

REPORT OF THE FIRST EUROPEAN BMC CONFERENCE

18 - 22 februari 1988 in Amsterdam.

PARTICIPANTS: Maiken Albrecht, Trude Cone, Jacques van Eijden, Linda Hartley, Jens Johannsen, Beatrix Ruf, Margot Rijven, Ida Schaller, Howard Sonenklar, Katharina Taubert, Veronika Wiethaler.

Fran Lavendel, Jader Tolja, Patricia Bardi were not able to join, even so Sabine who was still in America.

PREPERATION

A request was send out to all the invités to send information about the contents of the Conference. Out of all suggestions, needs and topics we made up a tentative schedule as an outline, a focus to work with.

It got structured around:

- Personal processing, deepening the BMC material
 - Integrating/translating BMC material into different working situations, our own practices, classes
 - Support at your homebase through a European Network and/or a BMC Association for Europe
 - Ways of working through hands-on, movement and verbalising.
- Each day had its own focus: developmental movement, intersystems, 'still/ only four more months to go....'.

THE CONFERENCE

Thursdaynite WELCOME's meeting.

Most of the participants arrived that night. A big surprise was Jens made it in time straight from the airplane with fresh news from the BMC valley.

A warm reunionlike party with good food and lots of laughter.

Friday, according to the schedule we started with a movement warm-up, related to the DEVELOPMENTAL PATTERNS.

We exchanged verbally about our ways of applying developmental into our work, the question of the necessity to work on the pure pattern or integrated into movement.

An open discussion arise with suggestions and thoughts.

The new material of the reflexes seemed to have left a lot of gaps after the summer. Especially how to use them in your work.

Jens, the lucky one who had participated in the Januar Intensive all focused on dev. patterns and reflexes, took the lead of the session: going through the REFLEXES.

It stimulated the relation to the patterns, it recalled some basic principles like: reflexes are building blocks for the patterns, reflexes are all about transition, reflexes are crystal clear.

We spend the late afternoon listening to each other's INDIVIDUAL REPORTS about our homesituations, our work, the application of BMC in that, the culture in which we are introducing BMC.

An attentive interest in every person evolved, as we know each other mainly as students in the certification programm.

Most of us seemed to be teachers in dance and movement. The privatwork has still to develop its identity within the variety of approaches and practises that are already available in each country.

Some common issues:

- The richness of the BMC material
- The experience of culturally displacement during last summer
- The feeling of disempowerment returning to your homeground
- The transformation of BMC concepts into your native tongue and bodyculture in your country.

An outspoken urge grew to discuss last summer experience, how to construct our ideas to change our learning environment.

We saved that for next day schedule.

Remarkable was the relief to perceive a respectful listening mode to one and another.

Saterdaymorning, everyone had his/her own individual warm-up. Than the EXCHANGE ABOUT OUR WORK got the chance to continue. A supportive discussion developped around working with PRIVATS.

- Questions:- how to deal with a client who is fragile?
 Where is the boundary of my work?
 How to see in a client to support the shadow?

Some of the feedback :

- stay in dialogue with your client;
- you set a dynamic in a session;
- is there a center to arrive or is center there where you are?
- inflation is the starting of the healing process;
- shadow is not about black and white, shadows have shadows have shadows..

- Questions:- How do you sense yourself when you are working with a client?
 Are you thinking about what you are doing?
 Are you looking for something?

Some of the feedback:

- try not to create expectations;
- thinking is more about awareness, being present;
- the necessity to watch yourself to avoid to be drawn in by the client;
- there are different levels of thinking, the hands are listening, thinking .

Working with the systems, todays theme, did not get in the picture anymore. Although Jacques proposed his question to us to look for the clarity of inner/outer focus during his performance that night.

The afternoon discussion focussed on last summer experience, causes for the mutual felt frustation, PROPOSALS FOR CHANGE.

This consolidated in a letter to Bonnie and Len with the proposal to meet as one of the small groups during the third term to continue our working relationship, to keep connected with the European spirit, to articulate within the American learning environment;

to meet in Europe for the fourth term to integrate in the European culture.

Sunday, THE FUTURE.

We exchanged how we were preparing for the material of upcoming summer. Especially about how to study the muscles.

Suggestions: by coloring the Anatomy Coloring Book

by studying the Waffler book and the Muscle Manual.

General command was to keep to getting familiar with the location and the direction of the muscles.

An image: ' muscles screw you home '.

We recommended books that are worthwhile to read relating to the work. The German language seemed to offer a wide range.

Finding the books that are listed on the selected bibliography for Summer 1988 is a problem here in Europe.

Discussion about an EUROPEAN NETWORK/ BMC ASSOCIATION.

How to identify this group according to our needs and wishes.

Would we like to be a supportgroup? A communication to the public at large? A professional organisation? Who else is allowed to join?

We decided to be a SUPPORTGROUP, a studygroup at this moment.

We should not decide yet about the future but stay realistic where we are now.

We keep it to the people who are in the Certificationprogramm, not out defensiveness but to define our limits.

We should concentrate now on getting together ourselves.

It will be about communication, support through meeting each other and sending info to each other's personal addresses.

We can get now a foundation ready and keep it open for the future to grow towards an European Network and / or a BMC Association.

We will continue this summer by working together and by communicating about our proposals and ideas with Bonnie and Len.

Our next meeting in Europe is scheduled in February 1989.

We finished by signing our letter to Bonnie and Len.

The first European BMC Conference was a successful historical fact!

Margot Rijven

BOOKS suggested by Katharina

- Bruno Bettelheim 'Die geburt des Selbst'
Erfolgreiche Therapie autistischer Kinder
Kinder - Verlag, München.
- B.G. Campbell ' Entwicklung zum Menschen (Human Evolution) '
Verlag UTB 17 0, Gustav Fischer 1979, DM 22,80.
Evolutionstheorie, vergleichende Anatomie unter
dem Aspekt Forschung über vorgeschichtliche Funde
und vergleiche mit Primaten der Jetztzeit.
- Susanne Klein - Vogelbach ' Funktionelle Bewegungslehre '
Springer - Verlag Berlin, Heidelberg
Grundsätzliches über Orientierung im Körper und
Beobachtungskriterien, Bewegungsmöglichkeiten von
Gelenken; ziemlich langweilig , gute Information.
- Lennart Nilsson ' Eine Reise in das Innere unseres Körpers '
Das Abwehrsystem des menschlichen Organismus
Verlag Rasch und Rohring 1987
teuer, interessante Fotos.
- Ida P. Rolf ' Rolfing, the integration of human structures '
Harper and Row
for me it was easy to read, very clear pictures
interesting and helpful information also concerning
muscles.