

Timing

„For everything there is a season,
and a time for every matter under
heaven“

„Alles hat seine Stunde. Für jedes
Geschehen unter dem Himmel gibt
es eine bestimmte Zeit.“



50th North European Conference for
Counselling, Therapy and Theology

50. Nordeuropäische Konferenz für
Beratung, Therapie und Theologie

January 4 until 8, 2023

4. bis 8. Januar 2023

Akademie Sankelmark
im Deutschen Grenzverein e.V.



50th North European Conference
for Counselling, Therapy and
Theology

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für Beratung, Therapie und
Theologie

**„For everything there is a season, and a time
for every matter under heaven“
(Eccl 3, 1. ESV)**

Existence is a matter of rhythms. From the beating of our hearts to the solar system. When rhythm is disturbed, we fall ill and enter into chaos.

During the last years the whole world has been put on hold due to the pandemic. Our time, pace, and patterns of living have changed, and we have had to adjust.

A time of war is present in our world and at the time of writing this text also in the midst of Europe. War-time means everything getting out of order, even life and death.

In pastoral care and therapy the concept of timing is essential. It is a question of when we speak, when we keep silent, when we smile and maybe even joke, and when we refrain from any action and just make room for the sorrow of the counsellee. We enter a dialog involving our whole being in every encounter. This is the rhythm of life itself. Careful listening to one another is the core of both peace and health.

This time, in 2023, the North European Exchange of Experiences for Therapy, Pastoral Care and Counselling is turning half a century. This inspires us, on the

one hand to celebrate a long time of work on integrating existential themes with health care, and, on the other hand to contemplate the past, think about the present, and try to find out where we are heading.

The main subject for our celebration is, however, not the conference itself but what it has endeavored to foster: the art of being in tune with creation and creativity, in other words, timing. This calls for times of yielding as well as times of opposing, times of acceptance as well as protest.

In the lectures and groups, we will explore how this issue is present in our time and individual lives, and how we respond.

Helena Enoksson (S) on behalf of the planning group minister and teacher of pastoral theology at the Church of Sweden, psychotherapist, auth. supervisor, cert. EMDR-therapist

„Alles hat seine Stunde. Für jedes Geschehen unter dem Himmel gibt es eine bestimmte Zeit.“

(Kohélet 3, 1)

Die Existenz ist eine Frage von Rhythmen. Von unserem Herzschlag bis zum Sonnensystem. Wird der Rhythmus gestört, werden wir krank und fallen ins Chaos.

In den vergangenen Jahren war die ganze Welt aufgrund der Pandemie wie erstarrt. Zeit, Tempo und Muster unseres Lebens haben sich verändert, und wir mussten uns daran anpassen.

Es ist Kriegszeit in unserer Welt und zum Zeitpunkt des Schreibens dieses Textes auch mitten in Europa. In Kriegszeiten kommt alles durcheinander, sogar Leben und Tod.

In Seelsorge und Therapie ist die Vorstellung vom richtigen Zeitpunkt wesentlich. Es geht darum, wann wir reden, wann wir schweigen, wann wir lächeln und vielleicht sogar scherzen und wann wir uns jedweder

Handlung enthalten und dem Schmerz des anderen Menschen Raum geben. Wir treten in einen Dialog, der bei jeder Begegnung unser ganzes Sein einbezieht. Dies ist der Lebensrhythmus selbst. Sorgfältiges gegenseitiges Zuhören ist zentral sowohl für Frieden wie auch für Gesundheit

Dieses Mal, 2023, wird der Nordeuropäische Erfahrungsaustausch für Therapie, Seelsorge und Beratung ein halbes Jahrhundert alt. Das regt uns auf der einen Seite dazu an, eine lange Zeit der Arbeit an der Integration existenzieller Fragen in die Gesundheitsvorsorge zu feiern und auf der anderen Seite das Vergangene zu betrachten, das Gegenwärtige zu überdenken und zu verstehen versuchen, worauf wir zusteuern.

Der Hauptgrund zum Feiern ist allerdings nicht die Konferenz selbst, sondern das, was sie befördern möchte: die Kunst, mit der Schöpfung und Schöpferkraft in Einklang zu stehen. Anders ausgedrückt: der richtige Zeitpunkt.

Das verlangt Zeiten des Nachgebens wie auch Zeiten des Widerstehens, Zeiten der Akzeptanz sowie Zeiten des Protestes.

Mit Vorträgen und in Gruppenarbeit ergründen wir, wie diese Thematik in unserer Zeit und in unserem eigenen Leben präsent ist und wie wir darauf reagieren.

Helena Enoksson (S) für die Planungsgruppe
PfarrerIn und DozentIn für Pastoraltheologie der Kirche in Schweden,
Psychotherapeutin, auth. Supervisorin, zert. EMDR Therapeutin

Planning group | Planungsgruppe

Helena Enoksson (S), Marie-Luise Elgeti (D), Bent Falk (DK), Andreas Hänssgen (D), Bente Madsen (DK), Gerhard Marcel Martin (D), Klaus Uwe Nommensen (D), Kirsten Kaya Roessler (D/DK), Jochen Schütt (D), André Sjøvåg (N), Christoph Störmer (D), Sigrid Zoergiebel-Schäfer (D)

Program | Programm

Wednesday, 4th January | Mittwoch, 4. Januar

- 16.00 Meeting of the groupleaders
Treffen der Gruppenleiter*innen
- 17.00 Arrival | Anreise
- 18.00 Dinner | Abendessen
- 19.00 **Welcome and introduction to the Conference**
Planning group
Begrüßen und Einführen in das Thema
Vorbereitungsgruppe
- 20.00 **Group session 1 | 1. Gruppensitzung**
- 21.30 Evening prayer | Abendandacht
Klaus-Uwe Nommensen

Thursday, 5th January | Donnerstag, 5. Januar

- 8.00 Breathing-Meditation | Atem-Meditation
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 **Lecture | Vortrag:**
Theology and Psychology - Enduring Dialog
in Late Modern Age | Theologie und Psycho-
logie - Dauerhafter Dialog in der Spätmoderne
Prof.in i.R. Dr. Ulrike Wagner-Rau
- 10.30 Tea- and Coffee-break | Tee- und Kaffeepause
- 11.00 **Group session 2 | 2. Gruppensitzung**
- 12.30 Lunch | Mittagessen
- 15.00 Afternoon coffee | Nachmittagskaffee
- 15.30 **Group sessions 3 + 4 | 3. + 4. Gruppensitzung**
- 18.00 Dinner | Abendessen
- 19.30 Evening prayer | Abendandacht
Klaus-Uwe Nommensen
- 20.00 **Cultural evening | Kulturelles Angebot**

Friday, 6th January | Freitag, 6. Januar

- 8.00 Breathing-Meditation | Atem-Meditation
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 **Lecture | Vortrag:**
Love and Trust | Vertrauen aus Liebe
Prof. Dr. Werner G. Jeanron
- 10.30 Tea- and Coffee-break | Tee- und Kaffeepause
- 11.00 **Group session 5 | 5. Gruppensitzung**
- 12.30 Lunch | Mittagessen
- 15.00 Afternoon coffee | Nachmittagskaffee
- 15.30 **Group sessions 6 + 7 | 6. + 7. Gruppensitzung**
- 18.00 Dinner | Abendessen
- 19.30 Evening prayer | Abendandacht
Klaus-Uwe Nommensen
- 20.00 **Open singing | Offenes Singen**
afterwards | anschließend
Music, dance and conversation |
Musik, Tanz und Plaudereien

Saturday, 7th January | Samstag, 7. Januar

- 8.00 Breathing-Meditation | Atem-Meditation
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 **Short Lectures | Kurzvorträge:**
- 10.30 Tea- and Coffee-break | Tee- und Kaffeepause
- 11.00 **Group session 8 | 8. Gruppensitzung**
- 12.30 Lunch | Mittagessen
- 15.00 Afternoon coffee | Nachmittagskaffee
- 15.30 **Group session 9 | 9. Gruppensitzung**
- 18.00 **Communion | Feierabendmahl**
afterwards | anschließend
Festive Dinner an Evening
including improvisations, dance and playing |
Festessen und -abend
mit Improvisation, Tanz und Spiel

Sunday, 8th January | Sonntag, 8. Januar

- 8.15 Breakfast | Frühstück
- 9.00 Leaving rooms | Verlassen der Zimmer
- 9.30 Final Group session | Letzte Gruppensitzung
- 10.30 Plenary session | Plenum
- 11.30 Farewell and blessing |
Abschied und Reisesegen
- 12.30 Lunch and departure | Imbiss und Abreise

Speakers | Referent*innen

Prof.in i.R. Dr. Ulrike Wagner Rau was Professor of Practical Theology in Marburg from 2002 to 2018. She has been a member of the Continuing Education and Training Commission since 2019 and is chair of the steering group of the Depth Psychology Section of the German Association for Pastoral Psychology.

Prof.in i.R. Dr. Ulrike Wagner Rau war 2002 bis 2018 Professorin für Praktische Theologie in Marburg. Sie ist seit 2019 Mitglied der Fort- und Weiterbildungskommission und Vorsitzende der Steuerungsgruppe der Sektion Tiefenpsychologie der Deutschen Gesellschaft für Pastoralpsychologie.

Prof. Dr. Werner G. Jeanron is a German Roman Catholic theologian who is currently Professor of Systematic Theology with special responsibility for Dogmatics at the University of Oslo. He is the first Catholic theologian to hold this post at the university's traditionally Lutheran Faculty of Theology.

Prof. Dr. Werner G. Jeanron ist als deutscher römisch-katholischer Theologe derzeit Professor für Systematische Theologie mit besonderer Verantwortung für Dogmatik an der Universität Oslo. Er ist der erste katholische Theologe, der diesen Posten an der traditionell lutherischen Theologischen Fakultät der Universität innehat.

Working groups | Arbeitsgruppen

1 PBSP Therapy (Pesso-therapy)

Christian Højlund (DK)
Minister, PBSP-Therapist

Kirstine Hansen (DK)
Student minister, PBSP-Therapist

PBSP is a body-oriented interactive therapy founded by Albert Pesso and his wife Diane Boyden

(read more at the homepage www.PBSP.com). The healing therapeutic work is based on the confidence, that there behind every pain and suffering is a strong genetic determined longing for and knowledge about, what is needed to fulfill life, and to bring it further on to the next generations: We are made to be able to be happy in an imperfect world, that is endlessly unfolding. And we human beings are the local agents of that cosmological unfolding. (Albert Pesso).

That's why you can be the true and only instructor of a new symbolic memory, where age and care fit perfectly to each other. This is indeed a question of timing. If authentic on the emotional level, the brain takes this new memory for real, it heals the early wounds, and you can unfold with a much more fruitful view at yourself and at the world. Yes, there is a time for everything - also for breaking old patterns and putting something new in. There is a time for healing.

In this workshop, participants can work on their personal issues with therapeutic support.

2 Gestalt Therapy and Supervision group

Bent Falk (DK)
Psychotherapist MPF, M.Div.

A "gestalt" is a unit of meaning in which the total is more than the sum of the parts. Gestalt therapy aims to clarify the process of how the clients interpret and structure their raw data of perception into narrative, and how this narrative (values, wishes) supports their choices of action.

Much of the work will take place with the help of “the empty chair”, a guided dialogue where an empty chair represents another person with whom the clients have a conflict, or with some part of themselves that they try to deny. The basic tenet is the paradoxical theory that you cannot change something you do not accept (A. Beisser).

Some of the issues people bring up for a therapeutic dialogue with the trainer or “the chair” may be on a deep religious or existential level; others may be pedagogical, aiming at clearer communication about trivial annoyances in everyday life. Both levels are equally important for the purpose of the group which is introducing the participants to the thinking and practice of gestalt therapy. The process of the dialogue is more important for the contact with other people than the content, and an individual’s process of communication tends to repeat itself in his/her dialogues at many levels.

3 Dance and Contact – Improvisation as creative and therapeutic process

Ruth Knaup (D)

Psychologist, Psychotherapist (HPG), Choreographer

In Contact-Improvisation (a contemporary dance), we miraculously train our intuition for the right timing. Instead of becoming „slaves to rhythm”, we put our trust in the perception of our own bodies and, as our movements flow, we develop a sense of what might happen next. There is no division between „leaders“ and „followers“. Instead all dancers are on an equal footing in shaping the dance. This creates gently flowing or dynamically powerful improvisations that at any point in time breathe the magic of being alive. Nobody knows what will happen in the moment after the next one – we trust our own intuition and equally that of our partners in the dance. In order to train this „trust in our bodies“, we take a lot of time practicing our own mindfulness, centering, body awareness and presence. Ultimately this is all about joyfully developing trust in our own sense of the right timing - and maybe sometimes having an inkling of God leading us therein.

In the workshop we use methods from contemporary dance and Gestalt-based Dance- and Theatrical Therapy.

Working language is English, if and when required there may be translation into German.

4 Symboldrama and Bibliodrama

Mariann Hagbarth (S)

lic. psychologist and lic. psychotherapist, Tutor

Gerhard Marcel Martin (D)

Theologian and Bibliodramatist

A time for every matter under heaven includes also every person under heaven. We are here for some reason and it is not always easy to find out what to do or where to be in a certain time of our lives. In Kohelet – a famous poem in the Hebrew Bible as a document of Ancient Oriental Wisdom – are mentioned many different activities, often contradictory ones.

In our workshop we want to explore more about this in connection to our own lives at this moment; what purposes are we engaged in and what do these activities mean to us and the surrounding world.

We use two complementary approaches. One way is the inner meditation like in a daydream and with drawings (Hanscarl Leuner: Katathymes Bilderleben, Symboldrama). The other is action on an outer scene (Bibliodrama) combined with basic impulses from physical and spiritual body work. Both methods are good for pastoral care and psychotherapy. They will be used in an intertwined way during the days.

5 „It´s about rehabilitation of human dignity“ – Groupsessions with existential themes

Helena Enoksson (S)

minister, reg psychotherapist

Lars Christiansen (S)

minister, reg psychotherapist

The background to this method of working in groups with existential issues is a cooperation, starting in

2011, between the Physiotherapist and the Hospital Chaplain in an Psychiatric Specialist Unit in Southern Stockholm, who are also both Psychotherapists. They were inspired by the person in charge of the Clinic, who has for Swedish standards a rather wide-thinking idea of Psychiatric care, including that the person/patient must be seen as a whole, and that existential issues or pain can be included in this care. The common professional understanding is that body and soul is an entity, and that existential pain can be felt in the body and relates to your daily life.

For the theoretical and practical work with the groups were used concepts from i. e. Emmy van Deurzen, Director of the New School of Psychotherapy and Counselling in London, and Irvin D. Yalom, Professor of Psychiatry at Stanford University.

In the book Existential Psychotherapy, Irvin D. Yalom, brings out four existential themes for clinical work: Death, Freedom, Isolation and Meaning. In working with the existential issues in the groups this seemed a bit static, so an opposing factor to open up the discussion was put in.

Our aim with the Groupsessions here at the Conference is to talk about life as it is – not as it should be, to bring up what comes from your feelings, rather than what's in your head. The role of the leaders is to be seen as guides rather than experts; not as teachers pointing towards the goal but as guides pointing out the road.

Each session starts -and ends - with a short Body-orientated meditation. In the first session all the participants give a presentation of themselves, if they like to do so. One of the leaders tells a short open-ended story to give some food for feelings and thoughts for the theme of the session.

The themes are:

- Meaning – lack of Meaning
- Life -Death
- Freedom – lack of Freedom
- Isolation – Connectivity



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Registration | Anmeldung

Please register online: www.necct.eu/anmeldung. It is necessary to make three entries at the group choices.

Bitte melden Sie sich online an: www.necct.eu/anmeldung. Es ist nötig, drei Arbeitsgruppen zu wählen.

Seminar organisation | Seminarorganisation

Katy Johannsen, Tel.: +49 4630 550
e-mail: k.johannsen@sankelmark.de

Costs | Kosten

The conference fee per person is
with overnight stay and meals
in a single room: € 720, in a double room: € 678

Die Tagungsgebühr beträgt je Person
mit Übernachtung und Mahlzeiten
im Einzelzimmer: € 720, im Doppelzimmer: € 678

Cancellation | Absage

In the event of cancellation 14 days before the start of the event, we will charge € 180, for 13-1 day(s) before the start € 320. If a registered person does not arrive without notification, the entire event fee is due.

Bei einer Absage 14 Tage vor Beginn der Veranstaltung berechnen wir € 180, bei 13-1 Tag(en) vor Beginn € 320. Reist eine angemeldete Person nicht an, ist der gesamte Veranstaltungspreis fällig.

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