



Deep Bodywork 2-year Advanced Training

Specialisation in Psychotherapeutic Postural Integration

September 2009 to October 2011: The course consists of seven training blocks per year, 33 days in year one and 38 days in year two (altogether 532 in-class training hours).

This two year course is an Advanced Training in Deep Bodywork – with specialisation in Psychotherapeutic Postural Integration. It combines intensive personal experience with theoretical and practical training.

The course is for people who want to become more skillful at working deeply with the bodymind, both their own and their clients'. It follows on from the [1-year Foundation in Deep Bodywork](#) and develops that with a thorough 2-year training in process-oriented bodywork and bodypsychotherapeutic techniques. This course can be a powerful supplementary training in how to work deeply with bodymind for practitioners of other bodywork/therapy modalities and for practitioners of other forms of psychotherapy, wishing to enhance and extend their current practice.

In this Advanced Training in Deep Bodywork we continue the combination and interrelation of experiential, theoretical and practical material, which allows knowledge and understanding to be gained through these three channels, and thus be integrated much deeper.

After successful completion of this 2-year Advanced Training in Deep Bodywork, participants wishing to continue to become practitioners may do so in two different ways:

For participants wishing to become Deep Bodywork Practitioners (and/or Certified Postural Integrators), it is possible to enter the [1-year Certification Phase](#) after completion of the 2-year Advanced Training, working with clients under supervision and taking part in professional support and development weekends.

For participants wishing to become Deep Bodywork Bodypsychotherapists (and/or Psychotherapeutic Postural Integrators), it is possible to enter the [2-year Certification Phase](#), working with clients under supervision and taking part in professional support and development weekends. Students opting for this 2-year Certification will need to have completed a minimum of 100 hours of psychotherapy prior to the beginning of their Certification Phase.

Curricula of the 2-year Deep Bodywork Advanced Training – Specialisation in Psychotherapeutic Postural Integration:

YEAR 1: PROCESS-ORIENTED BODYWORK AND BODYPSYCHOTHERAPEUTIC APPROACHES INTEGRATED WITH CONTACT OF THE PHYSICAL STRUCTURES

- 1) The Energetic Cycle 2; the development of energetic patterns & segments
- 2) Emotional & Energetic Processes 2 - increasing self-reflection & separation of inner aspects; deepening the interpersonal processes; developing emotional competence
- 3) Transference & Countertransference 2 – how defensive & creative processes influence the therapeutic relationship; therapeutic holding and frames; interrelatedness & interdependence
- 4) Deep Touch: BodyFocus 1-7 Psychotherapeutic Postural Integration
- 5) Anatomy for Deep Postural Bodywork in a bodypsychotherapeutic context; Body Awareness; Movement Awareness; Body Reading
- 6) Contact and touch– refining awareness & increasing competence in verbal & non-verbal communication; limits of verbal & touch communication
- 7) Developmental models & theories of character, personality & Self 1: patterns of development; origins of disturbances; protective & defensive processes
- 8) Supervision of the work with fellow students

YEAR 2: INCREASING EXPERIENCE & COMPETENCE, REFINING PRACTICE

- 1) Energetic Cycle 3: playing with the energetic wave, fine-tuning, imagework & creativity; increasing self-regulative processes
- 2) Transference, countertransference & working at the boundary; uncertainty; containment & holding; transparency & openness in core contact
- 3) Deep Touch 2 – BodyFocus 1-10 Psychotherapeutic Postural Integration
- 4) Models, methods and techniques of working with the body-mind; ethics of touch; touch competence
- 5) Time & the psychotherapeutic process; steps in sessions; phases in the psychotherapeutic process; short-term, longer term & open-ended contracts; psychotherapeutic journeys; goals & outcomes
- 6) On working with clients: diagnostic techniques, assessment, evaluation, selection; boundaries, contracts, issues; setting up in practice
- 7) Developmental models & theories of character, personality & Self 2: attachment & the embodied self; splits in bodymind integrity; social and cultural context of bodily reality; frames of reference and their anchoring
- 8) Supervision of the work with fellow students & with the first training clients if appropriate

All students are required to enhance and support their learning during the Advanced Training by having individual therapy outside the course.

Dates, Location and Costs

The course consists of seven training blocks per year, 33 days in year 1 and 38 days in year 2 (altogether 532 in-class training hours), starting in September 2009. The dates are:

Advanced Year 1

Sep 25-29 '09 (Fri-Tues)
Nov 27-Dec 1 '09 (Fri-Tues)
Feb 12-15 '10 (Fri-Mon)
Apr 2-6 '10 (Fri-Tues) (Easter)
May 28-Jun1 '10 (Fri-Tues) (BH)
July 16-19 '10 (Fri-Mon)
Sep 10-14 '10 (Fri-Tues) (*all provisional dates*)

Advanced Year 2

Nov 19-24 Nov '10 (Fri-Wed)
Feb 11-15 Feb '11 (Fri-Tues)
Apr 22-27 '11 (Fri-Wed) (Easter)
May 27-31 '11 (Fri-Tues) (BH)
July 15-19 '11 (Fri-Tues)
Aug 26-31 '11 (Fri-Wed) (BH)
Oct 28-1 Nov '11 (Fri-Tues) (*all provisional dates*)

Satisfactory completion of year 1 of the Deep Bodywork Advanced course is necessary to continue into year 2.

Tuition fees for the Deep Bodywork Advanced Training are £1645 for year 1 and £1795 for year 2. A deposit of £295 is required to secure a place, the rest is payable in instalments: cheques to be made payable to 'Silke Ziehl'. There are some bursaries available.

NB: You can also request or download the [Deep Bodywork Trainings Brochure](#), which will give you full information on all the Deep Bodywork trainings and both Certification Courses available after completion of the Deep Bodywork 2-year Advanced Training.

For information or To Book, please contact Silke Ziehl, Entelia Institute at The Open Centre, 188 Old Street, London EC1V 9FR, UK , tel: 07764 200 113
email: info@entelia.com web: www.entelia.com