

Year One of the Third Bioenergetic Training Programme
Report to AGM of New Zealand Society for Bioenergetic Analysis
31st July 2010

The third bioenergetic training got underway in May 2009 with fourteen people on board. The trainees came from the lower North Island, Wellington & Auckland, with a further trainee transferring to Christchurch towards the end of the year. With the loss of one trainee, two thirds of the way through the year and the addition of a new trainee at exactly the same time, we finished the year with the same number of trainees that we started with.

Barbara Davis from Austin, Texas, is the programme's IIBA Co-ordinating Trainer. Barbara's first workshop introduced the trainees to the fundamentals of Bioenergetics such as breathing, movement, boundaries, grounding, touching and ethics. The other two IIBA trainers for the first year were Eleanor Greenlee from San Francisco and Guy Tonella from France. Eleanor introduced the trainees to Al Lowen's 'body language' and 'body reading', and Guy presented a ground breaking model of development that incorporates the Self, attachment and sexuality.

Barbara Davis is responsible to the IIBA for the overall content and quality of the programme and is assisted in this by Pye Bowden who is the Local Trainer. Garry Cockburn is the other ongoing local trainer and together this year, they were pleased to be able to use the additional services of Kate, with an input on her special area of expertise, attachment. Pye and Garry were also ably supported in the overall running of the programme by Cynthia Davey and together the three of them formed the training faculty.

It has been a pleasure to see the training programme unfolding as laid out in the new international curriculum, and to see the accumulative effect on learning when the subjects for study have been sequentially arranged. While the international trainers covered these topics, the local trainers worked together with the trainees to create a safe and strong container for the group that would hold things together as experiences deepened. Thus clean communication, taking responsibility for feelings, confronting confidentiality and working with negativity have been growing experiences that have also laid the foundation for working with transference and counter transference in the years to come. In the programme, this time, the trainees have been asked to keep a personal journal in which they describe their journeys back into connection with their bodies using major bioenergetic tools such as grounding, breathing and alignment etc. All these Journals were read and assessed at the end of the year by a member of the training faculty. The trainers agreed that the level of mind/body awareness and experience was exciting, as was the evident growing enthusiasm for bioenergetics.

Despite the richness of the training programme, however, it has become readily apparent that it is the trainees' personal therapy that is the lynch pin for their experience in the training; while it helps them integrate all the different kinds of inputs it does so in a manner that is both personal and embodying. My thanks to Cynthia and Garry for providing such quality training therapy.

A welcome and unexpected development has been the formation of two study groups: one in Wellington and the other in Palmerston North. These were set up by the trainees themselves so that there was more contact and support for each other between trainings, the support being both personal and professional.

Finally, when Molly arrived back from her year in Scotland it was to find she had a job awaiting her: she was about to officially join the training as a trainee trainer and provide a reference point on all things anatomical. Molly has now also become a member of the training faculty.

It's been an inspiring year of learning, thanks to the quality and experience of trainees, to the important work of the training faculty in ironing out the few snags that arose during the year, to the hard invisible work done by the Exec, keeping things ship-shape at the foundational level of management, and a good relationship with the Huntleigh Girl Guide Centre which is proving an excellent venue for all this metamorphosing to take place in. Many thanks to all.

Pye Bowden
Local Trainer