



### The conference combines

- workshops,
- healing Budō movement work,
- meditative experiential groups,
- keynotes on health promotion,
- personal development and healing through the practice of Budōtherapy.

## 5th Symposium on Budō Therapy

### „Budōtherapeutic interventions for problems of impulse control and regulation of affects“

„Swords into plowshares - That's it“

The Far Eastern martial arts (budō, wushu), which have spread worldwide as/in different forms (e.g. karate-do, aikidō, kendo, etc.) and also gave resonance to forms in the Slavic area (e.g. Kolo, Systema), have a high potential to improve health, vitality, strength, mental balance, and even to support healing processes of physical and mental disorders.

Since the middle of the 20th century, these potentials have been also found their way into the western health care systems. Taiji or Qigong have become known here, but the Far Eastern healing knowledge has also found its way in the psychophysical therapy, the Feldenkrais method, integrative movement therapy, and body psychotherapy.

Budō Therapy has centered on bringing together healing and health-boosting elements from Daoism, Zen Buddhism, Shinto, and from traditions of mindfulness and movement meditation to work with Western people for health promotion, personal development and holistic therapy in the sense of the budōtherapeutic principle of „work on oneself“ in the clinical field.

The focus of this fifth Budō Therapy conference organized by us is on approaches to treatment for people with problems of their impulse control and regulation of affects, because we assume that the ability of self-regulation can alleviate not only individual but also social suffering:

„Peace in oneself - Peace in the world“

*(Thich Nhat Hanh)*



The European Academy EAG is a state-recognized institution of professional education as well as certified by the Gütesiegelverbund Weiterbildung NRW. EAG is managed under the scientific direction of Prof. Dr. H.G. Petzold. Our curricula always take into account the latest findings from the social, cultural and natural sciences as human sciences. We give great importance to experience-activating and teach according to the basic concepts of the integrative method. The natural location of the academy directly at the Beversee invites to explore the Bergisches Land Nature Park.

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European Academy for Bio-Psycho-Social Health,  
Nature Therapies & Creativity Promotion – EAG

## SYMPOSIUM 2022

### Budō Therapy: Impulse Control and Regulation of Affects

June, the 24th until June, the 26th of 2022



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State-recognized adult education institution of the state of NRW and certified by the Gütesiegelverbund Weiterbildung NRW.

