

Hilarion G. Petzold

## **Mental Illness and Health - Processes of a Spectrum in Front of Zeitgeist Conditions and Future Horizons**

In the integrative approach health and illness are volatile, spectral processes of people, in and with their life worlds, and in the life span with socio-cultural, economic and ecological compounds. Humans move through the personal lifetime and in historical processes into the open future. Health and disease are ultra-complex, and only in aspects tangible. Temporal events, peace or war, times of crises or of prosperity have an impact on health/disease. Multi-perspective considerations become necessary and, of course, always glimpses into the future, which challenges the anticipatory competence of all involved.

Martin J. Waibel

## **Times are changing. Chronic Pain Syndromes from a modern integrative-therapeutic Point of View.**

The introduction of the new DSM-5 300.82 digit: "Somatic Symptom Disorder" can certainly be described as a "revolution in psychosomatics". Thus, the previous disease coding of complex psychosomatic pain disorders approaches a modern bio-psycho-social approach. In integrative thinking, we go further and always include the ecological perspective in the collection of findings, diagnostics and therapeutic intervention. If acute pain represents damage to the body, chronic pain is an attack on the (whole) person.

Mia Scheffers

## **Body Experience in People with Trauma-related Disorders**

Although negative or disturbed body experience is a common result of trauma-related experiences, sound measurements of this key phenomenon are scarce. Measuring body experience is important for diagnostics as well as for the evaluation of body- and movement-oriented therapeutic approaches. I give an overview of studies using self-report instruments to measure different dimensions of body experience in people with trauma-related disorders. I discuss the importance of the results in view of the many, mainly cognitively oriented, treatments in the field of psychotrauma.

Ralf Hömberg

## **Fear, Anxiety and Anxiety Disorders - „A World at Risk and Chance“!?**

Fears are deeply rooted in evolution. We know we will die, but can we imagine extinction for us as sapiens? The 6th planetary species extinction and climate change are underway, with 6 of 9 major ecological systems tilted. The WHO ICD criteria describe various anxiety-related stresses and disorders of contemporary humans. "Climate change-related fears", however, unlike the fear of the dangerousness of a virus from the group of coronaviruses, have not managed to scare the entire world population.

Brigitte Schigl

### **Doing Gender in Co-responsence - How Gender is shaping the Psychotherapeutic Process**

In this workshop, you are invited to dedicate yourself to perception in your gender identity and to explore together in interactive perception what this means in co-responsence. In a second step we will go on to collect how these dynamics are colouring the therapeutic work with patients: How does gender influence themes and dynamics of psychotherapeutic treatment?

Annatina Escher Koromzay

### **Integrative Body and Movement Therapy in work with Phenomena of multiple Alienation and Disorientation.**

The current world is changing quickly: in the middle of life, people are no longer "in the midst of life", rootedness, centering are missing, "self-realisation" and "authenticity" become disguised vehicles of self-exploitation. Multiple alienation spreads and leads to exhaustion, depression, burnout-syndromes. Using examples from therapeutic and counselling practice, the workshop makes it possible to experience how the phenomenon of alienation can be worked with in integrative body and movement therapy.

Hilarion Petzold

### **Integrative therapy with Children and Adolescents 'in the life span' – Future-oriented Identity Work!**

Work with children is always *work for the future*, this must be taken into account in pedagogical and therapeutic practice. Today, children are taught in the Kindergarten that they have *rights*. Since 1990 the UN Convention on the Rights of the Child has been in force, signed by 195 countries. Children have the right to their own health care professions and to child-specific treatment in the health care system: They have rights to participation and co-decision, etc. This must be reflected in therapies, making it a joint "identity work for the future" that equips „*bodily*“, i.e. cognitively, emotionally, volitionally, socially and ecologically for life's journey.

Mia Scheffers

### **Body Experience and Sexuality in People with sexual Trauma**

Sexual trauma has far-reaching effects on the body-subject, such as a lack of body ownership, body shame, feelings of disgust or hate towards the body, and negative feelings about sexuality. Since both clinicians and patients seem to be reluctant to discuss issues concerning sexuality, addressing sexuality in a self-report questionnaire may make it easier to pay attention to this important theme. Furthermore, clinical experience shows that body drawings form a valuable and powerful tool to address sexual trauma, body experience and sexuality. We will practice with both.

Frank Siegele / Susanne Rebholz

### **Hitting reinforces the neural Structure of Hitting – The Aggression Concept of Integrative (Budō) Therapy**

Since 1974, the UN has categorically emphasized the destructive quality of aggression. In psychotherapeutic circles, however, aggression has become a “constructive life force” since Freud and Perls, among others. Even today, psychotherapists still call for “defense of aggression”. In this workshop we classify the concept of aggression according to current scientific findings and present the aggression concept of the Integrative Therapy. We approach the topic practically using exercises and techniques from martial arts.

Elisabeth Nybø

### **Who am I now? About the Identity Perspective in Rehabilitation after Cancer Treatment**

Curiosity and reflection over how cancer disease and treatment affect not only the body, but also social conditions, our roles, work, economy, surroundings and internal values has interested and occupied me during my work with cancer rehabilitation. Many of the patients I meet, express a feeling of disconnection from their body. I want to discuss with you how a holistic approach, with focus on acceptance and mindfulness can help to handle the existential and psychosomatic challenges in a changed life, with special focus on the Identity concept and the understanding of ‘Leib’.



## Prof. Dr. mult. Hilarion G. Petzold

Psychologist, licensed psychotherapist and K&J psychotherapist, teaching therapist, teaching supervisor DGsv, overall scientific director of the Academy EAG.



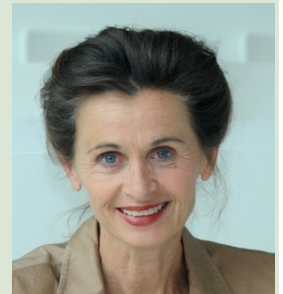
## Martin J. Waibel, MSc



Psychotherapist MSc, Dipl. Soz.arb., Dipl. Supervisor, Integrative Body and Movement Therapist, Teaching Therapist for Integrative Therapy (DGIB/EAG), training and further education in massage and physiotherapy. A.o. leading therapeutic work in a specialist clinic for psychosomatic/ psychotherapeutic medicine and rehabilitation. Free practice as a body psychotherapist (HP), teaching therapist, supervisor and speaker. Further education activities at universities and technical schools.

## Prof.in Dr.in Brigitte Schigl, MSc

Clinical and health psychologist, psychotherapist and supervisor in private practice for 30 years. Teaches Integrative Therapy at the University for Continuing Education in Krems. Head of the Master's course in Integrative Supervision and Coaching. Senior Scientist at the Karl Landsteiner Private University for Health Sciences in the Psychology programme. Research with a focus on gender.



## Annatina Escher Koromzay



Integrative body and movement therapist, supervisor, organizational developer, Feldenkrais practitioner. Further studies in body-oriented methods, followed by training in IBT and supervision/organizational consulting at EAG. After many years of clinical practice working as a freelance body and movement therapist, supervisor and organizational developer. Lecturer for SEAG.

## Dr. Mia Scheffers, PhD

Associate professor Human Movement, Health and Wellbeing at Windesheim Univ. of Applied Sciences, Zwolle, the Netherlands. She worked as a body- and movement therapist (IBT) and sexologist.

In her PhD project she did research on body experience in psychiatric patients with a focus on trauma-related disorders. She evaluated the psychometric properties of self-report questionnaires on body experience.





## Dr. med. Ralf Hömberg

Medical Doctor, specialised in psychosomatic medicine and psychotherapy, Integrative body and movement therapist. Integrative Supervision, Metaconsulting, EAG

## Susanne Rebholz, MSc

Integrative psychotherapist, dancer, teacher for music and dance, movement and budōtherapist. She is teaching at the Donauuniversität Krems and used to teach for many years at the university Mozarteum Salzburg/Orff Institute. Teaching therapist and teaching supervisor and psychotherapist in her own practice in Puch bei Hallein. 3. Dan Aikido.



## Frank Siegele, MSc

Integrative psychotherapist, child and adolescent psychotherapist, running therapist, budōtherapist. Dipl.-Supervisor, Dipl.-Social Educator. Many years of experience in clinical addiction treatment. Teaching therapist and teaching supervisor (EAG). Psychotherapist, supervisor and coach in his own practice and at the Institute for Budōtherapy in Hanover. 2. Dan Karatedo.

## Elisabeth Nybø

Cancer nurse since 1990, Group therapist since 2008, Integrative psychotherapist since 2021. Many years of professional experience at Hospice Lovisenberg in Oslo Rehabilitation Center.



## Prof. Robert Masten

Associate Professor and Head of the Department of Clinical Psychology and Psychotherapy, Faculty of Arts, University of Ljubljana, Slovenia, diploma in Integrative Therapy. Therapist in international training groups. Certified aviation psychologist and psychologist in the armed forces

