BODY, ECOLOGY AND INTEGRATION

new perspectives in psychotherapy

June 21 - 22, 2019

Oslo, Norway



The EAIT Conference

Organised by European Association for Integrative Therapy and Supervision (EAIT) and Norsk forening for integrativ terapi (NFIT) in cooperation with the Supervisors' network NOSCO in ANSE

Keynote speakers and workshops from Norway, Austria and Germany will give excellent opportunities to obtain in-depth updates in psychotherapy and relevant research, as well as establishment of international contacts.

We welcome you to a conference for joint competence, inspiration, professional relations and strengthening of ties across borders

Oslo, the capital of Norway, is a charming city at a fjord surrounded by forests, winning "the Green Capital Award for 2019" (EU Commission). Oslo is a good starting point for exploring the famous nature of Norway with fjords, forests and coastal line, mountains and rivers.

Silvia Grøndahl
President EAIT

Ingunn Vatnøy
President NFIT

PROGRAM

Friday, 21st of June

15:00 – 15.45	Registration
15.45	Opening of the conference: **Silvia Grøndahl, president of EAIT** Musical performance: **Jan Sjøberg** (piano), and **Inger Cecilie Rise** (vocal)
16:00 – 16:25	**Ingunn Vatnøy, president of NFIT,** Opening lecture
16:30 – 17:15	**Univ.-Prof. Mag. Dr. Claudia Höfner, Austria** *"Sexual Orientation in Psychotherapy: Specifics of the Therapeutic Relation"*
17:30 – 18:15	**Prof. Dr. mult. Hilarion G. Petzold, Germany** *"Interoception and multi-directional empathy in body oriented therapy"*
18:15 – 20:00	Evening buffet for all participants (included in conference fee)

Saturday, 22nd of June

8.25 – 8.55	Morning movement: Qi Gong: Elisabeth Nybø or Yoga /meditation: Heidi Teschke
9:00 - 9:45	**Robert Stefan, BA MA, Austria** *„Future-conceptions of the lived body"*
9.50 – 10.40	**Dr. philos Line Jordanger, Norway** *"The body as the lived act of seeing and pointing"*
10.50 - 13.00	10:50 -13:00 Workshop 1: **Mag. Alli Schumacher-Möth, MSc, Austria** *"I had a dream", Dream work in Integrative Therapy* 10:50 -13:00 Workshop 2: **Gudrun Nordmo, MSc, Norway** *"The body bears the burden of trauma – and the body is the way out of it"* 10:50 – 11:50 Workshop 3: **Dr. Elisabeth Fehrmann, MSc, Austria** *„Integrating yoga into body-centred therapy"* 12:00 – 13:00: Mastertheses and Dissertations. 1. **Heidi Teschke:** *"Means to better everyday life for patients with chronic pain"*
13.00 – 14.30	Lunch buffet for all participants (included in conference fee)
14.30 – 16.30	Workshop 4: **Cand. Psychol, MSc Jan Sjøberg and MSc Inger Cecilie Rise, Norway** *"Music stimulating and mirroring the informed body - a tool for affiliation, awareness and reflection in supervision"*
14.30 – 16.30	Workshop 5: **Mag. Alli Schumacher-Möth, MSc, Austria** *"I had a dream". Dream work in Integrative Therapy*
14:30 – 15:30	Workshop 6: **Dr. Elisabeth Fehrmann, Austria** *„Integrating yoga into body-centred therapy"*
16:45 – 17:45	**Prof.Dr.mult. Hilarion G. Petzold:** *"On ecology in psychotherapy"*
19:15	Dinner in the center of Oslo, (not included). Restaurant remains to be announced.

Sunday 23rd of June

10.00 – 12.30	General Assembly for the European Association for Integrative Therapy and Supervision (EAIT). Open for all members of national organizations and personal members
12.30	Lunch buffet at Haraldsheim

REGISTRATION: Available on https://www.deltager.no/EAIT Conference from 20th of February.

Haraldsheim - the conference venue in Oslo:

Location: Only 4 km from Oslo City center.
How to get there and how to order accomodation: https://www.haraldsheim.no/

Alternative places to Haraldsheim for accomodation nearby:

Forenom Serviced Apartments Oslo, Carl Berners Plass: https://www.forenom.com
Anker Apartment – Oslo, Grunerløkka: https://anker-hotel.no/about-us/?lang=en
Thon hotell Storo - Oslo: https://www.thonhotels.no/hoteller/norge/oslo/thon-hotel-storo/
Radisson Blu hotel Nydalen – Oslo: https://www.radissonblu.com/no/hotellnydalen-oslo
Comfort Hotel® Grand Central: co.grand.central@choice.no
Clarion Collection® Hotel Savoy: cc.savoy@choice.no

CONFERENCE FEES:

1. **Registration for the EAIT conference; Friday 21st of June & Saturday 22nd of June:**

   Including evening meal on Friday, lunch on Saturday and refreshments:

Student Integrative Therapy	€ 170 = 1.700,- NOK
Member of IT Organization	€ 190 = 1.900,- NOK
Others	€ 210 = 2.100,- NOK

2. **Additional Registration for EAIT general assembly Sunday 23th of June, 10 am until 1 pm**

   For members and students with lunch at 1 pm € 15 = 150 NOK

CONTACT PERSON:

Silvia B. Grøndahl, Vollgata 19, 2213 Kongsvinger
For questions call Silvia Grøndahl on telephone 0047 9511 1592 or use the e-mail address sgrndahl@gmail.com

The sculptures are from The Vigeland Park in Oslo, the world's largest sculpture park made by a single artist, Gustav Vigeland and one of Norway's most popular tourist attractions. Photos: A. Stensland, Design: A. Szombathy

Abstracts and information on keynote speakers and workshop holders



Univ-Prof. Dr mult Hilarion G. Petzold
Prof. emer. of Psychology and Clinical Movement Therapy in the Life Span, Free University of Amsterdam, The Netherlands, former Head of the MSc.-Program in Clinical & Psychosocial Supervision, Donau-University Krems, Austria. Scientific Director of the "European Academy of Psychosocial Health", Hückeswagen, Germany. Licensed Psychotherapist (Germany, Austria)

Presentation 1:
«Pluri-directional empathy and interoception in body oriented therapy and ecopsycosomatics"
Working with people is working with body subjects in the life span and in the lifeworld. Such work has developmental psychobiological, socio-psychological and ecopsychological bases. It is the empathic interactions that are central to ontogenetic developmental processes in the life span, both in interpersonal everyday life and in the processes of the therapeutic alliance. Neuroscience empathy research has shown that human empathy has cognitive dimensions (understanding, comprehension), emotional dimensions (compassion, pity) and sensorimotor dimensions (resonate, co-movement). Based on these three processes is social empathy, which must be pluridirectional in multi-person settings and which as ecological empathy must always include the concrete environments of human interactions. In them, reciprocal resonances occur between people in whom the interoceptive "self-perceptible sensing", the "inner resonance" at the level of the body decides on the health and illness of the human being. His ecopsychosomatic condition must therefore be an important subject of therapy.

Presentation 2: „On ecology in psychotherapy"
Emerging from nature in evolution and embedded in nature, man is a "multisensory being" who "embodies" the world in his phylogenetic and ontogenetic development. His sensorimotor equipment is therefore geared to nature - he is an ecological being, rooted in nature, has in it his centricity. In the course of hominization, man has been able to gain excentricity and to create culture, and so today he is determined by nature and culture, two dimensions that he must unite and reconcile. So far he does not succeed with this vital task and thus he endangers the global ecology and also himself. Self-destructiveness is a core topic of modern psychotherapy and the man made ecological disaster must therefore also be the subject of psychotherapy. This has been addressed by the developments in the "New Nature Therapies" - horticultural therapy, forest therapy, animal assisted therapy, green meditation - which contribute to modern psychotherapy and human therapy with the help of ecological psychology and ecological neuroscience. The lecture will deal with these possibilities of ecological interventions in therapeutic practice.



Univ.-Prof. Mag. Dr. Claudia Höfner
MSC, Dep. für Psychotherapie und Biopsychosoziale Gesundheit, Donau-Universität Krems, Austria

Presentation: "Sexual Orientation in Psychotherapy: Specifics of the Therapeutic Relation"
Within heteronormative society, the socialization of homosexual and bisexual people harbors some peculiarities that should be reflected with regard to the therapeutic relation. Homosexual and bisexual people are often exposed to experiences of stress, problematisation, and discrimination. There is also a lack of positive role models. This keynote reflects on these specifics, e.g. with regard to 'coming out' as a lifelong process and overcoming an often internalized homonegativity. The focus here is on the development of better, accessible and non-discriminatory health care and treatment by competent and appreciative professionals.



Robert Stefan, BA MA
Research assistant at the Division Psychodynamics, Department for Psychology and Psychodynamics of the Karl Landsteiner University of Health Sciences. Ph.D. candidate at the Institute of Philosophy, University of Vienna. Dissertation project funded within the framework of the Science Call 2016 [SC16-025] by the Fonds Niederösterreichische Forschung und Bildung (NFB). Psychotherapist (Integrative Therapy) working for Caritas Krems and in independent practice in Vienna.

Abstract of Presentation: „Future-conceptions of the lived body"
Starting from the phenomenological concept of the lived-body and its subsequent progression in Integrative Therapy, the presentation will outline current trends in the cognitive sciences and the cognitive neurosciences that deal with the problem of the embodied mind. Against this background, the lived-body is thus examined in several dimensions with regard to its future conceptions. In particular, the so-called 4E-cognition and the predictive processing approach will be critically examined from the point of view of Integrative Therapy.



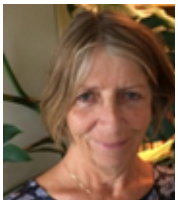
Dr Philos Line Joranger
Associate professor at the University of South-Eastern Norway, Faculty of Health and Social sciences, Department of Health, Social and Welfare studies, Campus Porsgrunn (N-215)

Abstract of Presentation: "The body as the lived act of seeing and pointing"
Seeing is a pointing in the sense that it drags your attention to a particular thing, and pointing is irretrievably linked to the body. Like the human mind, the body represents oneself. It is one's lived unity, one's sensed self, one's unique manifestation of ourselves as a vital subject. We can see through the others' eyes only on the basis of our felt embodiment; as such, our body is the condition for our common 'objective' world. In any case, all this vividly indicates that I am in my active experience of being me as a subject. I experience in my body how it is to be me as a mother, me as mental health care worker, or me as a patient. Therefore, I am also my body and do not just have one. As such, the human body, like the mind, is what holds things together. It lets things appear as things, the vibrant locus of expression of ourselves in situation and things.



Mag.a phil. Alli Schumacher-Möth, MSc (Austria, Innsbruck)
Psychotherapist in private practice. Graduations: Integrative and Integrative Gestalt Therapy. Teaching therapist for Integrative Therapy, Danube - University - Krems; School Psychotherapist, Pedagogue (study of educational sciences, Leopold Franzens University- Innsbruck). Teacher at the Tiroler Landeskonservatorium in the field of elementary music, dance education and educational Psychology. Music and dance pedagogue, Course leader and founder of Integrative Kindertanzpädagogik. Freelance teaching in adult education.

Abstract of Workshop: „Integrative Dream Work"
The work with dreams is seen in the mirror of internalizations and interiorizations and justified with the interoception theory as well as the socio-ecological rootedness of humans in their lifeworld. Petzold, based on Merleau-Ponty (être-au-monde), describes dreams as a kind of being-in-the-world and to-the-world. In relation to this, in the Integrative Dream Work the dream content is seen - as a message "from me to me" - which in a process of reciprocally permeation of "dream language" and "language of the day" in the sense of a complex interpretation of meaning (synopsis) is to decrypt. Methods and techniques are presented and tried out in practice.



Gudrun Nordmo, MSc, Integrative therapist, Oslo, Norway
Gudrun Nordmo has a Master in Supervision and she is also educated in Sensorimotoric psychotherapy. She has many years of clinical experience, both from outpatient clinics and from her own private practice, which she runs now. She also worked for many years at a state financed trauma centre, teaching and supervising municipal services basic trauma understanding for meeting traumatized persons, especially refugees

Abstract of Workshop: „The body bears the burden of trauma – and the body is also the way out of it"
The workshop will highlight some of the important principles for body oriented trauma work, such as psychoeducation, and different ways to help the client find the bodily resources needed for stabilization, step 1 in trauma related therapy. The workshop will also focus on mindfulness in general and directed mindfulness, as important tools in the healing process. The participants will get the possibility to try out some of the principles that will be given in the introduction.



Dr. Elisabeth Fehrmann, MSc

Psychologist and psychotherapist (Integrative Therapy). Working in research and clinical practice with pain patients, especially back pain patients. Head of Department of Psychology of the Karl Landsteiner University of Health Sciences, Austria.

Abstract of Workshop: „Integrating yoga into body-centred therapy "
This workshop will show how to integrate elements of yoga and stretching, breathing techniques, meditation, and mindfulness into body-centered therapy, picking up also methods of the Integrative Differential Regulation (IDR). These methods will provide possible ways to reach patients with musculoskeletal pain, starting from bodily awareness into mind-changing methods.



Heidi Teschke
Nurse at the hospital in Vestfold HF Norway, specializing in anesthesia and psychiatry, further education in integrative therapy. Master degree student in mental health work at the University of South-east Norway. Also drives own practice Your Body and Mind.

Masterthesis presentation: "Means to better everyday life for patients with chronic pain"
How do patients with chronic pain experience an integrativ therapeutic intervention integrating creative arts, attentive relaxation and experience centered imagination?



Jan Sjøberg
Psychologist, specialist in clinical psychology, vice president NFIT, teaching therapist in integrative therapy, member of the Supervisors' network NOSCO in ANSE. Main job as meta-supervisor in the child protection care services (Bufetat). Beside this, he has a minor private psychotherapy practice. Oslo, Norway.



Inger Cecilie Rise
MSc Change Management, bachelor in child protection care. Lecturer in supervision at University of Stavanger. Head of the company "Perspektiv veiledning" AS. Stavanger, Norway.

Abstract of Workshop: "Music stimulating and mirroring the informed body - a tool for affiliation, awareness and reflection in supervision"
Music, as a creative medium, affects the physical and phenomenal body/"leib". In the workshop we will explore how music can be used in different phases of a supervision process. Music as part of warming up exercises can stimulate synchronicity and cohesion in a group. Music can also be used as a tool for exploring different aspects of importance for the supervision. In the workshop we will use exercises, min-lectures and reflection together. You don´t need a musical background to participate.

ORGANISERS



Silvia Grøndahl
President EAIT

The association is a non-profit and non-political umbrella organisation of integrative therapists and supervisors, training institutes and national organisations for Integrative Therapy in whole Europe. Its purpose is to encourage and perform scientific research, training and further education in Integrative Therapy and supervision and its methods. The EAIT was founded in 2007 by Prof. Dr. Anton Leitner together with Dr. Renate Frühmann, Dr. Dietrich Eck and Dr. Rene Reichel. See http://.eaits.org



Ingunn Vatnøy
President NFIT

Norwegian Association for Integrative Therapy (NFIT) established in 1984, is a professional society for integrative therapists and students in ongoing education. NFIT is responsible for the development, quality control and the facilitation of the specialist education in integrative therapy. NFIT advocate science and evidence-based practice in the society and national and international professional cooperation. NFIT is a member of the Norwegian Association of Psychotherapists (NFP) and the EAIT. See www.integrativ-terapi.no



Arild Stensland
President NOSCO

The Supervisors' network NOSCO is the national organisation for supervision in Norway being a full member of ANSE – Association of National Organisations for Supervision in Europe. NOSCO was founded in 2003 by the initiative of Dr mult Hilarion G. Petzold.

NOSCO is cooperating across borders with universities, high schools and voluntary institutions concerned about development of - and quality in - supervision. See www.nosco.no and www.anse.eu