

NEWSLETTER FROM POLAND

POLISH ASSOCIATION FOR BIOENERGETIC ANALYSIS (PSAB)

ENGLISH

THE NEW BOARD

In April 2025, the term of office of the previous PSAB Board of Directors ended at the General Meeting of PSAB members. Therefore, we said goodbye to the current members of the management group and welcomed new members, elected by popular vote. The current Board of the Association consists of:

- Magdalena Małkiewicz, president
- Karolina Wysocka, vice-president
- Hanna Budynek, treasurer
- Magdalena Szewciów, board member

CERTIFIED BIOENERGETIC THERAPIST (CBT)¹ EXAMINATION IN POLAND

Due to the PSAB's preparation for the planned changes in the act on the psychotherapist profession in Poland, and above all, the adaptation of certification standards to the current Polish legal requirements, it was necessary to prepare an examination procedure and conduct examinations for the Certified Bioenergetic Analysis Psychotherapist by the External Certification Committee, composed of Supervisors from the Polish Psychiatric Association: Dr Ewa Motak and Artur Kulig, MA, Dance and Movement Psychotherapy: Małgorzata Wiśniewska, MA, and the Chairwoman of the IIBA Training Committee, Patrizia Mosella.

The procedure was developed in accordance with the requirements of Article 5 of the Health Protection Act. The examination was conducted on June 7-8, 2025, in Poznań by an external committee. Nine psychotherapists who already hold IIBA (CBT) certification took the examination. These included:

1. Barbara Antonowicz-Włazińska
2. Ilona Czyz
3. Margaret Fiuk
4. Joanna Królikowska
5. Maria Magdalena Małkiewicz
6. Elizabeth Pakoca
7. Magdalena Pieszko
8. Karolina Rajewska-Rynkowski
9. Richard Tafel
10. Dorota Wejner

The prepared procedure currently constitutes a process of certification of Bioenergetic Analysis psychotherapists in Poland, in line with the current legal status.

IIBA INTERNATIONAL CONFERENCE IN ATLANTA «THE UNIQUENESS OF BIOENERGETIC ANALYSIS»

In the autumn of 2025 (October 8-12), the 27th IIBA International Conference was held in Atlanta¹, dedicated to Bioenergetic Analysis. This year's conference also included a psychoanalytic perspective for psychotherapy, and the invited speakers included: the well-known in Poland and around the world, a psychotherapist and psychoanalytic supervisor, and author of textbooks on psychoanalytic diagnosis Dr. Nancy McWilliams, Professor of Psychology, has made significant contributions to the integration of psychotherapy, author of «Relational Therapy in the Practice of Psychotherapy» and Paul Wachtel's «Therapeutic Communication » among others; and Dr. Sue Grand, a renowned American Psychotherapist and Psychoanalyst, Lecturer at New York University, among others, specializing in trauma, relational psychology, and the transgenerational transmission of trauma. The integration of both the analytical foundation of Bioenergetic Analysis and the key emphasis on vitality and corporeality was this year's glue that united the IIBA community in Atlanta. Magdalena Małkiewicz, Board President, participated on behalf of PSAB.

Magda's participation was not only representative, but also active, as she led the morning bioenergetic exercises, one of the workshops: «Erotic and Eroticized Transference: How to Find the Right Place for Sexuality in the Bioenergetic Psychotherapy Process? » with Leeiner Munoz, and co-led a workshop with Leny, «Embodying the Therapist's Role in the Bioenergetic Analysis Process» Furthermore, it was undoubtedly an opportunity to establish and maintain international contacts with people involved in Bioenergetic Analysis.

OUR ASSOCIATION HAS ITS REPRESENTATIVE ON THE IIBA BOARD

The term of office of the current leadership at the International Institute for Bioenergetic Analysis is coming to an end in March 2026. In November 2025, Magdalena Małkiewicz, President of the Polish Association for Bioenergetic Analysis, was elected to the new Board of Trustees as the European representative. This recognition of Poland on the international stage is an opportunity for our future development. Congratulations to Magda, and we are delighted to have her as our representative at IIBA.

MEETING OF THE DELEGATES OF THE EUROPEAN FEDERATION FOR BIOENERGETIC ANALYSIS (EFBA-P)

¹ <https://www.facebook.com/BioenergeticAnalysis/>

The meeting of delegates from the European Federation for Bioenergetic Analysis-Psychotherapy (EFBA-P) took place in Palma, the capital of the Balearic Islands of Mallorca, on the last weekend of November 2025. Direct, in-person conversations with representatives of European associations of Bioenergetic Analysis are a valuable experience that unites our community and provides a unique opportunity to discuss issues within European associations and draw inspiration from solutions used abroad. One of the main projects planned for May 22-24, 2026, is the EFBA-P Bioenergetic Open Days in Palma de Mallorca. EFBA-P is supported in organizing this event by Katarzyna Peka, a member of the Polish PSAB Association.

The PSAB Board has also confirmed its participation in the Open Days. You'll have the opportunity to meet us and exchange experiences and energy. We cordially invite you!

STAFF DEVELOPMENT IN POLAND - POSTGRADUATE TRAINING COMPLETED!

The pioneer Postgraduate Development Group for Advanced CBT's, Teaching Therapists, Supervisors, and Local Trainers completed its 3-year training and development program on December 7, 2025. Thanks to this program, we were able to create and strengthen the foundations of the PSAB structure :) The training was led by Susanne Winkler and Dr. Jörg Clauer. We thank them for their framework, support, and sharing their extensive knowledge and experience. We also thank Dr. Vita Heinrich-Clauer for her inspiration and initiative.

The advanced development program was completed by:

1. Margaret Fiuk
2. Marzena Hauton
3. Joanna Królikowska
4. Maria Magdalena Małkiewicz
5. Magdalena Pieszko
6. Richard Tafel
7. Dariusz Zawrzykraj

The project resulted in a group of training therapists and four PSAB supervisors. Congratulations, and we are thrilled to see the growth of this team in Poland!

ESTABLISHMENT OF THE PSAB SCIENTIFIC AND RESEARCH COMMITTEE

At the initiative of our Members, a Scientific and Research Committee was established this year. Its aim is to develop a catalog of literature and scientific materials on Bioenergetic Analysis, psychotherapy, and bodywork, including the translation of compiled literature into Polish. The Committee's work also involves preparing substantive content for social media and the PSAB website, providing research consultations, and - in the future - organizing scientific seminars.

We are delighted that such a unit has been formed and that it will soon officially become part of our association's structure.

COMPLETION OF THE 4-YEAR PSYCHOTHERAPY TRAINING PROGRAM IN BIOENERGETIC ANALYSIS BY FURTHER EDITIONS OF STUDENTS.

We are proud to announce that in 2025, the 4th cohort in Warsaw and the 5th cohort in Poznań completed their four-year training in Bioenergetic Analysis. As a result, 31 new professionals have joined our alumni community - congratulations, and we wish you all the best on this unique professional path! We also encourage our graduates to begin the certification process.

Currently, two more cohorts are in training in Krakow and Sopot, with over 30 students, while the 8th edition of the BA school in Poland is already in preparation.