



IIBA

International Institute
for Bioenergetic Analysis



MEMORIAL
MEDITATION

Dear Friends and Colleagues:

This last month has been a full and demanding one. On April 3rd and 4th, we held a memorial event remembering our founder Al Lowen. We heard and saw feelingful recollections both personal and professional from many who had worked with, and shared life with him. At the same time, we heard from some of our most esteemed members, about the future of Bioenergetic Analysis. These talks were moving, inspiring, challenging, and gave me and others a strong feeling of the vibrancy and passion in our work. It was very encouraging at this time, when psychotherapy functions so often on the margin of society, to be reminded of the strength and benefit of our work and Al Lowen's legacy in advancing our efforts to alleviate suffering in the world.

The committee of past presidents of IIBA who planned the program for the memorial did a superb job. We were very fortunate to have the services of a videographer who put a very capable technical staff together, who filmed and recorded the whole event, and did so almost entirely as a donation of time and effort. We, who planned the event, are very grateful to them. An edited version of the recording of the memorial, and of the talks presented, is being prepared, and will be available for distribution in the near future. More information will be forthcoming to you as we know more.

Immediately after the memorial event, the Board of Trustees met for three days in New York City. The meeting was very strenuous, in that we face a number of very difficult issues as an organization that require our thoughtful attention, creative problem solving, and respectful collaboration to deal with effectively. The economic situation world wide was on all our minds. We kept in the foreground an awareness of the struggles engaged in by our members, and our patients, to cope with reductions in income, job loss or contraction, and all the strain such circumstances create. It is very important for us on the Board that the IIBA function in reality, and that we make financial decisions that are grounded in our actual situation and what we can do as an organization.

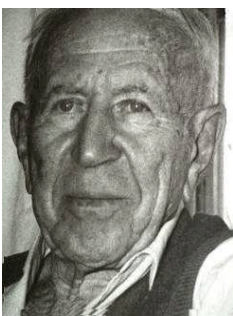
At the same time, there was strong enthusiasm and excitement on the Board for the role the IIBA can play in the professional lives of all of us members. In our own process as a group charged with representing the interests, needs, and concerns of our constituents, we made great progress in developing a collaborative team-oriented way of functioning. I am very grateful to all the members for the great effort put into hearing each other, understanding our differing perspectives, and forging consensus policies and solutions to the issues before us.

The space is too limited to go into very much detail in this letter to you about the many items dealt with during the meeting. But a brief list includes the preparations for the 2009 conference to be held in Brazil; the further maturation of our organizational structure; policy questions regarding dues; plans for continuing education programs; and updates and continuing policy discussions on projects such as the Bioenergetic Reader, the Journal, and the Newsletter. I know that reading minutes of meetings is not the most interesting activity, but at this time when we are undergoing so much change, I encourage you to have a look and see how things are moving along with issues of concern to you personally.

Finally, you will notice that I have not named here any of the many people whose hard work and devotion made the memorial event a success. It would have taken more of the space than I can spare and still write to you about the important matters at hand. Please take the time to go to our website and have a look at the program for the memorial and you will see also the acknowledgement of the many—planners, speakers, leaders—who made this event so meaningful.

With warm wishes,

Scott Baum, your president



Celebrating Alexander Lowen



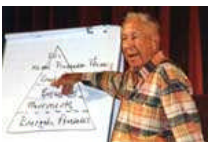
CELEBRATING ALEXANDER LOWEN

From Freud to Reich to Lowen



Bob Lewis

We are looking back today, to honor Al Lowen, and in the process, hopefully to better find our way forward



Al set an example for us all in how he both remained deeply true to his Reichian roots and still found his own way. He was both deeply loyal to Reich and yet did not canonize/mummify his teachings, but rather infused them with his own inspiration, and his own creative center: Al systematized character analysis, extending Reich's theories to all the different character types. He further delineated the character dynamics psychologically and physically and described their libidinal connections. Al developed expressive exercises, and got his patients onto their feet, developing the basic Bioenergetic concept of grounding.

I am suggesting that, as an institute, we can best honor Al Lowen by following his example. That is, to engage in the ongoing challenge of remaining true to our Bioenergetic roots, without rigidifying the truths they hold such that we are no longer a living body of artisans. As Al modeled for us, we can reach for a Bioenergetic institute that moves from and is inspired both by what Al inherited from Reich, what he added to the Bioenergetic work in progress and what we each in turn bring to it.

In this room today, and in our institute at large, I thank God that we do not all see things the same way. There may be those who feel that they practice a version of bioenergetics that is truer and more loyal, to Al's fundamental vision. Others, like myself, still believe we are true members of the guild, even though we incorporate into our clinical work ways of understanding and being with patients which were not Al's ways. What I do hope that we all share, and what Scott Baum described as foundational in his recent inaugural presidential message to us, is a commitment to keeping our patients' (and our own) somatopsychic unity or lack of it, at the heart of our clinical encounters. This was Reich's enduring gift to us: the functional identity of a person's character and his bodily attitude. It will not go out of style.

Looking back, I want to bear witness to the tremendous vitality and hope that Al inspired in those of us in his presence. His sparking blue eyes, a resonant timber in his voice, and the sureness of his touch and his words... his was the stuff of psychosomatic charisma - his inner fire burned bright. Add to this the loving synergy that moved between Al and John Pierrakos at the informal Tuesday night clinical seminars, and it was indeed a special time in the young life of bioenergetics.

There has also been something about Al's tolerance of our contributions that has made possible the vitality of our Institute. Forgive me for mentioning only three among many examples of this vitality - First, our revised, state of the art 2005 Bioenergetic training curriculum put together by Violaine de Clerck, Guy Tonella and Odila Weigand - Second, the clinical treasures in the Bioenergetic Reader (2008) put together under Vita Heinrich's leadership and Third, the exciting work that continues to come out in our Journal, edited by Vincentia Schroeter, Margit Koemeda-Lutz and Mae Nascimento. We are indeed a worldwide Bioenergetic community that lives, breathes and pulsates.

I believe Al's teaching, his wisdom and legacy to us were about what he did for most of his life. His central passion was about healing the mind-body split, and his chosen path to this goal was his own self-exploration. In the process, he gave us the gift of a passionate exploration of and brilliant illumination of the endless facets of the mind-body's unity and duality of function. He did this, arguably as not even Reich had done, and, less arguably, as no one after him will likely do.

It is possible, but not likely, that someone will emerge from among us post-Lowenian bioenergeticists who will be able to lead us with the force of certainty about his truth that emanated from Freud, Reich and Lowen himself. It is not likely that anyone will soon match Al's passion for and genius at knowing a person in and from the pulse of their body. It will be interesting to see what kind of therapeutic outcomes and unforeseen partnerships may arise as our patients sense that, even though we do the best we can to read in their psyche-soma the person that they are, we cannot see into their deepest recesses with the same conviction in the clarity of our vision. Sensing that we need help to unveil (unravel) the mystery that they are, they may have to engage with us in a slow, implicit, mutual process of discovery.





CELEBRATING ALEXANDER LOWEN

Al's Life and Legacy



Vivian Guze

To Alexander Lowen with a profound sense of gratitude and love

I feel honored to be here today in this place. It is fitting that we celebrate the life of Alexander Lowen in the Community Church of New York where he lectured almost annually between 1962-1975



Al Lowen dancing

All Lowen's life spanned most of the 20th century, and he died just short of his 98th birthday toward the end of 2008. His life passion was sparked when he heard Wilhelm Reich lecture at the New School for Social Research in 1940. These lectures shook him to his bones and set the tone for his entire career. He was about 30 years old. He started his practice of therapy in New York in 1951. The decade of the 1950's was a very repressive time in this country. The fear of being non conformist or being called a communist by Senator McCarthy hung like a dark cloud over the intellectual community of the U.S. Yet, at the same time, in isolated pockets, individual psychotherapists were incubating new ideas and ways of doing therapy that erupted in the next decade.

Al Lowen was a man of his time. His seminal work "*The Physical Dynamic of Character Structure*" was published in 1958.

I had worked in a mental hospital during the 1950's, when psychotherapy with psychotics was considered impossible. I began doing things like – squeezing a person's hand as I spoke, so I could hold her attention a few seconds longer. But I had no colleagues to talk with about it. Then I got a flyer announcing open professional Bioenergetic demonstrations in Dr Alexander Lowen's office. I went. And, here I am.

As I said, Al Lowen was a man of his time. His work jarred with mainstream inhibitions about sex and strong emotional expression. During the 60's, Al went out to speak to many groups – always embattled by heckers and negative mainstream discussants. Then he'd go out and do it, and again and again meet a wall of negativity. Those of us who watched, felt that it took heroic dedication and energy in the service of the Right as he experienced his Mission. He was a hero, a genuine hero, a warrior. A warrior fight fiercely for what he believes, and, at his best, fights for the help, protection and healing of those he cares about. All said he was not a revolutionary, the way Reich was, but in his own way he was. He was not afraid to be different, and unlike Reich, his focus was not to change society but to stay within the arena of character analysis and physical work to recover the aliveness and dignity of the individual. This was his mission. I took courage from his battles, and my battles were easier, because of him. For this I am deeply, deeply grateful.

In later years, when Al Lowen felt that some of his followers were not doing Bioenergetic Analysis the way he wanted them to, he forgot something he had told me early on. I had complained that I couldn't do something in therapy the way he did. His reply was: "Bioenergetics moves thru each person's body in a unique way. So of course, your way of doing therapy won't be like mine". I have held on to this statement thru the years, no matter what he said later. I have felt secure in the knowledge that whatever moves thru my body is bioenergetics.

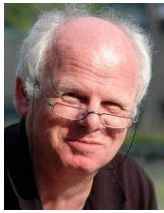
In 1971, at the end of a workshop, I was sitting next to Al when he said "come with me". I followed him into the next room, where there were a group of people assembled, and there I learned that we were going to teach in a formal program. Since I had never been his patient, I couldn't tell how he felt about me, and was surprised when he invited me in. As more and more people became involved in Bioenergetics, thru the training programs, Al became uneasy, since he mainly trusted only what he could touch. And like Reich he had little faith in organizations of any kind. 1972-3 was a very difficult year for Al and those of us in the inner group who met monthly in his office. That was the year John Pierrakos his long term office partner started to push for adding a spiritual dimension to the Bioenergetic work. Al was opposed to moving in any direction away from the physical body. Within a year John left the Bioenergetic Institute and formed what he called Core Energetics. Al was deeply hurt and angry at the defection. As a warrior he was so convinced of the rightness of his own position that he became infuriated whenever he was challenged. And here it was his own partner who challenged him. It took over 20 years before he allowed a rapprochement to take place.

Over time, Bioenergetics spread from the U.S. to Europe and then to South America. By the middle 90's, the warrior had started to feel ungrounded in his life. It was time to withdraw from the fray, to rest and recover his strength, so he resigned as Director of the IIBA, at age 86, but continued his practice and to give workshops.

In the course of things, I was disappointed that he disregarded women's issues. But I was used to that. I come from a generation of women who, if we wanted something, went to where it was, absorbed what we could and threw away the rest. One time, Al was holding forth our group of seven psychiatrists and me. He looked as if he was in a movie version of a 19 century surgical arena, the big professor dispensing knowledge and wisdom to the doctors and medical students. As he strode up and down, he intoned "Gentlemen" and continued with his talk. John Bellis quickly glanced at me. I, of course, didn't move a muscle. I shall always cherish the memory of John Bellis for that involuntary movement. On the other hand, Al was always respectful of me on a personal level, as he was respectful of all his woman patients with whom I have spoken.

What I have appreciated most about Al Lowen was the clarity of his thinking, the carefulness of his boundaries, his courage in pursuing his mission, his gracefulness on the dance floor, and his unwillingness to engage in disputes and controversy about other systems of therapy. I admired the physicalness in his spirituality. While he responded with awe at the vastness of nature and the mystery of the life force, he also insisted that Grace consisted of resilience and harmony in the form and movement of the body. He never achieved the softness he aspired to, as part of his concept of Grace, and he never achieved the grand influence in the medical community that he originally fancied. Yet, he succeeded in living his life according to his principles. His teachings gave legitimacy to the field of body psychotherapy, he gave people like me a place to be, where I could feel at home as a therapist who used her hands and her breath as tools. To almost the end of his life, Al kept his own tools honed, thinking up new ways of working energetically, like the Samurai of old, whose first duty was to keep their swords sharpened.

In conclusion, Al Lowen fulfilled his nature. He lived his life with honour and integrity, and left us with some clues about how we might live ours, hopefully, with a deeper, though imperfect understanding along whatever paths we take from the road he carved out.



Heiner Steckel

Dear Al...
I am happy
and grateful
for the connection we
had and to feel you so
present in me and my
work

To be able to feel your feelings, to express them and to be able to contain – was the triad Al Lowen claimed for a solid body based identity. And that is, what his work was about...

Over a period of 30 years I saw Al Lowen in individual sessions and workshops - and later travelling with him, when he had asked me to help him at international Conferences. And I remember waking up in the morning by these dull rhythmic beats, when Al was kicking in the hotel-room next door. ...Al practiced what he was suggesting to others... helping me and others experience and understand our selves deeper.

A therapeutic moment: Here I was on the stool – and my chest wasn't moving too much. He: "You need to cry"... me: "I know" and he: "So why don't you cry then; to whom you don't want to show your tears» and here was the experienced patient: "To my mother"... Al: "I don't see your mother in this room – and I am asking myself how long you want to bring her here , in order not to be alive". So, he did relate and he understood transference... he deeply understood how relational experiences of our childhood left the marks in our physiology, shaped our body and can rule and ruin our relationships here and now. These incorporations are the base for negative self-concepts and became the base for repetition patterns and transference hang-ups. As Al liked to say, the protective castle of the child turns into the prison of the adult. I always found this such a simple and true metaphor for the concept of character structure. ... I am so grateful having experienced Al Lowen many times – relating to me and others from his deep faith in the biological resources of the human animal, from his deep understanding of the vulnerable wounded human animal, from his deep conviction in life and passion for life, and from his trust in the energetic processes, with which we can restore our bodily-self and heal. You must find and re-connect to your animal nature to be fully human. This was his credo I heard many times. And for him this was at the core of humanity. And for me this is at the core of my Bioenergetics understanding and practice.

I was also with him in very difficult moments, when he suffered from the disrespect he felt from his own school, when he witnessed a movement away from what he considered the center and base of Bioenergetic work. He himself had the courage to question the characterology he had developed as in danger of being misused to categorize people instead of being seen as a tool for deeper understanding of the individual's dynamic... At the same time many colleagues in the Institute felt the need to integrate more of a psychodynamic point of view. This was not an easy moat to bridge. Probably because of personal issues involved on both sides it seemed incompatible. It certainly became a wound to him – not easy to heal. I witnessed that Al could see and own his part in it. He expressed this in several personal conversations we had. In certain moments he even regretted that he had founded a school and organization. I disagreed, because I wouldn't be here today, if there hadn't been a school. And I wish for us, engaged in this school, that in our maturation and differentiation, we can stay deeply connected to the roots and honouring them, no matter on which branches of the Bioenergetics tree we may be.

Let us have a look at a very material part of the legacy. I look to Al's writings, from where we can make a seamless connection to the findings of modern neurobiology, emotion and trauma research. He still reaches people in the way he wrote, touches human bodies and becomes personally very meaningful for many of them. I personally look into the books again and again, finding them stimulating, enriching and convincing. This heritage is a treasure, a gold mine, which has not yet been fully exploited (explored).

Al Lowen trusted that we can take care of ourselves, when we reconnect and refer to our organismic being and by this to our self-healing forces and capacities. This is also in the core of my Bioenergetics understanding and practice.

Al loved Greece, Greek wine, Metaxa, its music and dance. And the last very special dance we had was when I was sitting next to him, - the last time I saw him - and Monica and Fred put on Greek music and his vitality and joy was there with the rhythm and the movements, which were still possible.

Dear Al, I miss you with all I have mentioned and more ... Thank you.





Alice Ladas

Joyous remembrance
of our beloved
Alexander Lowen



While I say a few words about my 55 year connection with Dr Alexander Lowen and his work, I would like you to stand. The purpose is to honor one of Al's major contributions to the field of psychotherapy: getting clients to stand on their feet. Al was the very first therapist in the west to use the words "bio-energy" to describe his work. 60 plus years later, energy psychology and energy medicine are just beginning to emerge.

In 1955 I suggested to a boyfriend that he might get his body together with his excellent head by consulting Dr. Lowen. I knew of Al's work because I had previously been involved with Reich and orgone therapy. This boyfriend became a patient and was invited to join the Tuesday evening professional seminars. When I heard about them, I asked to attend and became a patient too, a requirement for seminar participation. Members volunteered as subjects, clothed only in bra and panties or men's shorts. It was the custom in Reichian therapy and useful because the therapist can pick up clues which clothing obscures. Hazel Stanley was one of the courageous volunteers.

In 1955, Al was speaking at this same facility and I was introducing him and suggested to Al and John Pierrakos that becoming a non-profit institute might be useful. In 1956, at their request, I hired lawyer Robert Sturz, to help us form the Institute for Bioenergetic Analysis. In 1957 I introduced Al to publisher Henry Stratton. The result was the publication in 1958 of "*The Physical Dynamics of Character Structure*", Al's first book.

Working with Al set the course for the remainder of my professional and personal life, and for this I am profoundly grateful. It may sound self serving to mention the projects that grew out of my work with al, but what students do because of their mentors is, in my opinion, the greatest tribute to the mentor. So I am going to take that risk.

Graduating from the second training group, I began work as a Bioenergetic therapist and continue that today. But I was also inspired to help women reclaim the right to use their bodies as they wish to. Reich and Al convinced me of the importance of the birth experience for infant and mother, so I studied and then taught the first Lamaze course in the USA. My doctoral dissertation, "*Breastfeeding the Less Available Option*", was inspired, in part, by Al's emphasis on the importance of breastfeeding. With the help of 1100 members of the *La Leche League* and publication in 4 peer reviewed journals, the study helped to turn the tide back towards breastfeeding in the USA. And of course I breastfed our daughters for the three years Al prescribed! We quit by verbal agreement.

In 1982, I helped create a synthesis of the work of the Freudians and the sex researchers in the book "*The G Spot and Other Discoveries About Human Sexuality*". Appendix B contains a synopsis of "*Women and Bioenergetic Analysis*". This research, done with my late husband Harold Ladas, was inspired by women Bioenergetic analysts who, in 1977, began meeting separately from the men. As a result, some information about Bioenergetic Analysis has reached over a million people in 19 languages and 28 countries. Getting the Bioenergetic research included in "*The G Spot*" book was a personal struggle.

Today I lead the research committee on the board of the U.S. Association for Body Psychotherapy because one of the initial stated purposes of the IIBA was research. Cheerleading for research is also a tribute to another Bioenergetic mentor, the late Dr John Bellis, the first Bioenergetic trainer to suggest including a research project in the training of CBTs. The research prizes awarded by the USABP have been won by several Bioenergetic therapists, including Christa Ventling, Margit Koemeda-Lutz, Martin Kaschke, Dirk Revenstorf, Thomas Scherrmann, Halko Weiss and Ulrich Soeder.

If Al was, at times, somewhat patriarchal and less focused on the relational, he should be given lots of slack. His acceptance of the work of other therapists, his listening to his patients, was far in advance of anything done by his mentor Reich. If Al was not enthusiastic about research, it was because our culture was already too focused on the intellect while suppressing feelings. Please notice the sweatshirt I am wearing. It has a picture of Al and Leslie Lowen designed by the late Walter Skalecki for the Lowen's book "*The Way to Vibrant Health*"...

In conclusion I want to lead us in a song, "*every little movement has a meaning all it's own*". There is a copy in your seat. It was a hit when Al was a boy. I believe Al was a genius at reading our way of being from our bodies. It is another of the major things he taught us and while he was a good teacher, he was the genius and we mere students.





George Downing

Summarized here are four suggestions for the future proposed in my Memorial weekend talk.

1. Continued systematic development of new ideas. To take just one example, the new thinking about the therapeutic relationship, developed by trainers other than Al (Bob Hilton, Bob Lewis, and others), seems to me today one of the Institute's important strengths. Even this strand alone needs further reflection. In all current psychotherapy, relational psychoanalysis included, we are probably just at the beginning of understanding what really takes place in the therapeutic exchange.
2. Preservation of the core teachings. Al had his own way to work and his own way to conceptualize it. Different in different periods, yet with substantial underlying continuity. This legacy remains precious, in my opinion.

Naturally any practitioner is going to pick and choose. She will adopt some elements of this repertoire and forego others. But the repertoire itself needs to be recognized as such. And conscientiously transmitted. Arguments about "hard bioenergetics" and "soft bioenergetics" and all the rest will never stop, nor should they. At the same time the innovations put into place by Al himself merit to be passed on with respect and care.

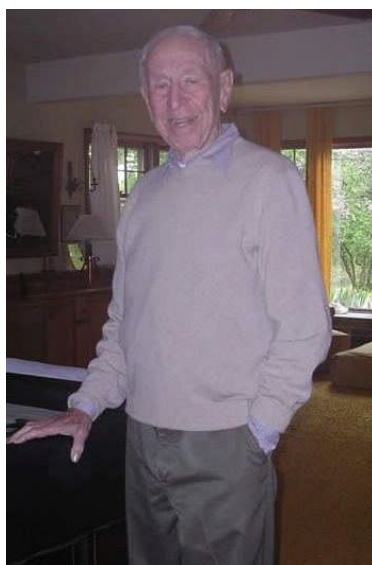
3. Better communication of the "complex model." Al was a forceful and extremely successful spokesperson for bioenergetics. For years upon years. And the task was not easy.

How do you convey to persons who have never worked with the body, and never seen such work, what it is like and what it can bring? Al's solution, and probably the right one given the circumstances, was to simplify and condense. To deliver a stripped-down "simplified model." Whereas what we, in the Institute, know and appreciate what might be called a "complex model," much more sophisticated with regard to both theory and practice.

The result, as I described at length in my talk, that we now face a paradox. In one sense bioenergetics is widely known. And many of its components have been taken on board by other schools. On the other hand those who have borrowed some elements tend to have an image of the Bioenergetic approach limited to the simplified model. Often they have little grasp of the more sophisticated framework, little sense that it even exists. The coming years might therefore be the right time better to convey the complex model to interested outsiders.

4. Archeology of the textual heritage. Of Al's texts, I mean. Al wrote in different modes. Frequently he expressed himself in pithy, somewhat repetitive (to the Bioenergetic reader) statements. But at other times he let his thinking be more searching. More messy, in a good sense.

Some of these "implicit" probings, as Bob Lewis called them in his Memorial talk, or anyway half implicit, arguably deserve renewed attention. They merit discussion, explication, dismantling, reassemblage. Heiner Steckel in his Memorial contribution has made a similar comment. Again to take one example, *The Language of the Body* contains highly interesting perspectives on early parent-infant and parent-child interaction. And this back in the fifties! At a time when almost no one else in psychotherapy was attempting to describe early transactions on so concrete a level! Admirable, and much more could be said about it in the light of current developmental research. Other examples abound.





Bob Hilton

The Man,
the Legacy and
the Future of
Bioenergetics



In 1968, when he delivered the William Alanson White Institute lectures (these lectures appear in the wonderful little book *Psychoanalytic Theory, Therapy and the Self*), Harry Guntrip said in his introduction "There is something wrong with us if our theoretical ideals remain stagnant and impervious to change for too long. Theory is simply the best we can do to date to conceptualize the experiences of our patients present with us." He also states, "To care for people is more important than to care for ideas, which can be good servants but bad masters."

Freud broke away from his contemporaries. Reich did this with Freud and Lowen with Reich. Part of the creative genius of an innovator is the passion he has about his work, which is fueled by his own personality needs. The followers of any great leader always face the problem of ferreting out the universal principles for which the leader stands over against the leader's own personal idiosyncrasies. When individual personality needs and cultural influences are not considered and an attempt is made to hold on to what is conceived as an "original truth," then orthodoxy and fundamentalism develop, where doctrine and theory become more important than people.

So what does this say about the future of Bioenergetics? I see our task as supporting the legacy of the principles for which Lowen stood which apply to us all, and our future is in having room for discussion and presentation of those aspects of Bioenergetics that we have needed to change in order to address our personal needs and those of our clients. Lowen said he was drawn to Reich because he represented a therapy with a body/mind connection. He also said that Reich's tragedy was that he wasn't oriented toward grounding. As we are all aware, grounding became a major emphasis in Bioenergetic therapy. Just as Lowen added grounding to his Reichian therapy we as Bioenergetic therapists today are faced with how to integrate our current understanding of the healing process of the mind/body split with the basic Bioenergetic principles we have been taught. Our future lies in the success of that process of integration.

But I must ask the question, "What might keep us from embodying, and realizing that future? Part of the answer to that question comes from the nature of our contributions. Since our insights come out of our need for intimacy and attachment, which were not provided for in our original theories, we now have a narcissistic investment in maintaining our system of interpretation. Our theories, as well as those of Freud, Reich and Lowen, can function as a narcissistic defense against the feelings of shame, humiliation and impotence. To have our theories challenged or to have them fall on deaf ears may be to open up the wounds from which these theories sprang.

I have had, as have you, many powerful energetic experiences with AI. But one of the most profound experiences came from a simple comment he made one day while working with me. I was sitting on the floor in his office having just exhausted myself with expressions of terror and grief from my early childhood, when he said, "Bob, this never should have happened to you." We know today through the study of neurobiology why hearing these words was such a powerful Bioenergetic experience. But apart from the explanation of how his limbic brain was talking to my limbic brain I then knew that I as a person, not my character or my problem, but I as Bob impacted him in such a way that he would share the pain and love of his heart with me at that moment. It has been my experience that when such a confirming love is given and received a spontaneous movement begins in our bodies that leads us back toward recovering our lost identity and vitality. For me the Bioenergetic grounding exercises did not hold up until I found grounding in the gracious and heartfelt relationships I have had with my therapists over the years. For me this makes Bioenergetic therapy less about going from the outside in and more about coming from the inside out.

The future of Bioenergetics is already here in this room. The embodiment of that future is in our hands or, I should rather say, in our hearts. It lies in our capacity to put aside our commitment to a theory and embrace the life from which the theory sprang. In his autobiography, AI says, "Bioenergetics aims to help a person open his heart and love. But if the objective is not gained, the result is tragic". I want to thank AI for his acknowledging that in the gracious sharing of an open heart is the future of Bioenergetics.





Collège Français d'Analyse Bioénergétique

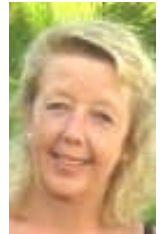


The "Collège Français d'Analyse Bioénergétique" (CFAB) is growing and has today more than 20 members. Its website's menus are translated in 4 languages (www.cfab.info) and we will try to gradually translate the important pages' content. Numerous articles are also presented, sometimes in various languages. A new training group will begin next January (2010) with Guy Tonella as coordinating trainer. Several post-training workshops are programmed, as well as supervision activities (Maryse Doess organizes one day a month a supervision group from this May 2009 in Paris, for CBTs or students in their clinical phase. Such days can be organized in other places, in France or abroad).

Feel welcome to send us articles, reflections and suggestions, in your own language. And visit us on our website!



Guy Tonella



Maryse Doess

Perm Aspiring society

Perm Society for Bioenergetic Analysis



The photo shows the members of the newly founded "Perm Society for Bioenergetic Analysis". The group asks the Board of Trustees to be recognized as an IIBA affiliated society. This group is now in the second year of their training. The teaching team consists of Heiner Steckel, Vita Heinrich-Clauer and Hugo Steinmann. The last workshop was as the picture showed led by Hugo Steinmann; the next will be led again by Heiner Steckel in July 09.



Heiner Steckel



Vita Heinrich-Clauer



Hugo Steinmann

Past Events

Italian Conference in Bioenergetic Analysis

Agnes
Neuenschwader
Tarozzo

From The società Italiana di Analisi Bioenergetica and the Schweizerische Gesellschaft für Bioenergetische Analyse und Therapie I had the pleasure to be part of the staff of the Italian Conference in Bioenergetic Analysis held in Sorrento on October, 24 to 26, 2008. Our President, Patrizia Moselli and the secretary organized a high quality conference. The staff consisted in about 40 CBTs and almost 350 participants. Our loved guest and ex-trainer Bill White, in an initial staff-meeting, helped us to ground and to be present during the entire conference !!!

Also Scott Baum, our IIBA President and Violaine De Clerck, faculty-member of IIBA were with us.

It was fun and a great success for all. The students could use this conference as part of their training and we, group leaders, got supervision from a more experienced therapist. It was great learning in solid grounding, exchanging and listening to speeches of good quality.



SCBS Conference



Diana Guest
SCIBA

The Southern California Bioenergetic Conference took place March 13-16, in beautiful Lake Arrowhead, California. This was the 19th year of this "regional" conference and attendees came from the east coast, west coast, Midwest and south of USA, Canada and all the way from Holland. The theme was "Trusting the Wisdom of the Body" and also integrating other modalities that work on a body level. Louise Fréchette gave an excellent keynote address and there was also a keynote panel consisting of Chuck Lustfield, IIBA faculty, Steve Zusman, local faculty, Diana Guest, IIBA faculty, Rebecca Farca and Scott Baum, IIBA faculty as the facilitator. Additionally, there were interesting afternoon workshops as well as 12 hours of group work. Group leaders facilitated deep work in the attendees' group experiences. There were also Bioenergetic exercise classes each morning and a dinner- dance on Sunday night with a tradition of "skit" night where various groups or training students had a great time expressing their creativity.

So mark your calendars for next year's conference March 12-15th, 2010. Hope to see you there.



Chuck Lustfield, Steve Zusman, Diana Guest, Rebecca Farca



Louise Fréchette, keynote speaker

Coming Events

Buzios – Body in poetry, unveiling the grace of the self

(extracts from www.metodorio.com.br/conference2009/ing_index.asp)

Miriam Mantau
Guilherme B. Pacheco
On behalf of the
Organizing Committee

The theme of the conference stems from a dialogue about the refinement of our identity as body therapists and the realization that throughout the years we have been working on our ability to promote and express the ART OF BEING. We hope we will be using this conference to further develop this art, as well as to embody our own poetry, creating our personal rhymes by means of the work we do as Bioenergetic Therapists. During the conference we will also pay tribute to the founding member of Bioenergetic Analysis, Alexander Lowen, whom we dearly miss. Alexander Lowen was the original poet who helped us inscribe our bodies with meaning.

A year after his death, we will be able to reflect upon the path we have walked so far as well as the one that lies ahead and how we intend to live and honor the legacy that was bestowed on us.

All members of BA societies around the globe are kindly asked to join us in this conference. Anyone who wishes to submit a paper, lecture or lead a workshop is warmly welcomed to do so.

Buzios' cozy atmosphere is, in itself, an invitation for a poetic dialogue with our own bodies.

The 2009 IIBA Conference is being prepared with love and care and we are looking forward to seeing there. Together we will be celebrating the magic and joy of being.





Summer Retreat



Betany Doyle



Rosalind McVicar

The 21st Summer Bioenergetic Retreat on Prince Edward Island, on the East Coast of Canada, will be held at the Belcourt Center, South Rustico, on July 5- 12, 2009

Deep work - Beautiful place near sandy beaches - "Down to Earth" people - Amazing prices - Includes private room and meals, individual and group therapy.

<http://www.bioenergetictherapy.ca/summer.htm>



News from SCIBA



Garet Bedrosian

SDIBA and SCIBA completed their integration and are now one society with big plans. We continue to work with our marketing guy and our next step is to revamp our website and logo so that we have a more professional presence.

Our **Curriculum Program** will graduate 5 students in May: Polly Carmona, Jackie Mills, Janet Pinneau, Pam Furby and Heather Richter. We are excited to have these women join our community and possibly take on some leadership positions. Also, we are inviting any graduates of the **Curriculum Program** who want more support and supervision to join us at a reduced fee in the fall for a year of education regarding Transference and Countertransference.

Our **Relational Somatic One Year Program** just graduated 8 students and looks to be ready to start again in August with a full slate. We are in the process of mentoring a few new folks to facilitate this same program in the LA area. These programs offer our community an opportunity to teach without having to become a faculty member. We had a few new folks teach this last year and they enjoyed the experience and look forward to teaching again. We hope others in the community will take advantage of this opportunity.

We held an **Introduction to Bioenergetics Workshops** in Northridge Cal State and one in San Diego. Both were well attended with various interests expressed in Bioenergetic training and therapy.

We are also joining forces with **Living Ubuntu** to create a quarterly lecture series for the community. **Mac Eaton** will head up the series this summer with a lecture on **Anxiety**.

Diana Guest and **Garet Bedrosian** will be offering a workshop on June 20th to the Bioenergetic community on "Bodywork with Couples".

News from Libertas

Sociedade de Analise Bioenergética do Nordeste Brasileiro

Come and visit our new Web site. Inside, there are more than a thousand articles, videos and audios from Dr Alexander Lowen, Reich, Freud, Fritz Pearls and many others. www.libertas.com.br

Invitation from the USABP



Scott Baum

As many of you know by now, the US Association for Body Psychotherapy (USABP) published a special issue of its Journal honoring Al Lowen. However, due to administrative errors, a number of pieces were left out of the publication, including the essay introducing the issue by guest editor and IIBA member Jim Elniski. We have been informed that if the USABP can collect 250 orders for the Journal, they will print an entirely new run, with all the articles intact.

This is an important document for the IIBA linking us with many colleagues in the US who are body-psychotherapists. Please, consider ordering a Journal for yourself or as part of your Society. Order forms and further information are available from Barbara Bendel at the IIBA central office. If we can come close to the number needed, the Board can consider ordering some for our archives. Thank you.



Editor Wanted ...



Scott Baum

We are still in need of an IIBA Newsletter editor. Michèle Dupuy-Godin stepped forward very generously to edit this issue of the Newsletter in consideration of the importance of reporting to the membership on the Memorial for Al Lowen. She did so despite having already completed her tenure as editor.

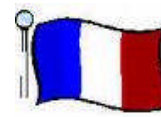
We are still looking for someone to take over that function. We have someone ready to work as Associate Editor, and a number of regional volunteers to help. As acknowledgement to the importance of this responsibility, the Bureau of Trustees has decided to pay the fees for the next two conferences to the Editor and Associate Editor.

If you are interested in this vital work for the IIBA, please contact any member of the Board, or Barbara Bendel.

CONGRATULATIONS TO THE NEWEST KNOWN ...

... CBTs

From Société Française d'Analyse Bio-énergétique : Jacqueline Balducci
Jeanne Vaillant



From New York Society for Bioenergetic Analysis : Judy Silberstein



... Supervisors :

From Associacio Catalana en l'Anlisi Bioenergetica : Dolors Boada
Anna Brossa
Francesc Ripoll
Fina Pla



From Société Française d'Analyse Bio-énergétique : Gérard Bérrubé



IN MEMORIAM

Testimony



Nederlands Instituut voor Bioenergetische Analyse

Tanja Mars, president

Much to our regret, one of our members, Jan Ponne, honorary member and founding father of Bioenergetic Analysis in the Netherlands, passed away.



The Art of saying goodbye
Is to leave
Yet take each other along

Welmoet

Dear colleagues, members of the International Institute for Bioenergetic Analysis (IIBA), on Saturday the 2nd of May, 2009, our colleague Jan Ponne passed away in the presence of the ones he loved. He was an honorary member of NIBA (The Dutch Institute for Bio-energetic Analysis).

Jan Ponne realized the education of the first group of therapists in the Netherlands together with his colleague Jan Velzeboer. This was in 1977, after inspiring encounters with Alexander Lowen. The Dutch Institute for Bio-energetic Analysis was founded in cooperation with Jan Ponne on November 26th, 1981.

To many Jan played a valuable role in their development as a person and therapist.

Jan will be remembered by his colleagues as an inspiring man who loved unconditionally and lived and worked respectfully towards others. He was trainer, supervisor and teacher-therapist and trained many members of the NIBA and IIBA to become Bio-energetic Analytical therapists. He actively contributed to the development of Bio-energetic Analysis, both nationally and internationally: he gave workshops, delivered lectures, held investigations and wrote various papers.

The board and a few NIBA members regularly contacted Jan and his 3 sons in his last days and during these moments Jan's commitment to Bio-energetic became so very clear. His way of living and working has inspired many of us and will be kept alive in cohesiveness with ourselves, the work and the people around us.



From :
Malu Millerman,
CBT – Local trainer,
New York, NY USA,

This is for you my dear Dr Lowen, wherever you are now.

Your eyes were the color of water
Now you are the water
They were like yourself, transparent and like the air
Now you are the sky, you become everything

I will be looking for you always
I will see you in every bird, in every tree,
In every sunrise and sunset
In everything

You surrendered to your body
Now your body surrendered to you

I hope your journey has been good
Because you already arrived and
Now your life is shared with the Cosmos

Fly high my friend and enjoy your Eternal Life

I love you and I will always miss you



EDITORIAL CONCLUSION



This Newsletter is a special edition full of commitment, trust and hope. As read, this spring 2009 Journal is mainly about the recent Memorial honouring the memory of Alexander Lowen who died in November 2008. The April celebration was remarkably orchestrated by the IIBA past presidents: Ed Svasta, Virginia Wink Hilton, Bill White and Hugo Steinman. Sixteen speakers voiced their tribute to Al Lowen, Eleanor Greenly helped us, participants, to exercise ours.

Six of the presenters have summarized their orations for our International Community. They have closely collaborated with the creation of this paper. The quality of their participation was itself a privilege for us all. I thank each of them from the bottom of my heart to have accepted to distil what they shared with us at the memorial. I invite you to listen to the coming complete DVD versions of these texts and discover something for yourselves. While preparing this Newsletter, reading them, I was myself moved by the evolution of women as Bioenergetic therapists.

May we all grow together, women and men, connected to our nature and to science.



Michèle Dupuy-Godin, SOQAB,
Retiring IIBA Newsletter editor