



MAY 2ND – 4TH 2025
KARDINAL KÖNIG HAUS
VIENNA



Imago Days 2025

IMAGO &
TRAUMA
imagocongress.at

“TRAUMA IS HELL ON EARTH. TRAUMA RESOLVED IS A GIFT FROM THE GODS.”
PETER A. LEVINE

IMAGO DAYS 2025 · IMAGO & TRAUMA
WEDNESDAY, APRIL 30TH & THURSDAY, MAY 1ST 2025

PRE-CONFERENCE WORKSHOP “INTERNAL FAMILY SYSTEMS AND IMAGO”

**WEDNESDAY, APRIL 30TH, 03 - 07 PM
& THURSDAY, MAY 1ST, 09 AM - 01 PM**

FACILITATOR: MAYA KOLLMAN, PHD

Language: English (no German translation)

Venue: Therapiezentrum 8, Maria Treu Gasse 1/5, 1080 Vienna

Registration Fee:

For members: Reduced € 190.00 with additional registration for the Imago Days, otherwise € 250.00.

For non-members: Reduced € 250.00 with additional registration for the Imago Days, otherwise € 320.00.

The conversation about how to help people heal from traumatic experiences is varied and broad. Many wonderful doctors and psychologists have done extensive research on the effect of trauma on the brain and a person's life. Today, thank goodness, there is much written about how to help people overcome and heal from trauma. EMDR, Somatic Experiencing, Brain Spotting just to name a few. To overcome a traumatic experience, one needs to be able to find ways to be with powerful body sensations, feelings, and also the stories that we tell ourselves. In addition to the above trauma reduction techniques, Internal Family Systems created by Richard Schwarz helps to befriend the different parts of the self. It is a wonderful addition to our Imago Toolbox. Where the focus in Imago is completely on the space between, IFS helps us work on the space within. I have found that focusing on both creates the greatest lasting healing for a couple. In this pre-conference we will explore our own relationship with the different parts of ourselves and how that impacts the space between. We will work together to discover the next step for each of us in our healing journey. By doing this ourselves using Imago and IFS we will be well equipped to work with the traumatic experiences of our clients.

IMAGO DAYS 2025 · IMAGO & TRAUMA
FRIDAY, MAY 2ND 2025

01.00 PM
REGISTRATION

02.00 PM
OFFICIAL OPENING & WELCOME

02.30 PM
THE BROKEN MIRROR - FROM NIGHTMARE TO A NEW STORY.
DEFINITION AND CLASSIFICATION OF TRAUMA AND POST-TRAUMATIC STRESS DISORDER.
GENTLY LIFTING THE CURTAIN. DIAGNOSTIC AND THERAPEUTIC POSSIBILITIES OF IMAGO USING
EXAMPLES FROM (CLINICAL) PRACTICE.
SPEAKERS: DAVINE AND DR. MED. LARS BONOWSKI
TALK & DISCUSSION
In German (with English translation)

The lecture will convey the classification and terminology of trauma as well as trauma-related disorders. This will give us a common basis for sharing our experiences and work as therapists and coaches.

What is important, the symptoms or the story behind them? We would like to present some case studies from our everyday clinical work and practice. How can Imago be used to enable a return to a renewed “pulsation”, as movement in connection with one’s own emotions as a prerequisite for more security in a relationship? Which statements about trauma can we obtain from our body sensations and the information stored in our nervous system and use for the process of re-integration? “Flashbacks” or recurring nightmares often lead to withdrawal tendencies in relationships, anxiety or auto-aggressive behavior. The resulting stress can be assumed to be the cause of secondary physical illnesses.

IMAGO DAYS 2025 · IMAGO & TRAUMA
FRIDAY, MAY 2ND 2025

04.00 PM
COFFEE BREAK

04.30 - 06.30 PM
3 PARALLEL WORKSHOPS

04.30 - 06.30 PM
WORKSHOP A
FEEL THE SWEETNESS OF „LIEBENDIGKEIT“ (GERMAN PORTMANTEAU COMBINING THE WORDS
LOVE AND LIVELINESS). A WORKSHOP TO SUPPORT TRAUMA INTEGRATION THROUGH CREATIVITY.
FACILITATORS: DAVINE AND DR. MED. LARS BONOWSKI
In German (no English translation)

In our workshop, we invite all participants on a journey of self-discovery. The aim of the workshop is to tap into creativity to rediscover and/or deepen our sense of our own body and liveliness. This also offers a valuable opportunity for our clients to develop in interaction with their partners. Through creative techniques, mindfulness exercises and sharing, we create a safe space in which emotions can be explored and physical sensations can be perceived. In the first part of the workshop, we will consciously connect with our bodies. With the help of “therapeutic sand” and clay, we give participants the opportunity to deepen their access to their “Liebendigkeit”.

In the second part, the focus is on sharing experiences of how creative processes can help to strengthen resilience and develop a new, positive way of dealing with stressful body memories. This workshop is for everyone interested in creative healing processes, regardless of their previous artistic experience. We look forward to an inspiring time together.

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FRIDAY, MAY 2ND 2025

04.30 - 06.30 PM

WORKSHOP B

**TRAVEL ALBUM OF A SEA EAGLE:
IMPULSES FOR STABILISING STRONG EMOTIONS OF CLIENTS**

FACILITATOR: MAG.^A MICHAELA TOMEK

In German (no English translation)

In my workshop “Travel album of a sea eagle” we dive in, through, up and fly over the trauma lake and focus on situations in couple’s work that can become visible (from above). I would like to share a few impulses and insights from my work in my private practice with individual clients and couples. At the same time, I would like to give space for the power of our group and encourage a shared exchange of experiences with couple’s work. There will be the opportunity to experience and try out exercises for yourself using one or two case vignettes from group members.

The white-tailed eagle is a powerful animal, gliding calmly and steadily over the landscape, highly concentrated and ready to pick up a fish from the water at any time. At best, we as counselors and psychotherapists have the same qualities. When accompanying clients, we are often called upon to help them discover underlying aspects of sudden emotions and new ways of dealing with them, and to provide guidance to help them emerge from sometimes overflowing waters.

IMAGO DAYS 2025 · IMAGO & TRAUMA
FRIDAY, MAY 2ND 2025

04.30 - 06.30 PM

WORKSHOP C

**IMAGO AND TRAUMA - HOW TO ENHANCE A DEEPER UNDERSTANDING OF THE IMPACT
OF EARLY TRAUMA ON A COUPLE’S RELATIONSHIP: IMAGO AND INTERNAL FAMILY SYSTEMS**

FACILITATOR: MAYA KOLLMAN, PHD

In English (no German translation)

One of the main theoretical beliefs of Imago is that our childhood experiences deeply affect not only our mate choice, but how we behave when we get triggered. The meaning we make about our partner’s behavior is colored by the meaning we made about situations when we were growing up. Combining Imago with Internal Family Systems is one way to help couples take a journey within themselves while they also focus on the space between. By doing this powerful inward journey in the presence of the partner, it deepens understanding and creates greater empathy.

This workshop will give you some concrete ways to implement the inner journey while also focusing on the space between. Through the use of personal exercises, you will learn how to utilize this additional information in Internal Family Systems to enhance your current Imago practice and help couples achieve lasting transformation.

IMAGO DAYS 2025 · IMAGO & TRAUMA
SATURDAY, MAY 3RD 2025

08.45 AM
COMMUNOLOGUE
AN INTRODUCTION WITH LEA SIMONE BOGNER

09.15 AM
THE IMAGO COMMUNITY IN DIALOGUE.
THE COMMUNOLOGUE - EXPERIENCING IMAGO IN THE GROUP

This offer is an opportunity for participants to share their views on four topics, in the course of four so called Communologues. A Communologue is an Imago group dialogue (coined from „community“ and „dialogue“), which is moderated by a team leader. The first round starts with an introductory sentence stem which each participant completes and then goes on to introduce their own ideas on the topic. Everybody has the same amount of time for their contribution. The group leader mirrors a summary of every contribution. During the following two rounds, participants reflect on what they have heard and further explore the topic. A Communologue can be used for conflict resolution, team building, brainstorming and project planning processes.

For every topic, there are eight spaces available in the inner circle for active participation. Everybody else participates passively in an outer circle, supporting the dialogue process through their listening and their presence. Communologues # 1, 2 & 3 will be conducted in German, Communologue # 4 in English (without translation).

The four communologue topics are:

1. Is the 90:10 concept useful when working with traumatised clients? (German)
2. Science vs. gut instinct – contradiction or useful addition? (German)
3. Where are the limits when using Imago in trauma-sensitive counselling? (German)
4. Where are the points of contact between Imago & Trauma? (English)

IMAGO DAYS 2025 · IMAGO & TRAUMA
SATURDAY, MAY 3RD 2025

10.45 AM
COFFEE BREAK

11.15 AM
THERAPEUTIC ATTITUDE, TRAUMA AND BODY IN THERAPY
SPEAKER: DAMI CHARF
TALK & DISCUSSION
In German (with English translation)

How we practice psychotherapy is shaped by our training, our knowledge, our beliefs and the stage of our own development. In this talk, I would like to give space to examine the beliefs and knowledge we use as therapists. Our clients come with symptoms and because they are suffering but often, they don't know why they are really suffering. As humans, we tend to name things as causes because we think they are the cause. Very often, however, the cause lies much deeper and in the very early structures of our past. We need to access the implicit, the old patterns of attachment to achieve real change. The body as well as the knowledge about developmental trauma can be invaluable here.

Another factor I would like to look at is the role we play as therapists. Is this role still up to date and does it make sense for therapeutic work? Especially nowadays, where we see many people suffering from a profound lack of real contact, it can be useful to question therapeutic abstinence and non-contact rule. People with early developmental trauma are the clients who have the biggest difficulties with relationships and often have the longest and most unsuccessful courses of therapy because many of them cannot be 'picked up' in a traditional therapeutic setting.

12.45 PM
LUNCH BREAK

02.15 PM
**IMAGO & TRAUMA - HEALING THE SPACE BETWEEN
WHEN TRAUMA IS THE THIRD PARTY IN THE RELATIONSHIP**
SPEAKER: ANTOINETTE LIECHTI MACCARONE
TALK & DISCUSSION
In English (with German translation)

The studies that led to creating the Adverse Childhood Experiences Scale (ACES) showed how traumatic events were much more widespread than expected. Therapists like Bessel Van der Kolk, Steven Porges, Deb Dana, Gabor Mate, Bruce Perry, just to name a few of them, became pivotal in helping us understand the long-lasting impact and the treatment of trauma. They reminded us to ask with utter respect a simple, yet profound question “What happened to you?” and to listen to the answers with an empathic and humble heart, before even jumping into doing anything to “fix the problem”. There is no problem to be fixed; just provide safety and connection. In Imago we work in a relational paradigm where our client is the space between. People who have survived trauma come with those stories in their heart, body and mind. Stories that are often not shared out of shame and fear. The heartbreaking question “will you still love me if you know what happened to me?” is always in the background when doing therapy with a trauma survivor, whatever the nature of the trauma. It takes time and patience and sometimes a whole village to heal. The work around healing trauma is a long journey of rebuilding trust, in oneself, in others, in life. It’s about taking care of a wound so that it becomes a scar, embracing the fact that it will never disappear, and that healing is about learning to live with it and transform it into a strength.

03.45 PM
COFFEE BREAK

04.15 - 06.15 PM
3 PARALLEL WORKSHOPS

04.15 - 06.15 PM
WORKSHOP D
WORKING WITH THE BODY IN COUPLES THERAPY
FACILITATOR: DAMI CHARF
In German (no English translation)

In this workshop, I would like to give a brief insight into how we can reach deeper levels of consciousness through the body and how our clients can not only recognize their attachment patterns, but also experience them. To do this, we use the implicit reaction patterns to closeness and distance that show up in the body.

We will look at how the body shows its experiences as a child and how we learn to make our own often unconscious impressions more conscious and incorporate them into our work. We will do exercises together, ask questions and experience for ourselves what happens when we involve the body more into our therapeutic work.

IMAGO DAYS 2025 · IMAGO & TRAUMA
SATURDAY, MAY 3RD 2025

04.15 - 06.15 PM

WORKSHOP E

AN EMBRACE - IMAGO AND DANCE THERAPY

- AN INVITATION TO EXPERIMENT WITH YOURSELF AND OTHERS

FACILITATOR: KATI LOO, MA

In German (no English translation)

"You don't have to be good. You don't have to walk a hundred miles on your knees through the desert and repent. You just have to allow that the soft animal of your body loves what it loves ..." - Mary Oliver

Following this poem and the recommendation of the Estonian classic A.H. Tammsaare - to return to the beginning when everything is complicated and stuck - the workshop creates a time-space in which we focus our attention on ourselves. Through dance, we experience how we can become aware of and express what is stored in our bodies. The sensory awareness of the body creates direct access to our feelings. We can experience how, with respect and without judgment, we can create an environment in which the effects of traumatic experiences are released. The body and our body awareness can help us to rediscover our strength and power and share it more easily with others in dance. This makes it easier for us to gain confidence and find new perspectives.

As dance method we practice dancing from the space of the heart (© dance therapist Cornelia Freise). Cornelia's dances with explanations can also be found on youtube: "dancingoutofthespaceoftheheart". In socks or barefoot the feeling and the grounding are more immediate. Dance experience not required!

IMAGO DAYS 2025 · IMAGO & TRAUMA
SUNDAY, MAY 4TH 2025

04.15 - 06.15 PM

WORKSHOP F

IMAGO & TRAUMA - FROM FEAR & FREEZE TO CONNECT & BREATHE:

CREATING A SPACE BETWEEN SAFE ENOUGH

FACILITATOR: ANTOINETTE LIECHTI MACCARONE

In English (no German translation)

How can we as relational therapists work in a way that creates safety with our clients, whether we work in individual or couples therapy? How can we integrate the best practices in our Imago setting? How can we help our clients learn ways to take care of the space between when there has been trauma? How can the Imago Dialogue be used, sometimes with adaptations, to become a powerful tool for trauma healing? The therapeutic journey is about helping our clients find a balance between the depth of the feelings around the trauma and the vitality that is possible when they can embrace and change the narrative of their story into their own hero's journey. Through practical exercises that integrate the Imago Dialogue and other approaches, we will explore ways of helping our clients create more safety.

We will use, among others: case studies, explorative dyads, journaling through the hero's journey, using information from the body, using body movements to help regulate emotion, protolanguage or protowriting as ways to ventilate emotions or express unspeakable situations or to manage conflict or intimacy, cultivating being open to any creative activity from their clients to foster aliveness. When you see trauma as frozen aliveness, working towards healing it becomes an adventure in warming up vitality in a connected and connecting way.

06.15 PM

HONOURS DURING CHAMPAGNE RECEPTION WITH FINGER FOOD BUFFET

AFTERWARDS: DANCE MUSIC

IMAGO DAYS 2025 · IMAGO & TRAUMA
SUNDAY, MAY 4TH 2025

09.30 AM

**SPACES OF POSSIBILITY. IMAGO AND THE 5 W'S:
HOW (IN GERMAN: WIE), WHAT, WHEN, WHY AND WHERE**
SPEAKER: EVA WESSELY

TALK & DISCUSSION

In German (with English translation)

In this lecture I would like to talk about different spaces of possibility. How we recognise them, how we shape them, how we can use them in our work with couples and individuals. What do we have to offer as Imago experts? What makes us different? Where are we compatible with other approaches? What does our dialogue tool box look like, what is it equipped with? How do we use certain tools or processing techniques? The effectiveness of the dialogue structure and the magic of a sentence stem sometimes brings us into situations that can and are very challenging for us as facilitators. The activation of a trauma or the re-traumatisation of an unintegrated experience is potentially waiting behind every sentence stem as well as the opportunity to integrate it. Which attitudes, exercises and techniques can be helpful here? I will share my thoughts on this topic as well as examples from practice.

11.00 AM

COFFEE BREAK

11.30 AM

TRAUMA IN DIALOGUE – PANEL DISCUSSION WITH THE SPEAKERS OF THE IMAGO DAYS 2025
In English (with German translation)

01.00 PM

CLOSING WITH MAYA KOLLMAN

IMAGO DAYS 2025 · IMAGO & TRAUMA
SPEAKERS & FACILITATORS



DAVINE BONOWSKI is an Alternative Practitioner (Psychotherapy), Imago Supervisor, Imago Workshop Presenter and Midwife. Further Training in Imago Couples Therapy, EMDR Trauma Therapy and Schoßraum® process support.



DR. MED. LARS BONOWSKI is a Neurologist, Senior Physician at a Neurology Clinic, Acupuncturist (DÄGFA) and traffic-medical Assessor. Further training in medical Psychotherapy (Behavioral therapy), Sleep medicine/Somnology.



DAMI CHARF is a Social Behavioral Scientist, Alternative Practitioner (Psychotherapy), Trauma Activist and two-time Spiegel bestselling author. Her work has been instrumental in raising awareness for developmental trauma in Germany. She has been working in body psychotherapy for 25 years and has since developed her own attachment and body-oriented method “SEI® - Somatic Emotional Integration®”.



MAYA KOLLMAN, PHD is a Clinical Psychologist, Imago Master Trainer, Imago Clinical Instructor & Imago Workshop Presenter.

IMAGO DAYS 2025 · IMAGO & TRAUMA

SPEAKERS & FACILITATORS



ANTOINETTE LIECHTI MACCARONE is a Psychologist, Psychotherapist, Clinical Sexologist and Sexocorporal Approach Instructor, Imago Workshop Presenter and Imago Senior Clinical Instructor. Further training in Imago Couples Therapy, Dialectical Behavioral Therapy, Adoption & Complex Trauma, Polyvagal Approach, Auto Induced Cognitive Trance, Yoga and Meditation among others.



KATI LOO, MA is a Psychotherapist and Co-Leader of “Generations in Dialogue” (© Sabine and Roland Bösel) workshops. Further Training in Imago Couples Therapy, Hypnotherapy, Dance Therapy, Psychosocial Supervision and Coaching, ECCT, Body Therapy, Psychodrama and Rehabilitation.



MAG-^A MICHAELA TOMEK is a Psychotherapist and Teaching Therapist in Systemic Family Therapy, Psychotherapist for infants, children and adolescents, Trauma therapist (Systemic Trauma Therapy, Brainspotting, Ego-State Therapy). Further training in Imago Couples Therapy and animal-assisted Psychotherapy. Co-Leader of “Generations in Dialogue” (© Sabine and Roland Bösel) workshops. Systemic coach, Management consultant (UBIT, WKO) with several years of experience in the management of large and small national and international companies.



EVA WESSELY is a Nurse and Psychotherapist (Emotional Reintegration by Peter Bohlen, Group Dynamics), Imago Workshop presenter and Systemic Sex Therapist (Ulrich Clement). Further training in Imago Couples Therapy, Brainspotting (Monika Baumann/ David Grand), Neurographics.

IMAGO DAYS 2025 · IMAGO & TRAUMA

REGISTRATION FEE IMAGO DAYS 2025

	Early Bird I until Dec 31 st 2024	Early Bird II until Feb 28 th 2025	Normal rate from March 1 st 2025
Member of Imago Austria	€ 320.00	€ 360.00	€ 400.00
Member of Imago Austria in Training or Certification*	€ 280.00	€ 315.00	€ 350.00
No member of Imago Austria	€ 370.00	€ 415.00	€ 460.00
Bring-a-friend rate**	€ 670.00	€ 755.00	€ 840.00

ADDITIONAL INFORMATION

***Rate for members of Imago Austria in training or certification:** This rate is for all members of Imago Austria, who are currently in training or certification (CT/IPF).

**** Bring-a-friend rate:** The bring a friend rate is valid in case of a registration of a member of Imago Austria together with a person that is not a member of Imago Austria. The rate is for two people (rate for Imago Austria members + rate for people, who are not members of Imago Austria minus 20 € discount).

IMAGO DAYS 2025 · IMAGO & TRAUMA

REGISTRATION FEE PRE-CONFERENCE WORKSHOP 2025

Reduced fee for Imago Days 2025 participants – member of Imago Austria	€ 190.00
Reduced fee for Imago Days 2025 participants – not member of Imago Austria	€ 250.00
Regular fee – member of Imago Austria	€ 250.00
Regular fee – not member of Imago Austria	€ 320.00

ADDITIONAL INFORMATION

The reduced fee is for Pre-Conference participants who also register for the Imago Days conference. There are two different reduced fees - one for members of Imago Austria, one for participants who are not member of Imago Austria.

The regular fee is for those who only register for the Pre-Conference Workshop. Please note that the above stated registration fee is for the Pre-Conference Workshop only. If you register for the reduced fee, please also register for the Imago Days Conference.

IMAGO DAYS 2025 · IMAGO & TRAUMA

ACCOMODATION, BREAK REFRESHMENTS & REGISTRATION

ACCOMODATION AND BREAK REFRESHMENTS

The coffee break refreshments (Friday to Sunday) as well as the lunch (Saturday) at Kardinal König Haus are already included in the conference fee. If you would like to reserve a room in the Kardinal König Haus, please contact the reception of the Kardinal König Haus either by e-mail (rezeption@kardinal-koenig-haus.at) or by telephone (0043 1 804 75 93 611). You can find more information about the room facilities and the prices on our congress website www.imagocongress.at.

ONLINE REGISTRATION

You can find the online registration forms on our congress website www.imagocongress.at. Please note that there are two separate registration forms for the Pre-Conference and the Main Conference.

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