



### Program EastWest Transpersonal Training 2024/2025

**Status: 16.04.2024**

If you have a degree in psychology, you don't need to listen to all the lectures in module I ("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 Skartsesku)

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

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

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

02.04.2024: Eastern holidays

09.04.2024: Existential counseling (Jure Biechonski)

16.04.2024: What is transpersonal counseling? (Jure Biechonski)

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 1 for module II: Double Grof® Breathwork in a shamanic frame in Todtmoos/ Germany with Mario Lorenzetti & Kati Wortelkamp (one Option is included in the module)**

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

07.05.2024: 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: Option 2 for module II: Gestalt Therapy in Transpersonal Perspective & Grof® Breathwork in Todtmoos/ Germany (Kati Wortelkamp & Lilian Gscheidel, one Option is included in the module)**

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

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

### **Foundation of Counseling (Module 3)**

23.07.2024: Zoom Group Meeting

24.07.2024 – 13.08.2024: Summer Holidays

**09.-11.08.24: Option: Grof® Breathwork with Kati Wortelkamp and assistant in Mettlach/ Germany (not included in the module)**

13.08.24: «Creative Evolution 2.0». Ways to unlock higher Possibilities from Homo sapiens to Homo Evolutus. (Vladimir Maykov)

20.08.24: This mysterious Self: What is Self-Improvement? Three Catalysts and three main "Tools of Evolution", six Directions of Development. (Vladimir Maykov)

27.08.24: WE: Relationships as an evolutionary Practice. Interpersonal Development, its Laws and Essence. (Vladimir Maykov)

03.- 08.09.24: EUROTAS-Conference (no lecture)

10.09.24: Laws and Tools for the Development of the external World — the Development of Objectivity, Consensus, a systematic multidimensional View. (Vladimir Maykov)

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

17.09.2024: Champions: vertical upward Development. The West, multiple Intelligence, Spiral and Noetic Dynamics, a variety of Lines of Development towards the Highest. (Vladimir Maykov)

24.09.2024: Healers: a Psychotherapist to himself. 12 ancient Practices of caring for the Soul. Cleansing and removing Obstacles to Development. (Vladimir Maykov)

01.10.2024: Artists and Creators: Perfection in Discovering and expressing Yourself. Art as an evolutionary Practice. (Vladimir Maykov)

08.10.2024: Tightrope Walkers: Masters of Balance, Mediocrity, Equanimity, the Art of surfing Life. (Vladimir Maykov)

15.10.2024: Heroes: Heroism as the main Energy of Evolutionists. Three Classes and eight Types of Heroic Journeys and their Variations. (Vladimir Maykov)

22.10.2024: The Awakened: What is Enlightenment: Classics and Modernity (Vladimir Maykov)

## **Foundation of Counseling (Module 4)**

Monday, 28.10.2024: Biotransenergetics 1 (Pier Luigi Lattuada)

Monday, 04.11.2024: Biotransenergetics 2 (Pier Luigi Lattuada)

**08.-10.11.2024: Option: Grof® Breathwork with Kati Wortelkamp and assistant in Mettlach/ Germany (not included in the module)**

Monday, 11.11.2024: Biotransenergetics 3 (Pier Luigi Lattuada)

Monday, 18.11.2024: Biotransenergetics 4 (Pier Luigi Lattuada)

Monday, 25.11.2024: Biotransenergetics 5 (Pier Luigi Lattuada)

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

Monday, 02.12.2024: Biotransenergetics 6 (Pier Luigi Lattuada)

Monday, 09.12.2024: Biotransenergetics 7 (Pier Luigi Lattuada)

Monday, 16.12.2024: Biotransenergetics 8 (Pier Luigi Lattuada)

**24.12.2024 – 06.01.2025: Christmas + New Year Holidays**

Monday, 06.01.2025: Biotransenergetics 9 (Pier Luigi Lattuada) -> will be postponed

Monday, 13.01.2025: Biotransenergetics 10 (Pier Luigi Lattuada)

Monday, 20.01.2025: Biotransenergetics 11 (Pier Luigi Lattuada)

Monday, 27.01.2025: Biotransenergetics 12 (Pier Luigi Lattuada)

## **Transpersonal Psychology and Psychotherapy (Module 5)**

04.02.2025: Tools of effective Psychotherapy (Lyudmila Skartsesku)

11.02.2025: History of Transpersonal Psychology

18.02.2025: Stan Grof – his life (Kati Wortelkamp)

**20.-23.02.2025: Intensive in Todtmoos/ Germany with Jure Biechonski: From regression to progression**

25.02.2025: Healing the Ego (Bernadette Blin)

04.03.2025: Aspects of Trauma I (Healing)

11.03.2025: Aspects of Trauma II

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: The 12 pillars of Transpersonal Psychotherapy (Bernadette Blin)

06.05.2025:

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

**03. - 06.07.2025: Intensive in Todtmoos/ Germany**

## **Transpersonal Psychotherapy and Breathwork (Module 7)**

Love in the context of Psychotherapy (Bernadette Blin)

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

**28. – 31.08.2025: Intensive in Todtmoos/Germany**

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 (Stefan Dressler)

Setting and concept of Holotropic Breathwork (Kati Wortelkamp)

Healing means waking up (Ingo Jahrsetz)

Bringing heart to Psychotherapy

Spiritual activism

**20. – 23.11.2025: Intensive in Todtmoos/ Germany**

**12. – 14.12.2025: Option: Grof® Breathwork with Kati Wortelkamp (not included in the module)**