



2-year Advanced Training in Biosynthesis 2012/2013

The Supervision / Advanced Training Course lasts over 2 years and consists of 5 course modules of 4 days (2 weekdays and 2 weekenddays) each. In the 1st year 2 modules are offered and 3 modules in the 2nd year. The Supervision Course is offered to graduates of the 3 years' training course and to therapists out of other professional directions.

Trainers

7 days	David Boadella, DSc hon. Psychotherapist SPV and ECP
3 days	Silvia Specht Boadella, Ph.D Psychotherapist SPV and ECP
4 days	Gisela Marxen-von Stritzky, DSc, Naturopath
4 days	Erwin Kaiser, lic.phil. Psychologist, Psychotherapist SPV
2 days	Ulrike Lichtenberg, Psychotherapist (HPG)

Content of all modules

1. Case studies and clinical seminars

Participants can present cases from their therapeutic practice. The feedback is based firstly on

- the principal defence pattern of the client and the question of whether they are able to discover their essential qualities, and secondly on
- the transference pattern of the therapist and the question of what they can learn from this to help them develop new strategies.

2. Theoretical and practical exploration of special clinical themes

In this part of the course we will investigate individual case studies more intensively. Suggestions and themes can be generated by the group or the group leader.

3. The theory of different styles of bonding

In competition or collusion? We look at the respective bonding pattern between the therapist and the client. They are inhibiting somatic resonance and somatic presence. How can we recognise these inhibitions?

4. Different strategies of therapeutic intervention

What is appropriate at what time, and how is it suitable for different character types and the problem in question? We will work with the Biosynthesis therapy hexagram. How do I behave with the client? What method do I have as options? Which would I prefer to take depending on my abilities?

These questions are intended to help every individual therapist to find their own essential qualities so that he or she is able to meet the client beyond the level of the problem.

Thematic Focus

1. Module: Overview of the Supervision Process

David Boadella, DSc hon. and
Silvia Specht Boadella, Ph.D

- The Biosynthesis concept of life-fields of experience as a model for diagnosis and indications.
- Overview of Biosynthesis principles and techniques
- The relationship between intentions, interactions and interventions
- Supervision from the "higher self"
- Energy-medicine: treatment, music and movement in the precision of context and contact
- Discussion of open questions and special themes in relation to cases presented from the application fields of the course-participants.

2. Module: Pre- and Perinatal Psychology and Psychotherapy

Erwin Kaiser, lic.phil.

- The influence of disturbances on the unborn child. Knowledge and new developments in the research. History of prenatal psychology.
- Theory and practice for treatment of pre- and perinatal traumas. Exercises and structures to get started with the therapeutic process for group settings and single settings and possibilities for self experience in birth trauma therapy.
- Resources of prenatal experiences. Finding the connection to the creative sources of the prenatal time.

3. Module: Neurobiology, trauma, and strategies of therapy

David Boadella, DSc hon.
Ulrike Lichtenberg

- The three fold body and three fold brain: embryological and neuro- biological principles in energetic functioning. The limbic system in relation to the cognitive and motoric aspects of the organism.
- Polarities in trauma-biology and in the therapeutic transformation of trauma
- Five central principles of therapy: basic guidelines
- Four fronts of approach: upwards and downwards causation in therapy;

affect („Merken“) and effect („Wirken“) in therapy.

- Strategies of empowerment: overcoming the inhibition of action which is central to the disempowerment created by trauma.
- Strategies of embodiment: re-owning the disowned body. Principles of vitalisation.
- Strategies of orientation: re-organising perception and memory.
- Strategies of inspiration: basic principles of working with inner and outer resources and with resonance in relationship.

4. Module: Family-constellation and Biosynthesis

Gisela Marxen-von Stritzky,
DSc

- somatic resonance in the morphogenetic field of the family
- fields of application: personal concerns / supervision constellations /diagnosis
- passing over of family themes, power of suggestion in family systems: bonding styles of relationship and movements of the soul
- Trauma work in the context of constellations
- Indications and contra-indications, chances and limits of constellations
- Dealing with transference phenomena in constellations

5. Module: Summary of the Supervision Process

David Boadella, DSc hon. and
Silvia Specht Boadella, Ph.D

- Overview of the therapeutic process and the development of client and therapist
- Somatic diagnosis of Biosynthesis in the context of research
- The Biosynthesis character-cube and inter-subjectivity
- Trust in the integration of intellect and intuition
- The opening of resources, and the reduction of anxiety over personal qualities
- Work with groups and with group energy
- Discussion of open questions and special themes in relation to cases presented from the application fields of the course participants.

Trainers

David Boadella (born 1931), B.A., M.Ed., DSc hon., Psychotherapist SPV, UKCP and ECP.

Studied education, psychology and literature. Trained in character- analytic vegetotherapy. Founder of Biosynthesis. Since 1985 he has undergone ongoing further training in "Psychosomatic Centering" (Robert Moore, Denmark). He has spent over 40 years in psychotherapeutic practice. He holds lectures worldwide, and is the author of numerous books and articles. In 1995 he was awarded an honorary doctorate from the "Open International University of Complementary Medicine" for his pioneering work in the development and promotion of Energy & Character, as well as for his contributions to social sciences in this context. A selection of David Boadella's books: "Befreite Lebensenergie / Lifestreams" (Schirner / Routledge), "Wilhelm Reich: The evolution of his work" (Arkana).

Silvia Specht Boadella (born 1948), Ph.D, Psychotherapist SPV and ECP.

Studied philosophy, literature, psychology and art history. Trained in Biosynthesis. Since 1985 she has undergone ongoing further training in "Psychosomatic Centering" (Robert Moore, Denmark). She spent four years lecturing at the University of Kanazawa (Japan). There she dealt intensively with Zen Buddhism and trained in Buto dance with Kazuo Ohno. Since 1985 she has had a psychotherapeutic practice for individual and group therapy. Since 1986 she has been a Biosynthesis trainer at an international level and director of the IIBS. She has published a book: "Memory as change" (Mäander).

Gisela Marxen-von Stritzky (born 1958), DSc, Studies in Biology and Geography, doctorate in Landscape Ecology, Naturopath.

1982-1985 Biosynthesis-Training, 2 years further education in Biodynamic Therapy, since 1986 student by Hetty Draayer (Breathing meditation), since 1995 further education in family constellation. Member of the DGfS (Deutsche Gesellschaft für Systemaufstellungen). Founding member of the International Forum for Political Constellations IFPA.

Single, pair and group therapist in own practice since 1990.

Main focus: psychosomatics, accompanying of people in the helping professions.

Training therapist, supervisor and trainer at the International Institute for Biosynthesis (IIBS), Teacher in education and further education for German Naturopaths at the "Hessischen Heilpraktikerverband", for psychosomatic and psychotherapeutic topics.

Leader of further educations in breathing meditation by Hetty Draayer for people in helping professions. Lector of the German books from Hetty Draayer "Das kosmische Auge wie wir den Weg der inneren Heilung gehen", Kösel-Verlag 2002 and "Finde dich selbst durch Meditation – ein Lese- und Übungsbuch", Schirner-Verlag 2007.

Erwin Kaiser (*1955), lic. phil. psychotherapist SPV, homeopath HVS/SHI, trainer and supervisor in Biosynthesis – somatic psychotherapy.

Erwin studied psychology, psychopathology, marketing and business administration at the University of Zurich. Two years study of theology. Formation in acting and theatre at Ecole Jaques Lecoq and following two years the "Laboratoire d'Etude du Mouvement" at Paris with Jacques Lecoq and Krikor Belekian. 3 years training in Butoh dance performance with René Schmalz, Switzerland. Formation as homeopath at SHI in Switzerland. 5 years training in Biosynthesis and 5 years assisting in Biosynthesis training with David Boadella and Silvia Specht Boadella. Training in SE (Somatic Experiencing) with Steven Hoskinson and Peter Levine. Erwin worked more than 10 years with drug-addicted people in psychiatric hospital and in long term-rehabilitation. He works also in his own private practice in Zurich.

Erwin is specialized in the treatment of traumas, of addictions and the often therewith connected personality disorders. The treatment of traumas ranges from pregnancy trauma and birth trauma to the symptom complex of single traumatic experiences, like accidents and force experiences up to development traumas of the childhood, which are caused by a more long continuous and repeated traumatic experiencing.

Erwin works with the trauma in an individual and resource oriented way. This means that symptoms in the body can be dissolved creatively; both the access of the client to his trauma and the creative solution, which he finds together with the therapist, are individual.

Ulrike Lichtenberg, born in 1956, married, one grown-up son. Healing Practitioner for Psychotherapy in private practice.

1975 Germanistik/Slawistik studies at Heidelberg University. 1980 Physiotherapy training in Berlin.

From 1984 until 1999 I worked at the University Hospital for Psychiatry and Psychosomatic Medicine in Tübingen as a movement therapist. Within a team we developed somato-psychotherapeutic concepts for people with eating disorders, addictions, borderline syndroms and even schizophrenic patients.

I also was a teacher for Psychiatric Movement Therapy and together with a colleague offered advanced training for working with schizophrenic patients in different cities.

I learned Craniosacral Therapy and started to work in private practice as well. I also completed a depth-psychologically based body-psychotherapeutic training, named Funktionelle Entspannung.

In 1999 I began the Training at the IIBS with Silvia and David Boadella and completely switched to my private practice, working individually and in groups. 2005 I was assigned as a trainer and supervisor at the IIBS and assisted in a 3-year-training and several trauma seminars with David and Silvia Boadella.

2009 I started a training in mother-prenate-bonding-analysis with Jenö Raffai and Ludwig Janus. In addition to that I have been co-leading Pre- & Perinatal Process Groups in recent years.

2-year Supervision in Biosynthesis 2012/2013 (T21W)

Dates and trainers

1. **Module:** 26. 4. – 29. 4. 2012
David Boadella, DSc hon. and
Silvia Specht Boadella, Ph.D
2. **Module:** 16. 8. – 19. 8. 2012
Erwin Kaiser, lic.phil.
3. **Module:** 21. 3. – 24. 3. 2013
David Boadella, DSc hon.
Ulrike Lichtenberg
4. **Module:** 6. 6. – 9. 6. 2013
Gisela Marxen-von Stritzky, Dsc
5. **Module:** 5. 12. – 8. 12. 2013
David Boadella, DSc hon. and
Silvia Specht Boadella, Ph.D

Time

Starts on first day at 13.00,
(13.00 – 17.30, 19.00 – 21.00)

finishes on last day at 17.00
(lunch break on the last day: 12.30 – 14.00).

Otherwise daily 09.30 – 12.30, 14.30 – 18.00.

Location

International Institute for Biosynthesis IIBS in Heiden (Switzerland)

Course fee

CHF 225,- per day, CHF 2.250,- per year, excluding board and lodging, incl. course material.

The 2-year supervision can only be booked as a complete course. (Modules, which have been missed, can be repeated later).

Registration and course conditions

Confirmation of registration: Once your registration form is received, we will send the training contract to you.

Liability: Course students are responsible for their own actions within the context of the course. The International Institute for Biosynthesis IIBS and trainers running the courses accept no responsibility for accidents or other consequences occurring during the course. The student must confirm that he or she has accident and health insurance, and that he/she will maintain this policy for the duration of the course.

Info: Up to date information and portraits of the tutors with foto can be found on our website or you can order the course brochure at:

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Fax +41-(0)71 891 58 55
E-Mail: info@biosynthesis.org
www.biosynthesis.org

Registration form

Please send to the

International Institute for Biosynthesis IIBS
Benzenrüti 6
CH-9410 Heiden/Schweiz

Once your registration form is received, we will send the training contract to you.

I would like to register for the supervision
(advanced training) courses 2012 / 2013:

Name

Adress

Tel. home

Tel. work

Fax

E-Mail

I accept the registration and course conditions:

Date

Signature

