

NEWSLETTER FROM ITALY

SOCIETÀ ITALIANA DI ANALISI BIOENERGETICA (SIAB)

A LOOK BACK AT SOCIETÀ ITALIANA DI ANALISI BIOENERGETICA'S LAST TWO YEARS

In English

We are proud of the progress made during 2024 and 2025. Our community continues to grow: since 2024, we have welcomed 11 new CBTs, 4 Supervisors, and 3 Local Trainers.

We have successfully launched 4 new training programs, ensuring two new starts each year to support the next generation of therapists.

Furthermore, there have been significant developments on the events front, including our annual congress and new webinar series.

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Here is a detailed look at everything concerning our Society over the last two years.

On April, from 3rd till 7th, the Siab 2024 Congress, "The body in embodied simulation", took place in Ischia, which saw among its speakers the international trainer Vita Heinrich-Clauer as representative of Bioenergetic Analysis, the neuroscientist Vittorio Gallese, professor of Psychobiology and Physiological Psychology at the University of Parma, Luigi Janiri Psychiatrist, Director of the Psychiatry operational unit at the Gemelli Polyclinic in Rome, Professor at the Catholic University of Rome and at the LUMSA University, President of FIAP and of the SPI, Massimo Biondi doctor, psychiatrist, former Full Professor of Psychiatry at Sapienza University of Rome and Director of the Department of Neuroscience and Mental Health of the Umberto I Polyclinic and Renata Tambelli Full Professor at the Faculty of Medicine and Psychology, Teaches Child Psychopathology in the Master's Degree Course in Dynamic Developmental Psychopathology at the "Sapienza" University of Rome; It was an important opportunity for exchange and sharing.

In July 15, 2024 Patrizia Moselli was of the Speakers of the international Master training "Integrating Somatic Techniques in Therapy" organized by FCP in which Janina Fisher and Pat Ogden also participate. Her webinar is titled "The uniqueness of Bioenergetic Analysis: the heritage of techniques to integrate mind-body in psychotherapy".

Patrizia Moselli and Sara Invitto published the article "Exploring Embodied and Bioenergetic Approaches in Trauma Therapy: Observing Somatic Experience and Olfactory Memory" in the important scientific journal "Brain Sciences", below is the link to access: <https://www.mdpi.com/2076-3425/14/4/385>

The SIAB clinical center has signed an agreement with Ferrovie Dello Stato (Italian railway transport company), thanks to the coordination of Gabriele Putelli, which provides 8 free psychotherapy sessions for company employees.

Patrizia Moselli, Maria Luisa Manca and Alessandro Cataldi are involved in the scientific organization of the next FIAP Congress "ARCIPELAGO PSICOTERAPIA" which took place in Castel Gandolfo from 4 to 6 October 2024. For more info: <http://www.fiap.info/congress2024/>

Luca Castellano presented, on September 17, 2024, the webinar "The spirituality of the body". Reflections on Bioenergetic Analysis in which he spoke about the spiritual dimension of the body in the model and practice of Bioenergetic Analysis and on October 10, 2024 Irene Corbani presented the webinar entitled "Bioenergetic analysis applied to the perinatal and evolutionary field" which aimed to illustrate to colleagues who deal with perinatal the usefulness of a psycho-corporeal application.

In autumn 2024, in Milan, the "Bioenergetics and Connection" Seminars conducted by Freddy Torta and Valeria Carosi, bioenergetic psychotherapists, took place. The three theoretical-experiential seminars offered some examples of how bioenergetics can help you reclaim your potential sacrificed in the bumpy path of childhood and adolescent growth. The titles "Reclaiming personal energy", "Listening and understanding the body's messages" and "Connecting to your creative potential" with the intent of demonstrating how bioenergetic analysis and bodywork allow the person to reconnect and gradually reclaim their potential sacrificed in the bumpy path of childhood and adolescent growth. In spring, in Milan Spring Seminars by Elisa Margarone "Yoga and Bioenergetic Analysis: analogies and differences. Two effective ways to get in touch with your body and your emotions.", Barbara Furlan and Vittorio Franzetti "Standing on your own two feet and enhancing your ability to realize", Valentina Flenda "How bioenergetic analysis can support us in the work of healing the fragmentation of the self", Irene Corbani "At the origins of movement" and Valeria Carosi and Freddy Torta "Putting out your voice and pulling out your body". On March 31, at the Siab headquarters in Rome, Flavia Luisa Ricci held the seminar entitled "Anxiety and its sisters: emotions of alarm" and Marisa Orsini and Claudia Sarrocco presented the seminar "Bioenergetic Classes in eating disorders. A treatment that promotes a correct perception of one's body schema".

On April 7, Sara Invitto was appointed chair of the Research Committee, which also includes Ada Lentini. Flavia Luisa Ricci joined the Ethics Commission. Alessandro Cataldi is a member of the Scientific Committee of the IIBA Conference. We are proud to announce another aspect of the vitality and growth of Siab: In January 2025, two numerous training sessions started both in the Milan and Rome headquarters. Finally, siab invited two international guests: Edson Garlao de Franca who held a workshop on "The role of the vagus system in trauma" in February 2025 and Reginaldo Teixeira Coelho, in March 2025, conducted "Psychotrauma and systemic family constellation". Finally, we inform you that Paola Bacigalupo has become a Local Trainer and Francesca Pecoraro Scanio has become a CBT

Throughout 2025, our Monday barefoot conferences continued, along with open days for Psychotherapist courses, led by training directors, tutors from the starting trainings, and other psychotherapist colleagues.

Offers of bioenergetic movement classes continue across Italy.

Our magazine "Corpo e identità" (Body and Identity) was published twice a year with numerous insights into the world of psychotherapy and bioenergetic analysis.

In February, Luca Castellano led the workshop "Repairing Movements: Family Constellations and Bioenergetics: The psychophysical work with the family and our lineage in the perspective of family constellations" in Naples.

In March, Reginaldo Teixeira Coelho—specialized in Bioenergetic Analysis, Group Psychodynamics, Psychodrama, Psychosynthesis, Lecturer of Systemic Family Constellations, Rogerian therapy, Transpersonal Psychology—led an experiential workshop, open to everyone, based on the work of Franz Ruppert, a psychotherapist specialized in trauma treatment who collaborated with Bert Hellinger. Franz developed the "intention method," the method of accessing our psyche and traumatic cores, together with the constellations method.

In Milan, the cycle of 5 Experiential Spring Seminars conducted by SIAB Psychotherapists continued.

In May, Luca Castellano led the three-day workshop "The Three Doors of Being: Deep breathing, bioenergetics, and creative movement".

On June 20th, there was the sixth appointment of the IIBA-FCP Free 2025 Webinar Cycle. Louise Frechette, interviewed by Patrizia Moselli, spoke about the beauty and history of Bioenergetic Analysis.

In September, for the webinar series "Waiting for Bessel Van der Kolk - September 2025", Alessandra Puglia conducted the webinar "The Darkness of the Day... the Light of the Night", on trauma in the delicate perinatal period, exploring the bodily experiences used in Bioenergetic Analysis. In the webinar, it was explored how bodily memories can emerge during pregnancy, childbirth, and post-birth, influencing the relationship between parents and child.

In September and October, in Milan, Livia Agresti led the two-day seminar on the gentle bioenergetic massage of Eva Reich.

Starting from October 1st, in Rome, every Wednesday at the "Associazione La Tenda", Marco Bruci and Giulia Ruggeri conduct the workshop "In vertical", a climbing therapy and bioenergetic analysis laboratory.

In December, Massimo Borgioni's new e-Book - "La ricerca del Padre. Dialogo con Aristide Iniotakis" (The search for the Father. Dialogue with Aristide Iniotakis) is available on the SIAB website, www.siab-online.it.

Our autumn seminars continue in Milan, while in Florence Christoph Helperich conducts the bodily workshops "Bioenergetic Morning".

Flavia Luisa Ricci leads a marathon of bioenergetic movement classes in Rome, open to SIAB specialization students.

Since 2024, four training programs have been launched (two new ones each year), in Rome and in Milan.

We are proud to announce that, starting in 2024, we introduced 11 new CBT: Luca Menosso, Serena Vacchio, Francesca Pecoraro, Barbara Furlan, Sara Invitto, Marialisa Pinori, Irene Sollazzo, Vittoria Moselli, Angelo Uberti, Vittorio Franzetti, Cristiana Zanette. We have 4 new Supervisors: Alessandro Cataldi, Massimo Borgioni, Christiane Franceschini and Barbara D'Amelio and and 3 Local trainers: Cosimo Aruta, Paola Bacigalupo and Luca Castellano.

In our future, there is the project of a clinical center, carried forward by Flavia Luisa Ricci and Gabriele Putelli. We want to implement a culture of social private care in collaboration with the public sector that can involve all those organizations already dealing with mental health in the area, including psychotherapy institutes that have clinical centers.

The Clinical Center must be able to collaborate with local services to allow, when necessary, integrated work involving different professional figures and adequate support structures.

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Finally, and most importantly, we hold in our hearts two dear colleagues who left us in 2025: Massimo Borgioni and Manuela Bacci. Their memory and the professional and human legacy they left behind will remain with us forever.