

The training program for Transpersonal-Holotropic Breathwork Practitioner

Modul 1

- Psychotherapy and spirituality
- Spiritual path and heroes journey
- Spiritual journey map and evolution of consciousness:
I. stage: The power of the roots
- Holotropic Breathwork Session

Modul 2

- Stan Grofs extended map of the psyche: biographical level, COEX-systems, perinatal level with 4 matrices and transpersonal level of consciousness
- Shadow and old patterns
- Spiritual journey: II. Stage: The power of relationships
- Holotropic Breathwork Session

Modul 3

- Overview of transpersonal methods and schools
- History of the Transpersonal movement
- Healing potential of non-ordinary states/ The New Paradigm
- Theory of human evolution and maps of human consciousness
- Theories of change
- Death and rebirth in Stan Grofs work. What is the death of the Ego?
- Tibetan and other books of death
- Holotropic Breathwork Session

Modul 4

- Non-ordinary states of consciousness in theory and self-exploration -> examples

- Energetic work: bioenergetic fields and their visualization through technology
- The meaning of chakras in the work with non-ordinary states of consciousness
- Spiritual Journey: III. Stage: The inner power
- Holotropic Breathwork Session

Modul 5

- Transpersonal view of psychopathology, projections, incest, shame and guilt, transference
- Personality disorders/ treating personality disorders in HB
- Spiritual and existential crisis and mystic states/ psychotic illness
- How can I distinguish a psychotic state from a spiritual crisis?
- Spiritual journey: IV. Stage: The power of feelings
- Working with groups
- Holotropic Breathwork Session

Modul 6

- Kundalini: mythological background, phenomena and problems
- Spiritual traditions
- Consciousness, self, I and Ego -> differences.
- Different forms of love/ Union with the divine love
- Spiritual Journey: V. stage: The Willpower
- Holotropic Breathwork Session

Modul 7

- Shamanism as a tool of therapy
- Transpersonal experiences: Opportunities and borders in the work with non-ordinary states of consciousness, integration of the HB-experience
- Bodywork I
- Spiritual Journey: VI. stage: The power of mind and wisdom

- Holotropic Breathwork Session

Modul 8

- Setting and concept of a Holotropic Breathwork-Workshop: Part of the sitter, relaxation, bodywork, music, sharing, Mandalas
- Tools of integration. Mandala and other tools
- Spiritual Journey: VII. Stage: Connection with the Divine
- Holotropic Breathwork Session

Modul 9

- Practical skills of working with HB- states of consciousness
- Bodywork II
- Using music for Holotropic Breathwork
- How to work as a transpersonal psychotherapist
- Holotropic Breathwork Session

Modul 10

- Supervision and feedback, ethic questions
- Final report of the own experience process and how to integrate the experiences in the own professional work
- Holotropic Breathwork Session