



### The conference combines

- workshops,
- healing Budō movement work,
- meditative experiential groups,
- keynotes on health promotion,
- personal development and healing through the practice of Budō Therapy.

## 5th Symposium on Budō Therapy

### „Budōtherapeutic interventions for problems of impulse control and regulation of affects“

„Swords into plowshares - That's it“

The Far Eastern martial arts (budō, wushu), which have spread worldwide as/in different forms (e.g. karate-dō, aikidō, kendō, etc.) and also gave resonance to forms in the Slavic area (e.g. Kolo, Systema), have a high potential to improve health, vitality, strength, mental balance, and even to support healing processes of physical and mental disorders.

Since the middle of the 20th century, these potentials have been also found their way into the western health care systems. Taiji or Qigong have become known here, but the Far Eastern healing knowledge has also found its way in the psychophysical therapy, the Feldenkrais method, integrative movement therapy, and body psychotherapy.

Budō Therapy has centered on bringing together healing and health-boosting elements from Daoism, Zen Buddhism, Shintō, and from traditions of mindfulness and movement meditation to work with Western people for health promotion, personal development and holistic therapy in the sense of the budōtherapeutic principle of „work on oneself“ in the clinical field.

The focus of this fifth Budō Therapy conference organized by us is on approaches to treatment for people with problems of their impulse control and regulation of affects, because we assume that the ability of self-regulation can alleviate not only individual but also social suffering:

„Peace in oneself - Peace in the world“

*(Thich Nhat Hanh)*



The European Academy EAG is a state-recognized institution of professional education as well as certified by the Gütesiegelverbund Weiterbildung NRW. EAG is managed under the scientific direction of Prof. Dr. H.G. Petzold. Our curricula always take into account the latest findings from the social, cultural and natural sciences as human sciences. We give great importance to experience-activating and teach according to the basic concepts of the integrative method. The natural location of the academy directly at the Beversee invites to explore the Bergisches Land Nature Park.

#### EAG/FPI gGmbH

Wefelsen 5 · 42499 Hückeswagen (Germany)  
Phone 0049 2192 858 0  
Fax 0049 2192 858 22  
www.eag-fpi.com

Registration via:

Nathalie Neuenhaus

neuenhaus@eag-fpi.de

Phone 0049 2192 858 19



European Academy for Bio-Psycho-Social Health,  
Nature Therapies & Creativity Promotion – EAG

## SYMPOSIUM 2022

### Budō Therapy: Impulse Control and Regulation of Affects

June, the 24th until June, the 26th of 2022



[www.eag-fpi.com](http://www.eag-fpi.com)

State-recognized adult education institution of the state of NRW and certified by the Gütesiegelverbund Weiterbildung NRW.

## PROGRAM

### Friday (June, the 24th of 2022)

From 1:00 pm	Arrival & check-in
2:40 pm - 3:00 pm	<b>Welcoming</b> (Frank Siegele & Hermann Ludwig)
3:00 pm - 4:00 pm	<b>K1: Keynote (45+15)</b> (Sabine Koch)
4:00 pm - 4:30 pm	Coffee break
4:45 pm - 6:15 pm	<b>Workshops I.1</b> (A, B, C)
6:30 pm - 7:30 pm	Evening meal
7:45 pm - 9:15 pm	<b>Workshops I.2</b> (A, B, C)

### Saturday (June, the 25th of 2022)

7:30 am	<b>Movement meditation outdoors</b>
From 8:00 am	Breakfast
9:30 am - 10:45 am	<b>K2: Keynote with practice (60+15)</b> (Jesús Ilundáin-Agurruza & ODA Yoshiko)
11:00 am - 12:30 pm	<b>Workshops II.1</b> (D, E, F)
12:30 pm	Lunch/dinner
2:00 pm - 3:30 pm	<b>Workshops II.2</b> (D, E, F)
3:30 pm - 4:00 pm	Coffee break
4:00 pm - 5:00 pm	<b>K3: Keynote (45+15)</b> (Viola Dioszeghy-Krauß)
5:15 pm - 6:15 pm	<b>Plenary exchange on workshops</b>
6:30 pm - 7:30 pm	Evening meal
From 8:00 pm	Open exchange & social gathering

### Sunday (June, the 26th of 2022)

7:30 am	<b>Movement meditation outdoors</b>
From 8:00 am	Breakfast
9:30 am - 10:30 am	<b>K4: Keynote (45+15)</b> (Hedda Lausberg)
10:30 am - 11:00 am	Coffee break
11:00 am - 12:00 noon	<b>K5: (Closing) Keynote (I) (45+15)</b> (Hilarion Petzold)
12 noon - 12:30 pm	<b>Closing keynote (II)</b> (organizational team of EAG)
12:30 pm	Lunch/dinner & end of conference

### Keynotes (\* Lecture / Workshop in German)

<b>K1   Sabine Koch</b> (Germany/FRG): .....	<b>Martial arts in dance movement therapy: Discussing therapeutic factors of escrima and capoeira *</b>
<b>K2   Jesús Ilundáin-Agurruza</b> (USA) & <b>ODA Yoshiko</b> (Japan): .....	<b>Healing Blades: Therapeutic Affective Regulation and Control by Way of the Sword</b>
<b>K3   Viola Dioszeghy-Krauß</b> (Germany/FRG): .....	<b>Perpetrator affects, perpetrator impulses - victim affects, victim impulses: Practicing aikidō promotes self-regulatory competence *</b>
<b>K4   Hedda Lausberg</b> (Germany/FRG): .....	<b>Nonverbal behavior in alexithymic individuals: Insights and references to movement therapy and budōtherapy *</b>
<b>K5   Hilarion Petzold</b> (Germany/FRG): .....	<b>On the peace of mind, resting in the living body: Ways of meditative affect regulation, not only in martial arts *</b>

### Workshops (\* Lecture / Workshop in German)

<b>A: Jan Bloem</b> (Netherlands): .....	<b>Affect-regulation as a Response-ability: What the Russian Martial Movement Traditions can contribute to Integrative Budō Therapy</b>
<b>B: Gabo Weis</b> (Israel): .....	<b>Budōtherapy approach for grounded, peaceful and compassionate presence in difficult moments in therapy and life</b>
<b>C: Andreas Lange-Böhm &amp; Winfried Wagner</b> (both: Germany/FRG):...	<b>Basic principles of peacefulness - taught by kinomichi and aikidō *</b>
<b>D: Stefan Gerhard</b> (Germany/FRG): .....	<b>Martial Arts in the treatment of depressed and anxious adolescents - a special therapeutic concept from the Clinic for Psychiatry and Psychotherapy in Childhood and Adolescence, Aschaffenburg, Germany *</b>
<b>E: Till Thimme</b> (Germany/FRG): .....	<b>Martial arts in child and adolescent psychiatry - from conception to intervention *</b>
<b>F: Doris Nachtlberger</b> (Austria): .....	<b>CHIYU-JIN-KEN – The healing power in the sword that can create inner peace: On the therapeutic potential of a traditional Japanese swordsmanship as a learning method for impulse control and affect regulation *</b>

**Jan Bloem:** Drs.; Clinical Human Movement Sciences/Cognitive Neuro Sciences/Integrative Movement Therapie (IBT)/Physical Therapy/Body Worker; Student of martial, movement and healing arts since 1976

**Viola Dioszeghy-Krauß:** Dipl.-Psych.; PhD (sports science); worked as licensed psychotherapist; 4th dan aikidō

**Stefan Gerhard:** Nurse; teacher of German studies, history, citizenship education & ethics; integrative movement therapist in training; teaches and practices BJJ as brownbelt

**Jesús Ilundáin-Agurruza:** Professor of Philosophy (Linfield University, USA); practitioner of HEMA

**Sabine C. Koch:** Professor of Dance Movement Therapy (SRH University Heidelberg, Germany), and Director of the Research Institute for Creative Arts Therapies RIART (Alanus University Alfter, Germany); capoeirista

**Andreas Lange-Böhm:** Physician specialized in general medicine; 4th dan kinomichi and 5th dan DNBK Japan Renshi

**Hedda Lausberg:** Physician specialized in neurology, psychosomatic medicine, psychotherapy and psychiatry; professor at the Institute for Movement Therapy and Movement-Oriented Prevention and Rehabilitation at the German Sport University Cologne

**Doris Nachtlberger:** Magistra, off-duty judge; martial arts mentor and teacher of Musō Jikiden Eishin-ryū & shaolin arts

**ODA Yoshiko:** Professor at the Faculty of Sports and Health Studies (Hosei University, Japan); 7th dan kendō

**Hilarion Petzold:** Univ.-Prof. Dr. mult., em. Ordinarius for Psychology, Clinical Movement Therapy & Psychomotorics (VU Amsterdam, Netherlands); licensed psychotherapist; academic head of EAG; many years of martial arts and meditation practice, Düsseldorf

**Till Thimme:** PhD (sports science); professional head of movement therapy at the the Clinic for Psychiatry and Psychotherapy in Childhood and Adolescence (LVR Bonn, Germany); practice in e.g., karate, kendō, qigong

**Winfried Wagner:** Dipl.-Psych.; licensed psychotherapist; 8th dan aikidō

**Gabo Weis:** Psychotherapist & couple therapist; 3rd dan shotokan (Ohshima dojo) karate

Cost: 250 euros  
Including 2 nights and full board

Corona rules:  
The legal provisions current at the time of the event apply.