

# Worldwide Biography Conference Friday 28th June 2019

## Introduction

“The human faculties of speaking and listening are a precious gift from spiritual beings. Yet are we not using them freely and unconsciously without realising their power?” Fumiko Chikami

From the perspective that individual biographical development is an everlasting source of wisdom, love and strength, we as professionals are challenged to enable our clients and participants to discover new treasures in their lives through working with their biographies. The basis of this work are the human faculties of speaking, listening and creating.

The third day of our conference is dedicated to developing these faculties whilst acquiring practical experience in how to work with (for you) a new instrument or methodology.

You will take part in one of twelve workshops, each serving two levels.

Morning 10.00 - 13.30 Developing Yourself

You will be led through (a series of) exercises in which you explore your own biographical experiences, possibly in connection with your biographical adventure in the landscape on the previous day.

Afternoon 15.30 - 19.30 Professional Development

Together with the colleagues in your group, you will learn why and how you can apply this new instrument or methodology when you work with clients in your practice or with participants in your courses.

## Workshop Placement and Languages

Each workshop is presented below in the main language in which it will be facilitated. You will receive an email kindly asking for your 1st, 2nd, 3rd and 4th choice of workshop. The terms of placement are:

- .. maximum 12 colleagues in each workshop;
- .. first come first serve according to time and date;
- .. the order of a colleague's four choices;
- .. the discretion of conference organisation.

Balancing the distribution of languages in each workshop will be given a high priority, so as to ensure optimal conditions for participants and facilitators. Therefore, you are kindly requested to pay particular attention to the following requests:

- .. ensure your choice of workshops takes the respective language indications fully into account;
- .. coordinate your choice of workshops carefully when sharing an independent interpreter.

## The Twelve Workshops

1. Language: English; no pre-arranged support in another language.

### **‘I’ on the Path to Spirit Self**

Making steps towards the ideal

The human being develops in the gap and tension between the ideal and reality – between Spirit Self and the lower ‘I’. In our time, everyone experiences this pain. Yet, seeing the ideal and stepping towards it is a support as you learn to find it and rely on it within yourself. In this workshop, you will learn how to practise a path of exercises that strengthens your relationship to the Spirit Self, while accepting yourself as a human being moving towards it.

Zinaida Syrovyatkina (♾ 1948 RU) is a biographical counsellor, psychologist, director of the Russian “Training in Biographical Counselling”, and president of the “Association of Biographical Counsellors” in Russia, where she lives in Sochi and Ukhta.

2. Language: English; no pre-arranged support in another language.

### **Meeting Face-to-Face**

Practicing the art of communication through the dyad process

The dyad process is a simple yet profound way to open up to another human being, through practise of the essential art of deep listening and speaking out of presence and truth. In this workshop, you will learn to create a meaningful connection with another while accessing a deeper connection with yourself and embracing new thoughts and insights. Working in pairs, you will explore various themes. The whole group will share reflections on the application of this instrument.

Joseph Rubano (♁ 1948 US) is a biographical counsellor who has worked with the dyad process for c. 38 years, personally, with couples in counselling, in biography workshops, at retreats, and also as a faculty member in the "Biography and Social Art" training programme in New York State; he lives in Oceanside, California, USA.

3. Language: English; mit begrenzter technischer Klärung in Deutsch.

### **The Triptych**

Exploring three life events in a biographical way

Work with a Triptych allows you to perceive – in three, very simple drawings – what is really happening in respective life situations, also what is happening between them, and sometimes what is happening behind the scenes. Work with a Triptych can shed light on life in new ways, enabling you to make decisions for the future.

Paula Boon (♁ 1961 NL) studied at the Academy of Arts (NL) before becoming a faculty member of the Waldorf Education Teacher Training (NL). Paula has been practising as a biographical coach since completing further training at the "Instituut voor Biografie" in the Netherlands, where she is currently a teacher and coordinator; she lives in Warnsveld, Netherlands.

4. Language: English; mit begrenzter technischer Klärung in Deutsch.

### **Fourfold Axis**

Taking a new and creative look at crisis points in biography

You will enter into and explore a circular biography chart, by way of orientation to key turning points of the four axes. Through drawing, dialogue, and imaginative writing you will discover the 'crux' of your life – the cross you bear, where pivotal opportunity offers new and creative possibilities.

Regine Kurek (♁ 1952 DE) studied pedagogy and art before further training in anthroposophical art therapy (Ottersberg, DE), adult learning with Coen van Houten (Forest Row, UK) and biographical training with Gudrun Burkhard (Arlesheim, CH). Since 1983, she has facilitated art courses and biographical training at "Arscura School of Living Art" in Toronto, where she lives in Canada.

5. Sprache: Deutsch; with limited technical clarification in English.

### **Fünf-Sätze-Erlebnis-Arbeit**

Durch eine kurze Beschreibung Schritt für Schritt bis zur "Essenz" kommen

Du arbeitest rein phänomenologisch, d. h. du lässt Dich vom Erlebnis belehren. Du befragst das Erlebnis in vielfältiger Weise. Im Erlebnis findest Du mindestens eine Frage, ein Rätsel und eine Antwort, die neue Handlungsimpulse ermöglichen. In jedem Erlebnis ist mehr, als Du bisher wusstest. Es geht um dieses "mehr".

Christiane Hesse (♁ 1962 DE) beschäftigt sich seit 1991 mit Biographiearbeit und der sozialen Frage. Sie absolvierte ihre „Berufsausbildung Künstlerische Biographiearbeit“ (DE) 2011 und eine Zusatzausbildung in „Phänomenologischer Erlebnisarbeit“ (DE) 2018. Sie leitet drei fortlaufende Biographiekurse und führt eine freie Praxis in ihrem Wohnort Krefeld, Deutschland.

6. Sprache: Deutsch; with limited technical clarification in English.

### **Die Mission des Zorns im menschlichen Lebenslauf**

Metamorphosen des Seelenlebens in der Biographie und ihre Bedeutung für das Ich in der Gegenwart

Es wird am eigenen Lebenslauf, methodisch die Entwicklung und das Verhältnis des ersten Jahrsiebts (Leib) in Bezug auf die seelische- und geistige Entwicklung in der Gruppe, wird in einer Gesprächsarbeit zu zweit, mit Hilfe eines erstellten Triptychons und Gesprächsprotokolls, geforscht. Danach findet ein Austausch über den Hintergrund der Methode und ihrer möglichen Anwendung in der praktischen Arbeit mit Klienten statt.

Joop Grün (♁ 1954 NL) ist seit über 25 Jahren selbständig und international, tätig in der Biographie-, Karma- und Gesprächsarbeit. Er leitet eine Ausbildung für Supervision, Coaching und Organisationsentwicklung, Partnerschaft- und Familientherapie: WIE – Werkplatz für Individuelle Entwicklung (Basel CH), ist Dozent an der „Freie Akademie für Angewandte Biographiearbeit“ (DE) und Gründungsmitglied im ITF. Wohnhaft in Arlesheim, Schweiz.

7. Sprache: Deutsch; con esclarecimiento técnico limitado en Español.

### **Erfinde Deine Lebensgeschichte**

Archetypen von sieben Jahren durch Imagination, Inspiration und Intuition erkunden

Die Arbeit mit biographischem Storytelling kann Dir helfen, Dich vom Leben zu distanzieren, um so eine objektivere Sicht darauf zu erhalten. Nach einer aktiven Hörübung, oder einer kurzen Meditation schreibst Du darüber und malst die Bilder die in Dir hervorkommen. Die entstehenden Bilder stammen aus einer tiefen, unbewussten Quelle. Sie entfalten sich vor Dir als Imagination und können Dir helfen, Weisheit in Deinem Leben zu erkennen und darauf zuzugreifen.

Karen Armbruster (♁ 1954 DE) ist Mitbegründerin der ersten Waldorfschule in Spanien und war dort auch die erste Kindergärtnerin. Sie ist ausgebildet in Biographiearbeit, Storytelling und Integrativem Humanistischen Counselling und arbeitet derzeit als biographische Beraterin. Als Direktorin der „Vereinigung El Fruto de la Rosa“, mit Ausbildung in biographischem Coaching, lebt sie in Cercedilla Spanien.

8. Language: English; mit begrenzter technischer Klärung in Deutsch.

### **The Magic of the Hourglass**

Using time to create a fruitful dialogue

The human faculties of speaking and listening are a precious gift from spiritual beings. Yet are we not using them freely and unconsciously without realising their power? After exploring a life event artistically, you will discover how the use of an hourglass offers a simple yet effective way to learn to listen well and speak clearly. You will practice communicating in a way that is essential for biographical sharing and all human interaction, in group facilitation, coaching and everyday relationships.

Fumiko Chikami (♁ 1949 JP) acquired her training in biography work in the UK and Brazil. In 2001 she founded a five-year professional training in Japan. So far eight groups have completed their training. Graduates offer biography work across Japan, as well as other countries. She lives in Forest Row, UK.

9. Language: English; mit begrenzter technischer Klärung in Deutsch.

### **A Double & Shadow Affair**

Transforming their past, present and future relationship to biographical development

You will explore any one of your nine seven-year life phases. While practising how to differentiate the archetypal activities of double and shadow, you will become aware of how you cope/d with their influences. You will work consciously with related impulses, emotions, and associations currently

manifesting in your soul. Coordinated sharing will enable you to imagine the application of this creative transformation of inflexible patterns into salutogenetic potential in your professional practice. EN / DE

Claudiu Panculescu (♾ 1961 RO) graduated (2010) from the ongoing Romanian training programme "Applied Biographical Development" directed by Christopher Bee; becoming a co-director in 2015. Specialising in the interplay of adversary beings in the human biographical constitution, he works with groups and individuals in Bucharest, where he lives in Romania.

10. Language: English; no pre-arranged support in another language.

### **When Was It So, When Was It Not So**

#### Finding ourselves in fairy tales

Fairytales and myths transmit wisdom from all times and cultures, about trials, helpers and metamorphoses along a path. In them you can find your personal soul journey and also the evolutionary trajectory of humanity. Taking one very simple fairy tale, you will explore your life through socially artistic exercises using various media and then broaden your discoveries in sharing with others, in small groups as well as all together.

Patricia Rubano (♾ 1953 US) is currently the director of the "Biography and Social Art" training programme in New York State. She fell in love with fairy tales while working with children as a Waldorf educator. Later she developed ways to unlock their treasures through biography work with teachers, parents and other adults; she lives in Oceanside, California, USA.

11. Idioma: Español; with technical clarification in English.

### **La Alianza Interior de lo Femenino y Masculino**

#### Trabajando con aspectos masculinos y femeninos en la biografía

Al trabajar con lo femenino y masculino, vamos al encuentro de imágenes arquetípicas como, " el encuentro soñado", "la sagrada familia", "el hombre o mujer que llevo en mi". Podemos observar el desenvolvimiento de este tema a través de 3 grandes etapas de la vida: Aquello que yo recibí en mi infancia, aquello que busqué en el otro en mi juventud y aquello con lo que me confrontó y quiero integrar en mi madurez. Para la indagación de estas etapas se trabajará con modelado (greda), preguntas y conversaciones.

Francisca Garcia (♾ 1955 CL) se formó con Gudrun Burkhard en Brasil antes de tomar el Diploma en Consejería Biográfica en el Reino Unido. Anteriormente, practicó durante muchos años como terapeuta de arte y profesora de Waldorf. Actualmente ofrece su Programa Desenvolvimiento Biográfico - Yo, cazador de mí (mi propio cazador) en Brasil, Perú y Chile. Francisca vive en São Paulo.

12. Language: English; no pre-arranged support in another language.

### **Turning Straw into Gold**

#### Working with art and karma in biographical counselling

When and how do artistic tools serve biographical counselling and karmic insight? You will explore the 'disconnect' caused by a painful / traumatic life event – the 'tear' in your biography as a whole – in order to integrate this within your complete life vision. Working then in a group, you will encounter the creative potential of chaos, characteristic of the present era of consciousness soul development, from which individual spiritual-karmic meaning may emerge.

Yael Armony (♾ 1975 IL) is a biographical counsellor and art therapist. She combines anthroposophical knowledge of biographical counselling with psychological and therapeutic experience; she is co-manager, teacher and supervisor at the "Hotam School" in Israel, where she lives in Kibbutz Malkiya, Israel.