



**SOUTHERN CALIFORNIA INSTITUTE FOR
BIOENERGETIC ANALYSIS**

333 Olive St., San Diego, CA 92103

An affiliate of the International Institute for Bioenergetic Analysis

**APPLICATION PACKET
POST-GRADUATE TRAINING
PROGRAMS**

Visit us on the Internet www.bioenergetics-sciba.com



SOUTHERN CALIFORNIA INSTITUTE FOR BIOENERGETIC ANALYSIS

333 Olive St, San Diego, CA 92103

Dear Candidate:

Enclosed is your application form. As soon as your application is received and reviewed, a SCIBA faculty member will contact you to discuss any questions you have and to schedule you for an interview. You will be notified of your acceptance into our post-graduate study program following your interview. In order to start training, the following is required:

1. Completed application form with \$100.00 application fee (\$25 non-refundable administration fee plus \$75 to be applied to tuition)
2. Twenty hours of therapy with a Certified Bioenergetic Therapist (CBT) is required prior to beginning the program. Please complete the Psychotherapy Verification Form in this packet and have your Bioenergetic therapist sign any therapy hours you have completed.

Training is conducted on an eight-module system. Each module consists of four weekend sessions in the fall semester and four weekend sessions in the spring. The Southern California Bioenergetic Conference (SCBC) is a long weekend in the spring semester for a total of nine weekends per year. The annual cost for tuition is \$3,200 for the eight weekends as well as the cost of the Southern California Bioenergetic Conference, which is approximately \$1000 (This includes food, lodging, and conference fee).

Training begins January 2017. Training weekends are typically the second weekend of each month, 9AM-5:30pm, Saturday and Sunday. Trainers will notify trainees of the training dates prior to each module. If fees are not paid by the end of the module, a penalty of 10% will be charged. The student will not be allowed to continue into the next module until all fees are current.

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

Please send application forms to:

Terri Martin, LCSW, CBT, SCIBA Faculty Chair
333 Olive Street
San Diego, CA 92103



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TRAINING FEES AND ANNUAL DUES

A. TRAINING FEES

The yearly fee for tuition in the training program is approximately \$3200.00. The total cost includes eight (8) 2-day training workshops, held monthly. An annual retreat or conference experience is also 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 can be paid each weekend and are payable to SCIBA. Conference and/or retreat fees are paid directly to the organizing committee. Payments may be made by check or PayPal.

It is our intention to keep costs as low as possible; however, training fees are subject to increase during the completion of the eight modules. It may be necessary to increase fees, cancel sessions, or blend classes with another institute.

B. ANNUAL DUES

During your training, membership in the local, regional, and international institutes is required. Fees will be billed at the beginning of the training year and are as follows:

- \$85 International Institute for Bioenergetic Analysis (IIBA)
 - \$10 North American and New Zealand Institute of Bioenergetic Analysis (NANZIBA)
 - \$100 Southern California Institute for Bioenergetic Analysis (SCIBA)
- (subject to change periodically)

For questions call SCIBA Faculty Chair, Terri Martin at 619-518-1229.



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APPLICATION FOR THE BIOENERGETIC POST GRADUATE EDUCATION PROGRAM

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____ Email: _____

Degree: _____ License #: _____

1. Educational background, including academic degree(s)
2. Additional Professional Training
3. Professional Affiliations (present/past)
4. Professional Experience
5. Previous Therapy
6. Previous contact with Bioenergetics (if therapy, please give name of therapist)
7. Please include photocopy of your Malpractice Insurance.
8. Please have three (3) letters of reference sent directly to the Southern California Institute for Bioenergetic Analysis Faculty Chair at the address below.
9. 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?

Mail application along with \$100.00 Application Fee* to:
Terri Martin, LCSW, CBT, SCIBA Faculty Chair
333 Olive Street, San Diego, CA 92103
619-518-1229

*\$25.00 non-refundable deposit, \$75 will be applied to your first month tuition



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LIST OF CERTIFIED BIOENERGETIC THERAPISTS (CBT's): San Diego Area

The following is a list of Certified Bioenergetic Therapists in the Southern California area who are approved as training psychotherapists. A training therapist must be a member in good standing with the International Institute for Bioenergetic Analysis (IIBA). Any questions about these requirements should be directed to the SCIBA faculty.

The following is a list of San Diego area and Scottsdale, Arizona area Certified Bioenergetic Therapists:

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
Diana Guest, MFT, CBT	1767 Grand Ave #4, San Diego, CA 92109	858-336-3740
Maggie Locke, MFT, CBT	4506 Adair St, San Diego, CA 92107	619-222-4743
Michael Kimmel, LCSW, CBT	5100 Marlborough, San Diego, CA 92116	619-955-3311
Terri Martin, LCSW, CBT	333 Olive St, San Diego, CA, 92103	619-518-1229
Laura Partridge, MFT, CBT	327 South Ivy, Escondido, CA 92025	760-470-4055
Nicolette Re, LCSW, CBT	1536 Maryland Ave, Phoenix, AZ 85014	480-677-1198
Vincentia Schroeter, PhD, MFT, CBT	P.O. Box 235738, Encinitas, CA 92023	858-259-2480
Tarra J. Stariell, MFT, CBT	327 S. Ivy St, Esc.92025 & SanDiego92103	760-294-2150
Barbara Thomson, PhD, MFT, CBT	Encinitas, CA 92024	760-944-7448

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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LIST OF CERTIFIED BIOENERGETIC THERAPISTS (CBT's): Los Angeles and Orange County Area

The following is a list of certified Bioenergetic Therapists in the Southern California area who are approved as training psychotherapists. A training therapist must be a member in good standing with the International Institute for Bioenergetic Analysis (IIBA). Any questions about these requirements should be directed to the SCIBA faculty.

The following is a list of *Los Angeles and Orange County area* Certified Bioenergetic Therapists:

Robert Coffman, PhD, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-379-8709
Craig Gillett, MFT, CBT	11847 Wilshire Blvd, Los Angeles, CA 90025	310-450-2045
Gurucharan Khalsa, PhD, CBT	428 W. Harrison Ave #200, Claremont, CA 91711	909-593-3798
Jacqueline Mills, PhD, CBT	2615 Pacific Coast Hwy #217, Hermosa Beach, CA 90254	310-318-1408
Patricia Miya, MFT, CBT	1107 S. Pacific Coast Hwy, Redondo Beach 90277	310-316-7268
Janet Pinneau, MFT, CBT	9420 Prairie St., #305, Northridge, CA 91324	818-885-8938
Carl Shubs, PhD, CBT	321 S. Beverly Dr, Suite L, Beverly Hills 90212	310-772-0520
Janet Tunick, PhD, CBT	2566 Overland Ave #780, Los Angeles, CA 90064	310-836-1816
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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TRAINING PSYCHOTHERAPY

Participating in Bioenergetic Therapy is an important element of our training program. Since this is a somatic relational training, it is essential that you personally experience the therapeutic process unique to Contemporary Bioenergetic Analysis to gain a fuller understanding of the client/therapist relational dynamic.

Please use the Psychotherapy Verification Form (next page) to verify your therapy hours. At least 20 hours of psychotherapy with a Certified Bioenergetic Therapist is required to enter the training program. In order for your therapy hours to count toward certification, training therapists must be a member in good standing with the International Institute of Bioenergetic Analysis (IIBA). It is your responsibility to confirm this with your therapist at application time and throughout training.

After entering the program, a minimum of 25 hours per year is required to continue the training program. A tally of completed therapy hours must be signed and turned in at the end of each module. Completion of the training program requires 140 hours of individual psychotherapy with a Certified Bioenergetic Therapist.

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 include the Psychotherapy Verification Form with your application.



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PSYCHOTHERAPY VERIFICATION FORM

#	Date	Therapist Signature
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Trainee's Name (print)_____ Therapist's Name (print)_____

I verify that I am a Certified Bioenergetic Therapist and a current member in good standing with the
International Institute of Bioenergetic Analysis (IIBA).

Therapist's Signature

Date



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IMPORTANT NOTICE ON DUAL-RELATIONSHIPS

People intending to enter the Training Program 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 unavoidable in a training situation. For example, one's therapist might become one's trainer at some point during the training years. 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 Training Program.

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 Program for 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.

I understand and agree to the above Important Notice on Dual-Relationships.

Applicant's Signature

Date

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 *armoring* 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 armoring, 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 MODERN BIOENERGETIC ANALYSIS?

MODERN BIOENERGETIC ANALYSIS IS A FORM OF PSYCHOTHERAPY

MODERN BIOENERGETIC ANALYSIS IS A FORM OF PSYCHOTHERAPY 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. The mind and body are functionally identical. What you think can affect how you feel. The reverse is equally true; what you feel affects how you think. By working with the muscular system, the nervous system, the cognitions and the relational elements, Bioenergetics seeks to bring about the healthy integrations of the body and the mind so that you have the energy to discover pleasure. Modern Bioenergetics has evolved over time with the integration of neuroscience research, attachment theory and self-psychology.

Every stress (physical or emotional) produces a state of tension in the body. Normally, the tension disappears when the stress is relieved. Chronic tensions, however, linger as an unconscious bodily posture or physical predisposition even after the original stress has been removed. Such chronic muscular tensions disturb emotional health by decreasing your energy, restricting your motility (the natural, spontaneous play and movement of the musculature), and limiting your self-expression. It becomes necessary, then, to relieve this chronic tension if you are to regain your full aliveness and emotional well-being. Therefore, the focus is on both the psychological problem and the physical expression of that problem as it is shown in your body and movement. It is the Bioenergetic therapist's job to know for whom what intervention is suited, and to adjust technique to suit the unique characteristics each person brings to therapy.

THE BODY (SOMATIC) WORK OF MODERN BIOENERGETICS involves special interventions that are designed to help you get in touch with your muscular tensions and release them through appropriate movement, helping to release contractions accompanying fear, pain or confusion. In Modern Bioenergetics, therapists attend to very subtle communications of the client's somatic experience. Gentle touching and controlled pressure help to relax contracted muscles. A supportive, witnessing touch can help provide focus, to organize against decompensation. Naturally, this touching occurs only with your consent. Every contracted muscle is blocking some movement. Often, breathing patterns are established by chronic tensions due to emotional stress or trauma in earlier years. The therapist's help changing these patterns to increase your breathing enables you to have more energy, to discover more feeling, and to increase your potential for pleasure. Bioenergetic techniques focus on releasing physical tensions and/or helping with self-regulation while dealing with the psychological issues underlying them.

THE ANALYTIC (PSYCHOTHERAPY) WORK OF MODERN BIOENERGETICS involves understanding the sensations, feelings, states, structures, attitudes and expressions that you have learned to adopt and to maintain through the musculature of your body. Therapy is a process of self-

discovery. A careful, supportive exploration of your early life and life patterns illuminates the way you act, think, and feel today. By addressing your problems at both the emotional and physical level, you gain the awareness that comes from understanding, the freedom from outmoded patterns of acting and reacting, the strength to tolerate life's pains, and the capacity to tolerate its pleasures. The result is an enhanced ability to enjoy yourself and to relate to others. This work takes place in a relational context where the Bioenergetic therapist is an integral part of the healing process and responsibly co-creates the space in which that healing will take place.

THE RELATIONAL WORK OF BIOENERGETICS involves contact with a certified Bioenergetic therapist who acts as a guide, navigator, ally and can follow your process. The Bioenergetic therapist has studied the unfolding of the transference/counter-transference process. S/he has made her/his own journey of self-exploration. S/he has learned how to tolerate deep emotional expression and can offer support and encouragement when the going is rough, and s/he can also share in your pleasures and joy in living. S/he works with you to increase your sense of internal harmony, to enhance your ability to relate to others honestly, openly and deeply, and to help you feel seen, affirmed and more effective in everyday life.

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. For journal articles and a more extensive bibliography the reader may contact: THE INTERNATIONAL INSTITUTE FOR BIOENERGETIC ANALYSIS, www.bioenergetic-therapy.com

- 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