

International Institute for Consciousness Exploration  
and Psychotherapy Freiburg (Germany)

# THE HEALING FIELD

A TRAINING IN TRANSPERSONAL PSYCHOTHERAPY



## THE HEALING FIELD

The International Institute for Consciousness Exploration and Psychotherapy Freiburg (I.I.B.P.) announces an exciting 4-and-a-half year, deeply experiential and certified educational training program focusing on everything you ever wanted to know about Transpersonal Psychotherapy. We bring together twelve outstanding spiritual teachers from around the world for this life-changing opportunity.

They are:

**Rainer Pervöltz** (*Freiburg, Germany*),

**Dr Ingo Jahrsetz** (*Freiburg, Germany*),

**Bernadette Blin** (*Paris, France*),

**Dr Gennady Brevde** (*St Petersburg, Russia*),

**Dr Stefan Dressler** (*Freiburg, Germany*),

**Dr Dietrich Franke** (*Freiburg, Germany*),

**Dr Regina Hess** (*Cologne, Germany*),

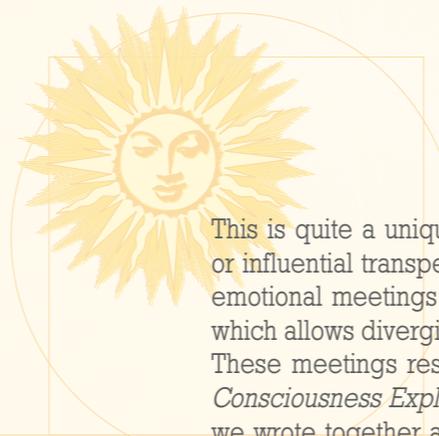
**Dr Vladimir Maykov** (*Moscow, Russia*),

**Jaume Mestres** (*Barcelona, Spain*),

**Dr Judith Miller** (*Philadelphia, USA*),

**Dr Olga Mokhina** (*Wolgograd, Russia*),

**Magda Solé** (*Barcelona, Spain*).



This is quite a unique team of trainers. Not only are most of us leaders of transpersonal training centres or influential transpersonal psychotherapists in our respective countries, but also did we spend countless emotional meetings - debating, confronting, and forging together a view of transpersonal psychotherapy which allows diverging standpoints and yet, a common base for offering this far-reaching training program. These meetings resulted in two important outcomes. One is the book *Coming Home – The Intimacy of Consciousness Exploration and Transpersonal Psychotherapy* (Cambridge Scholar Publishing, 2017) which we wrote together and which bears testimony to the many days and nights of common investigation. The other is a deep heart-felt friendship which grew gradually out of our encounters and has become more and more powerful over the last years. We believe that this will be a good fundament for running such a large-scale training together.

You might be interested in this training out of different reasons. Whether you are a healer who has been engaging in psycho-spiritual practices with clients for many years, or whether you are a mainstream psychotherapist who wants to extend his world-view and his healing capacities, or whether you are a spiritual seeker who is searching for greater meaning in your life, this training “The Healing Field” may be just the perfect fit for what you have been looking for. It will begin in Spring 2019, and will consist of two ten-day sessions, held in the Spring and Autumn for each of the four and a half years. We will meet in beautiful and serene locations in Southern Germany, the Paris countryside, the Canary Islands and Barcelona, in St. Petersburg and Moscow.



The major theme running through this training program on Transpersonal Psychotherapy will be the nature and quality of "relationships". All our teachers have agreed that relationships are a primary and necessary factor if healing is to take place.

In every kind of relationship, we are occasionally challenged by our partners or counterparts – challenged up to a point where we feel pushed towards the borders of our personalities. The more intimate the relationship, the more fiercely we might get confused and troubled. It is here that we reach the limits of our familiar structures - and get into states of mind which can be painful and extremely disturbing. Since we don't find any customary tools to cope with the situation, we feel helpless and disempowered. The habitual consequences are that we start a war or withdraw completely or break up the relationship.

This is, at the same time, one of the reasons why relationships occupy such an important place in the transpersonal frame of mind. Here, if we are ready to remain open, have we the chance to enter a space of emptiness, venture into unknown territory. Here are we invited to leave our familiar story, and expand ourselves into realms of essence, learn to rely on forces which dwell beyond our limits of comprehension. Of course, this is not the only way to get there, but unfortunately, it is often through suffering that we become willing to take steps into the unknown - we cling so much to our habitual forms of living. Relationships are door-openers, and of course not only when they are difficult.

So, this transit between the comparatively narrow boundaries of your personality and the boundless potential of your essential consciousness will be a major focus in the training. Through the wisdom of ancient spiritual traditions and modern transpersonal study, our teachers will gently guide you through inner exploration, group work, and shared discussions, and assist you to more and more live your full presence in your daily life.



But what kinds of relationships are we referring to, and what exactly is the relevance of relationships to transpersonal development and healing?

Each of the teachers will dive deeply into this theme of relationships, but from different perspectives, practices, and spiritual traditions.

- We will explore *the relationship that you have with yourself*; how do you self-care, how do you feel compassion for yourself, in what ways do you work with your own shadow, how do you transform your own trauma, how do you open your heart towards yourself, and even perceive your own death and feelings of madness?
- *The relationship with family members and lovers* across the lifespan will be examined. Have your experiences in childhood shaped your patterns with significant people in your later life? Which life passages have most influenced your interpersonal dynamics; are there unconscious factors involved; how exactly do you work with these hidden parts of yourself? Does spiritual development and transpersonal consciousness necessitate that you transform conflicts and divisions to forgiveness and connection?
- *Your relationship to work* will also be clarified. Do you feel a mission or higher purpose in your life? Is your work a mirror of your best self, or do you make compromises and put up a façade with colleagues?
- *What is the relationship you have with clients, students?* Do you see yourself as mentoring others? Is your relationship with clients a spiritual connection, and part of your own spiritual development? Or do you pay more attention to professional aspects? What about transference and counter-transference? Do you desire to heal others? What do you believe about boundaries, energy exchanges?
- *How do you develop a relationship with your consciousness*, your dreams, your shamanic energies, your spirituality: What is the *Divine*, the sacred to you – is it far away and transcendent, or do you have a close and intimate relationship with it? Where is your faith placed? Can you trust in a higher power or are you unsure?

- Who are you as a *citizen of the world*? Are you effected by collective energies? What is your relationship to your ancestors, your country's history – both its darkness and light? How much are you in contact with archetypes? How do they live in your soul? Are you open and aware of them, or not?

This training program is not for everyone. Transpersonal Psychotherapy is not for everyone. If you take the courageous leap, we promise that we will commit ourselves to supporting you, teaching you, and enthusiastically encouraging you on your own personal Hero's journey. This initiatory passage will enable you to create a transformative healing process not only for yourself, but for others who come into your field, as well.

Two quotes from C. G. Jung may be applicable here:

"The privilege of a lifetime is to become who you really are."

"The meeting of two personalities is like the contact of two chemical substances: If there is any reaction, both are transformed."

# CONTENTS OF THE TRAINING

Here, each of the trainers will introduce him/herself to you and tell you about the base of their transpersonal therapeutic work. They will also give you an overview of the main themes with which they intend to engage you in their respective modules.

You will as well find a short description of their professional activities.



## RAINER PERVÖLTZ

In my work, three main aspects will be in the foreground:

- the polarity of the "central"
- working with the "dreaming body"
- how we make *relationships*

Basically, all humans who belong to our culture, live in a polarity: mainly, they function in a more or less mechanical, conditioned inner setting, which is still in an adult life a mode of survival - we had to adapt to it as children. In this setting, there is something like a "red thread", a recurrent mode of being and behaving which shows in all areas of daily life. "Behind" this learned program you can discover who you, as a true individual, really are. This is sometimes called your "essence".

The "dreaming body" - as Arnold Mindell has explored - is the physical body allowing and expressing an "essence" point of view. It requires a form of surrender to a perspective larger than the personal frame of mind. From here, all problems and conflicts appear in a completely different light.

Everything we think, feel, and do has developed its particularities in *relationships*. No way of behaving has its origin only in me. In the "old system" we constantly recreate the same kind of "mechanical" relationships. If you want to leave your story behind you and find more and more freedom in how you live your life, a profound consciousness of your ways of relating will help you tremendously. This is why relating and connecting have their place at the core of transpersonal psychotherapy.

Rainer Pervöltz (Germany), transpersonal psychotherapist.

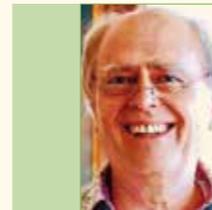
Co-director of the IIBP.

Co-founder of the Chiron Centre in London.

Psychotherapy, supervision, training, mainly in Germany, France, and England.

Author of „Über die Köstlichkeit der Distanz“, 2009

[www.pervoeltz.de](http://www.pervoeltz.de)



## DR INGO JAHRSETZ

My work is a process, which transforms itself again and again.

As I started as a psychotherapist, almost 40 years ago, I had studied the world-views of psychoanalysis and later of humanistic psychology: I tried to help people to find a balance within their adult identity, which would make it possible to stand for themselves, for the needs of their body, for their creativity - and take at the same time a self-conscious stance within the net of their families, their friends and their work. I supported people in becoming able to make clear decisions, feel their lust for life and take responsibility. At the end of the 1990s, I found out that the "I" cannot be the final point of reference, because we are, all of us, parts of a sociocultural matrix which permeates what we call our identity.

I integrated the work with "*Holotropic States of Consciousness*" into the frame of my general work. Furthermore, I learned to understand psychotherapeutic processes from an encompassing systemic viewpoint.

Confronting myself with the German Nazi past played an essential role in this. For 15 years, I have, together with my Jewish colleague and friend Judith Miller, offered retreats which focus on this theme.

During this work, it has become clear for us that what we comprehend as evil in the world, is ultimately a lack of compassion, a lack of empathic connectedness between humans. When Jews and children (or grandchildren) of Nazis were confronted with each other in deep consciousness work, we experienced again and again an unfathomable power of love, which I eventually recognised as the essential power of healing in all psychotherapy.

Currently my work is less psychotherapeutic. I'd rather see it as spiritual - though with an integrated psychotherapeutic competence. It is a process of becoming self-aware - individually, collectively, and spiritually.

Experiences in "Holotropic states of consciousness" are at the centre of it: to explore them, to understand what is understandable and to be in awe of the numinous (and not to block its energy with unnecessary analyses).

Eventually, the gaze expands beyond these experiences. It mostly happens when a certain tiredness comes up with regard to more steps of psychological development, and a longing starts to spread instead. This turns out as a longing to come home: individually in order to have peace within myself, collectively to attain peace in our world, and spiritually as the belief that truth and love are indestructible.

Dr Ingo Jahrsetz (Germany), transpersonal psychotherapist; seminars, workshops and trainings in Transpersonal Psychotherapy and Transpersonal Breathwork in Germany, Europe, the United States, China, and South Korea. Supervision.

Initiator and honorary chairman of the Spiritual Emergence Network (SEN) in Germany.

Co-Founder and co-director of the IIBP.

Former President of EUROTAS.

Author of "Holotropes Atmen - Psychotherapie und Spiritualität", 1999

[www.holotropes-atmen.com](http://www.holotropes-atmen.com)



## BERNADETTE BLIN

Transpersonal psychotherapists work at different levels. We welcome the wounded ego or wounded child of our clients and offer to support them in learning to fulfill their basic needs, which were not met when they were children. But we also reflect their essence, their true nature, the space of infinite resources and potentialities.

Our main “tool” to accomplish this goal is the *therapeutic relationship* before any kind of methods, practices and techniques. Our humanity, clarity, our open heart will be our best allies to help our clients.

I focus my work on the healing power of *unconditional presence*, which creates a field we call the *healing field*. Our clients can meet their divine nature and experience the opening of their heart through *expanded states of consciousness* and in connection with their body as a conscious body. I also use practices that bring them back to the present moment and allow them to disidentify from their ego and have a concrete experience of who they really are, their deeper Self.

In a training for psychotherapists, it is also important to work on our *anthropology*. What are my beliefs, my preconceptions about life, what are my convictions with regard to the role or the mission of a psychotherapist? These questions need to be clarified because they build all too often unconsciously the foundation for our choices, our attitudes and behaviour as psychotherapists.

Bernadette Blin (France), Clinical and Social Psychologist.

Transpersonal psychotherapist, Gestalt-therapist, teacher, and supervisor.

Certified in Holotropic Breathwork and Transpersonal Psychology by Stan Grof.

Initiated by shamans from different traditions (Mexico, Morocco, Peru, Siberia, United States...).

Founder of IRETT in France (Institute of Training in Transpersonal Psychotherapy).

Co-founder and Honorary member of GRETT (Group of Research and Studies in Transpersonal Therapy).

President of EUROTAS (European Transpersonal Association).

Pedagogical Director of CesHum (Transpersonal Psychotherapeutic Institute).

Author of many articles on Transpersonal Psychotherapy.

Co-author of “Healing the ego, revealing the being, the challenge of Transpersonal Therapies” (Tredaniel), “Manual of Transpersonal Psychotherapy” (Interéditions) and “When Consciousness will awaken” (L’Harmattan).

[www.bernadetteblin.fr](http://www.bernadetteblin.fr)



## DR GENNADY BREVDE

One of the main goals of my work is to make my students know and master how the conscious ego can achieve understanding of and collaboration with the structures of the unconscious. The autonomous structures of the unconscious – sub-personalities and archetypes - create our emotions, feelings, and our general worldview. They define our psychological reality, in which we cannot switch on or off a particular emotion or even some ordinary daily happenings. Essential callings from these “partial souls” (C. G. Jung) – emerge in order to help us mature and realise our True Self. Achieving acquaintanceship with them, feeling and understanding them deeply, is the only way to achieve a harmonious collaboration with this profound sphere of our inner reality. This is how we gain access to the internal key for our true force and real Self.

One of the main aspects of my work is to teach how to deal with different *states of mind*, how to move from destructive, distorted ones to those which are productive and lead to integrity. It is our feelings and states of mind which make us happy or unhappy, succeed or fail. Mastering our states of mind and, on the whole, mastering the psychological structures of our personality is the greatest art we can achieve. I call it “*the Inner Art*”: the art of self-knowledge and the capacity of personal growth – as opposed to “outer arts”: the ability to acquire skills and algorithms of activity. My teachings are workshops of this inner art.

My best-used methods are *art techniques and theatrical performances*. Participating in them does not imply that you are “playing” or pretending. Your experience is real. You investigate the deepest layers of your inner world - and learn how this depth can be your strongest, unprecedented base and your mightiest resource in the stream of your life.

Gennady Brevde Ph.D. (Russia), transpersonal psychotherapist, counsellor and psychotherapist for individuals, couples and families.

Trainer for transpersonal psychotherapy.

Vice-president of Russian Transpersonal Association.

Corresponding Member of the International Academy of Psychological Sciences and Baltic Pedagogical Academy.

Author of more than 40 articles.

[www.brevde.ru](http://www.brevde.ru)



## DR STEFAN DRESSLER

Why and how exactly do we close our heart in the relation to ourselves, in our work or in our daily life? And what exactly do we need to reopen it?

Based on a scientific and experiential approach I assist you in essentially understanding *the role of emotions and of your heart*. You will recognise *the four basic patterns of human perception and experience* (attending/awareness, identification, felt being, letting go from the heart). This will help you to get in touch with what I call your *"Central Drama"*. In this "drama" we unconsciously try to move *towards* something (the longing pole) and also *away from* something (our deepest wound). But unfortunately, the contrary happens: we never find what we are longing for and end much more often with what we desperately attempt to avoid. The "Central Drama" is the key to reach profounder levels of understanding in your personality and to reach out to the innermost core of your soul.

In this whole framework, we will also deal with different *pathological topics*, such as *depressive and manic disorders, anxiety and psychosis*. The *hero's journey* can be used as an inner map in mental crises. The very significant principle of *failure* and *sacrificing* will be in the focus. Humour as part of the spiritual journey will play a vital part.

In all of this, you will find answers and certainly new questions about how a transpersonal psychotherapist can work from a truly connected, heartfelt and emotional level.

Stefan Dressler, M.D. (Germany), psychiatrist and psychotherapist, private practice in Freiburg/Germany.

Holotropic Breathwork Practitioner 2001.

Holotropic Breathwork sessions since 2005.

Integrative Psychotherapy with elements of Psychodynamic PT:

Gestalt,

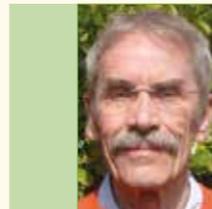
family constellation work (Hellinger),

imagination,

rituals,

inner stage work.

[www.essence-sd.de](http://www.essence-sd.de)



## DR DIETRICH FRANKE

My contribution to the training covers two topics: mindful self-compassion and the healing power of psychedelic substances.

By learning to treat yourself with self-compassion, you develop kindness, warmth, care, and support towards yourself as a response to your own suffering. Instead of encountering yourself with harsh self-criticism, self-blame, or even self-contempt, you treat yourself like you would do when a close friend suffers.

In this module, principles and practices are taught that enable you to develop your 'self-compassion muscle' which helps you to respond to difficult moments in your life with kindness and care by creating a state of warm-hearted, connected presence.

A rapidly growing amount of research shows that psychedelic substances like psilocybin, LSD, and mescaline as well as empathogens like MDMA, if wisely used within a psychotherapeutic setting, have a great medical, therapeutic, and spiritual potential. By inducing an opening of mind and heart, a feeling of being deeply connected, and facilitating spiritual experiences, these substances can contribute to a personal and perhaps collective transformation. This module, which I will be co-teaching, contains theory (i.e. medical indications, set and setting, harm reduction etc.), the therapeutic aspects of working with substances (i.e. preparing a safe setting, guiding a journey, sharing and integration work etc.), and initiating states of expanded consciousness without substances.

Dietrich Franke, MD, MA (Germany).

Clinical psychologist.

Medical doctor.

Transpersonal psychotherapist.

Works in his own psychotherapeutic practice in Freiburg/Germany since 1980.

MSC teacher (Center for Mindful Self-Compassion, San Diego/USA).

[www.dietrich-franke.de](http://www.dietrich-franke.de)



## DR REGINA U. HESS

My contribution to this training course focuses on two major topics that are at the heart of my work.

In the module on *Wounding, Trauma, and our Innate Healing Capacity as Spiritual Teachers*, we will explore biographical, collective, transgenerational, and transcultural aspects of trauma as well as traumatic experiences related to birth. You will be introduced to viewpoints of clinical psychopathology with regard to trauma. Various treatments will be first outlined and then expanded to include a transpersonal framework based on the often neglected healing element of interconnectedness.

The transpersonal components will include working in the sacred circle and with shamanic tools, body-centred and creative methods, systemic and collective approaches. Spiritual growth has the potential to render psychological pain tolerable until balance can be restored in the psyche, leading in turn to renewed vitality and understanding. Together with the innate capacity to heal, trauma may function as a spiritual teacher.

At the core of the module on *Substance-Assisted Transpersonal Psychotherapy*, which I will be co-teaching, we have the vast spectrum of endogenic (non-substance) and exogenic (substance-assisted) induction methods for the work with altered states of consciousness as used for healing in transpersonal psychotherapy. The healing potential will be shown by reference to the body of research and recently developed manuals for treatment for clinical indications. Other areas to be covered include guidance and integration tools for the work in the areas of self-development, spiritual growth, well-being and creativity, ethical and legal issues.

Regina U. Hess (Germany).

Ph.D. in transpersonal transcultural psychology (USA/UK).

Clinical psychologist.

Transpersonal body psychotherapist.

Researcher.

Writer, and international speaker.

Psychedelic Science.

[www.drreginahess.com](http://www.drreginahess.com)



## DR VLADIMIR MAYKOV

In my work, three main aspects will be in the foreground:

- Ancient practices of the *care for the soul* as the source of modern psychotherapy
- How to work with 12 modalities of primordial psychotherapy in the modern world

- The nature and function of eros and sexuality from a transpersonal, integral and process-work point of view.

Modern psychotherapy is a little more than a hundred years old. But what was "a psychotherapy before psychotherapy", before Freud and Breuer? How, throughout the millennia, did people heal their souls and cared for them?

We will explore of what were, are, and will be primordial practices in this sense of "caring for the soul" in the history of humanity.

Primordial psychotherapy was not invented by somebody, but was shaped by life itself throughout the many years of human history. It is the result of a virtually unlimited selection of effectively working practices.

In this vast field, we will be naturally brought to the question of what the essence of psychotherapy really is. What are the essential criteria for healing?

We will explore possibilities of applying the 12 ancient practices in individual therapy as well as in group work.

While dealing with the subject matter of eros and sexuality, you will learn about forms of sexuality in ancient cultures such as India, China, Egypt, Tibet. The taboo of sexuality in Christian culture has played, of course, an important role in our relationships. Together, will we envision a revised understanding of higher partnership.

Vladimir Maykov, Ph.D. (Russia) is a pioneer of transpersonal studies in Russia.

Author of four books.

Film director.

His documentary film "The Dance of Infinity" was shown on Russian TV and in many European countries. The film is based on Vladimir's interviews with main founders and leaders of transpersonal, integral and process work psychology.

[www.transpersonal.ru](http://www.transpersonal.ru)



## DR JUDITH MILLER

My inspiration as a transpersonal psychologist and Professor of Human Development is to support others to develop and maintain a relationship with the Sacred. The *Sacred* is the eternal source from which the soul draws its energy and power. It is something of a different order – it is grounded in reality itself. I believe that experiencing the Sacred and integrating it into one's worldview, one's personality, and one's consciousness is necessary for any kind of authentic spiritual growth to occur.

Spirituality and the world religions have at their core the mystical experience, based on the realisation that humans can make a direct connection with the Sacred, without the mediation of institutions and external authorities.

My conceptual framework for understanding psycho-spiritual development and consciousness evolution is reflective of Ken Wilber's model of Integral Spirituality. He describes three ways to experience and be in relationship with the Sacred: 1) through the God Self, the I AM; 2) through the great transcendent, the Other, outside and beyond me; 3) through the All, feeling connected and merged with everything – no inner, no outer – the great web of life.

I support individuals by facilitating an energetic field where they can explore various ways to deepen their relationship with the *Sacred*; through meditation, contemplation, prayer, energy exchange, and breathwork.

The realisation of all of these three ways *together*, is what Transpersonal psychology refers to as Oneness – no separation, feeling the *Sacred* flow through you, feeling the Sacred beyond you, feeling the Sacred all around you.

Reality is all One. You are part of this One. This Oneness is you.

Judith Miller Ph.D. (USA), transpersonal psychologist.

Author of *"Healing the Western Soul: A Spiritual Homecoming for Today's Seeker"* (Paragon House, 2015) in German: *Heilung der westlichen Seele*, 2017.

Translated also in Italian and of *"Direct Connection: Transformation of Consciousness"* (Rutledge Books, 2000), in German: *Die direkte Verbindung*, 2002.

Holotropic and Transpersonal Breath workshops in the US, and Transpersonal Breathwork training programs in Europe and Asia with Ingo Jährsetz.

Professor of Human Development and Spirituality at Columbia University.

[www.drjudithmiller.com](http://www.drjudithmiller.com)



## DR OLGA MOKHINA

My work will be focused on three large topics: *death and dying*, dealing with *emotions*, and *mind culture*, developed through meditation and psychopathological states of consciousness.

Being oneself, or, more precisely, having the courage to be oneself in order to answer the biggest challenge of human existence, is the common ground for these three topics. Our personal history is often written through the efforts to become someone else, to adopt the patterns offered by society and culture, to be a "good daughter or son", to achieve "social success", "recognition and fame", or "power". These words are put in quotation marks namely because these so-called achievements cost a lot - our souls often suffer from unbearable emptiness.

This emptiness is felt in an especially sharp manner when our dear ones pass away, or by becoming aware of our limited life-span. It occurs in moments of strong existential emotions (fear, guilt) or in deep meditation and spiritual experiences. It becomes overwhelmingly threatening in moments when we feel close to going crazy.

Being oneself needs courage. We must be courageous to look at ourselves through the fear of death and madness, to give up all the tricks and defences of our ego. And once we have gained a level of deep spiritual experience, we must return to who we are in our habitual surroundings, live our daily life, break through our limits, live who we are in relation to others, and continue, fully awake, to pursue the meaning of life.

Olga Mokhina, Ph.D. (Russia), practicing transpersonal psychologist.

Full member of the Russian Association of Transpersonal Psychology & Psychotherapy.

Full member of the Professional Psychotherapeutic League.

Director of the psychological centre "Vysota".

Head of the Supervisory Board of Volzhsky Mental and Neurological Clinic.

Project supervisor in psychological help for oncology patients.

[www.olamo.ru](http://www.olamo.ru)



## MAGDA SOLÉ

*Traditional ancient medicine* often uses remedies which, in a way, are absolutely valid nowadays in order to support recovery of the physical body and liberate you from destructive forms of thinking and feeling. At the same time, *ancient spiritual traditions* can propose effective ways of healing for disorders and problems which are caused by the demands of life in the 21st century.

A transcultural view of *shamanism* shows us multiple kinds of ancestral rites which can enable people to change their lives quite fundamentally - people who originally came and asked for psychotherapy.

In my work, I will introduce you to *expanded states of consciousness* as a path on which existential transformation can become possible. Themes I find particularly fascinating are: *Empagenia* or the source of compassion, the rites of passage, and a transcultural vision of death (as a rite of passage). This whole work will open a new perspective on psychopathology. It will consist of theory and practical experience.

An interesting venture in this training will be to combine shamanic practices and rituals with the latest techniques of modern neuroscience. Particular forms of *breathing, meditation, drumming work*, and dance will be the fundament for the part of practical experience. I developed specific methods of visualisation and we shall apply them frequently in combination with *art therapy*.

In nearly 30 years, I gained much recognition and respect for the traditional indigenous wisdom. I obtained directly a lot of my today's knowledge in our field work with different ethnic groups in Mexico, Siberia and other ancestral cultures in Central Asia. They taught us what I call today *Shamanic Activation*.

Magda Solé (Spain), psychologist and psychotherapist.

Director of the Institute for Transpersonal Psychology in Barcelona.

Holotropic Breathwork practitioner.

Master Transpersonal Management (Coaching).

Psychoanalysis and psychosynthesis.

Professor at the University of Barcelona.

Ethno-therapy in Mexico, Uzbekistan and Siberia.

Co-author of "Planet, Culture, Consciousness", Brain 2.0, and Alucinogenos, (Ed Neurociencias, lectures of the world).

[www.transpersonal.cat](http://www.transpersonal.cat)



## JAUME MESTRES

My aspiration for this training is to merge fields of knowledge: If you combine competences you can better tackle the obstacles of this exciting life.

*Shamanism* and *coaching* are two essential topics which we will bring together. You will learn to develop techniques which will enable you to apply the secrets of shamanism to your daily life. I call this *Transpersonal Intuitive Coaching*. More and more, intuition could become your main way of thinking.

Shamanic traditions are rich in rituals, some of them with a particular emphasis on imagery. Often you can trust your inner images more than your words, and by cultivating your world of imagery you will get access to a very particular level of your consciousness.

Through your experiences in the training, you will find it easier to face personal difficulties in a fruitful way. By learning to act more and more from this intuitive level of consciousness you might feel more successful and healthy in all areas of your life, in your family, personal relationships and in different scenarios at your workplace. This in turn might allow you to adopt a more affectionate attitude towards the world and towards your own emotions, feelings, and passions.

This work is more concerned with opening possibilities than with finding ready-made answers to problems.

"It is the individual's ability to live through and be transformed by the crisis (from base metal to gold as in the alchemist's crucible) that differentiates the leader from the rest." (Whitmore & Einzig)

The shamanic approach will help you to focus your attention creatively on the shifts that are already cautiously emerging in your life. The holistic approach will support you to gain back your own empowerment and integrate it into your private and working life, into your exchange with other people.

Jaume Mestres (Spain), IPTB Vice-director, transpersonal coaching, workshops.

European Union Training Programs.

Teacher of the Universitat Autònoma de Barcelona.

Training Program TACIS, Russia.

Diploma in tourism, Holos Shamanic Expeditions, founder of an agency specialised in travels to Mexico, Uzbekistan, and Siberia.

Co-author of the books "Travel, Feeling and Thinking" (Ed. UOC), "Planet, Culture, Consciousness" (Mandala Ediciones).

[www.holostravel.com](http://www.holostravel.com)

## SCHEDULE

Here, you will find all the modules of the 4-and-a-half-years training, the dates, the name of the trainers, the locations, and the content of the module.

The themes are listed in form of a 4-level-overview: *experience, theory, transpersonal psychotherapy, and tools*. Most of the trainers will work with you in more than one module. So you will have the chance to follow up certain topics and questions with them, which are of main interest to you.

In some of the modules, the same trainers will be there for the whole of the 10 days. Other modules are divided (2x5 days), and then, for each of the two parts, different trainers will be in charge.

You will also notice that certain themes reappear in different modules and with different teachers. These are themes which are fundamental to transpersonal psychotherapy or to the development of consciousness in general. Thus, you will be able to see them from several angles and perhaps diverging cultural traditions. In this way, we will support you to find your own stance and perspectives.

Magda Solé and Jaume Mestres will be present at all of the nine modules. They will, with their shamanic / transpersonal background and knowledge, accompany the whole training and will be of support to students in all their concerns, questions, and difficulties.

## SCHEDULE 2019

## SPRING - MODULE 1 - March 28 to April 7 - France

## Relationship I – Bernadette Blin, Rainer Pervöltz

## Experience

Relating to yourself and to others. | The process of becoming a group. | The art of communicating.

## Theory

Basic principles of perception and communication. | Learned character and Essence. | Defence mechanisms in relationships. | What is interrelatedness?

## Transpersonal Psychotherapy

Personal ways of forming relationships.

## Tools, Methods

Personal ways of relating: therapeutic exploration. | Role playing. | Practicing different situations of communication. | Meditation. | Breathing techniques.

## AUTUMN - MODULE 2 - October 31 to November 10 - Germany

## Mindful Self-compassion – Dr Dietrich Franke

## Experience

Mindfulness practices. | Affectionate breathing and compassionate body-scan. | Compassion for oneself and others. | Working with difficult emotions.

## Theory

Research on self-compassion. | Physiology of self-compassion and of self-criticism. | Self-compassion and self-esteem. | Core values.

## Transpersonal Psychotherapy

Encountering and practicing compassion, gratitude, forgiveness.

## Tools, Methods

Meditation. | Guided imagery. | Group and partner exercises. | Poetry.

## Trauma and Wounding as Spiritual Teachers – Dr Regina U. Hess

## Experience

Biographical self-exploration including pre-, peri- and postnatal experiences. | Working with systemic, collective, and transgenerational conditioning. | Traumatic symptoms and post-traumatic growth experiences. | The inner healer.

## Theory

Clinical psychopathology, treatment, and research. | The concept of interconnectedness. | Psychedelic science and groundbreaking research findings on treatment. | The concept of post-traumatic growth. | Trauma and spiritual growth. | Theory of the innate capacity to heal.

## Transpersonal Psychotherapy

Personal ways of forming relationships.

## Tools, Methods

Orientation, navigation, and integration of overwhelming, wounding, and traumatic experiences. | Working in the sacred circle and with the sacred directions. | Body work, movement, breathing. | Dance, music, and creative expression for the transformation of trauma. | Guided meditation methods. | Multimedia.

**Relationship II – Bernadette Blin, Rainer Pervöltz****Experience**

The therapeutic relationship. | The art of listening. | Co-creation of the healing field. | The opening of the heart.

**Theory**

The basis of the therapeutic relationship. | Relationship, relatedness, unconditional love, and healing. | The different levels of the therapeutic field. | The “scale of love” of Jean Yves Leloup.

**Transpersonal Psychotherapy**

Potentials and boundaries of the therapist's involvement in the therapeutic relationship. | Differentiating between the role of the therapist in TP and other psychotherapies.

**Tools, Methods**

Various ways of working with the body in transpersonal psychotherapy. | Meditation. | Inner exploration.

**Sub-personalities, Archetypes, Life, Death, and Dying – Dr Gennady Brevde, Dr Olga Mikhina****Experience**

Moving towards mental integrity. | Achieving harmonious collaboration with the structures of the unconscious. | Sub-personalities and archetypes. | Facing the fear of death. Terror of dying. | The transformational power of death.

**Theory**

Essence, structure, and functioning of the unconscious. | Birth and death as universal archetypes in spiritual traditions and psychotherapy. | Symbols of death in transpersonal practices. | Near-death experiences and their effect on the personality.

**Transpersonal Psychotherapy**

Transpersonal work with deeply engraved patterns of the mind. | Death in the view of a transpersonal understanding. | Death: a challenge and a call. | Death and spiritual crisis. | Death of the ego. | Death of the ego in transition rituals.

**Tools, Methods**

Work with expanded states of consciousness. | Active imagination. | Breathing techniques. | Employing theatrical means as tools of therapy. | Training the mind to live with death (in Buddhism and Samurai traditions).

**Shamanic Activation – Jaume Mestres, Magda Solé****Experience**

Aligning body, emotions, mind, and spirit. | Shamanic practices to nurture divinity in your life. | Learning how to expand your consciousness. | Learning how to activate specific patterns of energy.

**Theory**

Transcultural and anthropological vision of psychotherapy. | Theory of archetypes. | Empagenia or the source of compassion. | Findings of neuroscience with regard to the therapeutic relationship.

**Transpersonal Psychotherapy**

The four cardinal points: North, South, East, West. | The healing power of crises. | Transcultural vision of crises. | Awakening the divine within you, connecting with your higher self, finding access to deeper states of the spiritual realm.

**Tools, Methods**

Shamanic rituals. | Drum journey. | Work with the ancestors. | Archetypes of Warrior, Healer, Teacher, and Visionary. | Hypnosis. | Dance. | Shamanic breathwork.

**Working with Heart, Emotions, and States of Mind – Dr Gennady Brevde, Dr Stefan Dressler****Experience**

Mastering skills of transforming destructive states of mind into productive ones. | The personal *Central Drama*. | Closing and opening myself at heart level in every kind of relationship.

**Theory**

Psychological trauma. | Interrelationships, interactions, leadership, partnership. | Dealing with *conflict* from a transpersonal viewpoint. | Diverging outlooks on emotional schemata and needs in personal and transpersonal perspectives (I). | The four patterns of human perception (I). | Depression, maniac disorders, anxiety, psychosis (I).

**Transpersonal Psychotherapy**

Transpersonal work with *emotions* and *states of mind*. | The hero's journey as an essential inner map for emotional crisis (I). | The important role of *failure* and *sacrifice* with regard to essential inner shifts (I). | The heart as the gate to an essentially different attitude and outlook (I).

**Tools, Methods**

Analysis of situations of personal experience. | Expression of *emotions* and *states of mind* through the body. | Active imagination. | Work with expanded *states of consciousness*. | Breathing techniques. | Two-chairs-work. | Impro-theatre-work.

**Relationship III – Bernadette Blin, Rainer Pervöltz****Experience**

Exploring forms of relating in the framework of essence. | Your *individual essence* and its consequences for your life planning. | Dream body work (according to A. Mindell). | Dissolving deeply programmed routines – becoming flexible. | *Sacrificing* the old identity.

**Theory**

Notions of *essence* in psychotherapy and in spiritual schools. | The role of dreaming in mainstream understanding and transpersonal perception. | Understanding *identity* in consensus reality and going beyond it.

**Transpersonal Psychotherapy**

The Mandala of Being (according to Richard Moss). | Guiding clients to their individual essence. | Working with the dream body as a tool for liberation. | Training *flexibility* with clients.

**Tools, Methods**

The place of *ritual* in psychotherapy. | Working with the Mandala. | Meditation supporting the dissolution of the personality.

**Substance-assisted Transpersonal Psychotherapy – Dr. Dietrich Franke, Dr. Regina U. Hess****Experience**

Sharing experiences of enhanced states of consciousness. | Psychedelic experiences on individual, collective, and transgenerational levels. | Psychedelics in transpersonal and mystical contexts.

**Theory**

Current research findings and future research areas with regard to substances. | Neurobiological discoveries in the effects of substances. | Characteristics of specific substances. | Legal, ethical, and safety issues. | Microdosing.

**Substance-Assisted Transpersonal Psychotherapy**

Expanding and complementing the framework of clinical psychology for the work with substance-induced altered states of consciousness. | Essential therapeutic aspects of the use of substances for individual development and spiritual growth. | Expanded states of consciousness and their healing potential for collectives and for community-building.

**Tools, Methods**

Small group work. | Videos. | Guided imagery. | Breathing, movement, and creative expression. | Shamanic journeys and group rituals.

**Optional**

Organisation of a psychedelic personal self-experience in a legal group setting – to be announced.

**Primordial Psychotherapy – Transpersonal Eros and Sexuality – Dr Vladimir Maykov****Experience**

Taking care of yourself on the level of body, soul, and spirit. | Integral inner healing. | The erotic structure of life.

**Theory**

Ancient practices of *care for the soul* as the source of modern psychotherapy. | Nature and function of eros and sexuality from a transpersonal, integral, and process-work point of view.

**Transpersonal Psychotherapy**

12 ancient practices of *care for the soul*. | How to use modern methods of psychotherapy as a primordial psychotherapy.

**Tools, Methods**

Applying the 12 ancient practices in individual therapy as well as in group work. | Levels and structures of erotic relationship. | Meditation. | Breathing techniques.

**Psychopathology and Emotions, Emotions and Meditation I – Dr Stefan Dressler, Dr Olga Mokhina****Experience**

The personal *Central Drama*. | Closing and opening myself at heart level in every kind of relationship. | Emotions as first-hand information on the environment. | Emotions as obstacles and as a key to changes. | *Trust versus control* in connection with the experience of failure of control.

**Theory**

Emotional schemata and needs (II). | The four patterns of human perception (II). | Depression, manic disorders, anxiety, psychosis (II). | Various theories of emotions. | Transpersonal dimension of emotions (II). | Psychopathology: from suppression to transformation. | Madness and creativity.

**Transpersonal Psychotherapy**

Transpersonal work with *emotions and states of mind*. | The hero's journey as an essential inner map for emotional crisis (II). | The important role of *failure* and *sacrifice* with regard to essential inner shifts (II). | The heart as the gate to an essentially different attitude and outlook (II). | Transpersonal approach to emotional regulation. | Transpersonal approach to psychopathological manifestations of mind. | Spiritual crisis.

**Tools, Methods**

Breathing techniques. | Two-chairs-work. | Impro-theatre-work. | Dance therapy. | Art techniques. | Meditation.

SPRING - MODULE 7 - May 12 to 22 - Germany

**My Relationship – or not – to the Sacred – Judith Miller, Ph.D., Rainer Pervöltz**

**Experience**

“There is more than myself”: what does that “more” mean exactly? | Collaborating with God in daily life. | Collaborating with God in the therapeutic work. | Allowing and fostering states of abandonment.

**Theory**

Faith Development (according to James Fowler). | Crucial differences between “belief” and “faith”. |

Perspectives of God (according to Ken Wilber):

- God in the first person - I AM.
- God in the second person - The Sacred “Other”,
- God in the third person - The All – Gaia. |

Commonalities and differences between “individual essence” and “faith”. | Oneness. | Non-dual awareness.

**Transpersonal Psychotherapy**

The place of “faith” in the therapeutic work with clients. | Exploring fears about loss of control. | What is ego death, surrender? | Opening the 6th chakra.

**Tools, Methods**

Guided meditation. | Transpersonal Breathwork. | Working and living with the Here and Now. | Chakra work.

AUTUMN - MODULE 8 - September 1 to 11 - Spain

**Sub-personalities and Archetypes, Life, Death, and Dying – Dr Gennady Brevde, Dr Olga Mokhina**

**Experience**

Moving towards *mental integrity*. | Achieving harmonious collaboration with the structures of the unconscious. | Sub-personalities and archetypes. | Facing the fear of death. Terror of dying. | The transformational power of death.

**Theory**

Essence, structure, and functioning of the unconscious. | Birth and death as universal archetypes in spiritual traditions and psychotherapy. | Symbols of death in transpersonal practices. | Near-death experiences and their effect on the personality.

**Transpersonal Psychotherapy**

Transpersonal work with deeply engraved patterns of the mind. | Death in the view of a transpersonal understanding. | Death: a challenge and a call. | Death and spiritual crisis. | Death of the ego. | Death of the ego in transition rituals.

**Tools, Methods**

Work with *expanded states of consciousness*. | Active imagination. | Breathing techniques. | Employing theatrical means as tools of therapy. | Training the mind to live with death (in Buddhism and Samurai traditions).

**Psychopathology and Emotions, Emotions and Meditation II – Dr Stefan Dressler, Dr Olga Mokhina**

Continuation of module 6

SPRING - MODULE 9 - May 11 to 21 - France

**Spiritual Maturity – Dr Ingo Jahrsetz, Bernadette Blin, Rainer Pervöltz**

**Experience**

The end of the training: looking back, understanding your journey. | The stations of your process, important insights and changes. | What is “enlightenment”? | Is there a *path* to enlightenment?

**Theory**

Layers of liberation: The personal, the perinatal, the transpersonal, and the spiritual. | Balancing the ego (adult maturity). | Birth and rebirth (the perinatal, the transpersonal). | Spiral dynamics and the theory of *memes*.

**Transpersonal Psychotherapy**

John Welwood's differentiation between a *therapeutic and a spiritual* path. | Jack Kornfield and Spirit Rock. | Ramana Maharshi, the Arunachala. | Master M (Mario Mantese). | Amma. | Your understanding of Transpersonal Psychotherapy (now).

**Tools, Methods**

Psychodynamics. | Meditation. | Lectures. | One-to-one exercises and other practices.

## DATES, VENUES, FEES, REQUIREMENTS, CERTIFICATES, CONTACT

### Dates

- 2019** March 28 to April 7  
October 31 to November 10
- 2020** April 23 to May 3  
October 22 to November 1
- 2021** March 18 to 28  
September 2 to 12
- 2022** May 12 to 22  
September 1 to 11
- 2023** May 11 to 21

*(9 modules of ten days each in spring and autumn of a year)*

### Venues

- France** (countryside near Paris)
  - South Germany**
  - Russia** (St Petersburg and Moscow)
  - Spain** (Gran Canaria and Barcelona)
- (You will receive the respective addresses upon registration).*

### Tuition

13.500 EUR plus room and board  
*(For questions concerning payment please address yourself to the office of the Institute.)*

### Trainers

- Rainer Pervöltz (Freiburg, Germany),
- Dr Ingo Jahrsetz (Freiburg, Germany),
- Bernadette Blin (Paris, France),
- Dr Gennady Brevde (St Petersburg, Russia),
- Dr Stefan Dressler (Freiburg, Germany),
- Dr Dietrich Franke (Freiburg, Germany),
- Dr Regina Hess (Cologne, Germany),
- Dr Vladimir Maykov (Moscow, Russia),
- Jaume Mestres (Barcelona, Spain),
- Dr Judith Miller (Philadelphia, USA),
- Dr Olga Mokhina (Wolgograd, Russia),
- Magda Solé (Barcelona, Spain).



### Language

**English** (if participants have trouble to understand English, there will be possibilities for translation)

### Contact

**International Institute for Consciousness Exploration and Psychotherapy e.V. Freiburg (Germany)**

Tel. +49-761 / 47 58 46

mail@consciousness-exploration.org

www.consciousness-exploration.org

*(You can contact Conni Eder for questions concerning the organisation of the training.)*

### Support

**Magda Solé and Jaume Mestres**

will be present at all modules. You can contact them for every kind of question concerning the content of the training or for personal concerns.

#### Magda

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magdasole1@gmail.com

#### Jaume

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### Coordination of the Training

**Rainer Pervöltz**

Tel. +49-761 / 28 19 35

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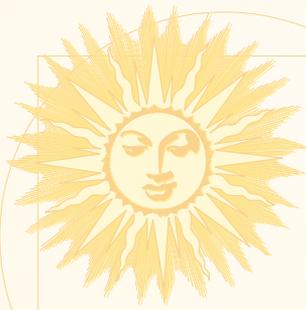
### Requirements

Minimum of 150 hours of personal therapeutic experience (self-exploration).  
Completed studies in the field of sociology, education, theology, medicine, or psychology and/or three years of professional activity in a social or therapeutic occupation.

*(Exceptions might be possible after consultation.)*

### Certificates

At the end of the training, the Institute will issue a certificate in Transpersonal Psychotherapy in accordance with the criteria of the European Transpersonal Association (EUROTAS - www.eurotas.org).



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and Psychotherapy Freiburg (Germany)

