

Vincentia Schroeter, Margit Koemeda-Lutz (Eds.)
Bioenergetic Analysis 2014 (24)

edition psychosozial

Vincentia Schroeter, Margit Koemeda-Lutz (Eds.)

Bioenergetic Analysis

The Clinical Journal of the
International Institute for Bioenergetic Analysis
(2014) Volume 24

Psychozial-Verlag

Submissions for consideration for the next volume of *Bioenergetic Analysis* must be sent to the editor (vincentiaschroeter@gmail.com) between June 1st and September 1st, 2014.

Bibliographic information of The Deutsche Nationalbibliothek (The German Library)
The Deutsche Nationalbibliothek lists this publication in the
Deutsche Nationalbibliografie; detailed bibliographic data
are available at <http://dnb.d-nb.de>.

Original edition

© 2014 Psychosozial-Verlag

Walltorstr. 10, D-35390 Giessen

Phone: +49 - 6 41 - 96 99 78 - 18; Telefax: +49 - 6 41 - 96 99 78 - 19

info@psychosozial-verlag.de

www.psychosozial-verlag.de

All rights reserved. No portion of this publication may be reproduced
in any manner without the written permission of the publisher.

Draft design cover: Hanspeter Ludwig, Wetzlar

www.imaginary-world.de

Printed by CPI books GmbH, Leck

Printed in Germany



ISBN 978-3-8379-2372-8

Contents

Letter from the Editor	7
The Present Dilemma of Psychotherapy	
Psychotherapy at Risk	11
<i>Maê Nascimento</i>	
Interview with Eleanor Greenlee	33
<i>John Conger</i>	
Analysis of Developmental Trauma	41
<i>Homayoun Shahri</i>	
Yawning	
Grounding by the Inner Stretch Pattern	63
<i>Thomas Heinrich</i>	
Creativity and Grounding in a Liquid World	
Building and Maintaining a Social Clinic in São Paulo, Brazil	85
<i>Léia M. Cardenuto</i>	
Integrating Regulation Therapy and Bioenergetic Analysis	105
<i>Vincentia Schroeter</i>	
From Pain and Anxiety to Pleasure	133
<i>Helen Resneck-Sannes</i>	
Abstracts to “A Core Energetics Approach to Negativity” by Odila Weigand	149
A Core Energetics Approach to Negativity	153
<i>Odila Weigand</i>	

Reviewers for this issue were:

Margit Koemeda

Maê Nascimento

Vita Heinrich-Clauer

Angela Klopstech

Helen Resneck-Sannes

Phil Helfaer

John Conger

Ruth Newton

Tarra Stariell

Letter from the Editor

Dear Reader,

Welcome to the 24th volume of *Bioenergetic Analysis*, the Clinical journal of the IIBA. This volume contains eight papers. Five of those papers are based on workshops that were given by the authors at the stimulating International Bioenergetic Conference held in beautiful Torre Normana in Palermo on the island of Sicily in 2013. Three of the papers are from Brazil, which reflects the growing involvement and influence of our South American Portuguese colleagues. The first paper, “Present Dilemma” concerns the effects of modern times on the society and individual. I attended the workshop on this topic in Sicily and found the cervical and lumbar touch technique very interesting, so be sure to read about it at the end of the article.

The second submission is a short interview of venerated International trainer emerita, Eleanor Greenlee. She speaks clearly and simply about her core values in her long career as a Bioenergetic Therapist. The third paper discusses many theories in the examination of developmental trauma and has an exposition of polyvagal theory. The fourth paper is on the phenomena of yawning. The author points to many interesting and modern views of the function of yawning, which debunk some old myths and provide fascinating new material. This author also gave a well-received workshop in Sicily. The fifth paper in this volume provides an inside view of working Bioenergetically within social clinics in Brazil, and the adaptation from a regressive to more progressive model involved in the development of the clinical program. The sixth paper reviews what Bioenergetic authors have written about attachment theory and compares modern attachment therapy with Bioenergetic Analysis, including case material. The seventh paper is an examination of current views of chronic pain, including a treatment technique designed by the author. Both these (6 and 7) papers were given as workshops in Sicily also. Finally, the eighth paper is an older one from the 1990’s,

that I asked the author to submit because it explores the value of Core Energetics in the exploration of negativity in our work. Reviewers heartily agreed with its value.

I want to thank all the reviewers for this volume. Some papers were meticulously attended to with detailed and valuable comments. I was able to utilize up to three or four anonymous peer reviewers on some papers. They generously gave their time. The authors were receptive to reviewer suggestions for revisions.. Reviewers or consultants on some papers for this volume were my co-editor, Margit Koemeda, as well as Maê Nascimento, Vita Heinrich-Clauer, Angela Klopstech, Helen Resneck-Sannes, Phil Helfaer, John Conger, Ruth Newton, and Tarra Stariell.

There was much activity in the background job of translation this year and I would like to highlight that task in this letter. We had a sad death that occurred just last month. I have relied on the volunteer help of a group of colleagues to translate our abstracts into French, Portuguese, Italian, Spanish and German. France Kauffman, who for years has provided English to French translations, not only for the journal, but also for the French community in Bioenergetics, died in the presence of her husband and children recently. We offer our sincerest condolences to her family for their loss and to her friends and colleagues in the South of France as well. With gratitude, we dedicate this volume in memory of France Kauffman.

The consequence of no longer having France Kauffman to rely on made me reach out to the French community. Even though they were in grief, Violaine de Clerk, Guy Tonella and Louise Frechette, with only a few weeks notice, were able to fill in and translate the abstracts into French by the deadline. I am very grateful to them for this service that interrupted their busy schedules.

Also, in Portuguese, I had the help of many people: I want to thank Odila Weigand, Maê Nascimento, and Leia Cardenuto, who translated their own and also other papers. A new helper, Sylvia Nunez, translated all Spanish papers. Rosaria Filoni efficiently provided all Italian translations. Many German native speakers divided the task of translating from English to German. Thomas Heinrich translated his own abstract, while Jörg Clauer, Margit Koemeda, and Bob & Barbara Lewis translated the other papers. I want to thank all these people for this task, which offers an opportunity for non-English speakers to read an abstract in their language. If intrigued by the material they can search within their community to translate the entire article on their own.

We present this edition at a time when the general psychotherapeutic community has been led into the neuroscience of the brain and many have become interested in affect regulation, either through mindfulness or other direct affective techniques. This is a good time for them to look our way, as we have a treasure trove of modern relational body-oriented techniques that are congruent with much of what is trending in the psychotherapeutic community at this time. For both the general psycho-

therapeutic and the Bioenergetic community, this volume presents some classic and modern views including theoretical and clinical material for thoughtful examination. Please enjoy these papers.

Sincerely,

Vincentia Schroeter, PhD, CBT, MFT
Encinitas, California
USA
December 1, 2013

The Present Dilemma of Psychotherapy¹

Psychotherapy at Risk

Maê Nascimento

Abstracts

English

This paper intends to be a warning for us, psychotherapists, to be carefully attuned to the huge changes presented by the cultural mutation we are going through and to get ready to adjust to the new era. It describes some of the directions where the current cultural forces are leading to, turning the human being into less reflexive and more tuned to the outside, taken by appearance and living poor and superficial relationships – with self and others. Then, it gives some suggestions towards ways to recover a deeper connection with one's real essence. Yet it focuses on and values Bioenergetics as being a great path to get there and claims that the momentum for bioenergetic therapists is to give more emphasis to help people go towards the inside in compensation for the tremendous strength of the external reality pulling us to the outside.

Finally, it brings the description of two body exercises as suggestions to work energetically with the body in order to achieve that new place.

Das Gegenwärtige Dilemma (German)

Dieser Artikel will uns Psychotherapeuten als Warnung dienen, bedächtig auf die riesigen Veränderungen einzugehen, die sich aus der kulturellen Mutation ergeben,

¹ This paper was presented at the 22nd IIBA International Conference, May 29th – June 2nd, 2013, in Palermo, Italy.

und bereit zu sein, uns der neuen Zeit anzupassen. Er beschreibt einigen Richtungen, in welche die gegenwärtigen kulturellen Kräfte laufen; sie lassen den Menschen weniger reflektierend und mehr auf das Äußere eingestellt, von der äußeren Erscheinung eingenommen und in verarmten und oberflächlichen Verbindungen mit sich selbst und anderen lebend. Dann gibt es einige Vorschläge für Wege, eine tiefere Verbindung mit seinem wahren Wesen wiederherzustellen. Es betont und schätzt, dass die Bioenergetik ein ausgezeichneter Weg ist, dies zu erreichen, und erklärt, dass der Schwerpunkt für bioenergetische Therapeuten darin liegt, den Menschen zu helfen mehr auf das Innere einzugehen als Ausgleich für die ungeheure Stärke der äußerlichen Realität, die uns nach außen zieht.

Zum Schluss beschreibt es zwei Körperübungen, die dazu dienen, energetisch mit dem Körper zu arbeiten um das obere Ziel zu erreichen.

Le dilemme moderne (French)

Cet article nous invite, nous psychothérapeutes, à être attentifs aux grands changements produits par la transformation culturelle à laquelle nous assistons aujourd'hui, et ce, afin de nous préparer à répondre à des nouvelles problématiques. L'article décrit les tendances produites par le courant culturel moderne qui pousse les êtres humains à être plutôt tourné vers l'extérieur au détriment des capacités réflexives, à vivre des relations pauvres et superficielles dominées par l'apparence et l'image, et ceci autant dans leur relations avec les autres qu'avec eux même.

Ensuite l'article propose des manières d'aider à retrouver une relation profonde avec son essence réelle. Il se centre alors, pour le mettre en avant, sur le fait que la bioénergie est une voie de premier choix pour y arriver. Il affirme haut et fort que c'est le moment, pour les psychothérapeutes en analyse bioénergétique, d'accorder une grande importance au fait d'aider les personnes à se tourner vers leur intérieur, ceci pour compenser cette énorme pression qui nous pousse à être tournés vers l'extérieur.

Pour terminer, il présente et décrit deux exercices corporels qui permettent de travailler énergétiquement avec le corps pour travailler dans ce sens.

El Dilema Actual (Spanish)

Este documento tiene el propósito de advertirnos a nosotros, los psicoterapeutas, para que nos mantengamos cuidadosamente en sintonía con los grandes cambios de la mutación cultural por la que estamos atravesando y prepararnos para la adaptación a una

nueva era. También describe algunas de las direcciones a las que se dirigen las fuerzas culturales actuales, haciendo al ser humano menos reflexivo y en más sintonía con el exterior, dejándose llevar por las apariencias y viviendo relaciones mediocres y superficiales con uno mismo y con otros. A continuación proporciona algunas sugerencias para recuperar una conexión más profunda con la verdadera esencia de uno mismo, sin dejar de enfocarse en los valores bioenergéticos como un gran medio para llegar hasta allí. Así mismo afirma que el momentum para los terapeutas bioenergéticos consiste en proporcionar más énfasis para ayudar a la gente a dirigirse hacia el interior en compensación por la tremenda fuerza de la realidad externa que nos arrastra hacia el exterior.

Finalmente, describe dos ejercicios corporales como sugerencias para trabajar enérgicamente con el cuerpo y así poder llegar hasta ese nuevo lugar.

Il dilemma presente (Italian)

Questo saggio vuole essere di monito per noi psicoterapeuti affinché ci sintonizziamo attentamente con i grandi cambiamenti determinati dal cambiamento culturale che stiamo attraversando per essere pronti ad adeguarci alla nuova era. Descrive alcune direzioni in cui ci conducono le attuali tendenze culturali che rendono l'essere umano meno riflessivo e più in sintonia con l'esterno, preso dalle apparenze e coinvolto in relazioni povere e superficiali – con sé e con gli altri. Quindi, fornisce dei suggerimenti per recuperare una connessione più profonda con la propria vera essenza. Inoltre si concentra e considera la bioenergetica come un grande percorso per arrivare ad essa e sostiene che lo specifico, per i terapeuti bioenergetici, è aumentare l'attenzione ad aiutare le persone ad andare verso l'interno compensando l'enorme forza della realtà esterna che ci tira verso l'esterno.

Infine, vengono descritti due esercizi come suggerimenti di lavoro corporeo energetico utili al raggiungimento di questi risultati.

O Dilema da Psicoterapia no Momento Atual (Portuguese)

Este artigo pretende ser um alerta para todos nós, psicoterapeutas, para estarmos cuidadosamente atentos às enormes transformações deflagradas pela mutação cultural que ocorre no momento atual e seu impacto na dinâmica psíquica do ser humano. É um alerta, também, para nos prepararmos para os necessários ajustes a essa nova era. Descreve algumas das direções para as quais as forças culturais conduzem no momento, tornando o ser humano menos reflexivo e mais voltado para fora, mais impulsivo e com relacionamentos pobres e superficiais – consigo mesmo e com

outros. Sugere, também, algumas medidas para restaurar a subjetividade e a conexão do indivíduo com sua real essência. Focaliza, ainda, a Bioenergética como um excelente caminho para atingir esse objetivo e conclama os terapeutas bioenergéticos para realizar os ajustes que se fizerem necessários. Como um exemplo dessa proposta, sugere que se enfatize ajudar a pessoa a ir em direção a seu interior, em compensação à tremenda força da realidade externa puxando para fora.

Prologue

As a first step, allow me to tell you a short story, which came to my mind just when I was reflecting upon our daily professional practice in these present days. It made me feel restless and brought up many issues and questions. The scene I will describe shows us a piece of a regular day of a psychotherapist in his daily practice, in a minute alone between two sessions.

He closes the door behind a client who left his office and all of a sudden, he feels taken by many doubts and a huge insecurity. Had he kept the real unconscious meaning of that woman's slip, which led her to that fit of anxiety? Had he made it right by presenting her with an interpretation referring to her father when she became so upset and went berserk? Was the interpretation correct? In order to appease his mind he decided to share the issue with a colleague, someone close to him with whom he used to communicate about his findings and thoughts over his clients unconscious contents (and also over his own). Having some minutes left before the next client, he took his iPad and quickly typed an e-mail to that friend, explaining the whole situation and asking for his view on the matter. So he wrote:

“Dear Breuer, I have reached a crucial moment with Ana O.: she went crazy and had a fit of fury when I mentioned her father...Her reaction caught me by surprise and I have felt desponded: do you think I ran too fast with her? Do you think that perhaps I should not have brought her father into the conversation? Please let me know as soon as possible, perhaps at the time of your next break.

Kind regards,
Your friend Freud”

Now, how does this story sound to you? Does it seem likely?

Can you figure out Freud, as we know him, living and attuned to the modern world instead his own time (end of the XIX century – beginning of the XX century) and its customs?