

The British School of Bioenergetics

Bioenergetics Facilitator Training Part 2

Course Curriculum

Video Modules and Zoom Meetings

There will be a video module each week whilst you are on Part 2, similar in format to those of The Journey, but with different types of content.

1) Learning Sessions that you can Lead

Each second week of the video part of the course will be devoted to a set-piece session that you can teach out in the world. It will include a full introduction.

2) Going Deeper with Personal Practice

As well as learning workouts that you will be able to lead upon graduation, there will also be 13 more intense workouts to support your ongoing personal development with Bioenergetics. Amongst other things, we will look at:

- The postures that can usefully be held for longer time frames
- The exercises or workouts that can be usefully done for weeks or months at a time
- Widening your repertoire of exercises

3) Practice Space-holding & Receive Feedback

Every 2 weeks, there will be a Zoom Session with Dev and others on the Facilitator Training. In this session you will have the chance to lead, as well as follow along while others lead. You receive gentle, supportive feedback after you lead, to support your development, from Dev and those who took part. Once everyone has had a chance to practice leading, we have a small break and then have a Sharing in a similar format to those on the Journey. Whilst on Part 2, you must aim to attend all of these meetings.

Theory Modules

Whilst on Part 2 there will be a Theory Module every fortnight. This is the curriculum covered.

1) Introduction

- What is the role of a Facilitator?
- What is the difference between a Facilitator and a Therapist?
- What makes a good teacher generally?
- Do you want to work with people?
- How to know if your motivation for being a facilitator is good?
- Can I make a living doing this?

2) Leadership & Holding Space 1

- The role of the leader - creating trust.
- How to introduce and how to close a session.

3) Leadership & Holding Space 2

- Using your voice when facilitating.
- When to give support and when to give space.

4) Ethics & Professionalism

- Ethics:
 - appropriate distance
 - appropriate behaviour
 - appropriate language
- How to not get inappropriately entangled in the client's personal drama.
- Developing confidence.
- Embodying the work - practising what you preach
- Making good use of feedback from attendees

5) How to Structure a Class

- How to structure a class for physical or online sessions

- Room setup, maintenance and take-down
- How long should classes be?
- How many people in a class?
- Assistants

6) Running One-to-One Sessions

- Advance discussion
- Clinical concerns
- Facilitator behaviour
- Support during the session
- Support after the session
- Feedback
- Follow-up

7) How to be Successful

Yes, you need to learn the theoretical aspects of holding space, and get experience. But the big hidden factor that separates so many of the teachers out there is practicing the art of being successful. There are basic strategies that work, and also require work, but they invariably get you there over time. In this module I will present to you the essential dynamics of success.

8) Giving Support

Learning how to support people on the path is both immensely important and rewarding. We will look at:

- How to support people who are struggling during a session
- Correcting posture
- How to support people who are having issues come up outside the workshop space
- How to create ongoing support for people or groups
- Additional therapies that can support the process
- What to do when you find yourself getting personally triggered by a client or participant

9) Creating Specific Workouts - Part 1

In this module you will learn and be given examples of sessions working with the 5 Reichian Character Types.

10) Creating Specific Workouts - Part 2

This module continues from #9. We will look at sessions for the following:

- Specific psychological issues, such as -
 - Being more in your personal power
 - Allowing more vulnerability
 - Beating Depression
 - Overcoming Anxiety
 - De-stressing from work
- Series of Sessions -
 - Areas of the Body
 - The 3 Channels

11) Bioenergetics & Science

- What is scientifically true about Bioenergetics
- The importance of honesty and not creating pseudoscience
- Polyvagal Theory and its relationship to Bioenergetics
- The value of cathartic practices such as emotional expression
- Books to read

12) Reichian Segmental Armouring

- Understanding Reich's perspective on the 7 segments, or rings, or armour in the body.
- Creating sessions for working the rings of armour.

13) Insurance, Venue Hire, Marketing & all that stuff

- Getting Professional Indemnity insurance so you can teach.
- Finding venues for Workshops and One-to-ones
- Holding sessions online
- Raising awareness of your class
- Raising awareness of your work
- Building a Client Base