



**SOUTHERN CALIFORNIA INSTITUTE
FOR BIOENERGETIC ANALYSIS**

An affiliate of the International Institute for Bioenergetic Analysis

333 Olive Street, San Diego, CA 92103
(619) 295-8002 www.bioenergetics-sciba.org

Bioenergetics: A Therapy Integrating Mind, Body and Emotions ©

Application Packet

Relational Somatic Psychology Workshop Series

VISIT US ON THE INTERNET: WWW.BIOENERGETICS-SCIBA.ORG



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RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

Hello!

The Relational Somatic Psychology Workshop Series consists of eight workshops that offer the opportunity for self-growth and learning about Bioenergetics within a group setting.

This program developed in response to many requests from people who seek a deeper understanding of their own development and mind-body experience. Some students are new to Bioenergetics, whereas others have already been introduced to Bioenergetics through their own therapy. Some are therapists with a background in other theoretical perspectives, some are people from other healing and self-growth professions, and others are from totally unrelated fields who simply want to benefit from learning and experiencing more about Bioenergetics.

Each training day includes Bioenergetic exercises, teaching of Bioenergetic theory, discussion of readings, experiential learning, and group process. This course stimulates opportunities for personal growth and it is important that each student has support for any personal issues that arise, so each student must agree to participate in at least 10 hours of individual Bioenergetic therapy with a Certified Bioenergetic Therapist during the training program.

Tuition for the series is \$100 per class, for a total of \$800 for the series. The full tuition is due even if a participant must miss a class. A non-refundable \$25 application fee plus a \$100 deposit toward tuition to hold your space is requested with your application.

The eight Saturday training dates for this year are as follows:

October 2, 2010
November 6, 2010
December 4, 2010
January 8, 2011
February 5, 2011
March 5, 2011
April 9, 2011
May 7, 2011

At the end of the series, a Certificate of Attendance is available for students who attend all eight classes, have paid tuition in full, and complete 10 hours of therapy with a Certified Bioenergetic Therapist. Continuing Education Units (CEUs) are also available for Licensed Clinical Social Workers and Marriage and Family Therapists at no additional charge.

After completing this one-year program, some students decide to apply for the advanced training program for therapists. Should you decide to apply for the Certification Training Program after you complete this one-year program, you will receive 15 hours of therapy credit for this course, which added to your 10 individual therapy hours will meet the 25-hour therapy pre-requisite for application to the Certification Program.

When you have completed this application packet, please send the application and your application fee to me at the address below. We will contact you when we receive the application packet. Apply soon, while space is available!

If you have any questions about the Relational Somatic Psychology Workshop Series or the application process, please call or email us.

We also encourage you to visit the San Diego Institute for Bioenergetic Analysis website at <http://www.bioenergetics-sciba.org> and sign up to receive announcements about other future workshops and events.

We look forward to meeting you!

Sincerely,

Janet Pinneau, MFT
9420 Reseda Blvd. #305
Northridge, CA 91324-2974
(818) 885-8938
janet.pinneau@csun.edu

Jackie Mills, PhD
2615 Pacific Coast Hwy #217
Hermosa Beach, CA 90254-3011
(310) 318-1408
JEMills@mac.com



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RELATIONAL SOMATIC PSYCHOLOGY WORKSHOP SERIES

Application Form

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Cell/Business: _____ Email: _____

Sex: _____ Age: _____

Degree: _____ Professional License # (if applicable): _____

Person to contact in case of an emergency: _____ Phone: _____

1. Please tell us your reasons for wanting to take this training.

2. Please explain your educational background, including academic degree(s) and additional professional training.

3. What is your professional experience?

4. What is your previous contact with Bioenergetics?

5. How did you hear about this training program? May we thank them for referring you? If so, please provide contact information.

6. This training stimulates personal growth and we want to know that students have a therapist who can offer support and can help process personal material that arises during the training series. Attending a minimum of 10 hours of Bioenergetic therapy during the course is a required part of the program.

Are you already participating in Bioenergetic Therapy?

If no, do you agree to begin therapy with a Certified Bioenergetic Therapist (CBT) within the first month of the training? (A list of CBTs is included with this application.)

If you are already seeing a Certified Bioenergetic Therapist, would you like to tell us with whom? (optional)

If you have any further questions about this training program, please call Janet Pinneau at (818) 885-8938 or Jackie Mills at (310) 318-1408.

Mail completed application along with \$25 non-refundable application fee plus \$100 deposit toward tuition (please make checks out to SCIBA) to:

Janet Pinneau, MFT
9420 Reseda Blvd. #305
Northridge, CA 91324-2974
(818) 885-8938
janet.pinneau@csun.edu

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2010-2011 SYLLABUS

1—October 2, 2010

Introduction to Basic Concepts: What is Bioenergetics? -- Energy, grounding, charge & discharge; overview of character styles; very basic anatomy and body alignment

Reading: First four chapters, *Bioenergetics*, Alexander Lowen

2— November 6, 2010

Dissociation, Shock & Developmental Trauma In The Body—Schizoid Character

Reading: *Betrayal of the Body*, Alexander Lowen, (Chapters 2 & 3)

3— December 4, 2010

Attachment In The Body—Oral Character

Reading: *Characterological Transformation*, Stephen M. Johnson, (Chapter 5, The Abandoned Child)

4— January 8, 2011

Borderline Issues In The Body—Borderline Character

Readings: *Character Styles*, Stephen M. Johnson (Chapter 7, The Owned Child: Symbiotic Character); *Living on Shifting Sands: Grounding and Borderline Personality Organization*, Scott Baum

5— February 5, 2011

Aggression In The Body—Masochistic Character

Reading: *Character Styles*, Stephen M. Johnson (Chapter 9, The Defeated Child)

6— March 5, 2011

Narcissism in the Body—Narcissistic Character

Reading: *Narcissism*, Alexander Lowen, (Chapters 2 & 3)

7—April 9, 2011

Sexuality in the Body—Rigid Character

Reading: *Love, Sex & Your Heart*, Alexander Lowen, (Chapter 5, The Fear of Love)

8—May 7, 2011

Integration In The Body

Integration of relational styles and character types.



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LIST OF SAN DIEGO CERTIFIED BIOENERGETIC THERAPISTS (CBTs)

The following is a list of certified Bioenergetic Therapists in the Los Angeles and Orange County area who are approved as Training psychotherapists. Students are required to complete 10 hours of Bioenergetic Analysis during the Relational Somatic Psychology Workshop Series.

Students may also see Certified Bioenergetic Therapists outside of the LA/OC area. The therapist must be a member in good standing of a society recognized by the International Institute of Bioenergetic Analysis. Any questions about these requirements should be directed to the faculty of the Southern California Institute for Bioenergetic Analysis.

Nancy Chenay, MFT, CBT	1107 S. Pacific Coast Hwy, Redondo Beach 92077	310-318-5005
Ginger Clark, PhD., CBT	1107 Abbot Kinney Blvd, Venice, CA 90291	310-281-6059
Robert Coffman, PhD, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-379-8709
Becky Crusoe, MFT, CBT	2277 Townsgate Rd, #200, Thousand Oaks 91360	805-494-8777
Ellie Freedman, MFT, CBT	1151 Dove St, Suite 210, Newport Beach 92651	949-315-5616
Craig Gillett, MFT, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-450-2045
Robert Hilton, MFT, CBT	150 Paularino Ave, Suite 185, Costa Mesa 92626	714-850-9905
Virginia Hilton, PhD., CBT	150 Paularino Ave, Suite 185, Costa Mesa 92626	714-850-9905
Ida Karayan, PsyD, CBT	1139 N. Brand Blvd, Suite C, Glendale, CA 91202	818-243-9070
Gurucharan Khalsa, PhD, CBT	428 W. Harrison Ave #200, Claremont, CA 91711	909-593-3798
Patricia Miya, MFT, CBT	1107 S. Pacific Coast Hwy, Redondo Beach 90277	310-316-7268
Cindy Paxton, PhD., CBT	222 E. Olive St, Suite 7, Redlands, CA 92373	909-798-7711
Margaret Schmitz, LCSW, CBT	2212 Dupont Dr, Suite I, Irvine, CA 92603	949-451-4597
Carl Shurbs, PhD., CBT	321 S. Beverly Dr, Suite L, Beverly Hills 90212	310-772-0520
Michael Sieck, PhD., CBT	222 E. Olive St, Suite 7, Redlands, CA 92373	909-798-7711
JoLane Thomas, MFT, CBT	1000 Quail St, Suite 155, Newport Beach 92660	949-474-8150
Janet Tunick, PhD, CBT	2566 Overland Ave #780, Los Angeles, CA 90064	310-836-1816
Glenda Walther, PhD, CBT	680 W. 11 th St, Claremont, CA 91711	909-267-9780
Bill White, PhD., CBT	833 Dover Dr #12, Newport Beach, CA 92663	949-548-3115
Stephen Zusman, PhD, CBT	15720 Ventura Blvd #602A, Encino, CA 91436	818-986-4656

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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Important Notice on Dual-Relationships

People intending to enter the Training Programs of the Southern California 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 sometimes unavoidable in a training situation. For example, one's therapist might become one's trainer at some time during the training. Additional possibilities for dual relationships include supervisory, administrative roles and previous relationships within the therapeutic community at large.

It is best that a student/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 Training Programs.

SCIBA appreciates the difficulty that might result from dual relationships and is willing to address concerns when they arise. For anyone thinking about entering the Training Programs, it is strongly encouraged that the issues of dual relationships be discussed thoroughly with his/her therapist before entering the program.



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Training Agreement**

The purpose of the Relational Somatic Psychology Workshop Series is to enhance each student's personal growth and development. This course offers an introduction to Bioenergetic theory but it does not train students to use Bioenergetic techniques with others. It is important that applicants understand this so we ask you to review and initial each of the following statements.

PLEASE INITIAL EACH STATEMENT

1. _____ I agree that the purpose of the "Relational Somatic Psychology Workshop Series," henceforth referred to as "this course," is for my growth and development. My attendance will provide me with only an introduction to Bioenergetic theory.
2. _____ I agree that attendance or completion of this course does not qualify me to represent myself as a Bioenergetic Therapist or a Bioenergetically trained therapist.
3. _____ I agree that my attendance or completion of this course does not qualify me as being trained by the Southern California Institute for Bioenergetic Analysis (SCIBA) to conduct Bioenergetic Therapy.
4. _____ I agree that attendance or completion of this course does not train me to use Bioenergetic techniques or to touch clients in my therapeutic work.
5. _____ I agree that under no circumstances will I use any experiential exercises, activities, or curriculum materials outside of this course.

Print Name

Signature

Date