



SAN DIEGO INSTITUTE FOR BIOENERGETIC ANALYSIS

333 Olive St., San Diego, CA 92103

Telephone (619) 295-8002

an affiliate of the International Institute for Bioenergetic Analysis

We're more than an Institute: We're a Community ©

POST-GRADUATE CERTIFICATION TRAINING PROGRAM APPLICATION

Visit us on the Internet www.sdiba.org



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Dear Candidate:

Enclosed is your application form. As soon as your application is approved, a SDIBA faculty member will schedule you for an interview. You will be notified of your acceptance into our post-graduate study program following this interview. In order to start training the following is required:

1. Application form with \$50 is a non-refundable administrative fee.
2. Complete the Psychotherapy Experience form and have your Bioenergetic therapist sign any therapy hours you have completed (*see below)
3. Read the Member Handbook
4. Sign the verification with its ethical and professional standards.

* According to Page 4 of the handbook, **you must complete 25 hours of therapy** with a Certified Bioenergetic Therapist (CBT) prior to entering training.

Training is conducted on the semester system consisting of five weekend sessions in the fall semester and four weekends in the spring semester (the Southern California Bioenergetic Conference is a long weekend in the spring semester for a total of ten weekends per year. The annual cost for tuition is \$2,475.00 for the nine weekends as well as the cost of the Southern California Bioenergetic Conference, which is approximately \$900.00.

You may enter the training in August of each year. Training weekends are typically the second weekend of each month, 9AM-5PM, Saturday and Sunday. If fees are not paid by the end of the semester, a penalty of 10% will be charged. The student will not be allowed to continue into the next semester until all fees are current.

Thank you for your interest and we look forward to hearing from you soon.

Please send application forms to:
SDIBA Faculty
333 Olive Street
San Diego, CA, 92103



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TRAINING FEES AND ANNUAL DUES

A. TRAINING FEES

The yearly fee for your training in Bioenergetic Analysis is approximately \$2,475.00 or \$275 per weekend. The total cost includes nine (9) 2-day trainings, held one weekend per month. You are allowed to miss 3 days per year and are required to pay for the missed days plus the cost of a make-up workshop. A retreat or conference experience is required and the fee is additional. The cost varies based upon the price of the retreat or conference. Books and articles are not included in fees. Training fees are paid each weekend and are payable to SDIBA. Conference and/or retreat fees are paid directly to the organizing committee. Credit cards accepted.

It is our intention to keep costs as low as possible; however, training fees are subject to increase during the time it takes to complete your certification program. It may be necessary to increase fees, cancel sessions or blend classes with another institute, such as the Southern California Institute for Bioenergetic Analysis.

B. ANNUAL DUES

During your training, membership in the local and international institutes is required. Please be aware that these fees are subject to change. Fees will be billed in August and are as follows:

| | |
|-------|---|
| \$78 | International Institute for Bioenergetic Analysis |
| \$135 | San Diego Institute for Bioenergetic Analysis |

For questions call SDIBA at (619) 295-8002 or email info@sdiba.org.



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APPLICATION FOR THE BIOENERGETIC POST-GRADUATE CERTIFICATION PROGRAM

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Business: _____ Email: _____

Sex: _____ Age: _____ Marital Status: _____

Degree: _____ License #: _____

1. Professional Affiliations (present/past)

2. Educational background, including academic degree(s)

3. If you are currently a student, will you be in a registered intern under supervision by a Bioenergetic therapist and able to work bioenergetically with clients by the third year of training?

4. Additional Professional Training

5. Professional Experience

6. Previous Therapy (Please include Bioenergetic as well as other types of therapy)

7. Previous contact with Bioenergetics (if therapy, please give name of therapist)

8. Please include photocopy of your Malpractice Insurance

9. Three (3) letters of reference (addresses & phone numbers) sent directly to the San Diego Institute for Bioenergetic Analysis. List referrals and contact information.

10. Are you now or have you ever been investigated by an Ethics committee or licensing board of your professional field? If yes, what was the disposition?

11. Do you know anyone in the training program? What is your relationship?

12. How did you hear about the certification program? Could you provide contact information? May we thank them for referring you?

Mail application along with \$50.00 Non-refundable Administrative Fee to: SDIBA Faculty
333 Olive St, San Diego, CA 92103, (619) 295-8002



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LIST OF CERTIFIED BIOENERGETIC THERAPISTS (CBT's)

The following is a list of certified Bioenergetic Therapists in the San Diego area who are approved as training psychotherapists. The therapist must be a member in good standing with the San Diego Institute of Bioenergetic Analysis or another IIBA recognized society in California. Prior therapy with a Certified Bioenergetic Therapist in another county, state, or foreign country is permitted, provided that the therapist was a member of a society enrolled in the International Institute for Bioenergetic Analysis (IIBA).

Trainees are required to complete a minimum of 25 hours of Bioenergetic Analysis prior to entry into the first year of training. A minimum of 25 hours in each of the four years of training is required thereafter.

Any questions about these requirements should be directed to the faculty of the San Diego Institute for Bioenergetic Analysis.

| | | |
|------------------------------------|--|--------------|
| Garet Bedrosian, LCSW, CET, CBT | 333 Olive St, San Diego, CA 92103 | 619-295-8002 |
| Michael Brennan, MA, MFT, CBT | 3288 El Cajon Blvd, #2, San Diego, CA 92104 | 619-282-6911 |
| Paula Buckley, MFT, CBT | PO Box 5164, San Diego, CA 92165 | 619-525-3498 |
| Mac Eaton, PhD, CBT | 318 9 th St, # A, Del Mar, CA 92014 | 858-481-8847 |
| Diana Guest, MFT, CBT | 1767 Grand Ave #4, San Diego, CA 92109 | 858-274-1662 |
| Maggie Locke, MFT, CBT | 4506 Adair St, San Diego, CA 92107 | 619-222-4743 |
| Terri Martin, LCSW, CBT | 333 Olive St, San Diego, CA, 92103 | 619-518-1228 |
| Dan Offner, LCSW, CBT | 333 Olive St, San Diego, CA 92103 | 619-260-1872 |
| Jan Parker, PhD, MFT, CBT | 12929 Pomerado Road, Poway, CA 92064 | 858-679-1558 |
| Carol Russ, PhD, CBT | 1767 Grand Ave, # 4, San Diego, CA 92109 | 858-755-206. |
| Vincentia Schroeter, PhD, MFT, CBT | PO Box 235738, Encinitas, CA 92023 | 858-259-2480 |
| G. Michael Scott, MA, MFT, CBT | 3101 4 th Ave, San Diego, CA 92103 | 619-542-1335 |
| Tarra Judson Stariell, MFT, CBT | 327 S. Ivy Street, Escondido, CA 92025 | 760-294-2150 |
| Paul Sussman, PhD, MFT, CBT | 3101 4 th Ave, San Diego, CA 92103 | 619-542-1335 |
| Barbara Thomson, PhD, MFT, CBT | 1767 Grand Avenue, #4, San Diego, CA 92109 | 760-944-7448 |
| Bill White, PhD, CBT | 833 Dover Drive, #12, Newport Beach, CA 92663 | 949-548-3115 |

The above is a list of independent therapists, and some may have a sliding scale. Contact individual therapist to verify rates and set appointments.



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TRAINING PSYCHOTHERAPY VERIFICATION FORM

Please use this form to verify your therapy hours. At least 25 hours of psychotherapy with a Certified Bioenergetic Therapist is required to enter the training program. After entering the program a minimum of 25 hours per year is required to continue the training program. Completion of the training program requires 125 hours of individual psychotherapy with a Certified Bioenergetic Therapist.

The value of your therapy should not be underestimated. In order to derive the fullest benefit from the training and to deal with personal issues that arise during the training, it is essential that every student be in Bioenergetic Analysis. When everyone complies with this condition the training process is more effective.

Failure to meet these requirements for therapy will result in disqualification from the training program. Please direct any questions you may have to the training faculty.

Please mail the completed form to the address listed above. A tally of completed therapy hours must be signed and turned in at the end of each semester.

Name _____ Therapist _____

Start date of therapy _____ Hours completed to date _____
(May include up to 40 hours prior to start of training)

Therapist's Signature

Date

(Students are required to make multiple copies of this form.)



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IMPORTANT NOTICE ON DUAL RELATIONSHIPS

People intending to enter the Certification Program of the San Diego Institute for Bioenergetic Analysis need to understand dual relationships. Dual relationships can be best defined when one individual is engaged in more than one role with another individual. Dual relationships are unavoidable in a training situation. For example, one's therapist might become one's trainer sometime during the course of the certification program. Additional possibilities for dual relationships include supervisory and administrative roles.

It is best that a trainee be aware of the need for flexibility in dealing with these situations. Any individual who feels that coping with dual relationships is not tenable for them should not enter the Certification Program.

SDIBA appreciates the difficulty that might result from dual relationships and is willing to address concerns when they arise. For anyone thinking about entering the Certification Program in order to receive a Certification as a Bioenergetic Analyst, it is strongly encouraged that the issues of dual relationships be discussed thoroughly with his/her therapist and the Training Committee before entering the program.

A BRIEF HISTORY OF BIOENERGETICS

By Robert Jacques, MA, San Diego Institute

The founder of Bioenergetic Therapy is Alexander Lowen, MD, who lives and currently practices in New York. Dr. Lowen is the author of numerous books, many written for the layperson, on the subject of the body and its relationship to emotional health. Dr. Lowen was introduced to body-oriented therapy as a young man by Wilhelm Reich, MD, an Austrian-born psychoanalyst who immigrated to the USA in 1939 to escape fascism. Reich is the grandfather of this work now known as bioenergetic analysis.

Reich was born to wealthy landowners in Austria in 1897, and actively participated in farming their lands. From his early years he was fascinated with living things and studied farm animals carefully. Eventually he fought in WWI, and returned to Vienna to study medicine. In medical school he became acquainted with the work of Sigmund Freud and studied psychoanalysis while he finished his medical degree. A bright, creative thinker, he soon became prominent in the budding psychoanalytic field. He wrote his first book, The Function of the Orgasm, as a biological and psychological exploration of Freud's theory of libido instinct. Later he wrote, Character Analysis, which attracted considerable attention and is still required reading in most psychoanalytic training programs. He went on to write several more books after he made a significant find that led to his break with psychoanalysis.

Reich had noticed, as a young analyst, that people with similar personality disorders had similar body structures. Oral personalities seemed underdeveloped and depressed in the body; compulsive personalities were tight and rigidly muscled, while hysterics had exaggerated, sexual bodies. One warm day in Berlin where Reich had his analytic practice, he was in session with a compulsive man who had made little progress in therapy. Because it was so warm the patient was on the couch with the top buttons of his shirt open. As the patient discussed his conflict Reich noticed that the skin at the top of the patient's chest was becoming mottled and changing colors. Reich broke the cardinal rule of psychoanalysis and reached over and applied pressure to upper pectoral muscles. The patient broke into tears and for the first time in his analysis began to feel his emotions. This experience stirred up so much for the patient that it took two weeks to integrate the breakthrough.

Reich now theorized that chronic tension in the muscles served as a form of psychological *armor*ing and thus began the work on the body. Reich was quite a scientist and through laboratory experiments and as a result of working physically with patients his theories rapidly expanded. He discovered a biological energy in the organism which he came to call "orgone" and noticed that when this energy is constricted by muscular armor,ing, neurosis results. When the muscular contraction released through various therapeutic interventions, repressed emotions emerged in a cathartic manner followed by a feeling of relief, aliveness and even vitality.

Dr. Lowen first met Reich when he was teaching at the New School Research in New York. He was so interested in Reich's fresh and unusual views that he entered therapy with him and began to study his work. Eventually Lowen went to medical school and upon graduation returned to New York only to find dissension and disaster among Reich and his followers. Reich was investigated by the Food and Drug Administration, which deemed his work a hoax, banned and burned his books, and imprisoned him for two years. Reich died in prison in 1957.

So much controversy surrounded Reich and his work that Lowen and two colleagues, William Waller, M.D., and John Pierakos, M.D., formed a psychotherapy practice of their own and called their work bioenergetics after Reich's discovery of bio-energy. Lowen and his colleagues rapidly developed their own contributions to the theory and practice until bioenergetic therapy differed in significant ways from Reich's original work.

Today, bioenergetic therapy has numerous trained therapists throughout the USA, Canada, Europe and South America. Dr. Lowen is the funding director of the International Institute of Bioenergetic Analysis in New York.

The popularity of bioenergetics is probably due to the increased vitality and well being it can produce. While the body and its structure is the main focus, much attention is paid to careful verbal analysis to uncover and work through early childhood conflicts. Bioenergetic therapy has a special focus on sexual conflicts since our sexuality (desire for intimacy) is so central to the personality. Sexual conflicts are manifested in the body and respond well to such a body oriented approach to psychotherapy.



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WHAT IS BIOENERGETIC ANALYSIS?

Bioenergetics is a way of understanding personality in terms of the body and its energetic processes. These processes, namely, the production of energy through respiration and metabolism and the discharge of energy in movement, are the basic function of life. How much energy one has and how one uses his energy determines how one responds to life situations. Obviously, one can cope more effectively if one has more energy, which can be freely translated into movement and expression.

Bioenergetics is also a form of therapy that combines work with the body and the mind to help people resolve their emotional problems and realize more of their potential for pleasure and joy in living. A fundamental thesis of Bioenergetics is that body and mind are functionally identical: that is, what goes on in the mind reflects what is happening in the body and vice versa...

As we all know, mind and body can influence each other. What one thinks can affect how one feels. The converse is equally true. The interaction, however, is limited to the conscious or superficial aspects of the personality. On a deeper level, that is, on the unconscious level, both thinking and feeling are conditioned by energy factors...

The energetic processes of the body are related to the state of aliveness of the body. The more alive one is, the more energy one has and vice versa. Rigidity or chronic tension diminishes ones aliveness and decreases ones energy. At birth, an organism is in its most alive, most fluid state; at death, rigidity is total, rigor mortis. We cannot avoid the rigidity that comes with age. What we can avoid is the rigidity due to chronic muscular tensions resulting from unresolved emotional conflicts.

Every stress produces a state of tension in the body. Normally the tension disappears when the stress is relieved. Chronic tensions, however, persist after the provoking stress has been removed as an unconscious bodily attitude or muscular set. Such chronic muscular tensions disturb emotional health by decreasing an individual's energy, restricting his motility (the natural spontaneous play and movement of the musculature), and limiting his self-expression. It becomes necessary then to relieve this chronic tension if the person is to regain his full aliveness and emotional well being...

This is Bioenergetics.

____ ALEXANDER LOWEN

BIOENERGETIC ANALYSIS BIBLIOGRAPHY

The following is a brief bibliography of Bioenergetic literature, including the works of Alexander Lowen and other recognized leaders in the field. Some of these books out-of-print and may be obtained through *Bioenergetics Press*, 19802 Old Bellamy Road, Alachua, Florida 32615. Call toll-free at 877-462-4830 or order online, www.bioenergeticspress.com.

For a more extensive bibliography the reader may contact THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS, Steinackerstrasse 10, CH-8902 Urdorf Zurich, Switzerland • 41 43 455 91 52 (telephone) www.bioenergetic-therapy.com e-mail: iiba.schweiz@bluewin.ch

- Lowen, Alexander, The Betrayal of the Body, 1969.
Lowen, Alexander, The Language of the Body, 1972.
Lowen, Alexander, Depression and the Body, 1973.
Lowen, Alexander, Pleasure, A Creative Approach to Life, 1975.
Lowen, Alexander, Bioenergetics, 1976.
Lowen, Alexander, The Way to Vibrant Health: A Manual of Bioenergetic Exercises,
(with Leslie Lowen), 1977.
Lowen, Alexander, Fear of Life, 1980.
Lowen, Alexander, Narcissism, 1986.
Lowen, Alexander, Love, Sex and Your Heart, 1988.

This listing includes other Bioenergetic works and related literature from Reichian, Radix and Orgonomy, texts that integrate Bioenergetic analysis with various theories and systems.

- Baker, Elsworth, Man in the Trap
Boadella, David, Lifestreams
Cassius, Joseph, Ed., Horizons in Bio-energetics
Jacques, Bob, Ed., Borderline and Narcissistic Disorders in Bioenergetic Therapy
Johnson, Stephen, M., Characterological Transformation: The Hard Work Miracle
Johnson, Stephen, M., Humanizing the Narcissistic Style
Keleman, Stanley, Bonding: A Somatic-Emotional Approach to Transference
Keleman, Stanley, Emotional Anatomy: The Structure of Experience
Keleman, Stanley, The Human Ground: Sexuality, Self and Survival
Keleman, Stanley, Your Body Speaks Its Mind
Kelley, Charles, Education in Feeling and Purpose (RADIX)
Kogan, Gerald, Your Body Works: (collection of articles)
Michel, Elizabeth, M.D., Bent Out of Shape
Raknes, Ola, Wilhelm Reich and Orgonomy
Reich, Wilhelm, Character Analysis
Reich, Wilhelm, The Function of the Orgasm
Rosenberg, Jack, Body, Self and Soul: Sustaining Integration
Sharaf, Myron, Fury on Earth: Autobiography of Wilhelm Reich
Smith, Edward, W.L., The Body in Psychotherapy
Ventlin, Crista, Childhood Psychotherapy: A Bioenergetic Approach