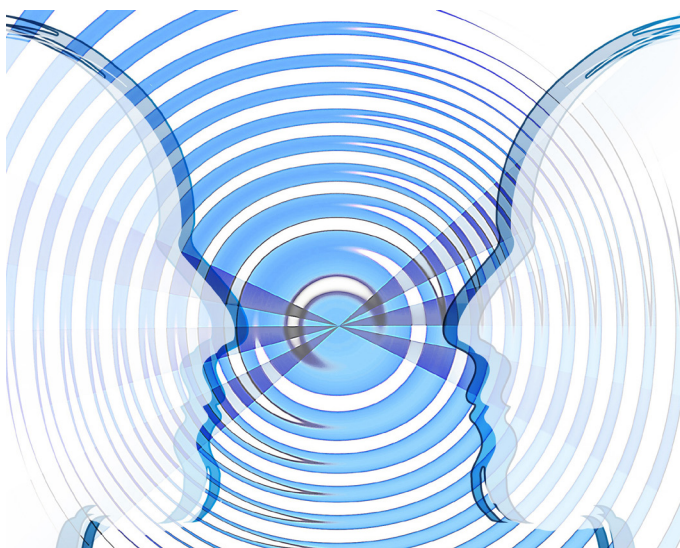


Resonance

in pastoral care and therapy

Resonanz

in Seelsorge und Therapie



52th North European Conference for
Counselling, Therapy and Theology

52. Nordeuropäische Konferenz für
Beratung, Therapie und Theologie

January 3 until 7, 2025

3. bis 7. Januar 2025

Akademie Sankelmark
im Deutschen Grenzverein e.V.



52th North European Conference for Counselling, Therapy and Theology

52. Nordeuropäische Konferenz für Beratung, Therapie und Theologie

Resonance in pastoral care and therapy

The quality of the therapeutic relation is the most important aspect of the client`s healing, more so than specific methods in pastoral care and psychotherapy.

The German sociologist Hartmut Rosa has described this quality of human relationships as ‚Resonance‘. His concept sheds a new light on the reasons for therapeutic success.

The more accelerated, digitalized, optimized and physically distant our daily lives become, the stronger we are longing for a resounding and responding world. We desire an answering contact on a deeper level. We wish to feel moved, touched, or transformed; by others, by arts, by nature, by God.

In the bible text, Elijah is discouraged and withdraws to a cave (1 King 19). He does not encounter God in wind, earthquake, or fire. Only after „a sound of sheer silence“; a whispering wind, is he again able to receive and listen to the Other. Elijah is invited to experience resonance. He has endured the frightening experiences and walks to the opening of the cave.

In a resonant relationship, both sides are willing to step into the unknown and to be changed through the contact. How willing are we as therapists and pastors to endure the ‚not knowing‘ with the client, and are we prepared to be changed in this shared space?

We cannot force resonance by will, and we cannot buy it. However, we can attempt to be ‚reachable‘ and to make ourselves available.

We want to explore the theme of „Resonance“ in different workshops and lectures.

On behalf of the planning group:

Ruth Knaup (D) Psychologist, dancer and author

André Sjøvåg (N) Parish priest at the Church of Norway

Resonanz in Seelsorge und Therapie

Die Qualität der therapeutischen Beziehung ist einer der wichtigsten Faktoren für die Heilung von Klienten – viel wichtiger als bestimmte Methoden der Seelsorge oder Therapie.

Der deutsche Soziologe Hartmut Rosa beschreibt diese spezifische Beziehungsqualität als „Resonanz“ - und wirft damit ein neues Licht auf die Gründe für therapeutischen Erfolg.

Je beschleunigter, digitalisierter, optimierter und körperlich distanzierter unser tägliches Leben wird, desto größer wird die Sehnsucht nach einer mitschwingenden, uns antwortenden Welt. Wir sehnen uns nach Begegnung auf einer tieferen Ebene. Wir wünschen uns, berührt zu werden, bewegt oder transformiert. Durch andere, durch Kunst, Natur oder Gott.

Im Bibeltext 1. Könige 19 finden wir Elia entmutigt in seine Höhle zurückgezogen. Er kann Gott nicht finden, weder im Sturm noch im Erdbeben noch im Feuer. Erst im „sanften, stillen Säuseln“, dem zarten Flüstern, kann er Gott spüren. Elia fühlt sich „angerufen“, eingeladen in einen Resonanzraum. Er lässt seine Angst hinter sich und tritt in den Eingang der Höhle.

In einer resonanten Beziehung gehen beide Seiten das Risiko ein, durch den Kontakt verändert zu werden. Wie willens sind wir als Therapeut/innen und Seelsorger/innen, uns in den Raum des Nicht-Wissens hineinzubegeben mit den Menschen, die zu uns kommen? Sind wir bereit, uns in diesem Raum auch selbst zu verändern?

Wir können Resonanz nicht herbeizwingen und nicht kaufen. Wir können uns ihr lediglich öffnen, uns erreichbar machen.

In verschiedenen Workshops und Vorträgen wollen wir uns dem Thema Resonanz nähern.

Für die Planungsgruppe:

Ruth Knaup (D) Diplomspsychologin, Tänzerin und Autorin

André Sjøvåg (N) Pfarrer der Norwegischen Kirche

1 Kings 19, 9.11-13 | 1. Könige 19, 9.11-13

Elijah came to a cave and lodged in it.

And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

English Standard Version

Elia kam in eine Höhle und blieb dort über Nacht. Der Herr sprach: Geh heraus und tritt hin auf den Berg vor den Herrn! Und siehe, der Herr ging vorüber. Und ein großer, starker Wind, der die Berge zerriss und die Felsen zerbrach, kam vor dem Herrn her; der Herr aber war nicht im Winde. Nach dem Wind aber kam ein Erdbeben; aber der Herr war nicht im Erdbeben. Und nach dem Erdbeben kam ein Feuer; aber der Herr war nicht im Feuer. Und nach dem Feuer kam ein stilles, sanftes Sausen. Als das Elia hörte, verhüllte er sein Antlitz mit seinem Mantel und ging hinaus und trat in den Eingang der Höhle.

Lutherbibel 2017

Program | Programm

Friday, 3rd January | Freitag, 3. Januar

- 18.00 Dinner | Abendessen
- 19.00 Welcome and introduction to the Conference
Begrüßen und Einführen in das Thema
Planning group | Vorbereitungsgruppe
- 20.00 Group session 1 | 1. Gruppensitzung
- 21.30 Evening prayer | Abendandacht

Saturday, 4th January | Samstag, 4. Januar

- 8.00 Attunement for the day with your voice |
EinSTIMMEN für den Tag
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 Group session 2 | 2. Gruppensitzung
- 10.30 Tea- and Coffee-break | Tee- und Kaffeepause
- 11.00 Group session 3 | 3. Gruppensitzung
- 12.30 Lunch | Mittagessen
- 14.30 Lecture | Vortrag:
Experiences of resonance in theology and
contemporary life | Resonanzenerfahrungen in
der Theologie und im Alltagsleben
Prof. Niels Henrik Gregersen, Kopenhagen
- 16.00 Afternoon coffee | Nachmittagskaffee
- 16.30 Group session 4 | 4. Gruppensitzung
- 18.00 Dinner | Abendessen
- 19.30 Evening prayer | Abendandacht
- 20.00 Get together (Seebar)

Sunday, 5th January | Sonntag, 5. Januar

- 8.00 Attunement for the day with your voice |
EinSTIMMEN für den Tag
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 Lecture | Vortrag:
Resonance and the Paradox of Uncontrollabi-

lity | Resonanz und das Paradoxon der Unverfügbarkeit

Ruth Knaup, Berlin

- 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**
- 20.00 **Get together (Seebar)**

Monday, 6th January | Montag, 6. Januar

- 8.00 **Attunement for the day with your voice | EinSTIMMEn für den Tag**
Sigrid Zörgiebel-Schaefer
- 8.15 Breakfast | Frühstück
- 9.00 **Lecture | Vortrag:**
Existential communication as an opportunity for resonance | Existenzielle Kommunikation als Möglichkeit der Resonanz
Assoc. Prof. Aida Hougaard Andersen, Odense
- 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 and Evening
including improvisations, dance and playing |
Festessen und -abend
mit Improvisation, Tanz und Spiel

Tuesday, 7th January | Dienstag, 7. 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

Niels Henrik Gregersen is professor of systematic theology, University of Copenhagen. Dr. Gregersen holds his Ph.D. from the University of Copenhagen. His two primary research fields are systematic theology and science and religion. He is author of multiple books and has edited a dozen volumes in the fields of theology and science and religion.

Niels Henrik Gregersen ist Professor für Systematische Theologie an der Universität von Kopenhagen. Prof. Gregersen hat an der Universität Kopenhagen promoviert. Seine beiden Hauptforschungsgebiete sind Systematische Theologie sowie Wissenschaft und Religion. Er ist Autor mehrerer Bücher und hat ein Dutzend Bände in den Bereichen Theologie und Wissenschaft und Religion herausgegeben.

Ruth Knaup is a psychologist, dancer and author. Her book “Körpervertrauen” was recently published (Scorpio-Verlag 2022). She is working in her own practice in Berlin as a psychotherapist, supervisor and coach.

Ruth Knaup ist Diplompsychologin, Tänzerin und Autorin. Zuletzt erschien ihr Buch „Körpervertrauen“ (Scorpio Verlag 2022). Derzeit arbeitet sie in eigener Praxis in Berlin als Therapeutin, Supervisorin und Coach.

Aida Hougaard Andersen is a licensed psychologist with a background in clinical practice. Her research area focuses on psychology of religion and existential psychology in relation to clinical psychology, and health and medical psychology. She is Associate Professor at the University of Southern Denmark.

Aida Hougaard Andersen ist zugelassene Psychologin mit einem Hintergrund in der klinischen Praxis. Ihre Forschungsschwerpunkte sind Religionspsychologie und existentielle Psychologie in Verbindung mit klinischer Psychologie sowie Gesundheits- und Medizinpsychologie. Sie ist W2 Professorin an der Universität von Süddänemark.



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GERMANY

Registration | Anmeldung

Please register online: www.necct.eu/registration. 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 including overnight stay and meals in a single room: € 780, in a double room: € 756

Die Tagungsgebühr beträgt je Person mit Übernachtung und Mahlzeiten im Einzelzimmer: € 780, im Doppelzimmer: € 756

Cancellation | Absage

In the event of cancellation 14 days before the start of the event, we will charge € 195, for 13-1 day(s) before the start € 390. 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 € 195, bei 13-1 Tag(en) vor Beginn € 390. Reist eine angemeldete Person nicht an, ist der gesamte Veranstaltungspreis fällig.

Working groups | Arbeitsgruppen

1 PBSP Therapy (Pesso-therapy)

Kirstine Hansen (DK)
Student Chaplain, PBSP-Therapist

Marianne T. Vedsted (DK)
PBSP-Therapist

PBSP therapy is a mild and gentle interactive psychotherapy that offers the client a new way of being in the world. By releasing old traumas, you can get new opportunities to act and breaking old patterns and becoming more your true self. PBSP is a group therapy where group members can be involved as support in the client's process. Care for everyone in the room, both the client and the group, is built into the therapy.

2 Gestalt Therapy and Supervision group

Florian Aydogan (D)
Graduate theologian, Gestalt therapist, Supervisor

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 interpretate 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 A picture is a good place – Art workshop

Ole Lindquist (DK)

Visual artist and teacher of art and creativity and art-therapy

„In the beginning was the image“ says the Danish painter Asger Jorn almost as a complementary version of the beginning of John's Gospel. And his words contain a truth: Our psyche consists of images, symbols, pictures. So when we create images, we speak the language of the psyche.

In this workshop the picture and its image is at the center. Both as a laboratory and as a playground. The picture is a spacious thing where most things can be invited inside. To create is to add something that did not exist before. When I change an image, the image simultaneously changes me, creation has consequences in both directions.

Therefore, creation opens new doors and is often therapeutic.

A picture is a good place to be in whatever we are curious about: Our courage, our doubt, our wounds or our capacity for forgiveness.

Our innate knowledge of what is needed to heal a wound, to add what is missing or to invent what is not yet here - all of that we are in touch with when we create. Creation is a multidimensional occupation.

We work in various materials in the form of painting, drawing, collage, and 3-dimensional work and we are pending between periods of creative work and reflective conversations that are always based on the visible images we have in front of us.

4 „Every true second time is a release from the first.“ (J.L. Moreno 1923) – Psychodrama

Jolanta Baltin (LV)

Psychologist and Psychodrama Psychotherapist (TEP)

The word psychodrama means soul in action. The philosophical basis of psychodrama is based on religion, ancient Greek philosophy and theater. Dr. Jakob Levi Moreno, a Viennese psychiatrist, while creating and developing psychodrama, conducted several studies that confirmed the idea that action is more effective than words. Only through action can we achieve any change. Another question is who or who initiates the action? Love, justice and forgiveness are value-based actions. Before psychodrama was born - as an active method - Dr. Jakob Levi Moreno was engaged in the study of human values and created Axiodrama, in which, with the help of action, a person was allowed to see, realize and evaluate his own and others' values. Such an offer back in 1918 was relatively revolutionary and the author of the theory himself said so - I have created the therapy of the next century. Today, in the world, psychodrama and other components of thoughts and methods created by Dr. Jakob Levi Moreno are freely integrated into other theories, widely used in various industries.

In this workshop, participants will be able to experience Axiodrama, through which we will study the concepts of Love, Justice and Forgiveness in action. Through a genuine meeting with each other, we will awaken our spontaneity to create something new and inspiring.

Planning group | Planungsgruppe

Inga Auzina (LV)

Bent Falk (DK)

Ruth Knaup (D)

Ole Lindquist (LV)

Anna Norrby (S)

Kirsten Kaya Roessler (D/DK)

André Sjøvåg (N)

Pia Sundbøll (DK)

Klaus Uwe Nommensen (D)

Akademie Sankelmark

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