
The Slow motion movement (SMM)

-concepts and experience-

Workshop

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Basic concepts of body work in BA

- Working on the character structure
- Working on specific segments (f.e.shoulders, pelvis)
- Working with special techniques
- Mobilizing the energy
- Working on the resistance
- Working with stress
- Working with (slow-motion-) movement etc.

Movement in Bioenergetic Analysis 1

- Movement consists at least of:
 - the beginning of the movement
 - the energy level
 - the interaction of breathing and movement
 - the character of the movement (flow, characteristics and so on)
 - the personal expression
 - the timing
 - the cultural influence and so on

Movement in Bioenergetic Analysis 2

- all expression and all movement have an emotional, affectuous content
- movement in contact, interaction or relationship becomes important by influencing the better interplay between the client and the therapist

States of slow-motion-movement (SMM)

- the beginning of the movement
- an actual slow-motion-movement (in whatever way)
- interplay of breathing and movement / self-expression
- a specific interaction-movement
- a typical child-parent-interaction
- a specific expression of an affect or emotion
- a very personal gesture and so on

Function of slow-motion-movement (SMM) 1

- deepens the (self-)awareness
- deepens and differentiates the experience of the body
- supports autonomous reaction (like vibration etc.)
- helps to explore the experience of autonomous reaction
- mobilizes the energy and the feelings
- charges and discharges at the same time
- sets an impulse for self-regulation
- gives a chance for clear and conscious contact, relationship or interplay

Function of slow-motion-movement (SMM) 2

- gives the chance to experience oneself better by prolonging the flow, by experiencing time and by the sequence of the three-second-awarenesses
- makes the emotional experience clear, conscious and very personal
- provokes the ambiguity of control and letting go
- supports (self-) diagnosis
- strengthens the feeling and experience of the self
- helps to experience the (process of) resistance

Scientific criteria for the work on (slow-motion-) movement 1

- Mobilizing the energy means charging and discharging (Bioenergetic Analysis)
- The person is a closed system which can't really be changed (brain theory)
- Having influence on a system means: to set an impulse for self-regulation (system theory)
- Working with the person, with energy, with the feelings and so on is always based on movement (psychology / movement theory)

Scientific criteria for the work on (slow-motion-) movement 2

- Conscious awareness of a continuum is possible for a maximum of three minutes (brain theory / window of consciousness)
- Affects are the motor and the organisor of thinking, feeling and acting (theory of affectlogic)
- Thinking, feeling, body and acting have the same fractal structure (chaos theory)

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