

## **Bodynamic Practitioner Training 2012 – 2014**

### **Amsterdam**

**Main trainers Lisbeth Marcher, Ditte Marcher and Efthimi Lazarou**

**This advanced training in the Bodynamic System** is designed to give trainees a deep working knowledge of the Bodynamic system of Body Psychotherapy.

The Practitioner Training is open to participants who completed the Bodynamic Foundation Training.

The Practitioner Training is presented in 12 modules of 6 days each, spread over 3 years. The training also includes 60 hours of supervision and 70 hours of personal therapy from a Certified Bodynamic Therapist.

Some of the main topics included in this training are:

#### **In depth exploration of the Bodynamic Developmental Character Model**

Bodynamic Analysts have developed a specific understanding of human psychomotor development and have been able to expand Character Structure theory to a high degree of accuracy, moving beyond the character systems of Wilhelm Reich and Alexander Lowen. Training in character theory will begin with a thorough exploration of the earliest structure, *Existence*, and progress to the later structures of *Solidarity and Performance*.

#### **In depth study of muscle anatomy**

From a Bodynamic perspective the study of muscular anatomy includes sensing each muscle in your own body, learning the psychological content and psychomotor function and its relation to character issues.

Some trainees may already have an in-depth knowledge of anatomy and others may have little familiarity with it. While this training is not designed to provide a basic course in muscle anatomy it will proceed at a pace which allows those less experienced to follow along. These students must be prepared however, for significant outside study to master this exciting yet demanding material. Even experienced students of the body will be learning anatomy in a new way. Forming study groups has proven to be a key for past training groups.



## **Body mapping**

Trainees will learn to palpate specific muscles and distinguish between four levels of *hypo-* and *hyper-responsiveness*. They will learn to make the basic ‘short’ Bodymap in which 50 muscles are tested and the results interpreted along developmental and character lines.

Body mapping in this way enables practitioners to gain a basic understanding of the resources, or lack of them, in their client in the following Functions of Ego;

- capacity for grounding and relating to reality
- strength of postural muscles and the ability to hold oneself up
- boundaries and territory
- self containment
- ability to bond
- interaction skills
- shock trauma
- key early developmental problems that might point to significant ego weakness
- the need for special support or containment.

## **Body reading**

The Bodymap reveals precise information about Character Structure in the body, but learning how to see it is just as important. Participants will learn to observe how each structure shows up in the body and also how different structures are layered with each person’s physical posture.

## **Body awareness**

In the clinical setting, the essential ground of Bodydynamic practice comes from its work with the four levels of body awareness; body sensing, body experiencing, body expression, and body regression.

Emphasis will be placed on participants learning to sense these levels of body awareness in themselves.

## **Bodydynamic Massage**

This unique form of massage has its origins in the *Relaxation School* of body education in Denmark. It is designed to help the client gain a deep sense of contact with his or her body through a gentle but thorough movement that elongates and releases the muscle. This technique is used in therapy to build body sensing awareness and positive resource states.



### **Shock work**

Bodydynamic Analysis, influenced by and in collaboration with Peter Levine and his *Somatic Experiencing* model, developed specific ways of dealing with shock, or highly traumatic experiences such as car accidents, surgeries, or physical and sexual abuse. Unlike character issues sustained in the family situation, shock trauma impacts the nervous system and the body in particular ways. The task in shock work is to help the client's nervous system re-establish a new homeostatic balance and to help the client re-establish body boundaries and a sense of embodied safety.

### **Boundary development and boundary formation**

Practitioners will learn how boundaries are formed in the developing child and how to work with boundary issues with their clients. The ability to sense boundaries is one of the essential tools for understanding transference and counter-transference issues at a somatic level.

### **Group psychology and group training experience**

The Bodydynamic System has made a unique contribution to the study of the child's experience of being in a group situation. Just as therapy is not complete without working with very early issues, neither is it complete until an individual is able to participate in a group and express their individuality in a healthy and fulfilling way. Certain developmental (character) issues can only be resolved within a group setting.

### **Other issues**

Ethics, ego functions, history of the Bodydynamic system, life history, norms and values, group process

### **Certification as a Bodydynamic Practitioner**

The requirements for certification are as follows:

- Attendance at the Practitioner Training
- Receive a Bodymap
- Pass an Anatomy test that will take place during the training
- Completion of a paper analyzing your Character Structure using Bodydynamic theory
- Completion of a paper reporting on a therapy process with a client
- Completion of Therapy and Supervision hours
- Payment of all fees.



## Fees and planning first half of the training

Planning first six segments Practitioner Training:

1. **August 28 –September 2, 2012** Lisbeth Marcher
2. **November 27–December 2, 2012** Ditte Marcher
3. **February 5 – 10, 2013** Efthimi Lazarou
4. **May 14 – 19, 2013** Ditte Marcher + Group Consultant
5. **September 3 – 8, 2013** Ditte Marcher + Efthimi Lazarou
6. **November 26 – December 1, 2013** [will be announced later]

### Tuition fee:

2012	€ 3600,00
2013	€ 3600,00
2014	€ 3600,00

Other costs: having the Bodymap made, supervision, learning therapy [travel and stay for whom this concerns] are on top of the tuition fee

## REGISTRATION before February 15<sup>th</sup> 2012

- a. fill out the registration form on the website [www.bodydynamic.nl](http://www.bodydynamic.nl)  
[left hand menu **courses**>registration]
- b. if you have difficulties registering through the website, send an e-mail to [amever@tiscali.nl](mailto:amever@tiscali.nl) containing your contact details and date of completion of the Foundation Training

