

The Hidden Experiences of Our Birth

Bärbel Smikalla-Weier, Dr. phil., Günter Weier, Dipl.-Psych., Dr. phil.

Poster (optional)

Friday, 27 September 2019, 5:00 p.m. – 6:00 p.m.

Stress, trauma and shock: birth complications and the consequences for our lives – treatment options with the body-based Pesso Boyden psychotherapy.

Unfavorable conditions before and during pregnancy, but also more and more births with caesarean section (about 30%) and clinic births with administered medication (about 80%) lead to a generation that has to process different disorders respectively traumas. The results of the research are as helpful as they are shocking. All traumatic experiences around birth are contained in the body memory and express themselves in the symptoms: panic attacks, claustrophobia, attachment disorder, nocturnal nightmares, dissociation, longing for death, allergies, inner restlessness, sleep disorders, emotional deafness etc. Sensitive treatment can open up a whole new perspective on behavioral patterns and life themes. As Pesso Boyden psychotherapists, we connect the event with the place theme. The first concrete environment for the nascent life is the placenta or as Pesso said: place-center.

We describe our approach how we help to create the experience of a "new" birth with ideal parents (hospital, doctors, midwife etc.) on the symbolic level, staged with role players. The suffocated in the bud development opportunities of belonging, fear, support, protection, basic trust etc. can be experienced as a basic need satisfied in the therapy situation, so that the cycle of stress, trauma and shock is interrupted. Steps of a healing birth scene against the background of Pesso Boyden psychotherapy: holding place, "selecting" ideal parents, witnessing the pregnancy of ideal parents, setting up birth with additional role-players (depending on the actual complications experienced), finding a place in a livable world.

Bärbel Smikalla-Weier, Dr. phil. (DE)

Bärbel Smikalla-Weier is a pianist with a concert certificate and a piano teacher. She has a doctorate in psychology with the topic "Psychotherapy as an artistic challenge" and held lectures at the Urania Berlin and Lessing University. Together with Günter Weier, she led many workshops on topics from the Pesso Boyden therapy, e.g. at the Psychologists Academy, at various institutes for psychoanalysis, behavioral therapy and systemic therapy. For many years she has worked as a psychotherapist in her own practice – as a single and group psychotherapist. Within this framework, there are three ongoing groups combined with individual therapy and numerous open workshops. She is an internationally certified PBSP psychotherapist and supervisor.



Günter Weier, Dipl.-Psych., Dr. phil. (DE)



Günter Weier is a psychologist and psychotherapist for individual and group psychotherapy in private practice, psychotherapist for depth psychology, lecturer in adult education, founder of Quercus Publishing House, an author of publications on the history of psychoanalysis and Pesso Boyden psychotherapy, internationally certified PBSP psychotherapist and supervisor. Together with Bärbel Smikalla-Weier, he led many workshops on topics from the Pesso Boyden therapy, e.g. at the Psychologists Academy, at various institutes for psychoanalysis, behavioral therapy and systemic therapy. As a part of his practice, three ongoing groups combined with individual therapy and numerous open workshops take place.