

BIOENERGETIC ANALYSIS and ENERGETIC BOUNDARIES

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The Purposes of this Workshop are to:

- Introduce Bioenergetic Analysis;
- Define the concept of Grounding;
- Explore this from a Bioenergetics perspective;
- Explore the concept of Energy Flow and Energy Blocks in the body, and how they affect our emotions, thoughts and beliefs;
- Define and explore Personal Boundaries and their effect on a person's Energy Flow;
- Explore how our Interpersonal Boundaries change in the presence of others and vice versa;
- Learn how to be aware of and sensitive to other people's energies;
- Develop and maintain good professional boundaries;
- Recognise the importance of being grounded;
- Enhance our ability to remain grounded;
- Practice presence - develop an enhanced connection with your colleagues;
- Experience Embodied Exploration;
- Discuss how to apply these learnings in your practice and daily life.

Bioenergetic Analysis is a form of analytic psychotherapy based on the work of American physician and psychotherapist, Dr Alexander Lowen (1910-2008). This therapeutic modality combines work with both the body and mind in order to promote health and to enhance one's pleasure in living.

BIO	=	LIFE
ENERGETICS	=	ENERGY + MOVEMENT
MOVEMENT	→	VIBRATIONS
VIBRATIONS	→	ENERGY FLOW
ENERGY FLOW	→	EVOKEs EMOTIONS
E-MOTION	→	FEELING

↓ GROUNDING = SENSE OF REALITY = LIVING IN OUR BODY = BEING PRESENT

Brief History of Bioenergetic Analysis

Alexander Lowen (1910-2008) devoted his life to showing the importance of the body in the psychotherapeutic process, as he was convinced that every profound change has an impact on the body. He met **Wilhelm Reich** in New York in 1940, and trained with him until 1952. Lowen then went on to develop "**Bioenergetic Analysis**" as his own creative contribution to help people clarify the complexity of the mind-body split.

Later he teamed up with two other students of Reich, fellow physicians **John Pierrakos** and **William Walling**. The three colleagues formed the **Institute of Bioenergetic Analysis (IBA)** in New York in 1956. They separated a few years later and Lowen remained to manage the IBA on his own.

In 1976, facing the international expansion of Bioenergetic Analysis and a growing demand in psychotherapists' trainings, Lowen turned the IBA into the "**International Institute for Bioenergetic Analysis - IIBA**". Lowen remained as Executive Director of the IIBA until 1996, without abandoning his therapist's activity or personal practice of bioenergetics exercises. He suffered a stroke in July 2006 and stopped as a therapist. However, his general health was good, and, although having a reduced mobility, he still had the desire to do physical exercises at the age of 96 years.

<http://bioenergetic-therapy.com/index.php/en/the-bioenergetic-analysis/the-founder-alexander-lowen>

The Bioenergetic Therapist:

- Provides a place of safety to enable healing to begin;
- Assists clients to notice how their early childhood experiences have affected them in the present and their in ability and/or limitations as adults to be fully alive in this world;
- Helps clients to release chronic muscular tension, manage emotions/feelings, expand capacity for intimacy, own autonomy and strength, and to learn other ways of relating to others effectively;
- Treats clients as psychosomatic unities, by studying each aspect of their defences and designing physical exercises uniquely suited to challenge their clients' holding patterns;
- Facilitates clients' ability to identify and express their tenderness, assertion, aggression and confluence in sexuality, because these are seen as lifesaving and life-giving forces.

Early Life Traumas are understood to:

- Impact the adult at both personality (psyche) and body (soma) levels;
- Cause deep emotional, and sometimes physical, pain. They can also distort attachment. As humans, we tend to rationalize and deny, as our means of managing the emotional pain that is anchored in the body. Over time, we develop "defensive muscular patterns called "armours" and "character structures", which limits us in our perception of ourselves and others.

Core Elements of Bioenergetic Therapy

Bioenergetics bases its interventions on the clients':

- **Breathing**
- **Movement:** Emergent/ Expressive/ Integrative
 - Emergent Movements: Track, notice/ Amplification/ Spontaneous Healing
 - Expressive Movements: Vocalizing/ Reaching/ Protesting (Kicking and Hitting)

- Integrative Movements
- **Energy Flow and Energy Blocks**
- **Grounding** <http://www.bioenergetics-nyc.org/>
- **Boundaries:** Cognitive, emotional, physical and energetic barriers we place around a core sense of self to protect and regulate the degree and type of contact the core self is exposed to.
 - Personal
 - Interpersonal
- **The Meaning Clients attach to the Story:** Core Beliefs, “Life Script”

As Therapy Progresses:

- Clients uncover life repressed beliefs and emotions, defences that were once useful for survival in a non-supportive environment;
- As adults, these same physical and mental defences inhibit clients’ capacity for joy, love, sadness, sensuality and healthy anger;
- The therapist facilitates the clients’ understanding of their unique vitality and defensive patterns within a non-judgemental and safe context, and supports them in understanding and engaging in their own healing thus releasing what is no longer needed, enabling them to create a new way of being in the world and a new life paradigm.

Useful Websites

<http://www.nanziba.com/>

<https://www.bioenergetics-canada.com/>