



**SOUTHERN CALIFORNIA INSTITUTE
FOR BIOENERGETIC ANALYSIS**

An affiliate of the International Institute for Bioenergetic Analysis

333 Olive Street, San Diego, CA 92103
(619) 295-8002 www.bioenergetics-sciba.org

Bioenergetics: A Therapy Integrating Mind, Body and Emotions ©

**Relational Somatic Psychology
Workshop Series**

**Application Packet
San Diego Area
Fall 2009**

**VISIT US ON THE INTERNET AT:
WWW.BIOENERGETICS-SCIBA.ORG**



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RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

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:

August 29, 2009
October 3, 2009
November 7, 2009
December 5, 2009
January 2, 2010
February 6, 2010
March 6, 2010
April 3, 2010

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.

After completing this one-year program, some students decide to apply for the advanced training program for therapists. Should you decide to apply for the Certification Training Program after you complete this one-year program, you will receive 15 hours of therapy credit for this course, which added to your 10 individual therapy hours will meet the 25-hour therapy pre-requisite for application to the Certification Program.

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 the Introduction to Relational Somatic Psychology training program or the application process, please call me at 619-518-1229 or email me at terrimartin@cox.net.

I also encourage you to visit the San Diego Institute for Bioenergetic Analysis website at www.sdiba.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
619-518-1229



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RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

Application Form

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 further 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 St, San Diego, CA 92103
terrimartin@cox.net



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FALL 2009 SYLLABUS – SAN DIEGO

1—August 29, 2009

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—October 3, 2009

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

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

3—November 7, 2009

Attachment In The Body—Oral Character

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

4—December 5, 2009

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—January 2, 2010

Aggression In The Body—Masochistic Character

Reading: *To be announced.*

6—February 6, 2010

Narcissism in the Body—Narcissistic Character

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

7—March 6, 2010

Sexuality in the Body—Rigid Character

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

8—April 3, 2010

Integration In The Body

Integration of relational styles and character types.



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LIST OF SAN DIEGO CERTIFIED BIOENERGETIC THERAPISTS (CBTs)

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 Introduction to Relational Somatic Psychology Program.

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 faculty of the San Diego Institute for Bioenergetic Analysis.

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
Mac Eaton, PhD, CBT	318 9 th 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 & San Diego 92103	760-294-2150
Paul Sussman, PhD, MFT, CBT	3101 4 th Ave, San Diego, CA 92103	619-542-1335
Barbara Thomson, PhD, MFT, CBT	Pacific Beach, 92109 and Encinitas, 92024	760-944-7448
Bill White, PhD, CBT	Del Mar, 92014 and Newport Beach, 92663	949-548-3115

This list contains independent therapists. Some may have a sliding scale. Please contact the individual therapist to verify rates and to set appointments.



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Important Notice on Dual-Relationships

People intending to enter the Training Programs 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 sometimes unavoidable in a training situation. For example, one's therapist might become one's trainer at some time during the training. Additional possibilities for dual relationships include supervisory, administrative roles and previous relationships within the therapeutic community at large.

It is best that a student/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 Programs.

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 Programs, it is strongly encouraged that the issues of dual relationships be discussed thoroughly with his/her therapist before entering the program.



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Training Agreement**

The purpose of the Relational Somatic Psychology Workshop Series is to enhance each student's personal growth and development. This course offers an introduction to Bioenergetic theory but it does not train students to use Bioenergetic techniques with others. It is important that applicants understand this so we ask you to review and initial each of the following statements.

PLEASE INITIAL EACH STATEMENT

1. _____ I agree that the purpose of the "Relational Somatic Psychology Workshop Series," henceforth referred to as "this course," is for my growth and development. My attendance will provide me with only an introduction to Bioenergetic theory.

2. _____ I agree that attendance or completion of this course does not qualify me to represent myself as a Bioenergetic Therapist or a Bioenergetically trained therapist.

3. _____ I agree that my attendance or completion of this course does not qualify me as being trained by the Southern California Institute for Bioenergetic Analysis (SCIBA) to conduct Bioenergetic Therapy.

4. _____ I agree that attendance or completion of this course does not train me to use Bioenergetic techniques or to touch clients in my therapeutic work.

5. _____ I agree that under no circumstances will I use any experiential exercises, activities, or curriculum materials outside of this course.

Print Name

Signature

Date