

EUROPEAN BIOENERGETIC ANALYSIS OPEN DAYS

Mallorca Spain

Islas Baleares

Palma de Mallorca

**“Discover the Potential
of Your Body To Have
a Vibrant Life”**

25-27.04.2025



PROGRAM 25.04 (P.M)

JOSÉ LUIS MORENO

“Reality and illusion: the continuous dance of the therapeutic process.”

The goal of therapy is for the person to be able to face the reality that they have lived through and has not been resolved. This requires letting go of the "illusions" that you have had to hold on to in order to survive, and face what has been difficult and painful to start the path to greater vitality and more connection to our true illusions.

José Luis Moreno. Psychologist, CBT, Supervisor and Local Trainer in BA

FRANCISCO GARCIA

“Sexuality, a fundamental (and frequently conflictive) drive in human live”

A vibrant live includes a vibrant sexuality. If it creates conflicts in the person, it might get somewhat inhibited, and aliveness with it. We will explore in the workshop ways to explore this potential for conflict, and ways to solve it

Francisco García is Clinical psychologist, Master in Human Sexuality and in Psychoanalytic Psychotherapy. CBT, Supervisor and Local Trainer in BA.

PROGRAM 26.04 (A.M)

ALBERTO PORRAS

“Breathing, movement, voice and relationship: roots of Bioenergetic Analysis (B.A).”

In the field of B.A we understand these four dimensions as fundamental for a vibrant and healthy life. We try to enhance them in us and in our patients. In this workshop, a short theoretical explanation will be given on this topic. After this, we will explore these four dimensions in a practical way, with some exercises and, if possible, with some individual work.

***Alberto Porras.** Health Psychologist. Certified Bioenergetic Analyst (CBT). Expert in Child Protection and Child and Adolescent Psychopathology.*

ANNIE NISSOU

“My Relationship with the Other”

How close do I feel to the Other...?

Working in dyads, you will become aware of your body and its tensions, its cuts, listen to them and perhaps transform them.

Re-learn how to breathe, tame your voice and welcome your feelings, integrate them into your story and explore your relationship with yourself and others.

***Annie Nissou.** Clinical Psychologist, Psychotherapist, Family therapist, CBT, Supervisor.*

PROGRAM 26.04 (P.M)

PEDRO RIBEIRO DA SILVA **"The Grounding"**

Connect with the earth and the ground. Bring attention and focus on feeling. Be aware of the body, his sensations, emotions, his chronic tensions, creating a balance between feeling and thinking.

The interpersonal grounding. The recoil of the body, the somatic defenses, the boundaries and the unlocking of the body in the interpersonal relationship.

Pedro Ribeiro da Silva, *Psychotherapist CBT, Communication Sciences University teacher, Medical Doctor*

FINA PLA **"Attuned Touch: A Key Element in Psychotherapeutic Change"**

Human touch is very important in our lives but it's a crucial and transforming element in Bioenergetic psychotherapy and it can have very important functions: it can help the patient to soften his/her defenses and connect with the denied feelings, it can help regulate the patient's emotions and can have many other positive functions, but we must know how to use it, when it can implement therapeutic change and when it is not advisable as it can have negative effects on the patient's process.

Fina Pla is a clinical psychologist. She is a CBT, supervisor and International trainer in Bioenergetic Analysis. Trained in Gestalt therapy, Lacanian and Relational Psychoanalysis, EMDR and Polyvagal Theory.

PROGRAM 27.04 (A.M)

MAGDA MAŁKIEWICZ

“Vibrant exchange in the couple - between love and aggression”

B.A. integrates body, mind and emotions what is crucial for building close relationship, which can be the fundamental for one's perception of quality of life. We can nourish our close relationships by vibrant presence and ability to keep the worthwhile contact. On the workshop we will explore the vibrant dynamics of couples and how to draw from B.A. in the couple.

Magda Małkiewicz. *Psychologist, Certified Clinical Sexologist, Certified Psychosexologist, Certified Bioenergetic Analyst (CBT), Supervisor in BA.*

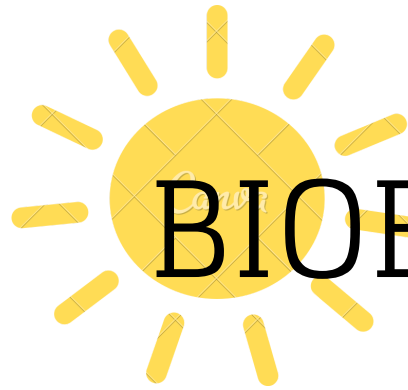
OLAF TRAPP

“Instroke essentials in the context of Bioenergetic Analysis”

Will Davis' Instroke work emphasizes an inward movement, a naturally flow of energy inwards, which strengthens the energetic core of a person and facilitates more natural and spontaneous emotional expression (Outstroke).

In this workshop we will practice Instroke related techniques, adjusted to Bioenergetic tools which can enrich our therapeutic results.

Olaf Trapp, *Germany, CBT, living and working in Zagreb/Croatia.*



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HOTEL AMIC HORIZONTE

Palma, Carrer de Vista Alegre, 1, Ponent, 07015 Palma,
Illes Balears, Spain

180 €

Information about the bank account number will be sent by e-mail within 3 days after successful registration. After receiving the payment, an invitation to the workshop will be sent electronically

To participate in the workshops, please fill in the form:

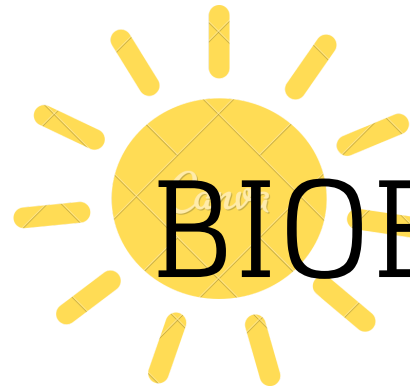
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The number of places is limited, so we encourage you to register as soon as possible.

To confirm your reservation, you must pay for the workshop no later than 12.04.

For reservations after 12.04, payment must be made within two days.

In the event of non-payment, we will not be able to guarantee a place at either the workshop or the hotel (in the case of the option with accommodation).



EUROPEAN BIOENERGETIC ANALYSIS OPEN DAYS

We are also offering lodging in workshop location, at a reduced cost from what the hotel offers in Booking.com. We have reserved 15 rooms, below You find information about the rates.

- Single room with breakfast: €89/night (VAT included)
- Double room with breakfast: €99/night (VAT included)
- Single room with sea view with breakfast: €99/night (VAT included)
- Double room with sea view with breakfast: €109/night (VAT included)
- Superior single room with breakfast: €109/night (VAT included)
- Superior double room with breakfast: €119/night (VAT included)
- Tourist tax not included: €0.55 per person per night.