

**It is possible to book individual modules
the contents of which is of interest to you.**

Module 1 - Relationship

Date: March 28 to April 7, 2019

Trainers: Rainer Pervöltz, Bernadette Blin

Tutors: Magda Solé, Jaume Mestres

Venue: La Bergerie de Villarceaux (near Paris/France)

Relating to yourself and to others. The art of communicating.

Learned character and Essence.

Exploring your personal way of forming relationships.

Working with your breath. Learning how to direct your energy.

**Module 2 – Attention and Awareness / Trauma and Wounding as Spiritual
Teachers**

Date: October 31 to November 10, 2019

Trainers: Dr Sergey Strekalov, Dr Regina U. Hess

Tutors: Magda Solé, Jaume Mestres

Venue: Seminar hotel Jonathan (Bavaria, South Germany)

Practices of mindfulness. Different kinds of attention. Self-criticism. Biographical self-exploration including pre-, peri- and postnatal experiences. Traumatic symptoms and post-traumatic growth experiences. The inner healer.

**Module 3 – The „Old Central“ / The Mandala of Being / Working with the Dream
Body based on Arnold Mindell's teachings / Discovering your Essence**

Date: May 24 to June 3, 2021

Trainers: Bernadette Blin, Rainer Pervöltz

Tutors: Magda Solé, Jaume Mestres

Venue: Seminar hotel Seidenbuch near Frankfurt (Germany)

The "Old Central". The Mandala of Being. Working with the Dream Body based on Arnold Mindell's teachings. Discovering your Essence.

**Module 4 – Shamanic Activation / Crisis, Death and Resurrection as the Parts of
Life**

Date: September 2 to 12, 2021

Trainers: Magda Solé, Jaume Mestres, Olga Mokhina, Gennady Brevde

Venue: Station S13 Hotel, Saint Petersburg (Russia) Shamanic Activation / Crisis,
Death and Resurrection as the Parts of Life.

Shamanic practices to nurture divinity in your life. How to expand your consciousness. How to activate specific patterns of energy. Shamanic rituals. Drum journey. Shamanic breathwork.

Facing the fear of death. Terror of dying. The transformational power of death. Existential crises, depressions, near-death and death-like states of mind.

Module 5 – Emotions and Psychopathology

Date: May 12 to 22, 2022

Trainers: Dr Stefan Dressler

Tutors: Magda Solé, Jaume Mestres

Venue: Hof Integra (Bavaria/Germany)

This module may also be booked separately if you are interested in its topics.

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

Basic understanding of emotions: Basic and superficial emotions, levels of emotional activation – 4 (5) patterns of human perception. Emotional intelligence. The heart as the gate way for deeper experiences: Overcoming inner splits (e.g. self-interruptive splits, the inner critic). The magic formula of the heart.

Based on a scientific and experiential conceptual perspective I shall 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 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 maniac disorders, anxiety and psychosis. The hero's journey can be used as an inner map in mental crisis. The very significant principle of failure and sacrificing will be in the focus. Humor 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. We will use breathing techniques, two-chairs-work, impro-theatre-work, dancing, and meditation

Module 6 – Primordial Psychotherapy, Personal Strength and Integrity – Transpersonal Aspects of Interaction, Partnership and Relationship, Eros and Sexuality

Date: September 1 to 11, 2022

Trainers: Dr Olga Mokhina

Tutors: Magda Solé, Jaume Mestres

Venue: To be announced, maybe Moscow

This module may also be booked separately if you are interested in its topics.

Module 7 – My Relationship – or not – to the Sacred

Date: May 11 to 21, 2023

Trainers: Dr Judith Miller, Rainer Pervöltz

Tutors: Magda Solé, Jaume Mestres

Venue: Still to be decided, perhaps La Bergerie (near Paris/France)

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. Crucial differences between “belief” and “faith”.

Commonalities and differences between “individual essence” and “faith”. Collaborating with God in daily life. Collaborating with God in the therapeutic work.

Module 8 – Emotions and Meditation / Psychopathology and Emotions

Date: Autumn 2023, the exact date still has to be fixed

Trainers: Dr Olga Mokhina, Dr Stefan Dressler

Tutors: Magda Solé, Jaume Mestres

Venue: Still to be decided on, maybe Barcelona/Spain

This module may also be booked separately if you are interested in its topics.

We will support you to find out: Why and how exactly do we close our heart in relation to ourselves, in our work or in all-day-life? And what exactly do we need to reopen it? Basic understanding and theories of emotions: Basic and superficial emotions, levels of emotional activation – 4 (5) patterns of human perception. Transpersonal approach to emotions. Techniques of emotional regulation. Emotional intelligence. The heart as the gate way for deeper experiences: Overcoming inner splits (e.g. self-interruptive splits, the inner critic). The magic formula of the heart.

This module will touch the very essence of our life: What makes us happy or unhappy, what makes us feel fear, jealousy or grief, go mad or experience pathological states of mind - in other words, it is about our emotions.

Based on a scientific and experiential conceptual perspective we will assist you in essentially understanding the role of emotions and of your 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 reach out to the innermost core of your soul.

Based on the “Central Drama work” we will also deal with different pathological topics, such as depressive and maniac disorders, anxiety and psychosis. The hero's journey can be used as an inner map in mental crisis. 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. We will use breathing techniques, two-chairs-work, impro-theatre-work, dancing, and meditation.

Module 9 – Spiritual Maturity

Date: Spring 2024, the exact date still has to be fixed

Trainers: Dr Ingo B. Jahrsetz, Bernadette Blin

Tutors: Magda Solé, Jaume Mestres

Venue: Still has to be decided on, probably Lourdata on the Greek island Kefalonia

The end of the training: Looking back, understanding your journey.

What is enlightenment? Is there a path to enlightenment?

Balancing the ego (adult maturity).

Spiral dynamics and the theory of memes.

Differentiation between a therapeutic and a spiritual path (John Welwood). Important spiritual teachers of our times.

The IIBP invites you to participate in an international training which will provide you with a broad base of all major aspects of this therapeutic approach, which combines a profound spiritual understanding of being grounded in daily life with a very practical methodology to guide a person through a transpersonal healing process.

You may book the complete training or individual modules.

Tuition

The fee for one module of 10 days is 1,750 EUR, for 5 days it is 875 EUR. If you book the whole training, the fee will be reduced to 1,500 EUR per module. Room and board will have to be paid additionally at the respective location. If you have difficulties with payment, talk to us.

At the end of the training, the IIBP will issue a certificate in „Transpersonal Psychotherapy“.