



**The Massachusetts Society for
Bioenergetic Analysis**

The Massachusetts Society for Bioenergetic Analysis, Inc. (MSBA) is a professional organization whose primary mission is to provide professional training in Bioenergetic Analysis, leading to certification as a Bioenergetic Therapist. MSBA also provides consultation, referrals to bioenergetic therapists, bioenergetic exercise classes to support individuals' ongoing work with their bodies, and workshops and seminars on topics relating to bioenergetics.

Bioenergetics, a mind-body psychotherapy, began in the 1930s with Alexander Lowen, M.D. He developed a method of psychotherapy, which weaves together both an analytic and an energetic point of view into one fabric. Lowen's theory suggests that the bioenergetic therapist both works to understand the client's spoken word and his/her body tensions and energy.

The training to become a Certified Bioenergetic Therapist (CBT) involves an intensive 4+ year program, offered 1 weekend per month over the course of these 4 years. It emphasizes working deeply on oneself by working through the chronic tensions in one's own body, along with learning Bioenergetic theory and practicing these techniques.

For more information, contact the Massachusetts Society for Bioenergetic Analysis at msba@massbioenergetics.org or 617-876-3652

MSBA

11 Hickory St.

Gloucester, MA, 01930

12 CEU's pending



**The Massachusetts Society for
Bioenergetic Analysis**

Proudly Offers:

**Treating
Panic & Fear:
A Body-Based Method for
Rapid Change**

**Friday April 23 & Saturday
April 24, 2010**

Presented by:

Ron Robbins, Ph.D

&

Gloria Robbins, LCSW

at

TBA

Registration 8:30

(Program times 9:00 - 4:30)

For more information

Please contact: ablisslcmhc@yahoo.com

MSBA -617-876-3652 or

msba@massbioenergetics.org

Treating Panic & Fear: A Body-Based Method for Rapid Change

Panic attacks are intensely disturbing experiences. Many symptoms may be part of an attack, among them breathing disturbances, rapid heartbeat, chest pains, and dizziness. At this is a How-To workshop, you will learn the body-based Rhythmic Integration Change Protocol to profoundly reduce, often eliminate, the experience of frequent panic attacks. You will understand how to adapt the method to work with other common disruptive fears. Expect to:

- Learn and practice the Change Protocol: the techniques used at each stage, the resistances and the means to address them.
- Understand how and why immediate change follows the intervention
- Be aware of how the Change Protocol integrates other panic approaches.
- Adapt the Change Protocol to problems of fears i.e., speaking, flying, and irrational thoughts
- Learn the situations where it is appropriate to apply the Change Protocol.
- Review the experimental research that gives conceptual validity to the approach.
- Leave with a working knowledge and supportive material to apply the method.

ABOUT THE PRESENTER

Dr. Ron Robbins, Ph.D

Author of Rhythmic Integration: Finding Wholeness in the Cycle of Change and "Body Approaches to the Treatment of Panic," is a licensed Psychologist in New York, Arizona and California. He has served as a Trustee for the International Institute of Bioenergetic Analysis, and the United States Association for Body Psychotherapy. Since 1999 he has directed the Rhythmic Integration Panic Project in the research, development and dissemination of a rapid method for treating Panic Attacks. He has a practice in Poughkeepsie, New York.

Gloria Robbins, LCSW, BCD

has had a private practice in the Hudson Valley for over thirty-five years. She has been trained in Psychodrama and Bioenergetics. She was an original member of Playback Theater. She developed a play therapy teaching video, "Ego In Motion," that follows four different aged preschool children through several months of therapy in a special school setting.

The Robbins have presented workshops and papers throughout Europe and the United States, South America as well as in Israel and Ghana. Their workshops are described as unique, supportive, creative, loving, fun and life giving. The learnings and experiences gained from them have been said to be long-lasting.

REGISTRATION

COST: \$250 (\$225 before April 2, 2010)

\$265 at the door (LUNCH ON OWN)

This program is pending 12 CEU's for mental health professionals

There will be a \$15.00 charge for cancellations less than one week prior to the conference date. There will be no refunds for cancellations with less than 48 hours notification

NAME: _____

ADDRESS: _____

Agency _____

TEL #

(W) _____ (H) _____

(C)

_____ Email _____

Total Amount Paid

Make checks out to MSBA - send to:

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SIGNATURE: _____