



EUROPEAN  
ASSOCIATION FOR  
BODY-  
PSYCHOTHERAPY

### EABP Scientific Research Symposium

## *The Science of Body Psychotherapy: From Research to Practice and from Practice to Research*

A **one-day symposium** connected to the 13<sup>th</sup> International EABP Congress in Body Psychotherapy, to take place on **Tuesday, September 18<sup>th</sup>, 2012**, from **9.00 am to 3.00 pm**, at **Churchill College, Cambridge**.

What do body psychotherapists add to the field of psychotherapy? How do they know that what they do works and for whom and that it is as effective as any other therapeutic approach? What are the active ingredients in body psychotherapy and what do we know about the specific aspects of the therapeutic relationship in body psychotherapy? What is appropriate Science and Research – as this applies to psychotherapy? These are some of the burning questions that both practitioners and researchers in our field are struggling with.

Exploring the interface between practice, research and the range of discussions on the Congress themes, the subsequent Research Symposium will provide a place to share, innovate and interact. In each of the three sessions, there will be at least three keynote presentations, followed by plenary questions, discussion and debate.

The Symposium will give time and space for the exploration of current issues and debates, information, networking and discussion amongst international body psychotherapy practitioners, researchers and students interested and actively involved with these questions. We will also offer suggestions for research that practitioners can apply in their daily work and an opportunity will be given to establish a “Body Psychotherapy Practitioner Research Network” (BP/PRN). Some written material on the presentations will be distributed at the symposium and this material will also be made available for people who are unable to be present.

This will hopefully be the first of a series of Body Psychotherapy Research symposia, so that the themes will be continued at other EABP Congresses and elsewhere.

#### Further information:

EABP Scientific Committee

Chair: [Dr. Herbert Grassmann](#)

[herbert.grassmann@eabp.org](mailto:herbert.grassmann@eabp.org)

**Fee: Congress participants £65.00**  
**External (non-Congress) participants: £75.00**  
**Lunch and morning tea/coffee included**

To register for this event, please visit  
<http://www.eabpcongress2012.co.uk/en/programme/presentations.html>

#### Programme:

**Opening: Herbert Grassmann (Chair of EABP Scientific Committee)**

**09.00 - 10.30: Session 1: *The Science of Body Psychotherapy: relevance, methods and future perspectives***

**Sheila Butler (Chair)**

- A: Joop Valstar: *What am I doing anyway? A clinician's perspective***
- B: Frank Röhricht: *What could I be doing? Research informing practice***
- C: Rae Johnson & Christine Caldwell: *The Research Mind 101***
- D: Sheila Butler: *Bringing the themes together***
- E: *Open facilitated discussion – audience participation***

**10.30 - 11.00: Tea break**

**11.00 - 12.30: Session 2: *Evaluating therapeutic processes and outcomes in BP research projects***

**Frank Röhricht (Chair)**

- F: Courtenay Young: *What are we not doing?***
- G: David Tune: *Process research – pros and cons***
- H: Dr. Stefan Priebe: *Are randomised controlled trials the only gold that glitters?***
- I: Elisabeth Sedlmayr-Länger: *The Criteria of Evaluation***
- J: *Open facilitated discussion – audience participation***

**12.30 - 13.30: Lunch**

**13.30 - 15.00: Session 3: *Other scientific findings, projects and developments relevant for the theory and/or practice of body psychotherapy.***

**Siegmar Gerken (Chair)**

- K: Prof. Helen Payne: *From Practitioner to Practitioner-Researcher***
- L: Maurizio Stupiggia: *Effects on body image***
- M: Eric Wolterstorff: *Build Nations, End War***
- N: Sheila Butler: *Building Bridges: What is happening in other fields, considering interrelations and connections between us and our worlds***

**Closing Plenary: Herbert Grassmann + Committee: *The Body Psychotherapy Practitioner Research Network***

***Open facilitated discussion – audience participation***

**15.00 – 15:30: Afternoon Tea & Departure**