

# **Pneumosynthesis, Primordial Psychotherapy, and Tools for Evolution**

## ***Certification Training Program***

Over 25 years I'm trying to solve the secret of successful psychotherapy and harmonious soul life, studying with great psychotherapists. The received results are in no small measure discouraging: the psychotherapy is successful by no means not therefore that is considered the reason of its efficiency, and is frequently contrary to that!

The modern psychotherapy is a little more than hundred years old. But what was "a psychotherapy before psychotherapy", before Freud and Breuer? How throughout the millennia people healed the souls and cared of them?

The Program gives the answer to questions of what were, is, and will be primordial practices of the "cares of the soul" in the history of humanity.

Each successful psychotherapist, does he knows it or not, intuitively uses from one to three modalities of "primordial psychotherapy". But if he or she masters all nine, he can become the great professional. The only point is to apply them in a modern way, i.e. according to circumstances and the multidimensional and multilevel character of our life.

Three primordial worlds: ancestors, person, gods *or* causality, meanings, freedom *or* finite, intermediate, infinite.

Human situation: external, internal, secret (intrinsic).

Three worlds are a representation of a human situation in an inner world.

Three types of initial psychotherapy: external, internal and secret.

In transpersonal psychotherapy there is Hellinger (ancestors), Grof (gods and ancestors), Dostoyevsky (people).

### **Program Aim and Learning outcomes**

At the theoretical level students will know:

- The essence of psychotherapy
- The most effective ancient practices of the care of the soul
- 12 fundamental types of primordial psychotherapy and their special characteristics

At the practical level students will know:

- How to apply the knowledge of primordial psychotherapy into the work with clients and groups
- How to use any known methods of psychotherapy as a primordial psychotherapy congruently to situation

At the Integral level student will experience Integral Inner Healer

## **Program consists of 15 modules - 15 weekend seminars**

1. Transpersonal Universe
2. Breathing and the essence of shamanic practices
3. Breathing and the essence of pagan practices
4. Spiritual Emergency and addiction
5. Transpersonal bodywork
6. Basic goodness as primordial psychotherapy
7. The Hero's journey: new horizons
8. Psychotherapy as the magic theater of consciousness
9. Psychotherapy as metamorphosis, alchemy, transformation, tantra
10. Breathing and integral practices
11. Breathing and process work
12. Working with a stress and life obstacles
13. Evolutionary coaching: spirituality and business (fields, resources, principles)
14. Madness and creativity: how to open our potential
15. Everyday life as evolutionary practice

Trainer of the program

[Vladimir Maykov](#) - Ph.D., President of the Russian Association for Transpersonal Psychology and Psychotherapy, Board member of EUROTAS and ITA, pioneer of transpersonal studies in Russia  
Additional information and details on [www.transpersonal.ru](http://www.transpersonal.ru)