

# International Sophrology Federation - 14<sup>th</sup> International Conference

Resilience in a Changing World: Building practices for sustainable health

Friday 6th June 2025 – 1-5pm BST (UK)

## FULL PROGRAMME

### 1pm to 1.30pm – Opening and welcome to the ISF Conference experience

[Join ISF Board for the opening of the conference](#)

A short grounding practice led by one of our Board members to set up the right environment for learning and connection.

### 1.30pm to 2.15pm – Sophrology and Salutogenesis

[With Dr. Jane Stevens](#)

Salutogenesis is a concept that was developed by Aaron Antonovsky in the 1970s and 1980s. It focuses on the factors that promote health and wellbeing, as a counter to the more common medical conceptualisation of pathogenesis (the study of the origins of disease and ill-health). Through his observational studies, he noted that a sense of coherence (SOC) was important for personal health and wellbeing. In this talk, salutogenesis will be viewed through a “sophrological lens” to see what insights can be generated that may be useful for articulating the value of the practice of Sophrology.

### 2.15pm to 2.45pm – Sophrology case study - The impact of Sophrology on our skin

[With Annette Ebbinghaus](#)

Annette brings us a case study with a dramatic improvement in skin condition and teaching Viphi (or VIPP) Vital Phronic Positivity. An opportunity to learn about the power of our bodies to heal when supported with the right mindset. It's all about feeling better inside and seeing the results outside

### 2.45pm to 3pm - Break

### 3pm to 3.45pm – A collaboration between mother and baby: A Sophrology case study in Japan

[Dr. Pamela Runestad](#)

What does Sophrology look like in Japan? In what settings is it most practiced, how and why? In this session, Dr. Runestad will talk about her work in a maternity clinic in central Japan as an example of Sophrology practice there.

### **3.45pm to 4.45pm – Panel discussion - The role of retreats as a tool to build sustainable health**

This panel will explore how retreats can support resilience by offering space for rest, reflection, and renewal. In the context of a rapidly changing world, the discussion will consider how stepping back can help individuals and communities build sustainable practices for health and well-being. The panel will include ISF Board members and external guest speakers.

### **4.45pm to 5pm – Integration, Wrap-up and Close**

#### **With ISF Board**

An opportunity for conversation, sense-making and sharing reflections on the concepts explored during the day.