

Curriculum



International Institute for Exploration of Consciousness
and Psychotherapy

Experiential Training Group

Transpersonal Breathwork, Spiritual Guidance and Transpersonal Psychotherapy



Experiential Training Group in Transpersonal Breathwork, Spiritual Guidance and Transpersonal Psychotherapy.

Three-years Training Group

- Start:** Module 1/2 **November 2012**
Dates see on Curriculum schedule
- Trainer:** Dr. Ingo B. Jahrsetz and Dr. Judith Miller
- Place:** Seminarhouse Hollerbühl, Black Forest/Germany
www.hollerbuehl.de
- 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 Transpersonal Breathwork,
- those who are working in a social or psychotherapeutic context, are interested in psychotherapeutic development and want to learn about methods and theories of Transpersonal Psychology,
- professional psychotherapists who want to learn the technique of Transpersonal Breathwork in order to support others therapeutically and spiritually in their development.

The Training Group

is composed of twelve 5-days modules, 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 psychotherapy
- full academic qualification and/ or 3 years work experience in the social/mental health field
Exceptions possible

Certificate

At the end of the training the International Institute for Exploration of Consciousness and Psychotherapy issues a certificate in „Transpersonal Breathwork, Spiritual Guidance and Transpersonal Psychotherapy”.

**Recognition by EUROTAS
(European Association for Transpersonal
Psychology)**

www.eurotas.org

*»Stan and Christina Grof
with much appreciation for
having led our way.«*

**Ingo Benjamin
Jahrsetz, Dr. phil**



Holotropic Breathwork® Practitioner and Trainer in Transpersonal Breathwork and Transpersonal Psychotherapy.

Psychotherapeutic practice in Freiburg/Germany; Integrative Psychotherapy, Family Therapy, Systemic Solutions, Psychodrama, Supervision.

Lectures and seminars in Germany and abroad.

Book author/ articles on psychotherapy and spirituality.

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

Founder and director of the International Institute for Consciousness Exploration and Psychotherapy e.V. Freiburg/Germany.

President of EUROTAS

www.holotropic-breathwork.org



Judith Miller, Ph.D

Holotropic Breathwork® Practitioner and Trainer in Transpersonal Breathwork and Transpersonal Psychotherapy.

Clinical Psychologist specializing in psychospiritual development.

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

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

Member of Boards of Directors: International Association of Near-Death Studies, Kundalini Research Network, American Center for Integration of Spiritually Transformative Experiences.

Book author – articles on psychotherapy and spirituality.

Founder of the International Institute for Consciousness Exploration and Psychotherapy e.V. Freiburg/Germany.

Transpersonal Breathwork: Consciousness Research, Spiritual Guidance and Transpersonal Psychotherapy.

Transpersonal Breathwork is a method of modern consciousness research

It builds on Holotropic Breathwork™, a model developed by Christina and Stanislav Grof in 1980. Holotropic Breathwork has, from its origins, integrated consciousness research, psychotherapy and spiritual guidance. 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.

Dr. Ingo B. Jahrsetz and Dr. Judith Miller were certified in Holotropic Breathwork™ in 1990 by Dr. Stan Grof and have been facilitating breathwork groups in Europe and the US since then.

Transpersonal Breathwork serves as a tool to explore consciousness in its full depth and experience non-ordinary states of consciousness on a personal and transpersonal level. It also 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 Transpersonal 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. Psycho-spiritual 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 psychology have started to show an increasing interest in therapeutic work using Transpersonal Breathwork.

In this context we are often asked whether Transpersonal 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. This is often referred to as 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 psychotherapy is always embedded in a relationship process, it can be very helpful in this context. Professional psychotherapists who are familiar with Transpersonal Breathwork and understand the dynamics of non-ordinary states of consciousness are able to offer therapy that reaches unprecedented depths. Working with non-ordinary experiences in Transpersonal Breathing, 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 wholeness 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 understand the every-day life of their students, or their addictions, as well.

Spiritual truths refer to specific social and cultural structures and must always be regarded in their historical context. One of the great misunderstandings of Transpersonal Psychology today is to believe that it is able to import 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 naturally and by themselves. Without raising such questions, it is not really possible to fully realize oneself.

Unaided by psychotherapy, people easily misunderstand 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 interventions 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 expand 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.

Transpersonal Breathwork merges psychotherapy and spirituality. It becomes the catalyst for authentic expression, knowledge about how suffering arises from the consciousness and how it can be overcome. It also realizes that the conscious evolutionary impulse is in each liberated being. Breathwork enables people to differentiate between illusion and reality, entanglement and liberation. It explores the contents of consciousness and analyzing the ways in which consciousness operates



Transpersonal Breathwork processes shed light on the problems and joys of daily life from a spiritual perspective

This approach views problems from the perspective of how they can be overcome, and wounds from the perspective of how they can be healed. 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 and becoming whole.

Transpersonal Breathwork processes can have a strong therapeutic effect

Traditional psychology often misunderstands Breathwork, believing it to be a cathartic or regression-inducing method. It questions of how far one should go into regression to heal psychological wounds. This approach fails to understand consciousness. It is unaware that the Divine and the Human meet. This is the place of wisdom, where the inner healer tells humans what it takes to heal their wounds. It then guides people to the depths of their consciousness, and liberates their powers for creative impulse; it is this place which guides all life and drives evolution forward.

The method of Transpersonal Breathwork is both: "gentle" and "confronting"

Processes occurring in non-ordinary states of consciousness permit seekers to approach their own defenses step by step, to overcome their fears, and to recognize the painful steps they may need to take to overcome problems.

Transpersonal Breathwork integrates various techniques. Accelerated breathing, such as found in some Yoga breathing techniques, is combined with evocative music, body-centered energy work, mandala drawing, and psychotherapeutic group sharings.

Training people in Transpersonal Breathwork

... is actually rather impossible. We can only train people in various supporting techniques. The essential nature of the process lies in the self-exploration of one's true essence. Only there, can the inner healer be discovered. The skills necessary for accompanying others in Transpersonal Breathwork as a support provider are learned by being in contact with one's own inner essence.

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



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 and Transpersonal Breathwork

1. Level of intensive (self-) exploration of consciousness.

What does it mean to walk the spiritual path?

Walking the spiritual path

1.1. Models

- Experience in non-ordinary states of consciousness: Transpersonal Breathwork, psychedelic experiences. Stan Grof's perinatal matrices and CoEx systems.
- The Western spiritual path: Challenging individual limits and the discovery of God. The Heroes' journeys.
- Teachings of the Buddha: Emptiness of the individual self and the universal inter-relatedness.
- The path of Christian mystics and the Kabbalah
- Levels of consciousness. Ken Wilber's Integral Spirituality. The pre-trans fallacy and the paradoxical character of psychospiritual growth. Spiral Dynamics.
- Adult maturity and spiritual liberation: What is oneness? Ramana Maharshi and non-duality.

1.2. Practice and spiritual guidance

- Dancing meditation: Connecting body and mind.
- Vipassana meditation: The functioning of the mind

Anicca: what is change, transformation?

Dukha: The meaning of anxiety and suffering.

An-atta: When emptiness liberates.

Attachment and mindfulness.

Transforming the mind: the four Brahmavihāras loving kindness, compassion, sympathetic joy, equanimity.

1.3. Topics

- Psychotherapy and spirituality
- What does it mean to be on the spiritual path?
- Where does working with altered states of consciousness take us? Is it a 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, transcendent sexuality and spiritual growth
- What is the ego? What is ego death?
- Death and dying
- The Heart-Sutra

2. Level of Transpersonal Psychotherapy

- Psychotherapeutic projection and resisting growth
- Study of group dynamics and structures
- Selected topics from psychopathology
 - Overview of the traditional classification into neuroses, psychoses and personality disorders
 - Narcissism
 - Borderline syndrome
 - Depression
 - Spiritual emergency and existential crises
- Group dynamics: the transpersonal understanding of group dynamics. What is a healing field? The theory of morphogenetic fields
- Study of emotional structures
 - Anxiety
 - Rage and anger, hatred
 - Sadness and melancholy
 - Shame
 - Guilt
 - Envy and jealousy, revenge
 - Incest and therapeutic abuse

3. Methodological level, instruments of Transpersonal Breathwork

- The setting of Transpersonal Breathwork
- Creating evocative music for Transpersonal Breathwork
- Body work, body-focused energy work
- Drawing mandalas
- Sharing as part of Transpersonal Breathwork



*My light, your light, world fullfilling light
the dancing core of my life,
the sky opens, the wind blows wildly
and laughter goes over the earth.*

Tagore



Curriculum schedule

1st Year		1st Year	
Fall		Spring	
2012	Module 1	2013	Module 3
November 11 th - 16 th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spiritual Guidance and Theory Meditation Practice What does it mean to be on a psycho-spiritual path? The hero's Journey as an example of the Western path; Stages - Departure, Initiation, Return.</p> <p>Psychology of Consciousness Introduction into Transpersonal Psychology and its history - Psychotherapy and Spirituality. The setting and concept of Holotropic Breathwork .</p>	March 15 th - 20 th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spiritual Guidance and Theory Meditation Practice Introduction to Kaballah. Sexuality and Spiritual Development.</p> <p>Psychology of Consciousness Understanding levels of consciousness Spiral Dynamics. Integral Psychology and Integral Spirituality.</p>
2012	Module 2	2013	Module 4
November 16 th - 21 st	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spiritual Guidance and Theory Meditation Practice</p> <p>Psychology of consciousness Understanding levels of consciousness A. Introduction Ken Wilber. The spectrum of consciousness. B. Stan Grof: The Topology of the unconscious. The perinatal. CoEx-systems.</p>	March 20 th - 25 th	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spiritual Guidance and Theory Meditation Practice What is the Ego-Death?.</p> <p>Psychology of consciousness Psychological transference and counter-transference. Spiritual activation.</p>

Curriculum schedule

2nd Year	Fall	2nd Year	Spring
2013	Module 5	2014	Module 7
October 25 th - 30 th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Introduction Buddhism: The four noble truth. Anicca, dukha, an-atta. Buddhist psychology: The wheel of life.</p> <p>Psychology of Consciousness Spiritual emergency and psychoses. Dissociative disorders, multiple personalities and psychic defense.</p>	March 21 th - 26 th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Christian Mystics The Spirtual path: attachments, desires, letting go.</p> <p>Psychology of Consciousness Narcissism from a transpersonal perspektive. Narcissism - the main shadow of Western spirituality.</p>
	<p>Setting, instruments and concept of Transpersonal Breathwork The setting of HB Music, body work, mandala drawing, sharing.</p>		<p>Setting, instruments and concept of Transpersonal Breathwork Body work, music, sharing</p>
2013	Module 6	2014	Module 8
October 30 th - November 4 th	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Introduction Buddhism Mindfulness. The four Brahmaviharas.</p> <p>Psychology of consciousness The wound of the unloved: shame and guilt. Resistance and projection – examples and implications</p>	March 26 th - 31 th	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Christian Mystics The Spirtual path: The union with God as a goal.</p> <p>Psychology of consciousness The emotional structures of revenge, envy, jealousy. Incest therapeutical abuse.</p>
	<p>Setting, instruments and concept of Transpersonal Breathwork The setting of HB Introduction into arranging music and body work.</p>		<p>Setting, instruments and concept of Transpersonal Breathwork Body work, group dynamics processes and leading groups</p>

Curriculum schedule

3rd Year	Fall	3rd Year	Spring
2014	Module 9	2015	Module 11
October 24th - 29th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Eastern and Western perspectives on Death and Dying. The Tibetan Book of the Death. The Kaballah. Swedenborg</p> <p>Psychology of Consciousness Borderline structures and personalities: “Who am I ?” and “Who am I not?”</p>	March 20th - 25th	<p>Self-exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice There is no path, there is no goal. Ramana Maharshi; Mario Mantese and other sages.</p> <p>Psychology of Consciousness Transpersonal experiences: Benefits and limits. HB and psychedelic</p>
	<p>Setting, instruments and concept of Transpersonal Breathwork Body work and music, drawing mandalas, group dynamics processes and group leading</p>		<p>Setting, instruments and concept of Transpersonal Breathwork Group leading and supervision</p>
2014	Module 10	2015	Module 12
October 29th - November 3th	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Eastern and Western perspectives on Death and Dying. The Tibetan Book of the Death. The Kaballah. Swedenborg.</p> <p>Psychology of consciousness Emotional structures: Greed, hatred, sado-masochism.</p>	March 25th - 30th	<p>Self-Exploration: 4 HB sessions and sharing Focus: own experience of HB with therapeutic and group support.</p> <p>The Transpersonal - Spirtual Guidance and Theory Meditation Practice Oneness – the mystical experience of Being One in everyday life: challenges and potential.</p> <p>Psychology of consciousness Transpersonal experiences: Benefits and limits. HB and psychedelic</p>
	<p>Setting, instruments and concept of Transpersonal Breathwork Body work and music, drawing mandalas, group dynamics processes and group leading</p>		<p>Setting, instruments and concept of Transpersonal Breathwork Group leading and supervision</p>

Certificate

Information and Registration:

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