



Training Courses in  
*DEEP BODYWORK*

2008 to 2013

**Entelia Institute**



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## ***Introduction***

The world around us is turbulent and changing. Old certainties make way for new uncertainties, for new ideas and new beginnings. This process of change uncovers lines of tension, unsuspected differences, underground conflicts that erupt, new alliances becoming possible, and challenges that abound.

Similarly to what is happening in the political, economic and social spheres, many of us discover comparable processes at work in our inner world. Sometimes stress, dissatisfaction, physical or emotional pain are the signs and symptoms of such a state of transition and change, a sign that what was is no longer fitting, that old structures (outer and inner) are no longer life-enhancing.

New ways of doing and being are called for – so where can we look for advice? Often, in our culture, we look outside for answers about our life, our health, our purpose, our decisions. Yet nobody else can tell us what we want, who we are, what decision is right for us. In our body however, we carry such a wealth of information about what we want and don't want, who we are and where we want to go, that we only need to open ourselves to this knowledge and welcome what we know.

These skills of listening in to ourselves, of being attentive to our inner impulses and longings, to our body's wisdom and grounded perspective, unfortunately are not taught in schools, nor often in the home. Yet such skills are vital for helping us to be more able to ride the waves of change with confidence and joy – and life is, above all, about movement and change, and the ability to adapt to what is.

Deep Bodywork can help us become more attentive to the body and its deep knowledge, more skillful at listening to its wisdom – and more skillful at being clear with others too, and able to respond to them and their body's story and communication.

Perception depends on the senses. Deep Bodywork provides an opportunity to become more familiar with our senses and to become more 'sensitive' and attentive to our perceptions. It will also help us to recalibrate our whole perceptual system. For example: through a deepening of our bodily felt experience we can develop our kinesthetic sense; through paying attention to the inner pictures of ourselves and our reality we can improve our visual sense; and through attentiveness to the verbal and non-verbal aspects of speech and sounds improve the auditory sense.

The trainings in Deep Bodywork offered by the **Entelia Institute for Creative Bodywork**, compliant with the guidelines of the professional association **The International Council of PsychoCorporal Integration Trainers (ICPIT)**, offer the possibility to learn effective, dynamic and process-oriented bodywork and bodypsychotherapy.

## ***What is Deep Bodywork?***

Deep Bodywork is a process of exploring personal structures and patterns – the attitudes, postures, emotions and behaviours collected and developed over a lifetime. It is also a process of transforming those set physical, emotional and psychological patterns, a method of freeing and integrating the energy contained in calcified structures, so that the energy may flow more freely once again through every dimension of self, allowing the person to be and to feel more alive. It helps us to reconnect to the spontaneity of free-flowing life energy by releasing barriers to the natural rhythmic flow, by increasing our awareness and bringing the unconscious into consciousness, allowing mental, emotional and behavioural release and integration.

Deep Bodywork, including the specialisations in Energetic Integration, Postural Integration® and Psychotherapeutic Postural Integration®, is an innovative development of Reichian therapy, rooted in Wilhelm Reich's pioneering work as well as in modern therapeutic methods such as Gestalt process work. It uses a wide range of mind and body-oriented approaches including body-sensing, breath work and cycles of charge and discharge, expressive movement, gestalt enactment, bodymind typologies, character analytic processes, attachment and development of self, body transference and countertransference in therapeutic relationships, setting and frames.

Deep Bodywork – Specialisations in Energetic Integration offers a double focus on the individual and on the interpersonal energetic processes. Deep Bodywork - Specialisations in Psychotherapeutic Postural Integration® additionally integrates the direct contact with the deep physical aspects of 'bodymind' with process-oriented bodywork and bodypsychotherapeutic approaches.

## ***Training courses in Deep Bodywork currently offered:***

**A) DEEP BODYWORK 1-YEAR FOUNDATION TRAINING 2008**

**B) DEEP BODYWORK 2-YEAR ADVANCED TRAINING 2009 -  
SPECIALISATION IN PSYCHOTHERAPEUTIC POSTURAL INTEGRATION**

**C) DEEP BODYWORK 1-YEAR CERTIFICATION as DEEP BODYWORK  
PRACTITIONER 2011 - SPECIALISATION in POSTURAL INTEGRATION®**

**D) DEEP BODYWORK 2-YEAR CERTIFICATION as DEEP BODYWORK  
BODYPSYCHOTHERAPIST 2011 - SPECIALISATION in PSYCHOTHERA-  
PEUTIC POSTURAL INTEGRATION.**

The next Deep Bodywork - Specialisation in Energetic Integration

Trainings are in the planning stage.

### ***Aims of the courses***

The primary goal of the training courses is to train effective skills in contacting the bodymind and in encouraging awareness and aliveness in the body in a safe, respectful and professional manner. These skills are useful for personal work and a prerequisite for professional bodywork and bodypsychotherapy.

The secondary goal is to help students go deeper in their own process of change, development and transformation. There will be opportunity in the group context of the Foundation Training and of the Advanced Training for work with individual issues.

Increasing body-awareness skills and self-knowledge means not only increasing maturity and life-skills – it also means building and strengthening the necessary foundation for emotional competence and effective professional bodywork and bodypsychotherapy skills.

In the Deep Bodywork 1-year Foundation Training, proportionally more emphasis and time is spent on the student's own developmental processes. In the Deep Bodywork 2-year Advanced Training, the main focus shifts towards practitioner development. In the two Certification Phases, the students are supported towards working professionally and competently in independent practice.

### ***Philosophy of the courses***

The training philosophy of these courses is based on an integrative and holistic approach to personal development and therapy. It acknowledges each person's freedom and right to develop their potential as a human being - to become more fully individuated and self-actualized. Moreover, individual development and growth are seen as creative processes involving bodily, emotional, intellectual, psycho-sexual, interpersonal and spiritual levels of being. Deep Bodywork assists this maturation process.

### ***Training Methods***

The methods in the trainings combine experiential, theoretical and practical work into an integrated web which supports the student's learning process. Experiential sessions, theoretical presentations and discussions are interwoven with practical demonstrations, work in the group and in small groups. This combination and interrelation of these different channels of learning supports a much deeper integration.

Throughout the trainings, opportunities will be given for participants to work with individual issues. It is also expected that participants will continue their self-development outside the training, including individual therapy with an experienced practitioner.

Independent work between training sessions in both the Deep Bodywork Foundation and the Deep Bodywork Advanced Training will be done individually and in small groups, and will include reading and written

assignments as well as practical assignments and exchanges of sessions. A training workbook and an experiential diary will be kept by participants throughout these training courses. Halfway through the second year of the Advanced Training students who are ready may start working with training clients under supervision.

In the Certification Years the students' own work with training clients will be the focus in individual and in group supervision to develop competence and therapeutic / psychotherapeutic skills. Additionally, theoretical, practical and experiential work on specific themes of working with clients will take place during intensive training weekends throughout the Certification Year/s.

In this manner theory is grounded in experience and practice, and experience can be integrated into developing intellectual clarity, emotional maturity and professional competence.

## ***Curricula***

### **A) DEEP BODYWORK 1-YEAR FOUNDATION TRAINING 2008**

The 1-year Foundation Training in Deep Bodywork provides an introduction to modern Reichian bodywork and bodypsychotherapy, combining intensive personal experience with theoretical and practical training. This course is therefore suitable for both practitioners and non-practitioners alike, and is the Foundation Year for a 2-year Deep Bodywork Advanced Training.

For practitioners in the helping professions who are interested in working more consciously with the body and who wish to develop their professional expertise, this course can be a powerful supplementary training to enhance their current practice. It is an intensive process of transformation for all participants, both in their personal life and in their role as practitioners.

Equally, this Deep Bodywork Foundation Training can be taken as an intensive 1-year course for personal growth and development.

#### **FOUNDATION IN THEORY AND EXPERIENCE - Getting to Know Body**

**Energetic Processes:** 24 days in 6 four-day training blocks (192 hours of in-class training); plus peer meetings and homework, both written and activity type.

- 1) **The Energetic Cycle** - working with the body's rhythms and energetic processes to increase aliveness and integration
  - breath and pulsation
  - recognizing charge, charging, discharging and harmonizing charge
  - phases in the energetic cycle
  - blocks in the cycle
  - patterns of breathing, including hyperventilation
  - techniques of working with breath.

- 2) **Emotional and Energetic Processes** – exploring the web of energy, movement and e
  - getting to know oneself in relation to others
  - focusing in the body; energy and emotion, working with emotion
  - dialogue with the body
  - accepting and expressing roles
  - psychodramatic methods.
- 3) **The development of character** - re-experiencing the stages in child development and understanding character structure influences in current patterns of behaviour
  - introduction to character analysis: experiential and theoretical
  - developmental structures and character structure: exploration of the fragmented, oral, psychopathic, masochistic and rigid structures
  - energetic processes in the body and character structures
  - the role of character analysis in working with self and others.
- 4) **Segments of the Energetic Body** – tracing the formation and nature of a hardening, a loss of flexibility (armour) in the body tissues and structures
  - pulsation, counterpulsation, segmentation
  - learning to work with segments (from eyes to pelvis)
  - trauma and its consequences in the structures.
- 5) **The body as the basis of projection** – clarifying projection, transference and countertransference in bodywork
  - contact and projection; therapeutic holding
  - communication and transference processes
  - transference meets countertransference.

## **B) DEEP BODYWORK 2-YEAR ADVANCED TRAINING 2009 - SPECIALISATION IN PSYCHOTHERAPEUTIC POSTURAL INTEGRATION®**

After successful completion of the 1-year Deep Bodywork Foundation, for those interested in developing further their expertise in working with the body it is possible to continue with the 2-year Advanced Training in Deep Bodywork.

The next 2-Year Advanced Training starting in September 2009 will be with the specialisation in Psychotherapeutic Postural Integration®, integrating deep touch with process-oriented bodywork and bodypsychotherapeutic approaches.

Year 1 consists of 33 days in 7 training units and Year 2 of 38 days in 7 training units (both years together 532 in-class training hours) plus regular peer meetings and homework - both written and activity type.

All students are required to enhance and support their learning during the Advanced Training by having individual therapy outside the course. Students wishing to continue after the Advanced Training with the 2-year Certification to become Deep Bodywork bodypsychotherapists will need to have completed a minimum of 100 hours of psychotherapy prior to the beginning

of their 2-year Certification phase.

### **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; Bodyreading
- 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

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

### **C) 1-YEAR CERTIFICATION AS DEEP BODYWORK PRACTITIONER & POSTURAL INTEGRATOR**

For participants wishing to become Deep Bodywork practitioners and/or Postural Integrators, it is possible to continue with a 1-year Certification phase, working with clients under supervision and taking part in professional support & development weekends. This certification phase includes:

- 1) Working with at least 4 training clients under supervision
- 2) Refining techniques & skills of working with bodymind
- 3) Transference & countertransference in humanistic practice
- 4) Working in independent practice as a bodywork practitioner
- 5) Professional cooperation
- 6) Special topics, eg. working with trauma in the body; birth etc
- 7) Supervision & professional support

### **D) 2-YEAR CERTIFICATION AS DEEP BODYWORK BODYPSYCHO-THERAPIST & PSYCHOTHERAPEUTIC POSTURAL INTEGRATOR**

For participants wishing to become Deep Bodywork bodypsychotherapists and/or Psychotherapeutic Postural Integrators it is possible to continue with a 2-year Certification phase, working with clients under supervision and taking part in professional support and development weekends. This 2-year certification phase includes:

- 1) Working with training clients under supervision (at least 260 hours of supervised practice)
- 2) Refining body-psychotherapeutic skills
- 3) Exploring psychotherapeutic issues in the light of practice experience (eg transference & countertransference in ongoing bodypsychotherapeutic relationships)
- 4) Working in independent practice as a bodypsychotherapist
- 5) Professional cooperation
- 6) Special topics, eg. working with trauma in the body, psychosomatic patterning, group processes, bodypsychotherapy & families
- 7) Supervision & professional support

Psychopathology is a separate element of the Certification requirements for Bodypsychotherapists, and this will be taken outside the Institute and paid for separately.

All students / practitioners are expected to adhere to professional ethics and standards.

## ***Certificates***

After successful completion of the Deep Bodywork training courses, the following certificates may be obtained by graduates:

- a) Deep Bodywork 1-year Foundation Training  
**Certificate in Bodywork**, issued by Entelia Institute
- b) Deep Bodywork 2-year Advanced Training  
**Diploma in Deep Bodywork**, issued by Entelia Institute
- c) Deep Bodywork 1-year Certification Phase:
  - i) **Diploma as Deep Bodywork Practitioner**, issued by the Entelia Institute
  - ii) **Diploma as Certified Postural Integrator** issued by the International Center for Release and Integration (ICRI), California, USA, for which graduates may independently apply.
- d) Deep Bodywork 2-year Certification Phase:
  - i) **Diploma as Deep Bodywork Bodypsychotherapist**, issued by the Entelia Institute
  - ii) **Diploma as Psychotherapeutic Postural Integrator**, issued by the International Council of PsychoCorporal Integration Trainers (ICPIT) for which graduates may independently apply.

## ***Facilitation of the courses***

The Foundation Training will be facilitated by Silke Ziehl.

For the Deep Bodywork Advanced Training, Silke Ziehl may be joined by Sean Doherty and Jack Painter, as well as other specialist guest faculty members.

For the Certification Phases additional faculty members are to be announced.

**Silke Ziehl, M.Sc.**, is an experienced bodyworker and bodypsychotherapist, an Acupuncturist, Hawaiian Huna bodyworker and a trainer and supervisor in Deep Bodywork, Postural Integration, Energetic Integration and Pulsing. She has been running bodywork groups and professional trainings in England, Germany and Greece for over 25 years. She is Director of the Entelia Institute for Creative Bodywork, and is the current Vice-President of the International Council of PsychoCorporal Integration Trainers. She brings a light touch to deep work, assisting primary processes through attention and

non-interference.

**Sean Doherty**, has been practising as a bodypsychotherapist since 1981. He is trained in various forms of bodywork and psychotherapy, including Postural and Energetic Integration, Pessowork, cranial-sacral therapy, osteopathy and massage. He is also a trainer in Reichian Therapy, Energetic Integration, Postural Integration and Integrative Massage. He has chaired various Therapy and Alternative Medicine organisations and is currently General Secretary of the EABP. His commitment is to find the self-regulating heart of the human process. Here conscious and unconscious knowledge, ancient wisdom and modern neuro-science, instinct and emotion come together and empower us in all aspects of life - work, politics, family and relationships.

**Jack Painter** Ph.D, is Director of the International Center for Release and Integration (ICRI) in Mill Valley, USA. Formerly a Professor at the University of Miami, he developed Postural Integration, a method of process-oriented bodywork, in the early seventies. He runs trainings worldwide in Energetic Integration, Postural Integration and in Pelvic-Heart Integration. He is author of several professional books, president of the Southern European University of Integrative Learning, and a member of several other international centres and institutes. He is a father of 3 children.

## ***Dates, Location and Costs***

### **A) DEEP BODYWORK 1-YEAR FOUNDATION TRAINING:**

The next Foundation in Deep Bodywork starts October 2008. The training comprises 24 days in 6 four-day blocks, Friday to Monday. The dates for the 6 units in the 2008/09 Deep Bodywork Foundation course are:

**Oct 3-6 '08**

**Nov 28-Dec 1 '08**

**Jan 30-Feb 2 '09**

**March 27-30 '09**

**May 22-25 '09**

**July 17-20 '09**

All workshops will take place at The Open Centre in London.

Tuition fees for the Deep Bodywork Foundation Training starting October 2008 are £1250. A deposit of £250 is required to secure a place, the rest is payable in instalments: cheques to be made payable to Silke Ziehl.

### **B) Deep Bodywork Advanced Training**

The next Deep Bodywork 2-Year Advanced Training - Specialisation in Psychotherapeutic Postural Integration will start in September 2009. 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-Jun 1 '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*)

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.

**NB:** To take part in the 2-year Advanced Bodywork Training – Specialisation in Psychotherapeutic Postural Integration starting September 2009, you will need to:

- 1) have completed one of the following:
  - a) a one-year Deep Bodywork Foundation Training, or equivalent
  - b) a training in body-oriented therapy or equivalent
- 2) have adequate experience of self-development work and of therapy / psychotherapy
- 3) have previously completed a professional training course, a college or university course or have equivalent work experience

**NB:** Satisfactory completion of year one of the Deep Bodywork Advanced course is necessary to continue into year two.

If you have any queries about these requirements or your experience, please contact Silke Ziehl.

### **C) 1-YEAR CERTIFICATION AS DEEP BODYWORK PRACTITIONER**

The 1-year Certification Phase will start in December 2011. This certification phase takes place over a minimum of one year and comprises working with at least 4 training clients under supervision plus 16 days in class.

To take part in the 1-year certification phase to become a Deep Bodywork Practitioner you will need to:

- 1) have completed one of the following:
  - a) the 2-year Deep Bodywork Advanced Training
  - b) or an equivalent professional bodywork training
- 2) show evidence of sufficient emotional maturity to work therapeutically with clients in independent practice.

Costs to be announced.

## **D) 2-YEAR CERTIFICATION AS DEEP BODYWORK BODYPSYCHOTHERAPIST**

The 2-year Certification Phase will start in May 2011. The certification phase takes place over a minimum of 2 years and comprises working with training clients under supervision (minimum of 260 client hours) plus 18 days per

year in class. An additional psychopathology module will be taken separately outside the Institute.

To take part in the 2-year Certification Phase to become a Deep Bodywork Bodypsychotherapist you will need to:

- 1) have completed one of the following
  - a) the 2-year Deep Bodywork Advanced Training
  - b) or an equivalent professional bodypsychotherapy training
- 2) have completed at least 100 hours of psychotherapy prior to the beginning of the certification phase
- 3) show evidence of sufficient emotional maturity to work psychotherapeutically with clients in independent practice.

Costs to be announced.



### ***Application Procedure for Deep Bodywork Foundation Training***

Please apply with a brief personal statement which includes information on the following questions plus anything else you want to share:

- a) Your name, address, telephone/mobile phone number, e-mail address, and your date of birth.
- b) Your current and past occupations.
- c) The story of your body, your emotions, your mind, your spirit.
- d) Your reasons for wishing to take part in the course.
- e) Your experience in self-development work, therapy / psychotherapy, bodywork, both individual and group; please give details of when, for how long and with whom you worked.
- f) Brief medical history, including any psychiatric experiences.
- g) What you can bring to the training course.
- h) What you hope to gain from the course.

Please send your application, together with a passport-sized photograph, to:

Silke Ziehl, Entelia Institute at The Open Centre, 3rd floor, 188 Old Street,  
London EC1V 9FR, Tel: 07764 200113, Fax: 020 7681 1992  
e-mail: [info@entelia.com](mailto:info@entelia.com)      [www.entelia.com](http://www.entelia.com)

## **FURTHER INFORMATION**

The trainings offered by the Entelia Institute are offered within the framework and as part of an international professional training programme.

Trainings in Postural Integration<sup>®</sup> and Energetic Integration, as well as trainings in Psychotherapeutic Postural Integration and in Psychotherapeutic Energetic Integration worldwide are supported and controlled by the 'International Council of PsychoCorporal Integration Trainers' (ICPIT).

***International Council of PsychoCorporal Integration Trainers (ICPIT),***  
*Secretariat, Toekomststraat 99, B-9040 Gent/ St. Amandsberg, Belgium,*  
*Tel/Fax: 00 32 9 228 4911;*  
*e-mail: dirk.marivoet@wanadoo.be*  
*www.psychocorporalintegration.info*

***International Center for Release and Integration (ICRI)***  
*450 Hillside Avenue, Mill Valley, CA 94941, USA,*  
*Tel: 00 1 415 383 4117, Fax: 00 1 415 383 1139;*  
*e-mail: jackpainter@compuserve.com*  
*www.bodymindintegration.net*

***European Association of Bodypsychotherapy (EABP)***  
Their website will give information on the requirements for joining  
the organisation.  
[www.eabp.org](http://www.eabp.org)

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