



Program EastWest Transpersonal Training 2024/2025

Status: 04.02.2024

If you have a degree in psychology, you don't need to listen to all the lectures in module I and II ("Mainstream Psychology"), but you do need to listen to the lectures that are colored blue.

Foundation of Counseling (Module 1)

06.02.2024: Welcome. Hero's Journey (Kati Wortelkamp, Lyudmila Skarstsescu)

13.02.2024: Overview over different psychotherapeutic approaches (Jure Biechonski)

20.02.2024: Cognitive Behavioral approach (Jure Biechonski)

27.02.2024: Humanistic approach (Jure Biechonski)

29.02.2024 – 03.03.2024: Intensive + Grof® Breathwork in Todtmoos/ Germany (Kati Wortelkamp & Lyudmila Skarstsescu)

05.03.2024: Fundamentals of analytical psychology and the Individualization Process according to Carl Gustav Jung: Shadow, projections, old patterns. Part I (Jure Biechonski)

12.03.2024: Fundamentals of analytical psychology and the Individualization Process according to Carl Gustav Jung: Shadow, projections, old patterns. Part II (Jure Biechonski)

19.03.2024: Introduction to counseling and counseling skills, Part I (Jure Biechonski)

26.03.2024: Introduction to counseling and counseling skills, Part II (Jure Biechonski)

02.04.2024: Eastern holidays

09.04.2024: Introduction to counseling and counseling skills, Part III (Jure Biechonski)

16.04.2024: Existential counselling skills

23.04.2024: Exploring the bigger picture. Considering systemic, collective and transgenerational influences. An individual work with Family Constellation (Samvedam Randles)

Foundation of Counseling (Module 2)

25. – 28.04.2024: Option: Double Grof® Breathwork in a shamanic frame in Todtmoos/ Germany with Mario Lorenzetti & Kati Wortelkamp (not included in the module)

Thursday, 02.05.2024: Resource based Systemic Therapy I (Lev Belogorodskii)

Thursday, 09.05.2024: Resource based Systemic Therapy II (Lev Belogorodskii)

Thursday, 16.05.2024: Resource based Systemic Therapy III (Lev Belogorodskii)

18.05.2024: Option: Holotropic Breathwork© in Riga/ Latvia with Lyudmila Skartsesku (not included in the module)

Thursday, 23.05.2024: Resource based Systemic Therapy IV (Lev Belogorodskii)

28.05.2024: Process Oriented Therapy I (Liudmila Serbina)

04.06.2024: Process Oriented Therapy II (Liudmila Serbina)

11.06. - 14.06.24: Option: Summer School and Ceremony in Moldova with Dario Giuffrida, Mireia Berdun and others (not included in the module)

18.06.2024: Process Oriented Therapy III (Liudmila Serbina)

25.06.2024: Process Oriented Therapy IV (Liudmila Serbina)

02.07.2024: Process Oriented Therapy V (Liudmila Serbina)

04.-07.07.2024: Gestalt Therapy in Transpersonal Perspective & Grof® Breathwork in Todtmoos/ Germany (Kati Wortelkamp & Lilian Gscheidel)

09.07.2024: Gestalt work technique in a transpersonal view I (Lilian Gscheidel)

Foundation of Counseling (Module 3)

16.07.2024: Gestalt work technique in a transpersonal view II (Lilian Gscheidel)

23.07.2024: Tools of effective Psychotherapy (Lyudmila Skartsesku)

30.07.2024 – 19.08.2024: Summer Holidays

20.08.24: Working with the Inner Child, Part I

27.08.24: Working with the Inner Child Part II

03.-10.09.2024: EUROTAS-Conference (no lecture)

12.-15.09.2024: Double Grof® Breathwork with Mario Lorenzetti & Kati Wortelkamp

17.09.2024: Bringing heart to Psychotherapy

24.09.2024: Spiritual activism

01.10.2024: Art therapy

08.10.2024: Introduction in Meditation

15.10.2024: How to use meditation in therapy

22.10.2024: Love in the context of Psychotherapy

29.10.2024: Biotransenergetics 1

Foundation of Counseling (Module 4)

05.11.2024: Biotransenergetics 2

12.11.2024: Biotransenergetics 3

19.11.2024: Biotransenergetics 4

26.11.2024: Biotransenergetics 5

28.11.-01.12.2024: Intensive + Grof® Breathwork in Todtmoos/ Germany (Kati Wortelkamp & Stephan Schillinger)

03.12.2024: Biotransenergetics 6

10.12.2024: Biotransenergetics 7

17.12.2024: Biotransenergetics 8

24.12.2024 – 06.01.2025: Christmas + New Year Holidays

07.01.2025: Biotransenergetics 9

14.01.2025: Biotransenergetics 10

21.01.2025: Biotransenergetics 11

28.01.2025: Biotransenergetics 12

Transpersonal Psychology and Psychotherapy (Module 5)

04.02.2025: Counseling Tools Practice

11.02.2025: History of Transpersonal Psychology

18.02.2025: Stan Grof – his life

25.02.2025: Aspects of Trauma I

04.03.2025: Aspects of Trauma II (Healing)

11.03.2025: What is Transpersonal Counseling?

18.03.2025: Perinatal Experience and its impact on personality development, Part I

25.03.2025: Perinatal Experience and its impact on personality development, Part II

01.04.2025: Consciousness, self, I and Ego – differences

08.04.2025: What is Ego? The traps and the stages of it's transformation.

15.04.2025: Transpersonal counseling skills

Transpersonal Psychotherapy and Breathwork (Module 6)

22.-28.04.2025: Eastern Holidays

29.04.2025:

06.05.2025: NN

13.05.2025: Hypnotherapy

20.05.2025: Explanation of steps in counseling Hypnotherapy

27.05.2025: Counseling Skills of Hypnotherapy, Part II

03.06.2025: Transgenerational approach, ancestral symptoms.

10.06.2025: Transpersonal approach to Psychopathology, Psychospiritual understanding of psychoses, focus on Depression and Mania. The central drama map.

17.06.2025: Transpersonal approach to Psychopathology, Psychospiritual understanding of Bipolarity. Psychodynamic technique: Two chair staging for self-interruptiv splits.

24.06.2025: Transpersonal approach to borderline. Transference and projections.

01.07.2025: About the breath

Transpersonal Psychotherapy and Breathwork (Module 7)

Ressource approach in working with the body

Ethics in the work with Holotropic states of consciousness (HB Theory I)

Grof's extended map of the human psyche: biographical level, COEX-systems, perinatal level, transpersonal level, dynamics of the perinatal matrices (HB theory II)

Archetypes from the point of view of Stan Grof

The archetype of the Trickster

Forbidden wisdom: psychedelics as a source of spiritual experience

Introduction for beginners in using psychedelics

Collective Trauma

How to end the (inner) war

Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Shame

Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Guilt

Transpersonal Psychotherapy and Breathwork (Module 8)

Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Fear

Setting and concept of Holotropic Breathwork

Healing means waking up.