

Programme information

Entrance requirements:

The programme is available to anyone who successfully completed a university education in one of the human sciences, (EQ7/8) or those who successfully completed a HBO master's programme in either Individual Healthcare or Social Services. (EQ6/7) An other education will be discussed with the training team.

The **curriculum** consists of three components:

1. Four years of coursework
2. Professional training – practical
3. Individual learning therapy and supervision

The coursework component consists of six training sessions of four days per year, over a period of four years. Anatomy and physiology are part of the programme.

This is followed by two years of establishing a practice, finishing the learning therapy and supervision and, if possible, a practical research.

The first two years are specifically aimed at the personal learning process in relation to the basic concepts of the bioenergetic analysis; character and structures, primary groups, energy, breath and movement, contact and connection, sexuality and vitality. The focus is on the language of the body – position, movement, breathing, agility and vocal expression –, as these are indications of the degree of development of the client.

The third and fourth year are, besides a focus on character structure, specifically aimed at developing the professional capacities of the BA-therapist. Learning how to handle transference and countertransference in connection with specific pathology, for example shock and post-traumatic stress, fear and panic, depression and eating disorders, will be an important theme in these years.

Preferably, the same trainers return every year; three international and three Dutch. The languages of communication are Dutch and English.

When all requirements are met, the Certificate Bioenergetic Therapist (C.B.T.) will be awarded, which is recognised by the International Institute for Bioenergetic Analysis. The diploma allows access to the European Association for Psychotherapy's ECP process, where it depends on your preparatory training which modules are still needed.

A BA is, besides a therapeutic method, also a form of personal development to a vital and healthy lifestyle.

The programme can be used:

- to start a practice as Certified Bioenergetic Therapist (CBT) of one's own
- to integrate the learned information in one's own work situation in the field of health care
- to expand personal qualifications as BA-health coach or BA trainer

Exemption from the first year: people who hold a preparatory education in body-oriented psychotherapy may be eligible for admittance directly to the second year. For this, a selection procedure and a meeting with two instructors is required.

Programma fees

For individuals, tuition fees will be around €4500,- per year, including accommodation! The fees increase with 25% when the programme is paid for by an employer.



IIBA; International Institute Bioenergetic Analysis

www.bioenergetic-therapy.com

NIBA; Nederlands instituut Bioenergetische Analyse

www.bioenergetischeanalyse.nl

Contactgegevens :

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Programme Bioenergetic Analysis

A body oriented
psychotherapy



2015-2018



SOBA in co-operation with IIBA & NIBA

Trainers

International trainers IIBA



Jorg Clauer, Coordinating trainer

Certified Bioenergetic Analysis Therapist 1984, Nord-Deutsche society (NIBA). Dr. med., specialist for psychosomatic medicine, psychiatry and psychotherapy, body-enlightenment and psychodrama therapist, teaching therapist and supervisor.

Marianne Ingenhausz: Certified Bioenergetic Analysis Therapist since 1981, International Trainer and Supervisor since 1990. Art and psychology study, Tibetan yoga, meditation and Ridhwan-school (Almaas). Many years' experience as therapist and instructor, both in- and outside the Netherlands. Expert in deblocking of tensions and the activation of healing powers within ourselves.



Guy Tonella, Certified Bioenergetic Analysis Therapist, 1981, Collège Français d'Analyse Bioénergétique (CFAB), Doctor in Clinical and Developmental Psychology, specialist in preverbal attachment issues, trauma and neurobiological regulation. Trainer in several European countries, New Zealand and Argentina and Brazil.



Dutch Trainers:

Elly Meyles. Certified Bioenergetic Analysis Therapist since 1996. Gestalt Therapist, instructor and educator, works with groups, pairs and individuals, uses systemic work method Bert Hellinger, developed programme "mastership in contact", is learning therapist and supervisor.



Jeanneke Kempen, Certified Bioenergetic Analysis Therapist since 1996. Therapist sexual grounding and EMDR, Corenergetic worker and attachment trainer, is learning therapist and supervisor and instructor body-oriented relational therapy "EMM-Exceptional Marriage Monitoring"



Josette van Luytelaar, therapist/supervisor/trainer Bioenergetic Analysis and Bodydynamics, Big-registered psychologist. Specializes in shocktrauma, unfreezing/flow, panic/fear, sexuality. Teacher at Education for General Practitioners. Publications in Body, Breath and Consciousness and Handbook Bioenergetic analysis.



More trainers with different specialties and techniques will be invited throughout the course.

Programme Bioenergetic Analysis

Nature of the programme

The programme aims to qualify therapists in the method of Bioenergetic Analysis (BA), as invented by W. Reich and further developed by dr. Alexander Löwen.

In Bioenergetic Analysis, psychological functions and therapeutical processes are defined in terms of energetic processes of the body. This is the unique and distinguishing characteristic of BA as theory and therapy. It is a psychodynamic psychotherapy, oriented at the 'body', the 'self' and the 'relation'.

An important presupposition is that there is no fundamental division, but a permanent reciprocity between physical and psychological processes. The 'primary interactive emotional regulation' is a fundamental mechanism of the psychobiological and social development of humans.

The BA integrates specific therapeutic interventions with the body, interpersonal relations and mental processes. Each of these three aspects are connected and are interpreted with regard to 'the other'.

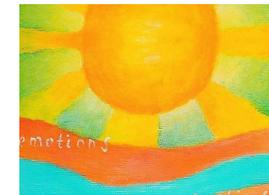
With the help of a process analysis of life- and family history, possibilities, limitations and problems come forward. A BA starts with the reality of the body and her most basal functions about movement and expression. The therapist observes the body, resonates with his or her own energy, feels the emotions, listens, hears and answers. The techniques used are aimed at the energetic aspect of the client, including self-image, self-expression and self-control. Among these is the notion of muscle tension as sign of somatic and psychological defense against trauma's from the present or past. Because the experiences are connected with a concrete emotional perception, insights are gained.

Throughout the years, the method has been developed and refined. Today, the BA concept contains innovations from the attachment theory, relational psychoanalytical theory, system theory, infant research and neurobiology.

Vision on Education

The programme's set-up is constructivist, which means that learning is based on experience, a safe environment, context and co-operation. These elements have many similarities to the therapeutic process with clients. During the different sessions, a variety of work forms is used. Exchanging experiences, reflection, practice sessions, theory, literary study, group dynamics processes and body work are recurring elements. In the course of the programme, small intervision groups under supervision of a trainer become more important. Knowledge, skills and literature are examined by a trainer during sessions and by a supervisor in the supervision sessions.

From the students a high amount of independence, dedication and motivation is expected. Furthermore, a personal commitment to one's own learning process and to that of the other participants is essential.



"emotions come from the body, feelings from the mind"
A. Damasio 2000