



Bioenergetic Analysis Training Program

Alachua, Florida USA

Upcoming Training Dates:

- September 17 – 20, 2015 - Scott Winfield, LCSW**
November 19 – 22, 2015 - John Yong, JD
March 3 – 6, 2016 - Silvina Henriquez, MA
April 14 – 17, 2016 - Laurie Ure, MA
June 9 – 12, 2016 - Ana Murillo & Alberto Wang, MA

The FSBA's training teaches the student in an in-depth way, about the energetic viewpoint of psychological and physical dynamics (and their interrelationship), the functional identity between mind and body and the role of the body in the psychotherapeutic process. The curriculum includes the history of the energetic concept, basic bioenergetics principles, reading the body, techniques for mobilizing energy and expressing feelings, and understanding the development process in relation to character structure. Teaching methods will be experiential, didactic, and individual study.

The training program is broken into the pre-clinical phase – first two years, and the clinical phase – lasting an additional two years and resulting in certification. The emphasis on the pre-clinical phase is on the trainee mastering the fundamental contributions of Alexander Lowen and Wilhelm Reich. Reich's concepts of body armoring, character analysis and his use of the body in psychotherapy is emphasized. Alexander Lowen's evolution over a fifty-year period of developing and practicing Bioenergetic Analysis is emphasized for the trainee to become deeply aware of working body energy and working psychology.

Bioenergetic interventions, Bioenergetic character analysis and Bioenergetic group process and personal growth is emphasized.

The clinical phase emphasizes the Bioenergetic therapy process. This includes leading and receiving Bioenergetic sessions during the training while receiving supervision on the trainee's skill level. The training program provides the trainees extensive exposure to six excellent workshop leaders in a highly supportive, caring environment.

The goal of the Florida Society's training program is to give trainees the opportunity to master the fundamentals of bodywork Bioenergetic psychotherapy as pioneered by Dr. Alexander Lowen and to create their own unique, strong signature of working the body and working psychology. The excellence of the training is dedicated to the premise that the body is the reflection of our personality and our unconscious and real personality change is rooted in working with the body in the psychotherapy process.

Eligibility

The Bioenergetic Analysis Training Program is open to psychologists, counselors, coaches, psychiatric nurses, social workers, graduate students, and other professionals in the helping professions. Special situations allow for auditing the Training Program.

Application, Fees and Continuing Education Credits

Early application is recommended. If interested, please email fsba.bioenergetics@gmail.com for an application. Tuition for the 2014 – 2015 training year is \$4,250. Payment of \$825 per workshop is due 1 week prior to each workshop. A list of local hotels is available in addition to the offering of dormitory-style sleeping accommodations at the farmhouse for no charge. Annual FSBA membership dues of \$125 are payable at the September workshop.

Each training workshop provides 24 hours of State of Florida Continuing Education Credits (CEUs) for Mental Health Counselors, Marriage and Family Therapists, Licensed Clinical Social Workers, and can also be available for Psychologists.

