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disease. A major research project examined the movement behavior of patients with eating disorders. As a neuroscientist, her recent studies investigate the neuropsychology of movement behavior, specifically the relation between movement and cognitive and emotional processes.

Angela von Arnim

M.D., lecturer of the body psychotherapeutic method "Functional Relaxation" by M. Fuchs; education in body psychotherapy at the institute of M. Fuchs and S. Krietsch; earned medical degree at the medical university of Hannover, specialized in internal medicine and public health management; in 1998 specialization in psychosomatic medicine and psychotherapy; worked in the department of psychosomatic medicine and psychotherapy of the Erlangen university hospital for psychiatry and psychotherapy since 1993, became senior physician of the department, was trained in psychoanalysis; since 2007 practicing as psychotherapist and body therapist in Berlin.

Her main research topics are body psychotherapy methods in the treatment of chronic pain, body image assessment, the development of theoretical models in psychosomatic medicine, and psychoanalytic attachment research in early development. Member of the DKPM (German Council of Psychosomatic Medicine), the A.F.E. (Arbeitsgemeinschaft für Funktionelle Entspannung, Functional Relaxation), and the AIM (Uexküll-Akademy for Integrated Medicine). Leader of the AIM-workgroup "Body Signs".

INFORMATION AND CONTACT

Information

www.berlingesturecenter.de >
Seminare und Workshops

Location

Projektron GmbH
Gneisenastraße 2
10961 Berlin, Germany

Public transportation by

Bus: lines 148 and 187
Underground: lines U7 and U6
(Bus / U station: Mehringdamm)

Workshop fees

- each workshop: 250 €
(reduced fee: 150 €)
- all three workshops together: 600 €
(reduced fee: 360 €)

Dates

Workshop I 30.-31.01.09 9 am – 4 pm
Workshop II 13.-14.03.09 9 am – 4 pm
Workshop III 11.-12.09.09 9 am – 4 pm

Deadline for registration

Workshop I until 15.12.2008
Workshop II until 15.01.2009
Workshop III until 15.07.2009
maximum capacity: 10 participants

For registration contact Ms. Erika Kleinen
e-mail: eri.kleinen@uniklinikum-dresden.de



Berlin Gesture Center



in cooperation with



Movement Analysis Scales & Test (BAST) & Body Sculpture Test (KST)



Workshops I – III

- I. Introduction und self-experience
- II. Application in clinical work
- III. Research

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Introduction

In the workshop series, we will present two body-oriented diagnostic tests:

- **the Movement Analysis Scales & Test (BAST) ©**
- **the Body Sculpture Test (KST) and Interview©**

These two diagnostic tools complement each other in understanding body experience: the Movement Analysis Scales & Test registers movement behaviour and specifically, those movement features which reflect an individual's body image. In the Body Sculpture Test, an individual's body experience is transferred into a self-plasticized figure. Furthermore, body sculptures can be regarded as "frozen" body movement.

The Movement Analysis Scales & Test and the Body Sculpture Test and Interview permit to gain insight into a person's body experience in a more direct manner than verbal diagnostic tools such as questionnaires can do.

Movement Analysis Scales & Test (BAST)

Movement Analysis Scales & Test (Lausberg 1997) consists of a movement test and scales for the analysis of movement behavior. The test comprises a 10-minute two-part movement program with movement performance tasks (part I) and improvisation tasks (part II). In part I, the ability to execute certain movement qualities is tested by the performance of the movement tasks. In part 2, the improvisations give an impression to the subject's spontaneous movement behavior and repertoire.

The movement behavior is analyzed with operationalized scales, some of which are derived from the Laban movement analysis (Laban 1950).

For research purposes, a BAST-template has been developed which enables to apply the scales in

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combination with the annotation tool ELAN (<http://www.lat-mpi.eu/tools/elan/thirdparty>).

Body Sculpture Test and Interview

The **Body Sculpture Test** is a projective test for therapists to allow the understanding of patients' body images, i.e. how they see themselves regarding the physical aspects of their self-perception. The test was first used by the Eutonia-pedagogue Gerda Alexander in 1978. She had her students, eyes shut, form human figures. Therapists have been using this test for diagnostic purposes as well as a therapeutical instrument ever since and it seems to be "the only instrument to express the conscious and non-conscious body experience in an three-dimensional way" (Wadepuhl). With eyes closed, the subject forms a human figure out of clay. The test is based on the hypothesis that in absence of any visual control, the non-conscious body experience can be expressed. Through this freely and spontaneously created work the subject is able to express his/her sensations, emotions and conflicts without using words. Emotions can flow through the hands into the material. Results of this process are verbalized right after the finishing of the sculpture.

The **Body Sculpture Interview** follows a given guideline in order to facilitate the analysis of qualitative aspects.

Summary of the workshop program

The workshops series consists of three workshops. In *workshop I*, we will give an introduction to BAST and KST and focus on the participants' self-experience and

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exploration of the potential of both tools.

In *workshop II*, the application of the tests in therapeutical settings and with specific diagnostic groups is outlined.

In workshop III, the application of the test in research is presented and participants are supervised in the development of their own research projects.

As a preparation for the workshops II and III, participants should analyze healthy subjects and patients with the two tests. The participants' own cases will be supervised in the workshops.

For the participation in all three workshops and the BAST / KST analyses of three healthy subjects and three patients, a certificate for the application of both tests in practice and research is given.

A coding-manual and literature on both tests will be provided. Every participant should bring a laptop to the workshops.

Referees / scientific organization

Hedda Lausberg

Professor of Psychosomatic Medicine, Friedrich-Schiller-Universität Jena; dance therapist (BVT), specialist in neurology, psychosomatic medicine and psychotherapy, psychiatry; habilitation in neurology at the Charité - University hospital Berlin; co-founder of the Berlin Gesture Center (www.berlingesturecenter.de); has received research grants from the German Research Association, the Max Planck Society, and the Volkswagen-Stiftung. Research focuses are: development of movement analysis tools for clinical and research purposes; relation between movement behavior and mental