

**BP meeting  
May 7, 2004**

1. Go-round
2. Ingo remembered
3. Sasha research on positive changes from BP
4. Skip summarized changes to book since Portugal conference. There is a new section on the history and original theory of BP, a new chapter on BP theory, a section on spirituality, and a section on polarity. The discussion of levels of emotional expression generated the most discussion particularly from Martien Kooyman and George Rynick. The following are notes of the discussion:

There was a request for more discussion in the book of the 5<sup>th</sup> level of emotional expression and how it is not related to the loudness of expression. The 5<sup>th</sup> level has to do with relationships. Is it that by reaching the identity level of expression, acting based on the identity level that emotions have shifted, cognitions have shifted, and behavior change so that you can now regulate affect, and do it in a relationship. Is the 5<sup>th</sup> level primarily interpersonal—are first 4? Is this the primary difference between BP and primal work, using emotion expression in relationships is what counts. Is the 5<sup>th</sup> level is in the here and now. How many other levels are based on the here and now (a differentiator between levels 3 and 4 ?)

Could it be that 5<sup>th</sup> level is at the attachment level reflecting a shift in the attachment style of relationships? Bounce all of these ideas off Konni—maybe not call it 5<sup>th</sup> level.

Nature of gut level is it's hard to do w/o body response, screaming, shaking. After expression, can possibly breathe through it(?)

George: I feel it and express it so now I can relate. Not a bigger emotion after the third level.

Skip: Identity level is different than 3<sup>rd</sup>; emotion is expressed differently and sounds different. Deeper level of expression; not more painful than 3<sup>rd</sup>. The 4<sup>th</sup> level is not tied to objects or others, an expression of one's self (I am angry not you made me angry)and is often mixed with other emotions

p. 16—attitude work.

Classic bonding psychotherapy is attitude group and a bonding group, both meeting at same time and working in parallel, or working one and then the other. Dan did both in same room at same time, at times. Can be one or the other expand the description.

In attitude group, work cognitively and with emotion—but until work is done with pleasure, it is not completed work.) Goal of bonding is the same. The goal of attitude group is to get to a state of pleasure.

May start work with person's negative attitudes, expressing them to others in the attitude group. Purposeful restructurings of negative attitudes toward positive attitudes. Emotions are not negative and positive, but attitudes can be negative or positive.

P. 20 classic figure; shows up several points. Processural activation through the table.

Konni drew on work of consistency to create this chart; also uses “balance”. Nice to have our own vocabulary—need to define it.

p.22—quote now used world-wide as a philosophy in therapeutic communities—was once a trainee with Dan Casriel, not a client.

P 25—instruments. Can be done by client or therapist. Doing both may be best way. Also do post and prepost.

Can you feel your own body? Can you distinguish between levels of feeling an emotion in yourself? Can you tolerate the different emotions that other people express—all of them—pain, fear, anger, joy, love. What is difference between tolerating and accepting? From yourself and in other? Also to understand, in addition to tolerating and accepting.

P 33—change to bonding and attitude group phase, not bonding group phase.

P 37—old schema and new schema.

P 20-21—section is about psychological disorders, lack of bonding ability—in title, trying to make it bigger; didn't know what else to use.

Psychological disorder is a consequence of the activation of attachment schemas based on the lack of a bonding experience. OR take out the word ABILITY.

p. 14—add “this is done in the bonding group.” Attitude work/emotional work=bonding group.

There was interest in the section on spirituality with some individuals wanting to review it. There were not enough board members present to vote on changing the official definition.

5. Skip mentioned that with the new theory it is possible to suggest that bonding is a group process, AND bonding psychotherapy can be done in individual work, without the physical bonding. The new theory can form and shape way individual work is done. May not be screaming, but can work with basic biosocial needs, bonding need, attachment.

6. Skip mentioned the idea of a 2<sup>nd</sup> book of practice and interventions,. The idea was well received. There was a discussion in future about how to start training with this book; Konni's thought was to get a small core of people, a couple in each country or society that Konni trains, and then they can teach the new theory. There is also an ongoing need for research. We are starting in the US. Moving away from everyone having to use the SASB, because is difficult to get translated to author's satisfaction.

7. The 2005 ISBP conference was discussed. There are 3 possible types of conferences to hold: 1) hire an important person to be the lead speaker—expensive, can fail. 2) we can flange our conference up to another big conference in the US—Psychotherapy Networker. (may be able to get speakers cheaper because they're already there) 3) have a small conference w/o people from outside so we can sit around informally and talk about theory, research, training, and future—internal working conference.

In Portugal we asked what does it take to get Europeans to America, we were told “big names”—that means big risk. We can't afford that—plan small conference. Needs are more what we're doing here, today, as opposed to listening to big names. The newer members of the society are very interested in having Konni present and lead a training program as part of the conference. They also want an opportunity to present research, hear of others research, and explore BP interventions and techniques.

The conclusion is to try to get Konni to come to the conference so that it will be scheduled to fit his availability. Ask Konni to present and perhaps to have Skip present with him. To have a small conference that is very interactive with presentations on research, interventions, clinical experience, and theory. At conference, have a session on difference between bonding and attachment. What about the spiritual part at the conference? Could have a fishbowl discussion group about spirituality and how it is/can be used in BP as well as whether it is a basic psychosocial need. Perhaps the conference can be the foundation for the 2<sup>nd</sup> book. Skip suggested holding the conference at his office so that screaming can be done and asking other Americans to host those Europeans who come including picking them up at the airport.

Skip will get in touch with Konni to see what's possible. Conference will be small, people giving papers and lots and lots of discussion.

Skip needs to get a list of email addresses—will use only emails; have committed to that in US.

INTERNATIONAL SOCIETY FOR GROUP PSYCHOTHERAPY in Amsterdam, November this year—we can attend.

We don't know if anyone else is out there doing work like this; they could publish and become known so we should attend other conferences and report back to each other. We also need to be doing literature searches—perhaps we could add this to the conference.

**May 8, 2004**

**This was an informal meeting led by Skip Ellis to get feedback from those in attendance—Johan, Johanna, and Martein were unable to attend**

## **HOW TO MAKE ISBP WORTHWHILE**

1. TF Meeting
2. Conference
3. Website
  - Redesign
  - Secure areas
  - Change nature of newsletter
  - Links
  - Marketing
4. Newsletter
  - Changes now happening; subscription price for newsletter?
  - Do we want to do ads?
  - Marketing
5. Dues – how to get to pay
6. Participation!!!
7. Book

## 8. Research

### **Other topics**

#### Dues

Many members don't see why ISBP is worthwhile to them—except to socialize. European teaching fellows have not been paying conference fees; sometimes not paying dues at all. From Sweden, society fellows are being weeded out if they are not paying dues.

Members need to know how much they pay for ISBP membership, ESBP or ASBP membership and country fees. ISBP dues are \$10. In the US there are no country chapter dues, could the EU be a model to allow reduced chapter fees?

Individuals must be an international member to be a society fellow in any country

#### Participation

The concept of trimming a rose bush to get healthier, fuller plant may be an applicable metaphor. There are members who do not contribute to the society, who rarely pay dues, and are not active in doing BP. Perhaps this individuals should be let go of so that the members that we do have are active.

Teaching fellows need to be more active in spreading word!! Are they active in:

- training
- leadership
- research

If they aren't should they remain as TF's?

The society needs participation, our goal is not providing entertainment.

One-time mailing on email and snail mail announcing new developments and workshops and trainings.

Banquet/party for international conference. Make social opportunities; part of international conference—a d.c. tour, etc. "The Bonding Bus".

Teaching Fellows need to be active, and they're not.

Teaching Fellows expected to train, as first or second teaching fellow for students, and presenting frequently.

Every 4 years ask European Teaching Fellows to pay a conference fee in order to provide seed money for conference; (we shouldn't interfere in the European situation).

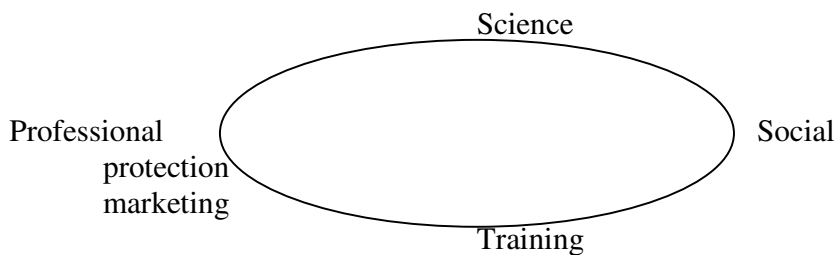
What are Teaching Fellows doing with bonding psychotherapy? --George's question.

Individual contribution  $\longleftrightarrow$  society contribution

Old society contribution was mostly social. Now has been huge shift up to scientific level.

What does our society need to grow

Overview of purpose of ISBP



Ask new fellows/next generation how they'd like the society to be/what they'd like to help us create for their future.

American and European societies are supposed to do the main action; the international society purposely has almost no budget, but if the international; society doesn't provide guidance, BP Societies may no longer exist, which would be a huge loss.

Providing training may assist the new generation in connecting with the old guard, as well as stimulating both old and new guard.

Needs to be:

SOCIAL  
TRAINING  
PROFESSIONAL

## SCIENCE

We should be connected through the bonding process in our society and yet we often act out our frustrations rather than work them through. We should be able to demonstrate to others what the benefits of bonding are especially in the way that our societies function. We are not doing that now. Its time to grow up as individuals and as a society, i.e., we need to act at level 5 ourselves.

Two major concerns—

What does ISBP need to do to get more participation so we don't have repeats of no one showing up for a TF meeting or an international conference?

What does the membership need to do to help transform themselves and the society so that participation is active, positive, easily offered, and rewarding?