

Curriculum



Experiential Training Group

in Transpersonal Breathwork /
Holotropic Breathwork® and
Spiritual Guidance

Information, Registration:

Psychotherapeutische Praxis

Ingo Benjamin
Jahrsetz, Dr. phil.

Heimbachweg 1A
D-79299 Wittnau
Germany



Tel. 0049 (0)761 – 47 58 46
Fax 0049 (0)761 – 47 46 46

Office: Mon – Thu 9.30 am – 1.00 pm

Dr. Jahrsetz personally ad phone:
Wed 10 am – 12.30 pm

mail@holotropes-atmen.com
www.holotropes-atmen.com

Transpersonal Breathwork and Spiritual Guidance

Three-years Training Group Transpersonal Breathwork / Holotropic Breathwork®

- Start:** Module 1/2 **March 2009**
Dates see on Curriculum schedule
- Trainer:** Judith Miller and Ingo B. Jahrsetz
- Place:** Seminarhaus Hollerbühl, Black Forrest
- Costs:** Each module € 600.-
complete € 7200.- without Board and Lodging

We offer this training for

- those who are seeking intensive guidance on their spiritual path aided by Holotropic Breathwork®,
- those who are working in a social context, are interested in psychotherapeutic connections and want to learn about methods and theories of Transpersonal Psychology,
- professional psychotherapists who want to learn the technique of Holotropic Breathwork® in order to support others therapeutically and spiritually in their development.

The Training Group

is composed of twelve 5-days moduls, which will be offered in spring and fall as 10-day-blocks.

Language:
German und English with translation

Online:
www.holotropic-breathwork.org

Prerequisite:

- minimum 150 hours self-experience in Holotropic Breathwork®
- 150 hours therapy
- full academic qualification and/ or 3 years work experience in the social field

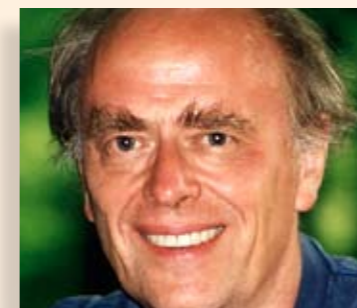
Exceptions possible

Certificate:

At the end of the training we issue a certificate (Practice Dr. Ingo B. Jahrsetz).

Recognition by Eurotas (European Association for Transpersonal Psychology) is planned.

*»For our teachers
Stanislav and Christina Grof
in respect and thankfulness«*



*Ingo Benjamin
Jahrsetz, Dr. phil*

Holotropic Breathwork® Practitioner and Trainer in Holotropic Breathwork® /Transpersonal Psychotherapy Integrative Psychotherapy; Family Therapy; Systemic Solutions; Psychodrama; lectures and scientific studies.

Supervisions and seminars in Germany and abroad

Initiator and honorary chairman of the Spiritual Emergence Network e.V. (SEN) Germany

Chairman of the School for Transpersonal Psychology and Psychotherapie e.V.

Psychotherapeutic practice in Freiburg



Judith Miller, Ph.D

Clinical Psychologist specializing in psycho-spiritual development,

Holotropic Breathwork® Practitioner for 20 years

Professor in Human Development at Columbia University, New York City, USA., Professor at Union Theological Seminary, New York City, USA.

Consultant to public mental health agencies and psychiatric hospitals, Clinical Supervisor to psychologists in training.

Past member of the following Boards of Directors--International Association of Near-Death Studies, Gheel Mental Health Center, Kundalini Research Network, Transitional Residential Independent Services (TRIS).

Author of »Direct Connection: Transformation of Consciousness« (German translation)



Holotropic Breathwork: Consciousness Research, Transpersonal Psychotherapy and Spiritual Guidance

Holotropic Breathwork® is a method of modern consciousness research.

It serves as a tool to explore consciousness in its full depth and experience non-ordinary states of consciousness on a personal and transpersonal level. Holotropic Breathwork® allows the experience of states of extended consciousness, which help to get a clear perception of oneself and others, and deals with insights from a spiritual perspective.

Many cultures have known non-ordinary states of consciousness for ages, often as a part of rituals. Especially in shamanic cultures, they are still used today for healing purposes.

The exploration of consciousness may not be considered independent of the explorer himself. Consciousness research always includes self-exploration and can bring about immense change for the explorers themselves, transforming thoughts, emotions, dreams, and ideas of what is important in life, and often even entire world views.

People who have done Holotropic Breathwork® for a long time have often developed a fairly good sense of how to judge situations in daily life; they tend to feel authentic in their personal relationships and develop an understanding of how all things are interrelated and mutually dependent. They know that they harm themselves if they hurt another being and that they give themselves value, feel nourished and loved when they give love to others.

Non-ordinary states of consciousness seem diametrically opposed to rational thinking.

In public, non-ordinary states of consciousness have traditionally been associated with intoxication, addiction and irrationality. Recently, Western thinking has begun to change. Psychosocial groups, in which participants can explore different kinds of non-ordinary states of consciousness, are gaining popularity, scientific projects researching the latter have cropped up, and both psychiatry and psychotherapy have started to show an increasing interest in therapeutic work using Holotropic Breathwork®.

In this context we are often asked whether Holo- tropic Breathwork® is a psychotherapeutic method.

Based on their own experience, some people spontaneously decided to call it that. Experiencing non-ordinary states of consciousness often leads to insights into the essence of things. Such insights rise up from the depths of the unconscious and connect people with their most essential intuition and truth. Stan Grof called this the inner healer that everyone of us carries inside.

However, courage, perseverance and a certain degree of self-esteem are needed to trust one's inner truth. Not everyone is strong enough to face oneself without the support of others.

Since it is always embedded in a relationship process, psychotherapy can be very helpful in this context. Professional psychotherapists who are familiar with Holotropic Breathwork® and understand the dynamics of non-ordinary states of consciousness are able to offer therapy that reaches unprecedented depths. Working with experiences made in Holotropic Breathing, they can provide useful support to people with symptoms which previously seemed untreatable.

Some Eastern spiritual traditions are often rather critical of psychotherapy.

A well-known Tibetan Lama once said that psychotherapy was an expensive and unnecessary game. Many Buddhists believe that the Dharma, the truth, and the path towards it, comprise the development of an entire being and that Eastern traditions provide all the tools that are needed.

That this is not true for everyone raised in the Western tradition has become clear over time. Stories circulate of Eastern spiritual teachers who are unable to properly judge the actual living conditions of their students, who cannot solve addictive problems or have even overlooked dangerous diseases.

Spiritual truths refer to specific social and cultural structures and must always be regarded in their historical context. It is one of the great misunderstandings of Transpersonal Psychology today to believe that it is able to transport the truths of the Great Eastern Traditions into the 21st century without adapting them.

Modern Western psychotherapy can be very helpful for this (both for students and for teachers). It can provide a safe space within a relationship in which (even the most subtle) emotions, fantasies, ideas, desires and taboos can be expressed and the questions of Who am I really? How can I love? What could liberation look like? arise authentically and by themselves. Without raising such questions, it is not really possible to integrate psychopathological symptoms.

Unaided by psychotherapy, people easily misunder- stand old Eastern traditions.

Since psychotherapy is always part of a relationship, it can be a very effective tool to help us look at our more or less conscious intentions, emotions, conceptual models, fantasies etc. Knowledge of psychotherapeutic projection and therapeutic instruments for confronting the (personal and collective) shadow are unique contributions that the West has made to humanity.

Psychotherapeutic work always unfolds within and through a

strong emotional relationship. Such relationships serve as containers, from which all life has come and in which all life develops. They can be seen as the essential precondition for healing wounds of the psyche.

Many Westerners believe that their lives become meaningful when they strain towards their boundaries and fully unfold their potential as individual beings. Access to the spiritual occurs through the authentic expression of one's individual human essence. Frequently, the spiritual paths of people with Western origins begins when they make the conscious choice to take their lives into their own hands and assume responsibility for everything they encounter. In Western tradition, this is reflected in the myth of the hero's journey.

Similar to the idea of liberation, Western tradition tends to understand entanglements and psychopathological symptoms as centered around the individual and as »psycho-spiritual«, the latter meaning that being free includes a psychological (physical, emotional, conceptual) and a spiritual (personal, transpersonal) element of the consciousness.

When Eastern spiritual systems are carried to the West without adaptation, this often entails splitting off emotions, a certain rigidity and an unfitness for daily life.

An ability of authentic expression, knowledge about how suffering arises from the consciousness and how it can be overcome, the conscious evolutionary impulse in each liberated being – these all are aspects in the landscape between illusion and reality, entanglement and liberation. In this context, exploring the contents of the consciousness and analyzing the ways in which the consciousness operates cannot reasonably be separated.

This can be provided by the process of Holotropic Breathwork®, which can help to reveal just how the mind's operation modes are interrelated with its contents. This is where psychotherapy and spirituality merge.

Holotropic Breathwork® processes can have a strong therapeutic effect.

Traditional psychotherapy often misunderstands Holotropic Breathwork® as a cathartic or regression-inducing method. It asks the question of how far one should go into regression to heal psychological wounds. This approach fails to take into account the inherent dynamics of the processes of consciousness (holotropic processes). These processes unfold in the depths of the human consciousness where knowledge about the essence lies, where the Divine and the Human meet. This is what Stan Grof calls the inner healer. It is that place of wisdom which tells a human what it takes to heal their wounds and to which depths of their consciousness they need to descend to liberate their own powers for creative impulse; it is that place which guides all life and drives evolution forward.

Holotropic processes shed light on the problems and joys of daily life from a spiritual perspective.

This approach views problems with a focus on how they can be overcome, and wounds with a focus on how they can be healed. The most essential characteristic of processes occurring in non-ordinary states of consciousness is the tendency towards becoming whole and an extensive understanding of difficulties. In the context of psychotherapy, this means the alleviation and healing of psycho-neurotic symptoms, in a spiritual context, it means developing one's full human potential.

The method of Holotropic Breathwork® is both »gentle« and »confronting«

Processes occurring in non-ordinary states of consciousness permit seekers to approach their own boundaries step by step, to overcome fears as a whole being, and to recognize even painful steps they may need to take to overcome problems.



Holotropic Breathwork® integrates various techniques. Accelerated breathing, such as found in some Yoga breathing techniques, is combined with evocative music, body-centered energy work, the so-called mandala drawing, and psychotherapeutically instructed group sharings.

Holotropic Breathwork® has, from its origins, integrated consciousness research, psychotherapy and spiritual guidance.

The method was developed by Stanislav and Christina Grof. Stanislav Grof originally worked as a psychoanalyst and psychiatrist. He became one of the pioneers of modern consciousness research, after having participated in an LSD research project at the University of Prague. Christina comes from the Yoga tradition which has always used accelerated breathing as a meditation technique.

Training people in Holotropic Breathwork®

...is actually rather impossible. We can only train people in the skills of various supporting techniques. The essential process consists in the self-exploration of one's own human depths at which the true essence is located. Only there can the inner healer be found. The skills necessary for accompanying others in Holotropic Breathwork® as a support provider are learned by being in contact with one's own inner essence.

In this sense, a training group in Holotropic Breathwork® is first and foremost an adventurous journey on one's own spiritual path. We provide guidance on this path.

For this, we offer training in our Experiential Training Group in Transpersonal Breathing. The training is designed for people who seek intensive spiritual guidance and professional psychotherapists who want to learn about Holotropic Breathwork® as a method. In addition to intensive self-exploration, we offer old knowledge from the Great Spiritual Traditions and modern theories of Transpersonal Psychology. We think this is a dynamic and creative combination which lies outside of ego control.



Levels of the training

The training focuses on three levels:

1. Intensive (self-) exploration of the consciousness, spiritual guidance
2. Psychotherapy
3. Methodology, instruments of Holotropic Breathwork®

1. Level of intensive (self-) exploration of the consciousness, spiritual guidance

1.1. Models

- What is the spiritual path?
- Heroes' journeys
- Buddha, Dharma, Sangha
- The path of Christian mystics
- Experience in non-ordinary states of consciousness: Holotropic Breathwork®, psychedelic experiences. The journey of the shaman.
- Ken Wilber's Integral Spirituality and Stanislav Grof's When the Impossible Happens.
- The evolution of the consciousness and the paradoxical character of pre- (personal) and trans- (personal) psycho-spiritual growth.
- The historical character of enlightenment



1.2. Practice of spiritual guidance

- Anicca: transformation, change
- Ducca: suffering, experiencing suffering, the meaning of suffering
- An-atta: emptiness, experiencing emptiness
- The four Brahmaviharas: loving kindness, compassion, sympathetic joy, equanimity
- The Ox-Herding Pictures of Zen
- The Heart-Sutra

1.3. Topics

- Psychotherapy and spirituality
- What does it mean to be on the spiritual path?
- Where does working with the altered consciousness take us? Is it per se a kind of spiritual path?
- What is the goal of being on the spiritual path? What is enlightenment? What is the difference between being a mature adult and being enlightened?
- Stumbling blocks and traps on the spiritual path
- The Nazi trap: the trap of hidden and open fascism on the spiritual path
- Intimate relationships and spiritual growth
- What is the ego? What is ego death?
- Death and dying

Curriculum schedule

2nd Year	Spring	2nd Year	Fall
2010	Module 5	2010	Module 7
March 14th - 19th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Own experience with Holotropic Breathwork, therapeutic guidance of the process and reflection on the process	October 22nd - 27th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Own experience with Holotropic Breathwork, therapeutic guidance of the process and reflection on the process
	Spiritual guidance: The meaning of initiation and the creation of a dream body in Western heroes' journeys (2) Existential and spiritual crises		Spiritual guidance: The path of Christian mystics: St. John of the Cross, Meister Eckehard, Hildegard von Bingen.
	Psychotherapy: Psychopathology of so-called »early disorders« from a perspective of Transpersonal Psychotherapy. Forms of spiritual crises; spiritual crisis and psychosis.		Psychotherapy: Study of selected emotional structures (1): The wound of the unloved, shame and guilt. Prepersonal and Transpersonal: About the paradoxical character of psycho-spiritual process guidance Stanislav Grof and Ken Wilber.
	Holotropic Breathwork techniques: The setting of Holotropic Breathwork®: music, body work, mandala drawing, sharing (1)		Holotropic Breathwork techniques: Body work, music, sharing (3)
2010	Module 6	2010	Module 8
March 19th - 24th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Own experience with Holotropic Breathwork, therapeutic guidance of the process and reflection on the process	October 27th - November 1st	Self-exploration: 4 Holotropic Breathwork sessions and sharing Own experience with Holotropic Breathwork, therapeutic guidance of the process and reflection on the process
	Spiritual guidance: Traps and obstacles on the spiritual path		Spiritual guidance: The path to enlightenment The Ten Ox-Herding Pictures (Master Kakuan 12th century). Attachments, desires, letting go Goals of being on the spiritual path today (1) Ken Wilber: Integral Spirituality
	Psychotherapy: Selected structures of psychopathology: Narcissism, borderline syndrome		Psychotherapy: Incest, therapeutic abuse
	Holotropic Breathwork techniques: Introduction into arranging music and body work in Holotropic Breathwork (2)		Holotropic Breathwork techniques: Body work, group dynamics processes and leading groups (4)

Curriculum schedule

3rd Year	Spring	3rd Year	Fall
2011	Module 9	2011	Module 11
March 10th - 15th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Experience with Holotropic Breathwork, therapeutic guidance of the process, group leading and assistance in supervision	November 11th - 16th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Experience with Holotropic Breathwork, therapeutic guidance of the process, group leading and assistance in supervision
	Spiritual guidance: The four Brahmaviharas: loving kindness, compassion, sympathetic joy, equanimity		Spiritual guidance: Who am I and who am I not? Ramana Maharshi and other sages
	Psychotherapy: Study of selected emotional structures(2): greed, revenge, envy, hatred, jealousy		Psychotherapy: Sexuality, disorders Tantra
	Holotropic Breathwork techniques: Body work and music, drawing mandalas, group dynamics processes and group leading (5)		Holotropic Breathwork techniques: Group leading and supervision
2011	Module 10	2011	Module 12
March 15th - 20th	Self-exploration: 4 Holotropic Breathwork sessions and sharing Experience with Holotropic Breathwork, therapeutic guidance of the process, group leading and assistance in supervision	November 16th - 21st	Self-exploration: 4 Holotropic Breathwork sessions and sharing Experience with Holotropic Breathwork, therapeutic guidance of the process, group leading and assistance in supervision
	Spiritual guidance: The Heart Sutra: The goal of being on the spiritual path today (2) Stanislav Grof: When the Impossible Happens		Spiritual guidance: Were you there for the Big Bang? Can there be peace in the world? Being One – the mystical experience of being one, being one as a state of being
	Psychotherapy: Overcoming anxiety: From anxiety to love		Psychotherapy: Simulative processes and the authentic self
	Holotropic Breathwork techniques: Body work and music, drawing mandalas, group dynamics processes and group leading (6)		Holotropic Breathwork techniques: Group leading and supervision
	Certificate		