

# NEWSLETTER FROM PORTUGAL

## ASSOCIAÇÃO PORTUGUESA DE ANÁLISE BIOENERGÉTICA (APAB)

ENGLISH

### 2025 ACTIVITIES

**D**uring 2025, APAB developed several activities: 1) webinars, 2) workshops, 3) Bioenergetic Analysis Exercises Groups, 4) Open Classes, 5) Organization of a Bioenergetic Analysis Training Group, 6) Portuguese Federation of Psychotherapy, 7) meetings with other Bioenergetic Analysis Associations, 8) Protocol with Portuguese Psychology Council, 9) Supervisors Training, 10) Social Media content

**1 - Webinars**, APAB organized a number of webinars about Bioenergetic Analysis (BA) and Body Psychotherapy (BP):

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|----------|------------------------------------------------------------------------------------------------------------------|
| February | - Webinar - What is it Bioenergetic Analysis?<br>(José Luis Gomes & Sara Barros)                                 |
| April    | - Webinar - Body Psychotherapy in Teaching and Clinical Practice<br>(Professor Luis Fernandes & José Luis Gomes) |
| May      | - Webinar - From Experience to Training. Construction of Body<br>Psychotherapy                                   |
| July     | - Webinar - 2 <sup>a</sup> edition - What is it Bioenergetic Analysis?<br>(José Luis Gomes & Sara Barros)        |
| October  | - Webinar - 2 <sup>a</sup> edition - From Experience to Training. Construction of<br>Body Psychotherapy          |

### **2 - Workshops**

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|---------|-------------------------------------------------------|
| March   | - Workshop - Body, Touch and Trauma (Jacques Delgado) |
| October | - Liane Zink                                          |

**3 - Bioenergetic Analysis(BA) Exercises Groups** - APAB organize BA exercises groups coordinated by Andreia Madeira & Miriam Leal

**4 - Open Classes** - Open Classes (online) on North Portugal Summer University about Body Psychotherapy (José Luis Gomes)

- 5 - **Organization of Bioenergetic Analysis (BA) Training Group** - APAB begun to organize a training group. Therefore, APAB organized meetings with the candidates to the BA training and with International Trainers
  
- 6) - **Portuguese Federation of Psychotherapy (FEPPSI)** - FEPPSI is developing several aspects of the Psychotherapy Profession, like the training standards, the ethical code, the relation between Societies and Psychotherapy models, (FEPPSI at this moment has 16 different associations as members) and FEPPSI is also trying to legalize Psychotherapy as a profession. Some of the APAB Members integrate the Board and the Scientific Committee of the Portuguese Federation of Psychotherapy
  
- 7) **Relations and meetings with other Bioenergetic Analysis (BA) Associations** - APAB had a meeting with the Basque BA Association for possible future partnership for BA training. It is also organized a meeting in Madrid with other Spanish Societies for further partnerships (31/01/2026)
  
- 8) **Protocol with Portuguese Psychology Council** - APAB renew and signed a Protocol with Portuguese Psychology Council
  
- 9) **Supervisors Training** - 3 APAB Members are participating in the Supervisors Training on Basque Association
  
- 10) **Social media** - APAB has been very active during 2025 in the Social Media

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