

Angela von Arnim, M.D., lecturer of the body psychotherapeutic method "Functional Relaxation" by M. Fuchs; till 2007 senior physician of the psychosomatic and psychotherapy department, University of Erlangen; she studied medicine at the MHH in Hannover, specialised in internal medicine and public health management. She has worked in the department of psychosomatic medicine and psychotherapy of the Erlangen university hospital for Psychiatry and psychotherapy since 1993, in 1998 she specialised in psychosomatic medicine and psychotherapy, became the senior physician of the department and trained as a psychoanalyst. 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 (the German Kollegium of Psychosomatic Medizin), the A.F.E. (Arbeitsgemeinschaft für Funktionelle Entspannung, Functional Relaxation), the AIM (Uexküll-Akadamy for Integrated Medicine) and the KPMB (Kollegium für Psychosomatische Medizin Berlin). Since Mai 2007 psychotherapist and bodytherapist in Berlin.

Hedda Lausberg, Professor of Psychosomatic Medicine, Institut für Psychoziale Medizin und Psychotherapie, Friedrich-Schiller-Universität Jena. Dance therapist (BVT), specialist in Neurology, Psychosomatic Medicine and Psychotherapy, Psychiatry. Habilitation in Neurology at the Charité Berlin. Co-founder of the Berlin Gesture Center. Training in Laban Movement Analysis. Training in the Movement Psychodiagnostic Inventory MPI, Movement Signature Analysis MSA and Nonverbal Interaction and States Scales NISA by Martha Davis, N.Y.. Research: Neuropsychology of movement behaviour (Split-Brain-studies, fMRT-studies). Development of behavioural movement analysis tools (BAST, NGCS) for clinical and neuropsychological research. Grants by the Deutsche Forschungsgemeinschaft and Volkswagenstiftung.

Art, sculpture, movement, music

Post graduate training in the art of nonverbal communication

Clinical application and research

The Movement Analysis Test and Scales (BAST)
by Prof. Dr. med. Hedda Lausberg

The Body Sculpture Test (KST) and Interview©
by Dr. med. Angela v. Arnim

September 24 – 26, 2009

in Kirke Hyllinge, Denmark



www.bevaegelsesvaerkstedet.dk

The Movement Analysis Scales and Test (BAST) and the Body Sculpture Test (KST) and Body Sculpture Interview©

with Hedda Lausberg and Angela v. Arnim

In this workshop, we will present two body-oriented diagnostic tests: the **Movement Analysis Scales and Test (BAST)** (Lausberg, 1997) and the **Body Sculpture Test and Interview**. The two diagnostic tools complement each other in exploring a person's body experience: In the **Body Sculpture Test**, the body experience is expressed by forming/sculpturing a body, whereas in the **Movement Analysis Test**, a person's implicit body-experience is reflected in the manner in which the person moves the body. Furthermore, body sculptures can be regarded as "frozen" body movement. The **Movement Analysis Scales and Test** and the **Body Sculpture Test and Interview** permit in a more direct manner than verbal diagnostic tools such as questionnaires to gain insight into a person's body experience.

The Movement Analysis Scales and Test (BAST) (Lausberg, 1997) are designed to code whole body movement in dance / movement therapy. The test consists of a 10-minute two-part movement program with standardized movement tasks and improvisation tasks. For the analysis of the movement behaviour, operationalized scales in form of a template for the annotation tool ELAN are available (<http://www.la-mpi.eu/tools/elan/thirdparty>). Test and scales differentiate significantly between patients with psychosomatic or psychiatric diseases and healthy controls (Degener A, 2008; Lausberg, 1998; Lausberg, von Wietersheim, & Feiereis, 1996).

The **Body Sculpture Test (KST)** is a projective test for therapists to enable them to understand the body image of their patients, i.e. how they see themselves regarding the physical aspects of their self – conception. The



test was first carried out by the Eutonia- pedagogue Gerda Alexander in 1978. She had her students, eyes shut, form human figures. Therapists have used this test for diagnosis purposes and as a therapeutical instrument since then. To them it appears as "the only instrument to express the conscious and the non-conscious body experience in an three-dimensional way" (Wadepuhl). With the eyes closed, the testee forms a human figure out of clay. The test is based on the hypothesis that in absence of visual control, the non-conscious body experience can be expressed. With this free and spontaneously created work the testee is able to express his sensations, emotions and conflicts without words. Emotions can flow through the hand into the material. The results will be verbalized right after the finishing of the sculpture. The **Body Sculpture Interview** is carried out following a guideline, in order to facilitate the analysis of qualitative aspects.

This workshop focuses on the participants' self-experience and exploration of the potential of the two tests as well as on the practical application of the tests in therapy. In addition, we will offer a short introduction on how to use the tests in research.

The second and third workshops (dates to be announced) will focus on the use of the tests with different diagnostic groups and the application of the tests in research, respectively. We will supervise the analyses that the participants have made of healthy subjects or patients and we will support the participants in creating test designs for research studies.

Date September 24 – 26, 2009

Place Polaris Centret
Kyndeløse Strandvej 22
4070 Kirke Hyllinge
Denmark

Workshop fee incl. boarding 3850 DKK
Accommodation per night 170 DKK
Registration deadline is the 20th of may 2009.

For further information contact:
Ute Lang fon 0045-46400905
Email: ulang@bevaegelsesvaerkstedet.dk



at Polaris Centret Kyndeløse Strandvej 22
DK-4070 Kirke Hyllinge fon. 0045-46400905
www.bevaegelsesvaerkstedet.dk

Program

Thursday, September 24

1:00 – 2:00 p.m.	<i>Registration and lunch</i>
2:00 – 3:30 p.m.	Introduction into the diagnostics of body experiences;
	Basic principles of the Movement Analysis Scales & Test
3:30 – 4:00 p.m.	<i>Coffee</i>
4:00 – 5:00 p.m.	Basic principles of the Body Sculpture Test and the KST – Interview- guidelines
5:00 – 6:45 p.m.	Self-experience of the Movement Analysis Test
7:00 p.m.	<i>Dinner</i>

Friday, September 25

8:00 – 9:00 a.m.	<i>Breakfast</i>
9:00 – 10:30 a.m.	Coding movement behaviour with the Movement Analysis Scales I
10:30 – 11:00 a.m.	<i>Coffee</i>
11:00 a.m. – 1:00 p.m.	Self-experience of the Body Sculpture Test
1:00 – 3:00 p.m.	<i>Lunch</i>

3:00 - 4:45 p.m.	Evaluation of the self-created body sculptures; Introduction to clinical applicability
4:45 – 5:15 p.m.	<i>Coffee</i>
5:15 – 6:45 p.m.	Movement behaviour and mental disease
7:00 p.m.	<i>Dinner</i>

Saturday, September 26

8:00 – 9:00 a.m.	<i>Breakfast</i>
9:00 – 10:30 a.m.	Coding movement behaviour with the Movement Analysis Scales II
10:30 – 11:00 a.m.	<i>Coffee</i>
11:00 – 12:30 a.m.	Movement behaviour research
12:30 a.m.	<i>Brunch and departure</i>



Polaris Centret is sited in a natural landscape close by Isefjord.
We serve vegetarian food. Please let us know in advance if you need to keep a special diet.

Travel description

Arrival by flight - Train from Copenhagen Airport.

Buy the ticket at the encounter at the airport, foreign currency will be accepted.

There are 2 options to travel to Roskilde:

- A. Direct train to Aarhus, stopping at Roskilde train station leaves once an hour during daytime. For the fast intercity train you have to pay cash 20 KR extra in the train. The regional train to Roskilde takes 36 – 47 minutes; your normal ticket includes the bus ride (45 minutes) to Kirke Hyllinge and the Minibus which will stop close by the Polaris Centret.
- B. At Roskilde train station you find the bus Number 239 to Frederikssund. This bus departs every hour. You leave the bus in Kirke Hyllinge at the pond. Here you find another Minibus where you tell the driver to bring you to Kyndeløse Strandvej. The bus will stop at the end of Strandvej, where you walk ca. 200 m to come to Polaris Centret.

If you let us know your exact arrival time, will we do our best to organise a group taxi from Roskilde to save you costs and travel time.

Travel by car

Freeway no. 21 direction Holbæk and Kalundborg (Sjællands Odde).
Exit No. 15 Gevninge direction Frederikssund. After 500 m turn in the roundabout towards Holbæk and Rye. Continue to the 1. Stop light and turn right towards Ejby. After 2 km turn left on the road Sydmarksvej towards Kyndeløse.
After about 300 m turn left where you see a little sign „Naturistcamp“. Follow the road to the end, turn left on Kyndeløse Strandvej, drive 200m to your right side can you see the parking place of Polaris Centret.

Give us a call if you get lost: Handy Leif: 0045- 20228707

Registration formper Email: Ulang@bevaegelsesvaerkstedet.dk
per Fax to 0045-46400905

Name.....

Address:

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E-Mail:

Tel: Fax:

Field of application:

I would like to register for the Workshop on Movement Analysis Scales and Test (BAST) and the Body Sculpture Test and Interview© by Prof., Dr. med. Hedda Lausberg and Dr. med. Angela v. Arnim.
September 24th – 26th, 2009 in Polaris Centret in Kirke Hyllinge, Denmark

**Workshop fee incl. boarding: 3850 DKK
(Incl. 25% VAT)**

Accommodation: 170 DKK per night to be paid on arrival

I would like accommodation for 1__2__3__ nights.

Arrival date _____ Departure date _____

Participants will stay in bedrooms with two single beds at the center or in a nearby summerhouse. Single rooms are in small numbers available (ask for price).

Registration deadline is the 20th of may 2009

Your registration will be accepted with your payment of the workshop fees

to the account: Ute Lang Roskilde Bank account no: 6160 4113334
IBAN nr. DK2261600004113334 SWIFT/BIC ROBADK22

Registration formper Email: Ulang@bevaegelsesvaerkstedet.dk
per Fax to 0045-46400905

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