



NEW ZEALAND SOCIETY FOR  
BIOENERGETIC ANALYSIS

## TRAINING CURRICULUM SUMMARY

The New Zealand Society for Bioenergetic Analysis Inc. (NZSBA) is affiliated to the International Institute for Bioenergetic Analysis (IIBA), based in Barcelona, Spain.

Bioenergetic Analysis, founded by Alexander Lowen in New York, is the largest school of somatic psychotherapy in the world and there are Societies in the following countries: Argentina, Austria, Belgium, Brazil, Canada, China, France, Germany, Israel, Italy, Netherlands, New Zealand, Norway, Poland, Portugal, Russia, Scotland, Spain, Switzerland and the United States.

## TRAINING PROGRAMME

The New Zealand Society for Bioenergetic Analysis (NZSBA) is preparing its fourth four-year training programme.

Bioenergetic Analysis is a psychodynamic, somatic and relational psychotherapy. This brochure outlines the prerequisites for admission to the programme and gives an overview of the curriculum. The training will be based in Wellington. You will find a form on the last page of this brochure if you wish to register an interest in this training course.

This training course is approved by PBANZ under the “Registration Requirements (During Grandparenting) June 2012” and people completing this course, plus the IIBA requirements for qualifying as a ‘Certified Bioenergetic Therapist’ (CBT), will be eligible to be registered as a psychotherapist with PBANZ.

## TRAINING PROGRAMME FOR BIOENERGETIC ANALYTIC PSYCHOTHERAPISTS

### **PURPOSE:**

This training programme, which is being made available by the New Zealand Society for Bioenergetic Analysis (NZSBA), is accredited by the International Institute of Bioenergetic Analysis (IIBA).

The Institute is based in Spain. The teaching faculty consists of international trainers from the IIBA and local trainers from NZSBA who are accredited with the IIBA. A counsellor or psychotherapist who completes the training course and its requirements is able to become a Certified Bioenergetic Therapist (CBT), registered with the International Institute of Bioenergetic Analysis.

### **PREREQUISITES:**

A candidate for the training programme should:

1. be a member of NZAC, NZAP or NZCCA or commit to gaining full membership of one of these organisations; or
2. be prepared to enroll in, be enrolled in, or have graduated from, a tertiary programme in counselling or psychotherapy; and
3. be interviewed and accepted by the training committee of NZSBA.

### **THE TRAINING CURRICULUM – BRIEF SUMMARY**

The training programme is divided into two phases: pre-clinical and clinical. The Pre-clinical Phase takes two years and involves group learning about the basics of Bioenergetic Analysis, its history, techniques and relationship to other fields of knowledge. The Clinical Phase takes a further two years, and trainees learn about the therapeutic process, with an emphasis on self-awareness, the application of theory to practice, and an understanding of key therapeutic issues.

Supervision is a key process, and this takes place in group and individual settings.

## OVERVIEW OF THE CURRICULUM PRE-CLINICAL PHASE (2 YEARS)

### THE FUNDAMENTALS OF BIOENERGETICS

- >> **History and basic concepts:** Bioenergetics rests on the work of Freud, Reich, and Lowen. It is informed by later psychodynamic, somatic and relational theorists.
- >> **Basic issues:** somatic principles of charge / discharge / containment; breathing; movement; grounding; alignment; sexuality; contact and bonding; negativity and resistances
- >> **Basic tools:** reading the body; expressions in parts of the body; blocks and splits, misalignments; assessing energy. Intuitive imagination and metaphors of the body. Techniques and mobilizations.
- >> **Anatomy and neuro-psychology:** basic anatomy and developments in neuroscience: affect regulation/dysregulation of the self

### THE PROCESS OF HUMAN DEVELOPMENT

- >> **Each of the developmental stages is examined in terms of:**
  - normative tasks (normal development)
  - typical interferences (deficits, conflicts, and traumas)
  - energetic consequences (psychic and somatic)
  - psychological consequences (e.g. disorders)
- >> **The developmental stages examined are:**
  - pre-natal, natal, and post-natal; oral; separation/individuation; genital/oedipal; adolescence; adulthood

### CHARACTER

- >> **Character structures and their manifestations:** The basic character patterns: schizoid, oral, borderline, narcissistic, psychopathic, masochistic and rigid are each examined developmentally, psychologically, bodily and energetically. The creative aspects of character: dreamers, creators, communicators, inspirers, stabilizers, achievers.

## CLINICAL PHASE (2 YEARS)

### THE SETTING OF BIOENERGETIC ANALYSIS

- >> 1st interview: therapeutic contract; assessment; fees; ethics
- >> The session: modes of relating; forms of working; forms of intervention; integrating body and 'analytic' work; phases in the session

### THE THERAPEUTIC PROCESS (I)

- >> Guiding Principles: each person is unique; processes are non-linear; character structure develops out of experiences of failure and compensation
- >> Maintaining Balance: between the intrapersonal & interpersonal; between the client's needs, conflicts, deficits and traumas
- >> Symbols: dreams, images at personal and transference levels
- >> Psychosomatic: illness and healing

### THE THERAPEUTIC PROCESS (II)

- >> The Relationship: forms of resistance and negativity;
- >> defences: adaptive, defensive; the past in the present; breakdown and breakthrough
- >> The Self: attachment, attunement; intersubjectivity; expression
- >> Sexuality: centrality of; exploring; gender issues; working with sexual charge in therapy; creating safety; transference & countertransference
- >> Transference & counter-transference: attachment, sexuality; resonance, empathy, attunement; the therapist's woundedness

### THE THERAPEUTIC PROCESS (III)

- >> Phases: beginning, middle and end; bioenergetic exercises
- >> Topics: sexual abuse; crisis intervention; PTSD; psychoses; medication; culture; specific pathologies; psychosomatic diseases; new cutting edge topics in theory and practice
- >> Supervision: use of in training; personal/professional
- >> Skills for trainees: use of therapeutic process; interventions; regulation of emotion; manage therapeutic relationship.

## THE BASIC PRINCIPLES OF BIOENERGETIC ANALYSIS

1. All affective human experiences are body events.
2. Somatic processes (excitation, pulsation, flow, centering, containment, grounding) constitute the foundation of the psychosomatic unity of a person.
3. Intrapsychic, relational, affective, cognitive and somatic processes are fundamentally related and in mutual interaction.
4. Bodily expression of these elements is the key to understanding personality.
5. Attachment and sexuality are the cornerstones of personhood.
6. A person's history of developmental deficits, conflicts and trauma is structured into the form and motility of his/her body.
7. Developmental deficits, conflicts and traumas are subjectively experienced as emotional, somatic, cognitive and relational disturbances, and are expressed in characterological defences and fixed relational patterns.
8. The relationship between client and therapist is a fundamental component of the therapeutic process.
9. Therapy focuses on the connection between the energetic processes of the body, the analytical and synthesizing processes of the mind, and the relational patterns expressed in the therapeutic process.
10. Therapy is a dialectical interplay between two people (subjectivities) and requires the therapist to be finely attuned to both the client's and his or her own somatic rhythms, developmental level of functioning and relationship needs.

The ability to integrate and express these principles as an effective therapist requires an in-depth awareness of self as well as a sophisticated knowledge, skills and ethical base.

It requires an in-depth knowledge of psychological development, psychopathology, and psychodynamic theory, an ability to read and attune to the body, an understanding of conscious and unconscious processes, and an understanding of the therapeutic process.

It requires the integration of these factors over time in a maturational process, involving one's own therapeutic process, and learning under the guidance of experienced trainers and supervisors.

## CERTIFICATION REQUIREMENTS:

To become a Certified Bioenergetic Therapist (CBT), a trainee must:

1. have completed 480 hours of workshops over a 4 year period: each year comprising of 20 days of workshops run by both IIBA trainers and local trainers.
2. have successfully completed an annual evaluation process. Keep a personal journal, complete experiential and written assignments and the required reading.
3. have completed 150 hours of personal bioenergetic therapy<sup>1</sup> with a Bioenergetic Therapist<sup>2</sup> (it is recommended that at least 24 hours of therapy are completed for each year of the training programme to assist with a deeper personal integration of the training experience).
4. complete an extensive case-study which is signed-off by two international trainers.
5. have completed 50 hours of bioenergetic supervision<sup>3</sup>, outside the training programme, with approved supervisors, at least 35 hours of which must be individual supervision.
6. be endorsed by the NZSBA local trainer, and be recommended by two members of the international faculty for certification.

Where the requirements of the PBANZ are higher than those of the IIBA, the NZSBA will adjust the above conditions to meet the requirements of PBANZ. On the other hand, NZSBA will not lower the IIBA requirements, e.g. to complete 150 hours of personal therapy, to meet the minimum requirements of the Board.

<sup>1</sup> The Psychotherapists Board of Aotearoa New Zealand requires psychotherapists to have undergone a personal therapeutic experience.

<sup>2</sup> The Bioenergetic Therapist will need to be a registered psychotherapist with PBANZ.

<sup>3</sup> The Psychotherapists Board requires the completion of 900 hours of supervised clinical psychotherapy practice over at least three years with a registered psychotherapist. These hours can be completed during and following qualification.

## REGISTRATION OF INTEREST

I wish to register an interest in the NZSBA 'Bioenergetic Psychotherapy' training course commencing 2015. My details are:

Name:	
Address:	
Phone & Fax:	
E-mail:	
Occupation:	
Professional Qualifications:	
Professional Memberships:	

Please send your Registration of Interest or Enquiry to:

Garry Cockburn, MNZAP(ACP), CBT. PO Box 25128, Featherston St. Wellington. 6146.  
Phone: 04-9736555 Email: [garry.cockburn@paradise.net.nz](mailto:garry.cockburn@paradise.net.nz)

I love the body.

I love to work the body.

I love to see the body blossom.

That's my life. The body has always saved me. Fulfillment for me is living the life of the body and experiencing the energy of the body. The fulfillment that life and therapy offer is the ability to be fully true to one's self. That self for me is the bodily self, the only self we will ever know. Trust it, love it and be true to yourself.

The final written words of Alexander Lowen  
FOUNDER OF BIOENERGETIC ANALYSIS