

## Three layers in my relation with Stanley Keleman

### Erica Cavour

#### Abstract

The author talks about three important moments in her relationship with Stanley Keleman and his Formative Psychology.

*Keywords:* Stanley Keleman, Formative Psychology®, human evolution, gratitude

In 1997 I attended Stanley Keleman's talk on Formative Psychology in São Paulo, Brazil, organized by the Brazilian Center for Formative Psychology.

Driven by what I heard, my heart beat intensely and I fell in love with this approach. I started studying Formative Psychology with Leila Cohn at the Brazilian Center for Formative Psychology in Rio de Janeiro. I started learning Formative Psychology, and using it in my life and work. I have lived and vibrated with this knowledge ever since.

Attending a second workshop with Stanley Keleman, I perfectly recall having been hooked by curiosity about human evolution. Keleman spoke about his cosmology, his description of the cosmos and of the origins of life. By then, every cell in my body responded with noticeable pulsations. I was moved.

During our last interaction via Skype, at the Brazilian Center for Formative Psychology Professional Class in Rio de Janeiro, I asked Keleman how he saw human evolution in view of all of the knowledge and experience he has gathered in 86 years of living, working and doing research.

He stressed that our capacity to create and to share knowledge transforms us. He mentioned the theory of relativity: 50 years after Einstein's epiphany, Relativity was common sense all over the world. This is an evolutionary leap.

I will always be grateful for his scientific and artistic contributions, which have driven my personal growth, and for his avant-garde vision about human evolution.

#### BIOGRAPHY

**Erica Cavour** has a degree in speech pathology and works as a systemic family therapist in Rio de Janeiro. She is the co-founder of three development programs: Temas e Metas, (Themes and Goals) Roda de Mães (Circle of Mothers) and Odisseia. Erica has studied and practiced Formative Psychology with Leila Cohn at **Centro de Psicologia Formativa do Brasil** in Rio de Janeiro Brazil, for many years. She is currently a member of the **Formative Psychology Professional Class** at the Center.

## Embodying Life in Aging Artemis Marinho

### Abstract

The text talks about my personal experience of aging in a formative view.

*Keywords:* Stanley Keleman, Formative Psychology®, Aging Woman, Formative Process

From astonishment to curiosity ...

From the fear of the time that is coming, to the discoveries of what is forming in me...

From motile restlessness, my desiring body, to calm and warm enjoyment, with a filled pelvis.

Learning new rhythms, savoring new tessitura,

Becoming intimate with the foreign body...

New choreographies of living ...

Recognizing, modeling, sustaining,

Forming my mature, warm, pulsing woman in a hologram of possibilities...

### BIOGRAPHY

**Artemis Marinho** – Licensed Social Worker CRESS 3599, retired Professor at the School of Social Work (UFF), a master in Social Work (PUC-RJ). Holds a private practice in Rio de Janeiro, has been working formatively since 2003. Professional associate member and lecturer at the Brazilian Center for Formative Psychology, directed by Leila Cohn. She participated in Stanley Keleman's workshops held in Brazil and at the Center for Energetic Studies, in Berkeley. Research in the areas of Gender and Aging.

## The Role of Fascia in Shape Johannes Carl Freiberg Neto

### Abstract

This text relates part of my conversations with Stanley Keleman about the studies that I have been doing about Fascia as mechanosensitive tissue and voluntary cortical muscular effort.

*Keywords:* Stanley Keleman, Formative Psychology®, Fascia, Mecanoreceptors Proprioception, Interoception, Cortex, Astuteness

As a means of speed variation by constructing degrees of resistance and contraction, Fascia has a wide spectrum of gradient strain as well as tensile strength.

It was the topic I brought to Stanley Keleman during one of our discussions at the Brazilian *Center of Formative Psychology®* in Rio de Janeiro, coordinated by Leila Cohn. After listening to me and considering my points, Stanley invited me to experiment. He said, "Open and close your hands". The theme was the experience of multiple layers and the different tensile strengths that happened in hands. This exercise, which was constructed in various degrees, provided us with the opportunity to talk about the speed and nuances of several possibilities

of body strength in its own adaptation process.

The cortex and the VCME (voluntary muscular cortical effort) inducing and mobilizing – through the alternation between contracting and expanding in different degrees, generating fascia resistance and freedom – propitiate a certain plasticity and mobility manifested in different degrees and depths. Fascia has flexibility and ability to influence changes in tissue shapes related to it. As a Rolfist and Fascial Fitness Trainer, I have included in my work the micro movements, which I have learned with the formative practice, through ‘Stretchings’, to enable the fascial systems in accordance with muscular activity. Nowadays, Fascia is considered as a wide sensory organ, full of mechanoreceptors. The Stretchings provide a proprioceptive and interoceptive activity, generating an extensive cognitive field so that the body Image can be formed.

## BIOGRAPHY

**Johannes Carl Freiberg Neto** – Physical Education Professional and Structural Integration Rolfing. I have been a member of the Formative Psychology® Professional Class coordinated by Leila Cohn at Center of Formative Psychology in Brazil for four years. I have been working with Rolfing practice for fourteen years and I have also been teaching practice classes which include fascia as a motor element. I am a member of Plastinarium Fascia Project group in Germany, a project of the Fascial Research Society under the supervision of Robert Schleip and Carla Stecco.

## Somatic Intimacy - The Master of the Formative Process Denise Passos

### Abstract

Somatic intimacy is the master of the formative process, it guides us in the direction of a personal life, a formative life. Intimacy is an agent in the continuous of the formative person.

*Keywords:* Formative psychology®; Teacher; Intimacy; Quantum Dynamics; subjectivity; Stanley Keleman

“Somatic intimacy is an informing agent of each person’s continuing evolution. It enables recognizing the present moment, the elastic time of a created past and a now brooding shape with an unknown promise of tomorrow’s appearing.” Stanley Keleman in *Maturity, Solitude, Intimacy -Essays in Formative Psychology*

In June 2018 on the occasion of the virtual meeting with Stanley --- organized by the Brazilian Center for Formative Psychology in Rio de Janeiro and coordinated by Leila Cohn --- Stanley talked about quantum dynamics and that theme touched me deeply. He said:

“When you get into the small world of micro movements you get into the intimacy of quantum experience. This means that you form subjectivity and the power to work with small things that make up the larger body.” (Keleman, 2018)

Days after this conversation with Stanley, I wrote this poem that has guided my personal work as well as my work with people.

**INTIMACY***Actions open up glades**Restless, shaking what was known a second ago.**I turn inside!**The right path to the uncertain**Diving in the hot ocean of change**Vibrant and fluid tides draw the ways**Deep, deep what I do not know.**From what I do not know, a glimpse of knowing.**The fluid streams of me seek to condense.**Condensed floats, searching for surface.**From the inside out, spinning!**Turned, I let the emerging waves draw the new me**Where I knew something about myself yesterday.*

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**BIOGRAPHY**

**Denise Passos** is a Licensed Social Worker and a member of the Brazilian Center for Formative Psychology Professional Class coordinated by Leila Cohn, since 2015. She has had a private practice in Sao Paulo, Brazil since 1995. Founder and Coordinator of "Formative Dialogues - studies, practices and supervisions" in Sao Paulo, Brazil, based upon Stanley Keleman's formative thinking. Denise has participated in all Stanley Keleman's workshops in Brazil and has also in Berkeley, California in 2017.

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**MY FORMATIVE JOURNEY****Iracema Teixeira**

## Abstract

This text is a personal sharing of a journey towards my inner world. I speak of a pulsating growth; of the experience of expansion and retraction in myself, embodying my formative soul and laying the foundation to the construction of my adult.

*Keywords:* Stanley Keleman, Formative Psychology®, journey, body, love

My first contact with FORMATIVE PSYCHOLOGY was in 1995, when Leila Cohn founded the Brazilian Center for Formative Psychology in Rio de Janeiro, Brazil. I felt an immediate connection with it. "The body is a living process, constantly organizing itself", she said. With an approach both from phenomenology and biology, Formative Psychology spoke straight to my soul.

I then started my formative journey involving personal work and study. I started working formatively in 2003, after graduating from the first professional class at the Brazilian Center for Formative Psychology: "Formative Psychology® Professional Course" (1998-2003). To this day I continue to participate in pedagogical and clinical activities organized by Leila Cohn, and I have had the honor and the great satisfaction to have participated in Stanley

Keleman's workshops in Brazil and, also in California in 2010, when I had a private session with him. Moreover, as a member of the professional group of the Brazilian Center for Formative Psychology, I have taken part in various meetings and clinical discussions with Stanley Keleman over the internet.

Throughout this journey I've learned to form a relationship of acceptance and cooperation with myself. I also learned to find the joy of living even amidst adversities and, mainly, I learned to love and to be loved.

Stanley Keleman's creative sensibility - be it for conceiving a new paradigm in the science of psychology or for one of his deep poems - taught me how to receive and give body to my formative soul, and to take my life in my own hands. Stanley was a true master for me.

It is an honor for me - and I feel extremely grateful for being able to take part in this journey of formative construction - to be a faculty member of the Centro de Psicologia Formativa® do Brasil (Brazilian Center for Formative Psychology®), to have "learned from the master himself", and to have established a collaborative partnership of personal and professional growth with Leila Cohn. Through this relationship I live, I delve more deeply into, and consolidate both my formative journey and Stanley's presence in me.

I feel grateful!

## BIOGRAPHY

**Iracema Teixeira** is a psychologist holding a PhD in Psychology (UFRJ) and an MA in Clinical Sexology (UGF). She was the project coordinator of "Conversas sobre o AMOR" ("Talks on LOVE"), and of the digital course *As Teorias do AMOR* ("The theories of LOVE").

She teaches at the Centro de Psicologia Formativa® do Brasil (Brazilian Center for Formative Psychology) and was President of the Sociedade Brasileira de Estudos em Sexualidade Humana - SBRASH (Brazilian Society for Human Sexuality Studies) 2014-2015.

Lecturer. Consultant for Brazilian Magazines and collaborator with Globo Radio Station.

## Gracefulness Comes to Meet Me: Meeting with Stanley Keleman Sônia Andrade

### Abstract

The author expresses her gratitude for the legacy received from learning from experience while attending the programs at the *Brazilian Center for Formative Psychology*® and from her interactions with Stanley Keleman. It addresses how formative thought and method offer the possibility of self-knowledge, and personal and professional growth from what is experienced in the body.

*Keywords:* Stanley Keleman; Formative Psychology®; body; re-bodying; meeting; gracefulness; intimacy; gratitude; human being.

I met Stanley Keleman for the first time in Rio de Janeiro, in 1999, in a workshop organized by the Brazilian Center for Formative Psychology, and I was very impressed with the description he gave of himself.

He said he was a therapist, a writer, and an artist. Soon it became evident to me, from his speech, how important it is to learn by experience, and that his work and his method had originated also from his own experience. Right there something unique was conveyed to me on a deeper level: an invitation that encouraged me to be myself and live my life process as a work of art.

This profoundly resonated with my experience with dancing. I say that in dancing the body that is formed is a space-time for reflection and creation, each form-movement is a revelation, a reencounter with itself... it is the very action reaching deeper layers of oneself.

Here is a poem I have written to express my embodied experience.

We don't have bodies. We are bodies.  
 A certain body. This is my body.  
 We are spirits that do not soar.  
 We are there.  
 We are matter, we are spirits, we are humans.  
 Bodies that last, that shine, that burn.  
 Flame that calls its own nature to be close to  
 itself  
 Body, matter of light.  
 Body, aware that it is matter,  
 Aware that it is energy,  
 Aware that it is light.  
 Body that gives life.  
 Body energy of light reflected in a continuum of color.  
 Body: iris of love.

With my gratitude and affection  
 Sônia.

## BIOGRAPHY

**Sônia Andrade** holds a MBA in Higher Education Teaching and Management. She is a clinical psychologist, a dance artist and a professor at the Clinical Psychology Graduate Studies at Universidade Santa Úrsula, in Rio de Janeiro. She is a faculty Member at the Centro de Psicologia Formativa® do Brasil (Brazilian Center for Formative Psychology), where she attended seminars, workshops and groups for 20 years. She is the founder and director of the Escola Gestalt Viva Claudio Naranjo, in Rio de Janeiro, Brazil.