

Bioenergetic Analysis

Walking on the Ridge – Working on the Spine

**DÖK – CONFERENCE in Hinterstoder, Upper Austria
Sept. 28th – 30th, 2007**

Contents:

With the concepts of Bioenergetic Analysis we will deal with topics like balance, backing, posture, getting upright and achieving an overview.

„Nature itself and thus also human being is the center for conservation, change and development in organisations, societies and groups.“

Waldefried Pechtl

Friday, Sept.28th Balance, Backing and Support

- 8.00 Pre-Workshop Brigitte Berger/Michael Bilic
Hike to the „Schrocken“
16.30 Opening Brigitte Berger
16.40 Getting in Tune Hanspeter Eisendle Walking on the ridge, from the view of a mountain guide
17.15 Introduction Eva Kammerer-Pinck Backing and Support
afterwards: Opening of the Exhibition Backing and Supports – Experimental thinking in the context of European ways of life Silvia Bengesser
21.00 Cabaret Michael Bilic/Michael Schorr The ridge-hiking spine

Saturday, Sept.29th Posture

- 7.00 – 7.30 exercises Joachim Nagele
9.00 Lecture Georg Wögerbauer Between heaven and earth
10.15 – 12.30 workshops I

Getting Upright

- 15.00 Lecture Waldemar Kufner Developmental steps concerning aggression and eros in bioenergetic analysis
16.00 – 18.30 workshops II
21.00 Dance

Sunday, Sept. 30th Overview and Balance

- 7.00 – 7.30 exercises Joachim Nagele
9.00 Lecture Susanna Schenk/Joachim Nagele The concept of love in the psychotherapeutic work
10.00 – 12.00 workshops III
12.30 – 13.00 closure

Short description of lectures, workshops and contributions

Brigitte Berger/Michael Bilic – Pre-workshop

Mountain hike to the „Schrocken“

We approach the mountain ridge. A hike in nature with analogies and psychological tasks.

Hiking clothes (-shoes) necessary.

Hanspeter Eisendle – getting in tune

Walking on the ridge, from the view of a mountain guide.

Born in 1956, lives in Sterzing/Südtirol, married, 3 children. Main profession: mountain guide. He spent most of his time in the mountains all over the world and became an excellent and experienced mountaineer and climber. He climbs in order avoid falling. He is sure that life outside is better than indoors. His philosophy: if I cannot do as I like, I like the way I can do.

Eva Kammerer-Pinck – Introduction

Backing and support

Lecture

Leaders are used to face and overcome crises in a decisive way. In describing a complex coaching process it becomes obvious, how the leader of an organisation, after loosing the backing of his organisation and in the consequence – after the breakdown of his own support system – in using the character structures, manages to activate his resources and to get back to his upright position.

Workshop

Demonstration of body interventions which promote back support.

Backing and supports – Exhibition

Body, soul, mind, psyche and soma – an old song, a beautiful song.

Thoughts on the European ways of life as emotional support for bioenergetic concepts.

Silvia Bengesser, Eva Maria Plank, Sabine Prewein

Michael Bilic/Michael Schorr – Cabaret

The ridge-hiking spine

Brandnew scientific ideas from the fields of psychotherapy, emerging from our brain- and bodystorming workshop in the light of the global political situation.

Georg Wögerbauer – Lecture and workshop

Between heaven and earth

Homo erectus – auto-mobil?

Taking the spine as an example, I will show ways to diagnosis and treat from the view of bioenergetic analysis and general medicin. Back pain problems are frequently combined with so called „new“ diseases – such as stress, burn out, fatigue syndrom, fear, depression, and sleeping disorder. The concept of character structures of bioenergetic analysis and the numerous possibilities of body therapy to work on getting upright, on the expression, on the

movement and in consequence on the development of man are presented, and the necessity of an integrative concept of treatment will be demonstrated.

Brigitte Pototschnig/Dominik Pesendorfer – workshop

Posture in life and work

The culture of an organisation – individually and collectively – determines our behaviour, our feelings, our thought patterns, and our values. How does it express itself in individual postures? Where can we see analogies, abysses and heights in the context of the individual and the organisation?

A bioenergetic-analytic discovery of the body worlds of your own work and organisation.

Hubert Feurstein – workshop

Running and getting upright

Getting upright has a direction. To get upright means adjusting to the ground, in relation to gravity and the body. In this workshop we will try out and reflect on different aspects of getting upright by the means of body exercises and outdoor running.

Please bring along comfortable clothes and running shoes.

Waldemar Kufner – Lecture and workshop

Developmental steps concerning aggression and eros in bioenergetic analysis

In the therapeutic relationship we meet forces, which tend to extend the limits of contact continuously towards pleasurable encounter and ecstasy. In finding examples in the fields of visual arts, we have the opportunity of getting authentic information and a view of the crazy realities of eros, which, in every day life, we are (unfortunately!) bound to get back to normal.

Wolfgang Schmetterer – workshop

Bioenergetic analysis in organisations

Application of bioenergetic-analytical principles in practical work with organisations will be presented, and the opportunity to experience it will be offered in this workshop.

The balance between fixed structures and mobility, the values of conservation and development will become visible. The main topic in this workshop will be the value of sincerity (being upright) in organisations and keeping up certain basic values.

Christine Pechtl/Michael Schorr – workshop

Borderline walk on the back

A frame will be provided to enable the approach to our own borderline structures and strategies. There is a saying that the body does not lie. Is our body sincere?

We will work on the manifestations of borderline defense mechanisms on the spine, concerning the problems of getting upright and keeping balance.

Susanna Schenk/Joachim Nagele

Lecture

The concept of love in the psychotherapeutic work

This lecture is comparable with a balancing act, between ethics and methodology, between abstaining and finding the truth. The concept of love is frequently mentioned in the fields of culture, spirituality and history. In the psychotherapeutic/bioenergetic-analytical work we find it in the concepts of „being able to love“ as a goal of therapy, and in transference.

Workshop

Characterstructure and dynamics of relationship – love stories

Participants of this workshop get the opportunity to explore their own concepts of love, in the presence of their relationships. The model of character structures of bioenergetic analysis will be related to these experiences.

Carola Kaltenbach – workshop

To be alive – upright and well balanced

Balance – stability – movement

The spine gives stability. In the history of human evolution, the spine is the symbol of our upright position, in the history of the individual it is a symbol of identity. Distortion of the spine often goes back to severe traumata. Touch, working with posture and movement will help to feel different qualities of balance, and to realise how to get back support and how to connect our head with the ground by using the spine.

Renate Schwenk/Hubert Feurstein – workshop

Between you and me – what does contact mean?

Contact is like walking on a tightrope. In this workshop we will bring together Martin Buber's concept of „Begegnung“ (encounter) with the concept of „Kontakt“ (contact) in bioenergetic analysis. The nature in and around Hinterstoder will be our experimental field.

Please bring along hiking shoes (or sneakers) and waterproof clothes.

Gert Hock – workshop

Running and biography

I am just running – meaninglessly – the path is not the goal. But it is wonderful to feel the rhythm, it is slowly overflowing my whole body. The rhythm is overcoming this meaninglessness, and somewhere in my body I notice a little man's voice. It whispers very softly, and by and by the voice gets louder and more comprehensible, and it makes me understand the sense of my running. Listen to the voice, try to remember these sentences, they may come somewhere out of your biography.

Please bring along running shoes and rain coat(jacket).

Agnes Neuenschwander Tarozzo – workshop

Mobility of the spine and breathing

We will try out movement, breath, voice, alone, in couples or in the group. We move, observe breathing and flexibility in the back, and we learn to treat ourselves with love and respect.

With motivation, joy and discipline we can take responsibility for our health and prevent ourselves from loss of flexibility in the back.

Presenters

Dr. Brigitte Berger
Psychotherapeutin, Bioenergetische Analytikerin

Dr. Michael Bilic
Psychologe, Psychotherapeut, Supervisor, Lehrtherapeut für Bioenergetische Analyse

Hanspeter Eisendle
Bergsteiger, Sportkletterer und Bergführer (Südtirol)

Mag. Hubert Feurstein
Coach und Supervisor, Bioenergetischer Analytiker, Lebens- und Sozialberater,
Laufberater

Dr. Gert Hock
Arzt für Allgemeinmedizin, Psychotherapeut, Lehrtherapeut für Bioenergetische Analyse

Dr. Carola Kaltenbach
Psychotherapeutin, Lehrtherapeutin in Bioenergetischer Analyse und Katathym
Imaginativer Psychotherapie, Organisationsberaterin und Trainerin

Dr. Eva Kammerer-Pinck
Lehrtherapeutin für Bioenergetische Analyse,
Psychoanalytikerin, Coach und Supervisorin

Dr. Waldemar Kufner
Arzt für Innere Medizin, Psychoanalytiker, Lehrtherapeut für Bioenergetische Analyse

Joachim Nagele
Dipl. Sozialarbeiter, Lehrtherapeut für Bioenergetische Analyse und Dynamische
Gruppenpsychotherapie, Organisationsberater

Agnes Neuenschwander Tarozzo
Psychotherapeutin, Bioenergetische Analytikerin im Tessin (Schweizerische Gesellschaft für
Bioenergetische Analyse und Therapie)

Christine Pechtl
Dipl. Sozialarbeiterin, Psychotherapeutin i.A.u.S., Bioenergetische Analytikerin

Mag. Dominik Pesendorfer
Sportwissenschaftler, Bioenergetischer Analytiker, Gruppendynamiktrainer i.A.

[Brigitte Pototschnig](#)
[Bioenergetische Analytikerin, Supervisorin, Beraterin](#)

Mag. Susanna Schenk
Lehrtherapeutin für Bioenergetische Analyse und Dynamische Gruppenpsychotherapie,
Gruppendynamiktrainerin und Supervisorin

Wolfgang Schmetterer
Personal- und Managementtrainer, Bioenergetischer Analytiker, Psychotherapeut,
Lehrsupervisor, Trainer für Gruppendynamik, Klinischer Psychologe

Dr. Michael Schorr
Arzt für Allgemeinmedizin, Psychotherapeut, Lehrtherapeut für Bioenergetische Analyse

Mag. Renate Schwenk
Bioenergetische Analytikerin, Dynamische Gruppenpsychotherapeutin,
Managementtrainerin und Coach

Dr. Georg Wögerbauer
Arzt für Allgemeinmedizin, Psychotherapeut, Lehrtherapeut für Bioenergetische Analyse

Exhibition

Dr. Silvia Bengesser
Bioenergetische Analytikerin, Literaturhistorikerin

Eva Maria Plank
Psychotherapeutin, Bioenergetische Analytikerin i.A.

MAS Sabine Prewein
Supervisorin, Mediatorin, Bioenergetische Analytikerin i.A.

Conference Organisation

Dietmar Dobretsberger
Psychotherapeut, Bioenergetischer Analytiker

Dr. Ulrike Pschill
Ärztin für Pathologie und psychotherapeutische Medizin, Lehrtherapeutin für Bioenergetische
Analyse

Conference fee
EUR 220.-
EUR 160.- for students and trainees

End of registration
Sept. 16th, 2007

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Exhibition Committee

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Dr. Brigitte Berger, Dr. Ulrike Pschill

Conference Organisation

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