

About the Training

We will introduce you to methodological work with the inner core, different release work techniques and pathways to enjoyment of deep inner power. We will also introduce crucial discoveries from the last twenty years in natural and human sciences and implement many of these discoveries throughout the course of the workshop. New ideas and advanced directions for your practice will be suggested and our Advanced Manual will be provided to follow the classwork. The combination of practical work, deep experiential interactions, theoretical understanding of techniques and the enlargement of our system of scientific reference will improve your practice and allow for more robust experiences for your clients.

Teaching will be in English with translations possible into Spanish, French, Dutch and German. This training is a wonderful opportunity to meet fellow practitioners and colleagues from all over the world.

www.icpit.org

Open to Psychotherapeutic Postural Integration Practitioners as well as Practitioners in Somatics and Body Psychotherapy (Energetic Integration, Core-Energetics, Bio-Energetic Analysis, Sexual Grounding, etc).

Enjoy yourself with colleagues coming from around the world and learn advanced Somatic and Bodywork skills focusing on the 4 Diaphragms of Body Balance.

Trainers:

Dirk Marivoet is a Registered Psychotherapist (ECP, EABP, BVP-ABP) & Psychomotor Therapist (VVPMT). He has more than 25 years of experience working with Bodymind Integration. Dirk is a trainer of Postural, Energetic and Pelvic-Heart Integration as well as a teacher and supervisor in Core-Energetics. He has a private practice and is the director of The Institute for Bodymind Integration (IBI) and is the Secretary of ICPIT. dirk.marivoet@ICPIT.org • +32 9 228 49 11



Elisabeth Renner is a Psychologist, a Body & Psychotherapist and a trainer of Postural, Energetic and Pelvic-Heart Integration. She worked closely with Jack Painter for more than 10 years and has specialised training in Trauma Therapy. She has her private practice in Austria and every year Elisabeth does seminars in Hawaii that incorporates the healing effects of nature on the body, mind and soul. These workshops include swimming with wild dolphins and Humpback whales. elisabeth.renner@ICPIT.org • +43 676 3121929



Rosa Maria Sevilla is a Psychologist, Jungian Therapist, Sexual Grounding Therapist (FSGT) and Psychoaroma Therapist. She is trainer in both Postural Integration and Energetic Integration and has been practicing Bodymind Integration since 1981. Rosa Maria resides and has a private practice in Guadalajara, Jalisco, Mexico. Contact Rosa Maria: rosamaria.sevilla@ICPIT.org - Phone: + 52 3331256257



Additional Information

Entry criteria: Practitioners in (Psychotherapeutic) Postural Integration, Energetic Integration, Core-Energetics, Bio-Energetic Analysis or related disciplines with one year of experience.

When: August 18th – 27th 2017

Address: Santa Cruz Los Pilares km 7.3 Carr. Tenancingo-Zumpahuacán. Estado de México. Telephone: (714)142-3461 www.casatonalli.org.mx

Cost: 1500 euros for Europeans. 1500 USD for practitioners from other continents. Prices do not include room and board.

Send payment: ICPIT Bank Account: IBAN: DE85 6208 0012 0715 0350 00 BIC: DRES DE FF 620 Stating "advanced training"

Room and board: Prices vary due to room standards and needs to be booked and paid at the center. <http://www.casatonalli.org.mx> Estimated price for room & board is 10,000 pesos p/p or about 470€ p/p (accommodation includes 3 meals a day, plus snacks and working room).

Transportation: Mexico City airport to Casa Tonalli is about \$800 pesos one way.

Contact, registration and further information: secretariat@icpit.org Ph. +32 (0)9 228 49 11 or +32 (0)486 690 570

Delivered diploma's: Master Postural Integration Practitioner Advanced Somatics Practitioner

www.icpit.org

ADVANCED SOMATICS

Master Postural Integration

Mexico

18 to 27
August 2017

Postgraduate Training for
Certified Bodymind Integrators,
Somatics Practitioners
and Body Psychotherapists



Goals of the Advanced Training

We will work with the diaphragms of body balance which are the fontanelles along the cranium, the floor and ceiling of the mouth, the thoracic inlet with first rib, the breathing diaphragm and the pelvis. When these diaphragms are released, they begin to shift spontaneously, rhythmically and freely interact with one another creating warmth and wellbeing.



while developing healthy boundaries. This helps the client to clear away old frustrations as well as pain and create a new possibility to connect within self and others at a deep intimate level of passion, love and joy. We will also explore how the last stages of Jack Painter's "Energetic cycle" (excited breath, orgasmic breath, ecstatic breath, etc.) relate to the tissue work around the deep core.



Touching the Core

In the deep work with the core the advanced practitioner follows the basic segments or diaphragms of body balance which include the fontanelles, the floor and ceiling of the mouth, the thoracic inlet and first rib, the breathing diaphragm, the pelvis and pelvic floor. Some of the deepest work with the core includes release of the core tissues of the pelvis, which holds many of our strongest feelings and attitudes. A thorough understanding of working with developmental and maturational needs is also included. Working with the structures of the core the advanced student learns to help the client open layers of tissue and feelings in a safe and respectful way beyond the initial 10 sessions of the Postural Integration Model. Advanced techniques and strategies will be taught to help the client clear away old frustrations and pain, to connect with self and others and ultimately connect at a deep and intimate level of love, joy and fulfillment.



help clients more fully integrate major dimensions of the self, such as genetic inheritance, left and right hemisphere, sensorimotor functions and masculine-feminine sides. By interacting skillfully with the core, advanced practitioners learn powerful ways to help the top of the body to cooperate with the bottom, the right and left sides to function as a team, and the front and back to move harmoniously with each other. With the discovery of a new inner center, energy can then radiate outwardly and inwardly in flowing waves through all the body diaphragms in a socially engaged and spiritually rich manner.

Extending and Deepening your Knowledge and Skills

To deepen your knowledge base, we will incorporate many state of the art topics including overview and application of somatic methods, body language in action, advanced strategies for addressing developmental/maturational needs, and unification/integration of polarities. We will further extend your skill level with additional topics such as language and meaning, development of consciousness and advanced sessions for working with the core while strengthening the "pilot ego" thereby uncovering one's life purpose.



Working with Stubborn Defences

In order to touch the armored core, we need to recognize how the body organizes its defences and how it forms character patterns of restricted breath, muscular contraction and habitual movement, as well as incomplete emotion and thought.



To handle the shocks, traumas and all the continuing demands of our lives, we use characteristic attitudes and habits to try to hold ourselves together, hold on to what we can, hold ourselves up, hold ourselves deep inside or hold ourselves back. By working with our breath and touching the deepest layers of our tissue, advanced practitioners help their clients learn where and how their persistent character armor defends the core and how to let it go. In this advanced training we will cover topics such as relationships are regulators, the social engagement system, the inhibition of action syndrome, the PTSD paradigm, the inflammation paradigm, predisease pathways, etc.

Finding Harmony and Integration

Using the advanced somatic methods, you will learn new ways of helping your clients release their deepest armoring. Yet with the release of these very old habits and attitudes, they also need help finding a new centre and integrating this newfound change into their lives. By coordinating tissue, breath and feeling with special somatic strategies, you as a practitioner



Implementing into Clinical Practice and Information Exchange

We will suggest different possibilities and new directions to enhance your private practice. While all this work and new strategies are very powerful, we also realize the importance of spending time to discuss case studies coming from group members as well as the trainers. To enrich and deepen this advanced training experience, sharing circles will be utilised from time to time.



Empowering the Practitioner

We will work with the physical aspects and the energy/consciousness of the pelvis expressed through the pelvic floor and the sexual organs. We will learn to open layers of tissue and feelings

Certification: After successful completion of this training and a written 10-page long thesis, you will be granted the title of Master Postural Integrator or Advanced Somatics Practitioner, issued by ICPIIT.