

## **SCIBA pre-Clinical Phase of the IIBA Training Curriculum**

SCIBA has developed a pre-clinical phase that will be completed over a period of two years, (although in many countries this takes three years to complete). This portion of the training consists of a minimum of 240 hours of classroom training. The pre-clinical phase is open to individuals who wish to learn more about Bioenergetic Analysis for their own personal growth or who anticipate continuing on to the clinical phase and possible certification. (This is a change as now people in auxiliary fields can take the pre-clinical phase: Chiropractors, Nurses, Acupuncturists, etc.)

The pre-clinical phase of the IIBA training curriculum focuses on:

1. The Fundamentals of Bioenergetic Analysis
2. The Process of Human Development
3. Character/Personality Development

Integrating these three topics starts with an in-depth knowledge of human development from a psychodynamic perspective. This is done by exploration of one's own developmental history and that of other students in the program. Dyadic and experiential learning is incorporated throughout the first two years.

Gaining an understanding of the different developmental stages facilitates a greater understanding of how deficits, conflicts or trauma impingements the healthy progression of these stages and likely give rise to patterns of psychopathology or character structure. These character structures will be largely determined by the developmental stage at which these impingements occurred. Other determining factors are the intensity of the impingement, genetics and temperamental vulnerability, resilience, corrective experiences and so on.

It is the understanding of this framework from a Bioenergetic perspective that gives the IIBA curriculum its uniqueness, facilitating the personal enrichment and professional development of Bioenergetic psychotherapists.

## **SCIBA Clinical Phase of the IIBA Training Curriculum**

SCIBA has developed a clinical phase consisting of a minimum of two additional years with an additional 240 hours of classroom training. Criteria for moving into the clinical phase includes being a licensed mental health professional or a registered intern who is able to work with clients in a private practice setting. Approval by the SCIBA faculty is needed to begin working as a relational somatic psychotherapist. Supervision with an approved Certified Bioenergetic Supervisor is also required.

The clinical phase consists of learning how to hold the space for deep affective work, anatomy--including understanding polyvagal theory, body techniques and interventions, working with developmental and shock trauma, learning to identify

and work with transference and counter-transference, neuroscience and attachment theory.

### **Supervision and Certification Phase of the IIBA Training Curriculum**

This phase consists of ongoing supervision with a Certified Bioenergetic Supervisor to complete the minimum requirement of 50 hours of supervision as outlined in the IIBA Training Curriculum. This consists of in-vivo or video taping of sessions to be reviewed and discussed with your supervisor. At this time the fee for the supervision is \$100 per hour of supervision and there is no classroom training during this phase. However, students may wish to take an additional year in the clinical phase of the classroom training to support their growth as a Bioenergetic therapist. To become certified, one must be approved by two IIBA faculty members and have completed classroom training hours, individual Bioenergetic therapy hours and supervision hours.

DG/ 1/8/15