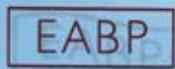




15th European Congress of Body Psychotherapy

The Embodied Self in a dis-Embodied Society

13 - 16 October 2016 Athens-Greece



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Scientific and Research Symposium Saturday 15th October

*Becoming more 'research-oriented' we have to compare our practice of doing Body Psychotherapy with the method of conducting research.
In our clinical practice we discover more than once, that we have to deal with experiences which are inter-subjective and created through engagement with the environment.
The Symposium combines the expertise of practitioner-based research, outcome research, case study research and a critical reflection on systems view.
Leading theme of Symposium will be 'Thinking outside the box', leading subject will be 'Embodiment', leading focus will be a series of questions, like 'what is research and what can we learn from it'?*

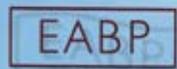


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9:00 - 11:00

20 minutes introduction:

10 min introduction of the Symposium and the Committee and also a short introduction of the audience

20 minutes timeline:

25 years of research in Psychotherapy and Body Psychotherapy

60 minutes of Round table:

3 x 10 minutes presentation of a stance by researchers who will be invited + 30 minutes of dialogue between them

20 minutes of dialogue

with and amongst the audience

11:00 - 11:30 break

11:30 - 13:00

The **second part** will be dedicated to **case studies** around the theme '**Embodiment in practice**', specially addressing moments of being stuck in therapy. BP has something to offer in working with these moments. Case studies are an invaluable record of the clinical practices of a profession. While case studies cannot provide specific guidance for the management of successive patients, they are a record of clinical interactions which help us to frame questions for more rigorously designed clinical studies.

Case studies also provide valuable teaching material, demonstrating both classical and unusual presentations which may confront the practitioner.

Three presenters will **present** their studies. Each will have **20 minutes**.

After that **30 minutes** will be left for **dialogue with the audience**.

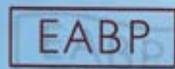


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Lidy Evertsen

is a Body Psychotherapy practitioner, specialized in trauma and dissociative phenomena. She is also a teacher, supervisor and therapist for body psychotherapy students.

Lidy has been a member of the EABP Board since 2008, first as Forum [training institutes] representative [2008-2009], subsequently as General Secretary [2009-2010], interim Treasurer [2010] and as President [2010-present].

Chair of the Continuing Congress Content Committee of the EABP.



Sheila Butler

Brazil/United Kingdom

Sheila is a Clinical Researcher and Co-ordinator of Projects in Mental Health Psychological Therapies (NHS) She is a practicing psychotherapist and also lectures at the Open University.

Sheila's interests lie in developing an interdisciplinary debate to provide the base for the next generation of research, one which focuses on the interplay between biological, psychological, social and cultural factors.

She is currently developing practice-based projects in the NHS in a number of areas, including investigating the process and outcomes of psychotherapy in the NHS, which encompasses the

Psychological Therapies Services and the specialist Personality

Disorders Therapeutic Community Service. The projects examine practices in Psychotherapy Services, understanding of clients' experiences and perceptions of change.

As an Associate Lecturer at the Open University, Sheila is developing courses on Child Development, Research with Children and Young People and supporting students to develop research skills. She is also part of the development of Open University schemes supporting students learning with virtual and multi-media based technologies.

Her questions, observations and experience have led her to focus on the research-practice interface. Current developments in this field have focused on working to develop and implement the UKCP Practitioner Research Network to provide a space for exploration and mutual learning across a community of practitioners. She is also a member of the Society of Psychotherapy Research (SPR).

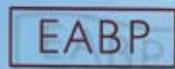
Sheila trained as a therapist in Brazil and as a body psychotherapist in the UK. She is currently working with individual and group therapy settings and also developing a range of workshops. She is interested in experiences and understandings of emotions and how feelings are expressed, the verbal and non-verbal affective communication in different cultures.



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Herbert Grassmann PhD
Germany

Herbert is a Body Oriented Psychotherapist in his own Praxis. He is also director of the European Association of Somatic Traumatology (EAST), Executive Director of the Institut for Core Therapy (SKT) and founder of SKT@ Strukturelle Körpertherapie and TraumaSomatics®. He trains in several Business Companies and leads presentations, trainings and workshops throughout the world.

In the late '80s and early 90s he trained in Structural Integration. He is a Certified Hakomi Practitioner and trained with Pat Ogden and Peter Levine in Trauma Therapy. He is the author of several articles and the book: *Zwei im Einklang*, Kreuz-Verlag, 2004.

His Research focus: development and evaluation of interpersonal neurobiology models and bridging the gap between attachment and dissociation theories in the field of somatically focused model of trauma therapy.

Website: <http://www.skt-institut.org/>



Maurizio Stupiggia
Italy

Maurizio Stupiggia, psychotherapist, is Vice President of the Italian Association for Body Psychotherapy (AIPC), Professor assistant at Westdeutsche Akademie of Dusseldorf, Guest Professor at the University of Bologna in Group theory and technique and Professor of General Psychology at the University of Genova.

He is a Trainer in Biosystemic psychotherapy and co-founder, with Jerome Liss, of the Societe Internazionale Biosistemica. He works as a therapist and trainer in Italy, in some European countries, in Japan, and Latin America.

He is the author of, *Il corpo Violato* and with Jerome Liss of the publication *La terapia biosistemica* (Franco Angeli, 1994)

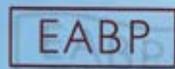
Website <http://www.biosistemica.net/>



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Professor Frank Rohricht MD FRCPsych
Germany/United Kingdom

Consultant Psychiatrist (MD, FRCPsych); Body Psychotherapist; Visiting Professor University of Hertfordshire, School of Psychology and Honorary Professor Centre for Psychoanalytic Studies, University of Essex.

1983-1986 Training in integrative body psychotherapy (predominantly neo-Reichian methods) in the Netherlands and Germany; since 1987 practicing and lecturing as body psychotherapist in various settings (individual and group therapy).

Medical training and qualification (MBBS equivalent) between 1984 and 1989. MD completed in 1995 at Free University Berlin/Germany, (Doctor of Medicine by Thesis): Body concept and body schema and their relationship with psychopathological symptoms within acute paranoid schizophrenia.

Specialist Training in Psychiatry, Neurology and Psychosomatic Medicine from 1989 – 1997. Since 1997 to date Consultant Psychiatrist, in Newham/East London. 2000 to date Clinical Director for Adult Mental Health East London NHS Foundation Trust. Member of the German Association for Psychosomatic Medicine; Since 2004 chair of the research section of German Association for Body Psychotherapy (part of European Association of Body Psychotherapy / EABP); Since 2005 Patron of the Association for Dance Movement Psychotherapy UK.

With numerous publications in peer reviewed journals one of the leading researchers in the international field of Body Image Phenomenology and Body Psychotherapy in Mental Illness; book publications include co-editor of Handbook of Body Image Research and books on body-psychotherapy; monography from 2000 is the first textbook covering the innovative field of body-oriented psychotherapy in psychiatry. Research focus: development and evaluation of treatment manuals for body oriented, non-verbal psychotherapeutic intervention strategies (anorexia nervosa, somatoform disorders, depression, schizophrenia). Other projects: Transcultural variety of ego-pathology; Neurobiology and prodromal signs of cenesthopathic schizophrenia; Self-harm and long-term outcomes; service evaluation.

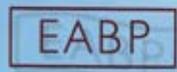
Website: www.frank.rohricht.com



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Joop Valstar Drs
The Netherlands

Psychologist, EABP accredited body psychotherapist, ECP holder (European Certificate of Psychotherapy), Gestalt therapist, Unitive psychotherapist, Lomi practitioner, Bodydynamic practitioner.

Joop has been in private practice in Amsterdam since 1975 working with individuals, couples and groups. He was also a trainer and supervisor for the Unitive Training in The Netherlands and Frankfurt for some years.

He has designed several therapeutic thematic courses, Excitement and Growth and Character Structures and their Breathing and Energy Patterns.

Joop has held executive positions on the boards of the Dutch Unitive Association VUP and the Dutch Association for Psychotherapy NAP. He co-established the Dutch Association for Body Psychotherapy NVLP in 1998 and was its President until 2010. He was on the EABP Board from 2002 and President from 2006 to 2008.

Within the EABP he has been involved in the setting up of the Training Standards, and developing the FORUM and the COUNCIL of National Associations. He was the main organiser of the EABP Egmond Conference 2001 and edited the EABP Newsletter for many years. He was also responsible for creating the new logo and house style of publications.

In the Netherlands Joop has been involved in biannual symposia for body psychotherapists since 1998, creating more connection between the different body psychotherapeutic modalities.

In 2006 Joop initiated the Wilhelm Reich Fund to support research and publication in body psychotherapy in the Netherlands.



Affiliate Member from USABP
Jennifer Frank Tantia, PhD

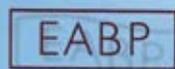
Jennifer Frank Tantia is a Dance/movement Therapist and body psychotherapist in New York City. She serves as a research advisor at Pratt Institute and teaches developmental and somatic psychology at Adelphi University. She is the former education chair of the NY state chapter of the American Dance Therapy Association, and currently serves as the Research Chair for the USABP. Jennifer works in private practice and leads Authentic Movement groups. She recently completed her PhD in Somatic Psychology at the Chicago School of Professional Psychology. Her research in Authentic Movement and the Autonomic Nervous System has been presented in the US and Europe.



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Courtenay Young
United Kingdom

Courtenay Young is a Body Psychotherapist, accredited by the European Association of Body-Psychotherapy (EABP). He has been on the EABP Ethics Committee (1992-1994), EABP General Secretary for 7 years (1994-2001), Vice-President, (2001-2002) and President of EABP (2002-2006). He helped establish: the EABP Training Standards; 'The FORUM of Body- Psychotherapy Organisations'; the Scientific Validity of Body- Psychotherapy;

the 'Council of National Associations'; the new EABP Membership Criteria and Guidelines; the EABP website; and the EABP Bibliography of Body-Psychotherapy. He was recently made an Honorary Member of EABP at the 2010 AGM in Vienna.

Courtenay Young is a fully accredited and registered psychotherapist with more than 30 years of professional experience. He works in several different modalities, has experience in a variety of clinical settings, and with a wide range of different client groups. He has been actively involved in several professional associations in psychotherapy, leads workshops internationally, edits journals, has written many articles & chapters on psychotherapy, and has written a couple of books, as well as occasionally writing poetry. He has just started up his own publishing imprimatur Body Psychotherapy Publications publishing collections of articles on various topics.

Personal website: www.courtenay-young.com - which contains a complete listing of his articles, access to ordering his books, some of his poetry, etc.



Biljana Jokic, PhD
Member of the EABP Science and Research Committee

Biljana is a Body Psychotherapist and Counselor. She is a General Secretary of the Serbian Association of Body Psychotherapy (SABP), and she is also engaged in developing a line of research about body-mind connections, in cooperation with SABP colleagues.

Biljana has fifteen years of research experience. Her specific research interests are about the evaluation of BP methods and techniques, body-mind connections, decision making processes, perceptions of self and others.