



APPLICATION
PROCEDURE &
SELECTION
CRITERIA

Applicants are likely to be qualified in a helping profession or have experience of working with people in a caring capacity. They should be able to cope with academic study at post-graduate level, but relevant life experience, personality and maturity are equally taken into account.

A new training year starts each September, and applications should reach us in the spring term. Applicants should contact the office for an application form, and return the completed form together with the application fee. Applicants will be invited for two interviews and notified of the outcome.

CERTIFICATE
REQUIREMENTS:
a) - **INDIVIDUAL
PSYCHOTHERAPY**

Students are eligible to apply for the certificate when they have fulfilled the following requirements, over the minimum three years of the basic training phase:

b) - **MODULES
TO BE TAKEN:**

Students must be in individual psychotherapy for the duration of training and are expected to have weekly hour long sessions totalling about 40 hours per year.

Students must have attended all of the following modules. Modules can be taken at the student's own pace, but certain modules must be completed before others.

*FIRST YEAR
MODULES*

<ul style="list-style-type: none"> • Basic Biodynamic Massage • Body and Energy I • Holistic Human Biology • Psychotherapy Group 	In the first year students experience themselves - through focussing on energy in themselves and in the other - in a way which includes their physical, emotional and mental aspects.
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*SECOND YEAR
MODULES*

<ul style="list-style-type: none"> • Adv. Biodynamic Massage • Body and Energy II • Gestalt Body Therapy 	In the second year students explore the therapeutic position in both a theoretical and experiential way and to develop an energetic understanding of the client.
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*THIRD YEAR
MODULES*

<ul style="list-style-type: none"> • Adv. Biodynamic Massage • Adv. Training in Holistic Psychotherapy • Charge/Gestalt Body Therapy • Seminar on Therapeutic Theories & Character Structures 	In the third year the main objective is for students to learn to be fully present in the therapeutic relationship whilst maintaining an awareness of it, and to develop an individual, responsive, and self-aware style based on holistic and integrative perspectives and methods.
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c) - **ESSAYS &
ASSESSMENTS**

Students must have submitted an essay at the end of each year. Additional written work is required in some of the modules. Assessment during the course is continuous, and based on self, peer and trainer evaluation.

DATES AND FEES
& PROSPECTUS

Please ask our administrator for our leaflet "Dates & Fees for the Training Year". A Training Prospectus describing the structure of the training and the various modules in detail is available from the office.

CHIRON

Centre for Body Psychotherapy



OUTLINE
of the
PROFESSIONAL
TRAINING
in
BODY
PSYCHOTHERAPY

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website: www.chiron.org

The Chiron Centre is a member of the UK Council for Psychotherapy



THE CHIRON TRAINING

The Chiron Centre offers a comprehensive part-time training programme leading - after a minimum period of three years - to the Chiron Certificate in Holistic Psychotherapy, a form of Body Psychotherapy. At least two further years of post-certificate studies and supervised practice lead to the Diploma in Holistic Psychotherapy and registration with the U.K. Council for Psychotherapy.

ABOUT THE CHIRON CENTRE

The Chiron Centre, established in 1983, is currently directed by Bernd Eiden and Jochen Lude, two of the founding directors. Their work is informed by a wide experience of humanistic psychotherapies in this country and abroad, as well as Jungian and transpersonal ideas. They are supported by a group of about twelve trainers.

- THE CHIRON APPROACH:
- body-oriented
 - humanistic
 - holistic
 - integrative

THE THERAPEUTIC RELATIONSHIP

The essence of our work is represented by Chiron, the centaur - an image which symbolises the healing of the split between body and mind, between the instinctual and spiritual. We think that the problems and conflicts, the pain and suffering which bring people into psychotherapy are best addressed by an 'holistic' approach which sees the person as a 'whole'. Such an approach cannot afford to neglect - in the way it responds to the client and the psyche - any of the aspects which are essential parts of this whole: the integration of the physical, emotional, mental, spiritual and social/relational aspects of our being is at the heart of Chiron work.

Rather than any particular skill or knowledge which the therapist may rely on, we consider the therapeutic relationship itself as a transformative element. The image of Chiron as 'the wounded healer' expresses for us a therapeutic attitude and awareness which allows processes to occur within the crucible of the relationship that make increased integration possible.

BODY PSYCHOTHERAPY

The Chiron approach is perhaps unique in its emphasis on organic body-mind integration through awareness of 'energetic' contact - between therapist and client as well as between body and mind of both people involved. We aim to work in a way which *allows* change to occur in the client through being *in touch* in the relationship. We therefore do not rely on verbal interaction alone, but work equally with an awareness of the body and physical intervention.

CHIRON WITHIN THE FIELD OF PSYCHOTHERAPY

The Chiron approach is based on a combination of approaches from different Neo-Reichian schools, a particular Gestalt philosophy and analytic perspectives. As such it essentially belongs to the section of the psychotherapeutic field called Body Psychotherapy as defined by the European Association for Body Psychotherapy. Chiron is a member of the 'Humanistic and Integrative Section' (HIPS) of the UK Council for Psychotherapy, and both these terms can be said to apply to the training.



The main theoretical orientation is drawn from the work of Reich, Lowen (Bioenergetics), Pierrakos (Core Energetics), Boyesen (Biodynamic Psychology), Rosenberg (Gestalt Body Therapy) and Boadella (Biosynthesis). This is complemented by psychodynamic, object relations and transpersonal concepts and theories.

Experiential learning is emphasised particularly in modules taken in the first and second years of training, but this is underpinned by reading groups and course essays. Theoretical and practical integration and the development of the student's individual style acquire priority in the later stages of the training.

During the early stages of training we rely on a biodynamic principle: spontaneous self-regulation develops or is re-awakened by becoming aware of and learning to trust inner impulses. This forms the basis for students getting in touch with their inherent healing capacity, and for learning to use touch sensitively, skillfully and appropriately. Later in the training there is more emphasis on the relationship between client and therapist based on the belief taken from Gestalt Psychology that inner growth occurs most effectively at the "contact boundary". Rooted in an embodied self-awareness, students develop their capacity to use themselves as a "body of resonance" in the therapeutic relationship. In this way transference and countertransference are experienced and understood as tangible embodied processes.

Although the Chiron psychotherapist would not usually formulate this as the goal of the process, any psychological transformation and integration of the personality which occurs during the therapeutic process will also be reflected in physical changes in the client's body. The therapeutic hope is - both for our clients and trainees - that the process will allow movement from a body which is often experienced as a heavy, restrictive, tense, alienated or painful carrier of inner unfinished business to a finer instrument with a lighter energetic frequency. This more finely tuned body can then give a relative ease within oneself in daily life and also open the contact with a deeper, soulful purpose and meaning in connection with the world as well as spiritual awareness.

If you want to familiarise yourself with the range of psychotherapy approaches and trainings available, we suggest the following books:

Abram, Jan, "Individual Psychotherapy Trainings" - A Guide,
Free Association Books, London 1992

Rowan, John, Dryden, Windy, eds., "Innovative Therapy in Britain"
Open University Press, 1988

Jones, David, ed., "Innovative Therapy - A Handbook"
Open University Press, 1994

THEORETICAL BACKGROUND

LEARNING STYLE

THE LEARNING PROCESS THROUGHOUT THE TRAINING

(PHYSICAL) CHANGES DURING THE THERAPEUTIC PROCESS

SUGGESTED READING