



New brain research on the impact of trauma validates the importance of somatic processes to resolve deep wounds. Bioenergetics has many tools that can be very effective with even the most difficult traumas.

BIOENERGETIC BASICS OFFERED  
BEGINNING IN FALL, 2016 IN:

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Affiliated with the International Institute for  
Bioenergetic Analysis

# BIOENERGETIC BASICS

Introducing the core  
concepts and basic  
techniques of  
Bioenergetic Therapy  
in 6 full-day sessions



# BIOENERGETIC THERAPY

is a highly effective therapeutic approach that combines work with the body and the mind in the context of a therapeutic relationship to help people change at a deep level. This workshop is designed to give professionals in the healthcare field some basic functional knowledge of Bioenergetics through lecture, demonstration, and experiential processes. Bioenergetic theory and techniques will be taught and participants will have the opportunity to practice the techniques. The meetings will also include Bioenergetic exercise classes and demonstrations of Bioenergetic psychotherapy sessions.

## WHO BEST BENEFITS? TECHNIQUES TO TREAT

Psychotherapists and mental health practitioners who want to add somatic psychotherapy work to their practice

Practitioners of other disciplines who want to learn about the Bioenergetic approach to psychotherapy

Individuals who want to learn about Bioenergetic Therapy for personal growth

Depression

Anxiety

Trauma and PTSD

General unhappiness with life

Relationship challenges



**THE BIOENERGETIC TRAINING PROGRAM WAS A GAME CHANGER FOR HOW I PRACTICE AND A LIFE CHANGER FOR ME PERSONALLY. THE DEPTH AND COMPLEXITY OF HUMAN DEVELOPMENT AND TRAUMA EXPERIENCE WHICH WAS EXPLORED AND TAUGHT IN THIS PROGRAM HAS SET ME APART FROM COLLEAGUES...AND BECAUSE THE PROGRAM HAS SUCH A STRONG EXPERIENTIAL COMPONENT, I HAVE GROWN AND DEVELOPED AS A PERSON IN A WAY THAT I HAVE DEEP COMFORT, CONFIDENCE, AND PEACE WITH MYSELF AS THERAPIST.**

**- Ann C. of Michigan**

New imaging techniques of the brain and recent neurobiological research on the impact of trauma validate the importance of somatic processes to resolve deep wounds from early attachment experiences and trauma. The part of the brain developed during our early attachment experiences and most affected by trauma is primarily non-verbal and unconscious, and supports the basic underlying theoretical tenet of Bioenergetic Analysis: the importance of working somatically in therapy.