About 30 of the 40 Organisational Members of EABP have organised themselves into The FORUM for Body-Psychotherapy Organisations, which is a meeting place for Training Organisations or Schools, Professional Associations, and European Institutes, for modalities, which are all involved in Body-Psychotherapy. Initially The FORUM was sponsored by EABP but it now works parallel with it. The elected Chairperson of The FORUM is a full voting member of the Board (of Directors) of EABP. The FORUM is also self-financing.

The FORUM met for the first time in April 1998 in Vienna. Over 20 organisations were represented. It has since met in February 1999 in Vienna; in September 1999 in Travemünde; in Athens in Spring 2001; in Egmond aan Zee, The Netherlands in September 2001; in Iserlohn in Germany in February 2002; in Naples in October 2002; in Montpellier in March 2003; in Frankfurt in Dec 2003; in Vienna in April 2004 and at the 9th Congress in Athens in Oct 2004..

The FORUM has been given a mandate by the 1999 EABP General Assembly to accredit Body-Psychotherapy Training Schools according to the EABP Training Standards and a process of self-assessment and mutual recognition. This process is subject to scrutiny by the EABP Training Standards Committee and review by the EABP Board & General Assembly.

Up to 2003, 17 Training Schools have so been accredited. Several more are in the process of accreditation. The FORUM now forms the "second pillar" of EABP. Over 20 organisations are active members and together represent about 5,000 trained Body-Psychotherapists.

To join The FORUM a school must first become an Organisational Member of the EABP. At least one person from the school must also be a full Individual Member of the EABP so that they can represent their school at the EABP General Assembly. The school or institute must also be a legally constituted organisation with appropriate standards and codes of ethics and be supportive of EABP's aims. They receive full information about EABP's activities.

EABP has also made presentations to the EAP on behalf of some modalities of Body-Psychotherapy also to become accepted as scientific. Five modalities, all members of The FORUM, have currently received this acceptance: Biodynamic Psychotherapy, Unitive Psychotherapy, Hakomi, Bodydynamic Psychotherapy and Emotional Reintegration (ERI) and Character Analytic Vegetotherapy and Core Process psychotherapy are submitting validation papers. Additionally Biosynthesis, Bioenergetics and Psycho-Organic Analysis have also been accepted as scientifically valid by the EAP. This process means that people trained in such modalities will, in due course, be able to receive the EAP's European Certificate of Psychotherapy.

The **FORUM** is beginning to achieve a separate identity from EABP and develop its own goals and aims related to the needs of its member organisations. Each FORUM Meeting is now organised to coincide with a one-day symposium where schools present their methods to each other and have a full professional exchange. Presentations are also planned to coincide with the 2003 and 2004 meetings. Further information and application forms for FORUM Membership can be obtained from the EABP website: www.eabp.org or from the EABP Secretariat.

CONGRESSES

The EABP has organised the following European Body-Psychotherapy Congresses. These have been 3-4 day residential Congresses and usually attended by between 250 and 350 people.

1.	Body-Psychotherapy in Europe,	Davos, Switzerland	1987
2.	Body, Health & Society,	Seefeld, Austria	1989
3.	Words, Touch & Transference,	Lindau, Germany	1991
4.	Science and Love,	Strasbourg, France	1993
5.	Six Perspectives on Body-Psychotherapy	Carry-le-Rouet, France	1995
6.	100 Years of Wilhelm Reich: Energy, Sexuality, Character & Society	Pamhagen, Austria	1997
7.	The Flesh of the Soul	Travemünde, Germany	1999
8.	The Relationship in Body-Psychotherapy	Egmond aan Zee	2001
	The Future of Body-Psychotherapy (in conjunction with the International Scientific Committee)	Ischia, Italy	2002
9.	The Body at the Centre of Psychotherapy	Athens, Maronas, Greece	2004

EABP Members have been involved in the organisation of the following:

International Congresses:

- Congresses organised by the International Scientific Committee for Body-Psychotherapy (Mexico 1987; Montreal 1990; Barcelona 1993; Ischia, 2002; Sao Paulo, Brazil 2005)
- International Congress of Somatotherapy and Somatanalysis (Paris 1987; Montevideo 1989; Strasbourg 1991; Buenos Aires 1992)
- International Congresses on Body-centred Psychotherapy (Zürich 1986, 1989)
- 1st U.S. National Conference on Body Oriented Psychotherapy (Boston 1996)
- United States Association for Body Psychotherapy (Boulder 1998, Berkeley Ca. 2000, Baltimore 2002)
- Wilhelm Reich Festival (Belgrade 1997)
- Wilhelm Reich Conference, (Sao Paulo, Brazil 1997)
- International Association of Biosynthesis Congress (Minorca 1996, Brazil 2000)

National Congresses:

- The Italian National Association for Body-Psychotherapy has organised the following congresses: Napoli 1990; Catania 1992; Milano 1996.
- The Swiss National Association (CH-EABP) organised an inaugural meeting in Zürich and has organised a National Congress in Basel, 1996, 2000, and 2002.
- German National Association (DGK) Foundation Meeting, Munich 1994 and Congresses in Berlin 1998, 2003.
- The Netherlands National Association (NVLP): Amsterdam 1998, 2000, 2002 & 2004

Many disciplines and individual Training Schools of Body-Psychotherapy also hold their own congresses in various countries in Europe for members of their professional associations.

**EABP Secretariat,
Leidsestraat 106-108/2
1017 PG Amsterdam,
The Netherlands
Tel: +31(0)20-3302703 Fax: +31(0)20-6257312
E-mail: eabpsecretariat@planet.nl
www.eabp.org**

APPLICATION PROCESS

If you are interested in becoming a Full Member of EABP, please write or e-mail to the EABP Secretariat for an application form or copy one from the EABP Website:
www.eabp.org.

If you live in a country with a National Association (Austria, Germany, Switzerland, Greece, Italy, The Netherlands, Russia) please write / e-mail to the Chairperson of your National Association.

Your application will be processed and examined. We accredit people who we do not know, from many different countries. Most applications are dealt with fairly swiftly. However the application process usually takes a couple of months. Sometimes we receive insufficient information, or there are enquiries to be made, or an application needs to be discussed further. Given that we live in many different countries, and have different languages, as well as doing this work voluntarily, this sometimes takes some time. After acceptance, you will be required to pay the equivalent of 190 Euros as an annual membership fee and sign the Membership Declaration and agree to the Conditions of membership and Ethical Code. Once this documentation has been received, you are a Full Accredited Member of EABP.

Full Members get their names and addresses on the EABP Register of Accredited European Body-Psychotherapists; and this Register is also on the EABP website; they can vote in General Assemblies, or by postal vote; they get full information from EABP – Newsletters, etc. (including a copy of the EABP Bibliography of Body-Psychotherapy on CD-ROM); and can get the European Certificate of Psychotherapy (ECP) if they are also members of the National Awarding Organisation of the EAP. EABP cannot countersign ECP applications for people who are not EABP Full Members.

If the application is not successful, then there is an appeal process to the International Membership Committee and the Executive Board.

Note: Please be advised that the current EABP Membership Criteria, which are over 15 years old, are in the process of being revised and changed in 2004 to fit in with current EABP Training Standards, the ECP criteria, and other professional standards & criteria in psychotherapy. At some point, to be announced, the criteria printed here will be superseded by the new criteria, and applications based on the old criteria will not be accepted. The announcement & details will be posted on the EABP website.

Application Forms can be obtained from:

EABP Secretariat:
Leidsestraat 106-108/2
1017 PG Amsterdam
The Netherlands
eabpsecretariat@planet.nl

EABP Website:
www.eabp.org

And for the nationals of the following countries:

- Austria:** President: Felix Hohenau, P.Effenbergstr. 15, A-3012 Wolfsgraben, Austria
Tel & Fax: +43-2233-7558
e-mail: fhohenau@telering.at
www.aabp.at.lv
- Germany:** President: Gustl Marlock, Marktstraße 99, D-60388 Frankfurt, Germany
Tel: +49-6109-24116; Wk Tel/Fax: +49-69-789-5701
e-mail: GMarlock@compuserve.com
website: www.koerperpsychotherapie-dgk.de
- Switzerland:** Contact: Jürg Thomet, Kirchbergstr.2, CH-3008 Bern, Switzerland
Tel: +41-31-372-1471
e-mail: juerg.thomet@tiscali.ch
website: www.hin.ch/ch-eabp
- Greece:** President: Clorinda Lubrano-Kotulas, 74 Xanthipou Str, GR-15561 Holargos, Athens, Greece
Tel: +30-1-652-8160; Fax: +30-1-641-0160
e-mail: clubrano@otenet.gr
- Italy:** Maurizio Stupiggia, Via Marsala 24, I-40100 Bologna, Italy
Tel: +39.051.540924
e-mail: maustup@tin.it
website: www.psicoterapiecorporee.it
- The Netherlands:** Secretary: Joop Valstar,
Oudezijds Voorburgwal 99, NL-1012 EM Amsterdam, The Netherlands
Tel & fax: +31-20-623-7842
e-mail: nvlp@planet.nl
- Russia:** President: Lev Belogorodski,
18-52 Avangardnaya Str. R-125493 Moscow, Russia
Tel: +7-095-459-5776
e-mail: rabop_ok@mtu-net.ru
website: marks.on.ufanet.ru/RUSTOP

EABP is a vibrant and alive organisation. It tries to balance a deep respect for the individual with high professional standards and ethics. As an organisation, it also tries to mirror the many different levels of organisation, conflict, association and confederation that are found within our bodies. It is an organisation made up of individuals. Please support the work and aims by joining us in a manner appropriate to you.

Thank You for reading this booklet, and please, when you have finished reading it, (rather than throwing it away) either pass it on to someone else who may be interested, or at least re-cycle the paper.

April 2004

EABP was founded in 1987 as a professional accrediting organisation for all the different streams (or modalities) of body-related psychotherapies in Europe. We are now also establishing body-psychotherapy as a coherent and recognised field of scientific study and clinical practice.

In this booklet you will find information about our basic concepts and ideas, and how we have developed since 1987. We hope, in these pages, to give you a good sense of who we are, how we are organized, and information about what we do. We also tell you about ways to become more involved.

For the most up-to-date information; downloads of application forms and documents; for details about The FORUM of Body-Psychotherapy Organizations; discussion forums; and for the Register of Accredited of European Body-Psychotherapists, please consult the EABP website – www.eabp.org - or contact the EABP Secretariat.

We hope you enjoy this Introductory Booklet.

Courtenay Young
EABP President