

Pelvic-Heart Integration Training 2017-2020

1.1 Year 2 (Starting 24th October 2018)

- 1.1.1 Group process and individual process work
 - 1.1.1.1 Guided Therapeutic and Facilitating Work by the Trainers of PHI
- 1.1.2 Theories of Sexuality and Energy
 - 1.1.2.1 General Theory of Pelvic-Heart Integration
 - 1.1.2.2 Therapeutic dilemmas in the sexological clinic
 - 1.1.2.3 Energy theories of Sexuality and Sexual Dysfunction Part 2
 - 1.1.2.3.1 Orgastic Potency
 - 1.1.2.3.2 Character & Muscular Armoring
 - 1.1.2.4 Ethics & Holistic Healthcare
 - 1.1.2.5 Treatment of genital, sexual and non-sexual pain
- 1.1.3 Femininity / Masculinity:
 - 1.1.3.1 Connection of our Male and Female parts:
 - 1.1.3.2 The Way of Merging;
 - 1.1.3.3 Inner Alchemy and Inner Marriage
 - 1.1.3.4 Ecstasy as Process;
- 1.1.4 Sexual Issues in Men and Women
 - 1.1.4.1 Women's sexual issues and pelvic-heart work
 - 1.1.4.2 Men's sexual issues and pelvic-heart work
- 1.1.5 Anatomy, TCM and Physiology Part 2
 - 1.1.5.1 The outer structure of the Pelvis;
 - 1.1.5.2 the Pelvic Floor;
 - 1.1.5.3 the Female Sexual Structure,
 - 1.1.5.4 the Male Sexual Structure;
 - 1.1.5.5 Special Topics: Neurobiology & Physiology of Heart, Genitals, Myofascial Networks
 - 1.1.5.6 Physiology of the Orgasm, Ecstasy; the Orgasm Reflex;
 - 1.1.5.7 Energy Meridians and Fine Energy
- 1.1.6 Bodymind Techniques for Sexual Release and Integration:
 - 1.1.6.1 Gestalt - advanced Techniques for PHI
 - 1.1.6.2 Pelvic-Heart Bodywork Part 2
 - 1.1.6.2.1 Advanced Work with the Natural Energetic Cycle
 - 1.1.6.2.1.1 Secure Breath
 - 1.1.6.2.1.2 Nurturing Breath
 - 1.1.6.2.1.3 Exploring Breath
 - 1.1.6.2.1.4 Free Breath
 - 1.1.6.2.1.5 Excited Breath
 - 1.1.6.2.1.6 Orgastic Breath
 - 1.1.6.2.1.7 Ecstatic Breath
 - 1.1.6.2.1.8 Surrendering Breath
 - 1.1.6.2.1.9 Relaxed Breath
 - 1.1.6.2.2 Advanced Work with the Blockages in The Energetic Cycle
 - 1.1.6.2.2.1 Fragmented Breath
 - 1.1.6.2.2.2 Needy Breath
 - 1.1.6.2.2.3 Inflated Breath,
 - 1.1.6.2.2.4 Conflicted Breath
 - 1.1.6.2.2.5 Interrupted Breath
 - 1.1.6.2.2.6 Dissociated Breath
 - 1.1.6.2.2.7 Illusory Breath
 - 1.1.6.2.2.8 Overextended Collapsed Breath
 - 1.1.6.2.2.9 Exhausted Anxious Breath
 - 1.1.6.2.3 Reichian Segmental Armoring Part 2
 - 1.1.6.2.3.1 Ocular, Oral, Cervical, Thoracic -Arm, Diaphragmatic, Abdominal, Pelvic - Leg Segments
 - 1.1.6.2.4 Bodymind Drama Part 2 -

- 1.1.6.2.4.1 Working with Ideal Support
 - 1.1.6.2.4.2 Real Situation
 - 1.1.6.2.4.3 Involving the Group
 - 1.1.6.2.5 Breath techniques Part 2
 - 1.1.6.2.5.1 Subtle Charging and Discharging Techniques
 - 1.1.6.2.6 Pelvic Release for the Male and the Female - Deep touch of the inner Core - Myofascial Work based on Advanced Postural Integration®
 - 1.1.6.2.7 Pelvic-Heart Movement Awareness & Expression Exercises Part 2
 - 1.1.6.3 Imagery and Hypnotic Techniques
- 1.1.7 Character Structures in Sexuality Part 2:
 - 1.1.7.1 Reichian Character Types in the Energetic Cycle: Fragmented, Oral, Inflated, Compressed, Rigid Part 2
 - 1.1.7.2 Rigid Character Types - Breath, Tissue work & Bodymind Drama-Part 2
 - 1.1.7.2.1 Hysteric
 - 1.1.7.2.2 Passive-Feminine
 - 1.1.7.2.3 Phallic-Narcissistic
 - 1.1.7.2.4 Masculine-aggressive
 - 1.1.7.2.5 Obsessive-compulsive
 - 1.1.7.3 Bodymind Reading of Character Types
 - 1.1.7.4 PHI Work on the armor of the different character types; Sexual Blockages
 - 1.1.7.5 PHI Work with the different character structures in the interaction of couples.
- 1.1.8 Triangle Work Part 2
 - 1.1.8.1 Exploration of Family triangles & Triangulation
 - 1.1.8.2 Ideal Parents vs. Real Parents
 - 1.1.8.3 Transforming the roles in the triangle for new solutions
- 1.1.9 Intimate Relationships
 - 1.1.9.1 from distance to inner harmony;
 - 1.1.9.2 The encounter of partners resonating with each other's supportive ideal parents.
 - 1.1.9.3 Sexual Resonance with your Partner:
 - 1.1.9.4 Phases and Obstacles in Relationships
 - 1.1.9.5 Going Your Way while staying connected
- 1.1.10 Therapeutic Relationship Part 2:
 - 1.1.10.1 Working with Training Clients under Supervision
 - 1.1.10.2 The Working Alliance in PHI & Phases in the Therapy Process
 - 1.1.10.3 Introducing Sexuality, Love & Spirituality in a Session;
 - 1.1.10.4 Deciding where to start, the middle and the end;
 - 1.1.10.5 Spirituality in Transference and Counter-Transference.
 - 1.1.10.6 When to make referrals, and what to leave alone;
 - 1.1.10.7 Untying spiritual blockages
 - 1.1.10.8 Spiritual Guidance & Practice within PHI
 - 1.1.10.9 Erotic Transference-Countertransference
- 1.1.11 Spirituality in Sexuality:
 - 1.1.11.1 Beliefs, thoughts, experiences held in our unconscious
 - 1.1.11.2 Overcoming Shame, guilt, embarrassment
 - 1.1.11.3 Transforming Mask & Lower Self, Grounding in Higher Self
 - 1.1.11.4 The art of Self Love - Finding the God Place Inside; Conversations with God
 - 1.1.11.5 Support through our Ancestors; The virtual fulfillment of sexual needs of our Ancestors;
- 1.1.12 Myth and the Body Part 2:

- 1.1.12.1 Embodied Myth play Part 2
- 1.1.12.2 Mythological Archetypes, themes and topics Part 2
 - 1.1.12.2.1 Oedipus
 - * Link: <https://en.wikipedia.org/wiki/Oedipus>
 - 1.1.12.2.2 Electra
 - * Link: https://en.wikipedia.org/wiki/Electra_complex
 - 1.1.12.2.3 Tristan & Iseult
 - * Link: https://en.wikipedia.org/wiki/Tristan_and_Iseult
 - 1.1.12.2.4 Adam & Eve; Adam & Lillith
 - * Link: <https://en.wikipedia.org/wiki/Lilith>
 - 1.1.12.2.5 Romeo & Juliet
 - * Link: https://en.wikipedia.org/wiki/Romeo_and_Juliet
 - 1.1.12.2.6 Lancelot & Guinevere; ...
 - * Link: <https://en.wikipedia.org/wiki/Guinevere>

1.2 Year 2

- 1.2.1 150 residential group hours
 - 1.2.1.1 three five day blocks
 - 1.2.1.1.1 Part I : October 24th -28th 2018
 - 1.2.1.1.2 Part II: February 20th -24th 2019
 - 1.2.1.1.3 Part III: June 5th -9th 2019
- 1.2.2 Minimum 30 hours - Practical work outside the group: Peer Group Meetings
- 1.2.3 Online meetings to the extent of minimum 6 hours (3 x 2 hours) Supervision/ Mentoring by the trainer or assistants
- 1.2.4 Personal Learning Therapy PHI: Minimum of 5 sessions and a report on this self-experience (10 hours).
- 1.2.5 Practical work with clients under supervision (i.T.u.S) (In Training under Supervision)
 - 1.2.5.1 8 hours of work with clients
 - 1.2.5.2 plus a report or reflection of 4 sessions with 2 clients of opposite gender)
 - 1.2.5.3 Minimum 2 hours of supervision.