



## International Supervision Education in the Bodydynamic way 2021

### THE GOAL OF THE TRAINING AND WHO CAN PARTICIPATE

1. The goal is to teach you to supervise out of theory, the models and methods of Bodydynamic – to improve your knowledge of Character Structures, Ego-development, Ego-aspects Bodyknot, Bodymap Analyzing etc. from a therapeutical context to the level of supervision.

2. Another goal is to clarify "what is supervision", what is the frames and fazes in the supervision process, the supervisor role in general, how to fill out the role and what it demands of you. How to support the therapist in their role, ambition and demands. We will also define what is individual supervision, individual supervision in group and group supervision, and different aspects of the interaction between the supervisor and the supervisant.

**To participate** you have to be either Bodydynamic Practitioner (at least started at 3'rd year), Bodydynamic Therapist or Analyst.

The education is *an opportunity* to be recognized as certified supervisor in the system depending on your level of education. To be recognized as a Bodydynamic Practitioner/ Analytic educational supervisor involves a process of approval with Bodydynamic International.

**The education** will consist of a mix of presentations, teachings, training, dialog and reflection.

### Certification demands:

Students have to attend all training sessions

Students have to meet in small groups to practice and to discuss their supervision experience (also practice supervision with each other)

Students have to make protocols of their supervisions and bring them to the training. During the teaching different protocols will be chosen and talked about in the group.

**The duration** of the training is 124 hours over 4 times 5 days in Hørsholm, Denmark

**Accommodation:** Not included, possible help to accommodation can be arranged.

### Dates:

1. course – 10 – 14. November 2021

2. course – 12 – 16. January 2022

3. course – 2 – 6. March 2022

4. course - 7 – 11. September 2022

**Teaching times:** (incl. 1½ hours lunch break):

Wednesday to Saturday - 10 -18:00

Sunday – 9.00 -15:00

**Teaching Place:** Hørsholm, Denmark

### Teachers:

Lene Wisbom and Inna Gavryliuk, both Senior Teachers and Supervisors

### Price:

140 €/ day = 2.800 € in all + transfer fee's

**Group size:** min. 15 participants, max 30 participants



**1. TIME: BASIC KNOWLEDGE AND CONSCIOUSNESS OF WHAT IS SUPERVISION AND THE ETHICS OF THE ROLE:**

- Deepen into understanding of Character Structures and Bodyknot – basic and full, to be able to supervise from a place of more knowledge.
- The difference of therapy and supervision
- How to create a safe space for supervision – a supervision friendly culture
- Basics around transference/ counter transference
- Work with client/ supervisant contract's and how to create and use protocols.
- Ethical dilemmas and considerations concerning the role of supervisor and supervision
- Keeping the inner contact between the Body-ego to the Integrated-ego and at the same time being empathically present and open in the relation and be able to rest in the Me.
- Exploring central Ego Functions that support the role of the supervisor and keep communication alive.

**2. TIME: THEMES AROUND WHEN AND HOW TO USE EXERCISES, TOUCHING AND BODYMAPS**

- Deepen into the understanding of Ego-Functions and how to analyze and use the information from the Bodymap
- Concrete work with supervision in Ego Functions and functional anatomy (exercises)
- How to distinguish Shock Trauma/ developmental trauma/ PTSD and complex PTSD in the life-story, body reading and Bodymap and how to work it.
- Focus on supervision related to trauma work.
- Secondary traumatization and parallel processes
- How to help the client to contact deeper layers of life-anchored resources.
- How these resource conditions can be used to heal a traumatized ego and nerve system and become a starting point for many working processes.
- How can you come around all the aspects in a trauma work that determines, that the client can make peace with the event.
- How to work with dependency/ co-dependency, addiction

**3. TIME: THEMES AROUND DIFFERENT LEVELS OF CONSCIOUSNESS, EMOTIONS, EGO ASPECTS AND WORK WITH GROUPS**

- How to use and understand the different levels of consciousness and Ego-aspects.
- Deepen into the different emotions and the impulse and movement in them – what are they telling us.
- Ego-aspects into the role and where therapists can lose themselves
- Role plays – to investigate transference/ counter transference
- Deepening into the differences and special aspects of individual therapy/ supervision, group therapy/ supervision and therapy/ supervision in groups and how to work with them, ex. reflecting teams.
- How to use the Bodydynamic ways in praxis – ex. the difference in mirroring and imitating.
- How in supervision find the topic and goal – case related/ problem related

**4. TIME: SUPERVISION REGARDING ETHICS, THESIS WORK, VIDEO SUPERVISION AND BODYMAPPING AND OTHER SYSTEMS TERMINOLOGY**

- Different supervision models – what is Bodydynamic way and the different levels of approach – mind, emotions, body
- Therapy in supervision – boundaries around what to work and for how long and in what role
- Help to make rules for cancelations and other ethical dilemmas
- Develop ways of explaining the different theories into everyday language – learn how to use the Bodydynamic dictionary with clients.



- Similarities and differenties in terminology's - projections and introjections (Gestalt) – asymmetric relations transference/ counter transference (Bodydynamic) double responsibility of the role and my actions in it = ethics - personalities (psychoanalytic) – Characterstructures (Bodydynamic) – relate to people/ supervisee's from different backgrounds
- Where is the role of the body in the different psychotherapy modalities.
- How can we integrate the different modalities into the deepening into the Bodydynamic theories so we can relate through Bodydynamic theories.
- Look at other systems models that is useful into Bodydynamic, ex. SCT
- The supervisors work regarding video supervision, thesis work from therapist
- Deepen into the understanding of Bodymaps

**At all modules there will be supervision training in groups.**

Upon completion of the project you will be able (you will have the necessary skills) to supervise psychotherapists of any modality. This is one of the goals of the project.



**Lene Wisbom, Denmark**

One of the senior teachers worldwide at all levels in Bodydynamic International ApS. Is Bodydynamic educational Therapist, Supervisor and can do Full Bodymaps. Publisher of Bodydynamic Books, written the Test Manual, Test Analyzing Manual + Test drawing manual in Danish and English, revising all other manuals in Danish and English (Teaching Manual + Shock Trauma Manual)

Member of the board and planning team in Bodydynamic, webmaster of Bodydynamic Denmark and coordinator of Danish training program and teaching the Bodymap testing education worldwide. Originally psychomotoric teacher from 1979 and Bodydynamic analyst education from 1992-96, certified in 2002, Specialized training in trauma therapy by Bodydynamic, 1-year from 2001 to 2002, and Specialist training in supervision, 1-year from 2004 to 2005, Qualified as a teacher in the system from 2004. Has also followed SCT, international systemic group-oriented training from 2004 – 2011 Member of the Danish Psychotherapist Association since 2001 and EABP in 2012. Member of Forum in Danish Psychotherapist Association. Started one clinic in 1994 and qualified as educational therapist in 2002, have had clients and groups for many years working with adults, teenagers and children, specialized in shock trauma therapy, Reorienting Birth and therapy for disabled people.



**Inna Gavryliuk – Ukraine**

Inna believes in the power of contact in the therapeutic process and pays a lot of attention to balancing safety, challenge, risk and education. She loves connecting cognitive understanding and awareness with emotions and the body experience. For her it is a chance to recreate the primal balance of human beingness, a way to be here in the now and stay connected to something greater than oneself.

Inna is educational Bodydynamic Therapist and Supervisor, can do Full Bodymaps and teaches in all levels of educations in Bodydynamic.

Inna has a Masters in Linguistics and Psychology. She is also a member of the EABP and Ukrainian Union of Psychotherapists. She also has training in Gestalt Therapy, Process Oriented Work and Psychodrama. She's been in clinical practice since year 2000 and works as supervisor for 12 years.