

1 Pelvic-Heart Integration Training

1.1 Year 1

- 1.1.1 Group process and individual process work
 - 1.1.1.1 Guided Therapeutic and Facilitating Work by the Trainers of PHI
- 1.1.2 Theories of Sexuality & Energy
 - 1.1.2.1 Multifactorial dynamics of human sexuality
 - 1.1.2.2 Developmental Psychology
 - 1.1.2.2.1 Sexuality and Age
 - 1.1.2.3 Energy theories of Sexuality and Sexual Dysfunction
 - 1.1.2.3.1 Orgastic Potency
 - 1.1.2.3.2 Character & Muscular Armoring
 - 1.1.2.4 Healthy Sexuality - Sexual Morality
 - 1.1.2.5 Psychological Aspects
- 1.1.3 Femininity / Masculinity:
 - 1.1.3.1 Masculine and Feminine as seen in Pelvic-Heart integration
 - 1.1.3.2 the Mystery and Attraction of the Masculine and Feminine
 - 1.1.3.3 Same Sex Sexuality
 - 1.1.3.4 Male and Female Orgasm
- 1.1.4 Sexual Dysfunctions
 - 1.1.4.1 Sexual Desire Blockages
 - 1.1.4.2 Sexual Arousal Dysfunction
 - 1.1.4.2.1 Impotence
 - 1.1.4.2.1.1 Eros, Love, Sexuality from a PHI perspective
 - 1.1.4.2.2 Frigidity
 - 1.1.4.3 Orgasm problems
 - 1.1.4.4 Energetic Sexual Blockages
 - 1.1.4.5 Pelvic-Floor Dysfunction
 - 1.1.4.6 Premature Ejaculation
- 1.1.5 Anatomy, TCM and Physiology 1
 - 1.1.5.1 Developmental Biology
 - 1.1.5.2 Sexual development from Embryo to Child
 - 1.1.5.3 General Anatomy & Physiology
 - 1.1.5.4 Special Topics: Neurobiology & Physiology of Heart, Genitals, Myofascial Networks
 - 1.1.5.5 Anatomy of the Chakras
 - 1.1.5.6 Energy Meridians and Fine Energy
- 1.1.6 Bodymind Techniques for Sexual Release and Integration
 - 1.1.6.1 Gestalt
 - 1.1.6.2 Pelvic-Heart Bodywork
 - 1.1.6.2.1 Introduction to the Natural Energetic Cycle
 - 1.1.6.2.1.1 Secure Breath
 - 1.1.6.2.1.2 Nurturing Breath
 - 1.1.6.2.1.3 Exploring Breath
 - 1.1.6.2.1.4 Free Breath
 - 1.1.6.2.1.5 Excited Breath
 - 1.1.6.2.1.6 Orgastic Breath
 - 1.1.6.2.1.7 Ecstatic Breath
 - 1.1.6.2.1.8 Surrendering Breath
 - 1.1.6.2.1.9 Relaxed Breath
 - 1.1.6.2.2 Introduction to the Blockages in The Energetic Cycle
 - 1.1.6.2.2.1 Fragmented Breath
 - 1.1.6.2.2.2 Needy Breath
 - 1.1.6.2.2.3 Inflated Breath,
 - 1.1.6.2.2.4 Conflicted Breath
 - 1.1.6.2.2.5 Interrupted Breath
 - 1.1.6.2.2.6 Dissociated Breath
 - 1.1.6.2.2.7 Illusory Breath
 - 1.1.6.2.2.8 Overextend Collapsed Breath
 - 1.1.6.2.2.9 Exhausted Anxious Breath
 - 1.1.6.2.3 Reichian Segmental Armoring
 - 1.1.6.2.3.1 Ocular, Oral, Cervical, Thoracic -Arm , Diaphragmatic, Abdominal, Pelvic - Leg Segments
 - 1.1.6.2.4 Bodymind Drama
 - 1.1.6.2.4.1 Working with Ideal Support
 - 1.1.6.2.4.2 Real Situation
 - 1.1.6.2.4.3 Titrating
 - 1.1.6.2.5 Breath techniques

- 1.1.6.2.5.1 Subtle Charging and Discharging Techniques
 - 1.1.6.2.6 Therapeutic Touch- Myofascial Work based on Postural Integration®
 - 1.1.6.2.7 Pelvic-Heart Movement Awareness & Expression Exercises
 - 1.1.6.3 Imagery and Hypnotic Techniques
 - 1.1.7 Character Structures in Sexuality
 - 1.1.7.1 Reichian Character Types in the Energetic Cycle: Fragmented, Oral, Inflated, Compressed, Rigid
 - 1.1.7.2 Rigid Character Types
 - 1.1.7.2.1 Hysteric
 - 1.1.7.2.2 Passive-Feminine
 - 1.1.7.2.3 Phallic-Narcissistic
 - 1.1.7.2.4 Masculine-aggressive
 - 1.1.7.2.5 Obsessive-compulsive
 - 1.1.7.3 Body Reading of Character Types
 - 1.1.7.4 Work on the armor of the different character types; Sexual Blockages
 - 1.1.7.5 Work with the different character structures in the interaction of couples.
 - 1.1.8 Triangle Work
 - 1.1.8.1 Exploration of Family triangles & Triangulation
 - 1.1.8.2 Ideal Parents vs. Real Parents
 - 1.1.8.3
 - 1.1.9 Therapeutic Relationship
 - 1.1.9.1 The Working Alliance in PHI
 - 1.1.9.2 Necessary and sufficient conditions in PHI
 - 1.1.9.3 Acting out - Acting in
 - 1.1.9.4 Erotic Transference-Countertransference
 - 1.1.10 Sexual Shadow Work
 - 1.1.10.1 Beliefs, thoughts, experiences held in our unconscious
 - 1.1.10.2 Shame, guilt, embarrassment
 - 1.1.10.3 Exploration of Mask, Lower Self, Higher Self Layers of Consciousness
 - 1.1.10.4 Sexual Trauma and Acting Out
 - 1.1.11 Myth and the Body:
 - 1.1.11.1 Embodied Myth play
 - 1.1.11.2 Mythological Archetypes, themes and topics
 - 1.1.11.2.1 Oedipus
 - * Link: <https://en.wikipedia.org/wiki/Oedipus>
 - 1.1.11.2.2 Electra
 - * Link: https://en.wikipedia.org/wiki/Electra_complex
 - 1.1.11.2.3 Tristan & Iseult
 - * Link: https://en.wikipedia.org/wiki/Tristan_and_Iseult
 - 1.1.11.2.4 Adam & Eve; Adam & Lillith
 - * Link: <https://en.wikipedia.org/wiki/Lilith>
 - 1.1.11.2.5 Romeo & Juliet
 - * Link: https://en.wikipedia.org/wiki/Romeo_and_Juliet
 - 1.1.11.2.6 Lancelot & Guinevere; ...
 - * Link: <https://en.wikipedia.org/wiki/Guinevere>
- 1.2 Year 1 Dates and Hours
 - 1.2.1 150 residential group hours
 - 1.2.1.1 three five day blocks
 - 1.2.1.1.1 Part I : October 30th-November 3rd 2017
 - 1.2.1.1.2 Part II: February 14-18th 2018
 - 1.2.1.1.3 Part III: May 9-13th 2018
 - 1.2.2 Minimum 30 hours. Practical work outside the group: Peer Group Meetings
 - 1.2.3 Online meetings to the extent of minimum 6 hours (3 x 2 hours) Supervision/Mentoring by the trainer or assistants
 - 1.2.4 Personal Learning Therapy PHI. Minimum of 5 sessions and a report on this self-experience (10 hours)