



**SOUTHERN CALIFORNIA INSTITUTE FOR BIOENERGETIC  
ANALYSIS**

**333 Olive St., San Diego, CA 92103**

**Telephone (619) 295-8002**

An affiliate of the International Institute for Bioenergetic Analysis

*Bioenergetics: A Therapy Integrating Mind, Body and Emotions ©*

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**Relational Somatic Psychology  
Workshop Series**

**Application Packet  
San Diego Area  
Fall 2010**

**VISIT US ON THE INTERNET AT:  
[WWW.BIOENERGETICS-SCIBA.ORG](http://WWW.BIOENERGETICS-SCIBA.ORG)**



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Hello!

The Relational Somatic Psychology Workshop Series consists of eight workshops that offer the opportunity for self-growth and learning about Bioenergetics within a group setting.

This program developed in response to many requests from people who seek a deeper understanding of their own development and mind-body experience. Some students are new to Bioenergetics, whereas others have already been introduced to Bioenergetics through their own therapy. Some are therapists with a background in other theoretical perspectives, some are people from other healing and self-growth professions, and others are from totally unrelated fields who simply want to benefit from learning and experiencing more about Bioenergetics.

Each training day includes Bioenergetic exercises, teaching of Bioenergetic theory, discussion of readings, experiential learning, and group process. This course stimulates opportunities for personal growth and it is important that each student has support for any personal issues that arise, so each student must agree to participate in at least 10 hours of individual Bioenergetic therapy with a Certified Bioenergetic Therapist during the training program.

Tuition for the series is \$100 per class, for a total of \$800 for the series. The full tuition is due even if a participant must miss a class. A non-refundable \$25 application fee plus a \$100 deposit toward tuition to hold your space is requested with your application.

The eight Saturday training dates for this year are as follows:

October 2, 2010  
November 6, 2010  
December 4, 2010  
January 8, 2011  
February 5, 2011  
March 5, 2011  
April 2, 2011  
May 7, 2011

At the end of the series, a Certificate of Attendance is available for students who attend all eight classes, have paid tuition in full, and complete 10 hours of therapy with a Certified Bioenergetic

Therapist. Continuing Education Units (CEUs) are also available for Licensed Clinical Social Workers and Marriage and Family Therapists at no additional charge.

When you have completed this application packet, please send the application and your application fee to me at the address below. I will contact you when I receive the application packet. Apply soon, while space is available!

If you have any questions about this Relational Somatic Psychology workshop series or the application process, please call me at 619-518-1229 or email me at [terrimartin@cox.net](mailto:terrimartin@cox.net).

I also encourage you to visit the Southern California Institute for Bioenergetic Analysis website at [www.Bioenergetics-SCIBA.org](http://www.Bioenergetics-SCIBA.org) and sign up to receive announcements about other future workshops and events.

I look forward to meeting you!

Sincerely,

Terri Martin, LCSW, CBT  
333 Olive Street  
San Diego, CA 92103  
[terrimartin@cox.net](mailto:terrimartin@cox.net)  
619-518-1229



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## RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

### Application Form

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell/Business: \_\_\_\_\_ Email: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Degree: \_\_\_\_\_ Professional License # (if applicable): \_\_\_\_\_

Person to contact in case of an emergency: \_\_\_\_\_ Phone: \_\_\_\_\_

1. Please tell us your reasons for wanting to take this training.

2. Please explain your educational background, including academic degree(s) and additional professional training.

3. What is your professional experience?

4. What is your previous contact with Bioenergetics?

5. How did you hear about this training program? May we thank them for referring you? If so, please provide contact information.

6. This training stimulates personal growth and we want to know that students have a therapist who can offer support and can help process personal material that arises during the training series. Attending a minimum of 10 hours of Bioenergetic therapy during the course is a required part of the program.

Are you already participating in Bioenergetic Therapy?

If no, do you agree to begin therapy with a Certified Bioenergetic Therapist (CBT) within the first month of the training? (A list of CBTs is included with this application.)

If you are already seeing a Certified Bioenergetic Therapist, would you like to tell us with whom? (optional)

If you have any questions about this training program, please call Terri Martin at 619-518-1229.

Mail completed application along with \$25 non-refundable application fee plus \$100 deposit toward tuition (please make checks out to SCIBA) to:

Terri Martin, LCSW, CBT  
333 Olive Street, San Diego, CA 92103  
[terrimartin@cox.net](mailto:terrimartin@cox.net)



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## RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

### FALL 2010 SYLLABUS – SAN DIEGO

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**1—October 2, 2010**

**Introduction to Basic Concepts: What is Bioenergetics? -- Energy, grounding, charge & discharge; overview of character styles; very basic anatomy and body alignment**

**Reading:** First four chapters, *Bioenergetics*, Alexander Lowen

**2—November 6, 2010**

**Dissociation, Shock & Developmental Trauma In The Body—Schizoid Character**

**Reading:** *Betrayal of the Body*, Alexander Lowen (Chapters 2 & 3)

**3—December 4, 2010**

**Attachment In The Body—Oral Character**

**Reading:** *Characterological Transformation*, Stephen M. Johnson (Chapter 5, The Abandoned Child)

**4—January 8, 2011**

**Borderline Issues In The Body—Borderline Character**

**Readings:** *Character Styles*, Stephen M. Johnson (Chapter 7, The Owned Child: Symbiotic Character); *Living on Shifting Sands: Grounding and Borderline Personality Organization*, Scott Baum

**5—February 5, 2011**

**Aggression In The Body—Masochistic Character**

**Reading:** *Character Styles*, Stephen M. Johnson (Chapter 9, The Defeated Child)

**6—March 5, 2011**

**Narcissism in the Body—Narcissistic Character**

**Reading:** *Narcissism*, Alexander Lowen, (Chapters 2 & 3)

**7—April 2, 2011**

**Sexuality in the Body—Rigid Character**

**Reading:** *Love, Sex & Your Heart*, Alexander Lowen (Chapter 5, The Fear of Love)

**8—May 7, 2011**

**Integration In The Body**

Integration of relational styles and character types



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## LIST OF CERTIFIED BIOENERGETIC THERAPISTS (CBT's)

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The following is a list of Certified Bioenergetic Therapists in the San Diego area who are approved as training psychotherapists. Students are required to complete 10 hours of Bioenergetic Analysis during the Relational Somatic Psychology Workshop Series. Students may also see Certified Bioenergetic Therapists outside of the San Diego area. The therapist must be a member in good standing of a society recognized by the International Institute of Bioenergetic Analysis. Any questions about these requirements should be directed to the Coordinator of the One-Year Program.

The following is a list of San Diego area Certified Bioenergetic Therapists:

Garet Bedrosian, LCSW, CET, CBT	333 Olive St, San Diego, CA 92103	619-295-8002
Michael Brennan, MA, MFT, CBT	3288 El Cajon Blvd #2, San Diego, CA 92104	619-282-6911
Paula Buckley, MFT, CBT	PO Box 5164, San Diego, CA 92165	619-525-3498
Nicole Dockter, LCSW, CBT	1767 Grand Ave #4, San Diego, CA 92109	619-318-5012
Mac Eaton, PhD, CBT	318 9 <sup>th</sup> St Ste A, Del Mar, CA 92014	858-481-8847
Michele Germain, LCSW, CBT	South Coast Hwy, Encinitas, CA 92024	760-500-7869
Diana Guest, MFT, CBT	1767 Grand Ave #4, San Diego, CA 92109	858-274-1662
Maggie Locke, MFT, CBT	4506 Adair St, San Diego, CA 92107	619-222-4743
Terri Martin, LCSW, CBT	333 Olive St, San Diego, CA, 92103	619-518-1229
Dan Offner, LCSW, CBT	333 Olive St, San Diego, CA 92103	619-260-1872
Jan Parker, PhD, MFT, CBT	12929 Pomerado Road, Poway, CA 92064	858-679-1558
Carol Russ, PhD, CBT	1767 Grand Ave #4, San Diego, CA 92109	858-755-8206
Vincentia Schroeter, PhD, MFT, CBT	P.O. Box 235738, Encinitas, CA 92023	858-259-2480
Tarra J. Stariell, MFT, CBT	327 S. Ivy St, Esc.92025 & SanDiego92103	760-294-2150
Paul Sussman, PhD, MFT, CBT	3101 4 <sup>th</sup> Ave, San Diego, CA 92103	619-542-1335
Barbara Thomson, PhD, MFT, CBT	Encinitas, 92024	760-944-7448

The above is a list of independent therapists, and some may have a sliding scale. Contact individual therapist to verify rates and set appointments.



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The following is a list of Los Angeles and Orange County area Certified Bioenergetic Therapists:

Nancy Chenay, MFT, CBT	1107 S. Pacific Coast Hwy, Redondo Beach 92077	310-318-5005
Ginger Clark, PhD, CBT	1107 Abbot Kinney Blvd, Venice, CA 90291	310-281-6059
Robert Coffman, PhD, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-379-8709
Becky Crusoe, MFT, CBT	2277 Townsgate Rd, #200, Thousand Oaks 91360	805-494-8777
Ellie Freedman, MFT, CBT	1151 Dove St, Suite 210, Newport Beach 92651	949-315-5616
Craig Gillett, MFT, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-450-2045
Robert Hilton, MFT, CBT	150 Paularino Ave, Suite 185, Costa Mesa 92626	714-850-9905
Virginia Hilton, PhD, CBT	150 Paularino Ave, Suite 185, Costa Mesa 92626	714-850-9905
Ida Karayan, PsyD, CBT	1139 N. Brand Blvd, Suite C, Glendale, CA 91202	818-243-9070
Gurucharan Khalsa, PhD, CBT	428 W. Harrison Ave #200, Claremont, CA 91711	909-593-3798
Patricia Miya, MFT, CBT	1107 S. Pacific Coast Hwy, Redondo Beach 90277	310-316-7268
Cindy Paxton, PhD, CBT	222 E. Olive St, Suite 7, Redlands, CA 92373	909-798-7711
Margaret Schmitz, LCSW, CBT	2212 Dupont Dr, Suite I, Irvine, CA 92603	949-451-4597
Carl Shurbs, PhD, CBT	321 S. Beverly Dr, Suite L, Beverly Hills 90212	310-772-0520
Michael Sieck, PhD, CBT	222 E. Olive St, Suite 7, Redlands, CA 92373	909-798-7711
JoLane Thomas, MFT, CBT	1000 Quail St, Suite 155, Newport Beach 92660	949-474-8150
Janet Tunick, PhD, CBT	2566 Overland Ave #780, Los Angeles, CA 90064	310-836-1816
Glenda Walther, PhD, CBT	680 W. 11 <sup>th</sup> St, Claremont, CA 91711	909-267-9780
Bill White, PhD, CBT	833 Dover Dr #12, Newport Beach, CA 92663	949-548-3115
Stephen Zusman, PhD, CBT	15720 Ventura Blvd #602A, Encino, CA 91436	818-986-4656

The above is a list of independent therapists, and some may have a sliding scale. Contact individual therapist to verify rates and set appointments.



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## **IMPORTANT NOTICE ON DUAL-RELATIONSHIPS**

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People intending to enter the Training Program of the Southern California Institute for Bioenergetic Analysis need to understand dual relationships. Dual relationships can be best defined when one individual is engaged in more than one role with another individual. Dual relationships are unavoidable in a training situation. For example, one's therapist might become one's trainer sometime during the four years of training. Additional possibilities for dual relationships include supervisory and administrative roles.

It is best that a trainee be aware of the need for flexibility in dealing with these situations. Any individual who feels that coping with dual relationships is not tenable for them should not enter the Training Program.

SCIBA appreciates the difficulty that might result from dual relationships and is willing to address concerns when they arise. For anyone thinking about entering the Training Program for Certification as a Bioenergetic Analyst, it is strongly encouraged that the issues of dual relationships be discussed thoroughly with his/her therapist and the Training Committee before entering the program.