

# **The training program for transpersonal psychotherapists and Holotropic therapy, Bucarest 2019**

## **Modul 1 (11. bis 14. April 2019)**

Psychotherapy and Spirituality  
Spiritual path and heroes journey  
How to work as a transpersonal psychotherapist  
Holotropic Breathwork-Session

## **Modul 2 (31. Juli bis 4. August 2019)**

Non ordinary states of consciousness in theory and self-exploration -> examples  
Consciousness, self, I and Ego -> differences  
Shadow and old patterns  
Stan Grofs topography of the unconsciousness, COEX-systems, levels of  
consciousness. The biographical level  
Holotropic Breathwork Session

## **Modul 3 (20. bis 24. November)**

What is the death of the Ego?  
Death and rebirth in Stan Grofs work, concept of perinatal matrices  
Tibetan and other books of death  
Holotropic Breathwork Session

## **Modul 4**

Spiritual crisis and psychotic illness. How can I recognize a psychotic state?  
Incest und therapeutic abuse. Shame and guilty.  
Personality disorders. Treating personality disorders in HB.  
Projections.  
Holotropic Breathwork Session

## **Modul 5**

Shamanism as a tool of therapy  
Transpersonal experiences: Opportunities and borders in the work with altered  
states of consciousness, integration of the HB-experience.

Bodywork  
Holotropic Breathwork Session

### **Modul 6**

Union with the divine . Love.  
Kundalini: mythological background, phenomena and problems

Energetic work/ Chakras : The meaning of chakras in the work with altered states  
of consciousness.  
Holotropic Breathwork Session

### **Modul 7**

Setting and concept of Holotropic Breathwork: Relaxation, Bodywork, Music,  
Sharing, Mandalas -> short overview  
Tools of integration (Mandala and other tools)  
Holotropic Breathwork Session

### **Modul 8**

Using music for Holotropic Breathwork  
Holotropic Breathwork Session

### **Modul 9**

Supervision und Feedback, ethic questions  
Holotropic Breathwork Session