



**European Federation for Bioenergetic Analysis-Psychotherapy
EFBA-P**

**EFBA-P Workshop 01.- 03. May 2020
in Warsaw/Poland**

Dr. Jörg Clauer, IIBA Faculty

Grounding in your Body and “**The Primary Triangle**”(of Mother, Baby *and* Father)

The background:

The Caretaker’s BODY constitutes the first grounding for the baby, in particular by touch, skin contact and rhythmic dance of their interactions. This somatic attunement is the basis for affect-attunement, attachment and - later on - for the process of somatic resonance; i.e. empathy, transference and countertransference depend on this embodied experience – that is intercorporeity.

Cooperation in the triad – that is “The Primary Triangle” of mother, infant *and* father (cf. Fivaz-Depeursinge & Corboz-Warnery 1999) *is a developmental track of its own.* It contributes to the basic patterns of our self-expression and self-possession *and is of similar importance for the developmental prospect of the infant than affect-attunement and attachment.*

A **Cooperative Alliance in the Triade** anchors the infant in our first community – the Family – and in our culture. If the capacity of parents for *cooperation* is low we find that the family alliance is disturbed and the Triade disintegrates into Dyads or Monades; the missing empathic and affectionate cooperation can cause developmental impairments and psychic disorders later in life. Investigating the implicit ideas of parents concerning their co-parenting for their future baby, scientists can foreknow the developmental fate of the infant – like the oracle of Delphi has foreknown the fate of Ödipus. Denial, split into black and white or dissociative processes can be the consequence, and *Triangulation* is smoothing the way out of such dilemmas.

The importance of “*The Primary Triangle*” is usually less familiar than the importance of *dyadic bonding experiences*. In Bioenergetic-workshops, however, we often work in a triadic setting.

In the workshop *we will explore ways of contact, rhythmic interaction and somatic resonance, that means the process of cooperation and empathy within the Dyade and Triade. The experience and the knowledge about “The Primary Triangle” will help Participants to comprehend better developmental restrictions of clients and of their own - and ways to support developmental processes and healing in their clients to enhance the cohesion of the self.*

Dr. Jörg Clauer



CBT, IIBA Faculty (International Trainer for Bioenergetic Analysis) is a Specialist for Psychosomatic Medicine and Psychotherapy, Psychiatrist, Relational-Psychoanalyst, Psychodrama Therapist and Biochemist. He works in private-praxis in Osnabrueck/Germany since 1999 and was co-leader of psychosomatic-clinics before. There are numerous articles about clinical-psychosomatic issues as well as the intersubjective and triadic perspective.

You find more information in these articles:

- Clauer J (2011): Neurobiology and Psychological Developmental of Grounding and Embodiment. *Bioenergetic Analysis* 21: 17-55
- *In German language*: Clauer J (2011): Kooperation in der Entwicklung des Menschen 1: Implikationen für die Bioenergetische Analyse, und 2: Die Füße der Ödipus in neuen Schuhen. *Forum Bioenergetische Analyse* 1/2011: 42-89



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Date: Friday, 01.04.2018 4pm - Sunday, 03.04. 2pm

Place: Warsaw/ Poland

Złota Milonga Szkoła Tanga Argentyńskiego, ul. Długa 44/50,

Fee: 280.-€

For registration please write to:

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and transfer 280,00 € to the EFBA-P account

**Assoc. Portuguesa de Análise Bioenergética (European Federation for Bioenergetic
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