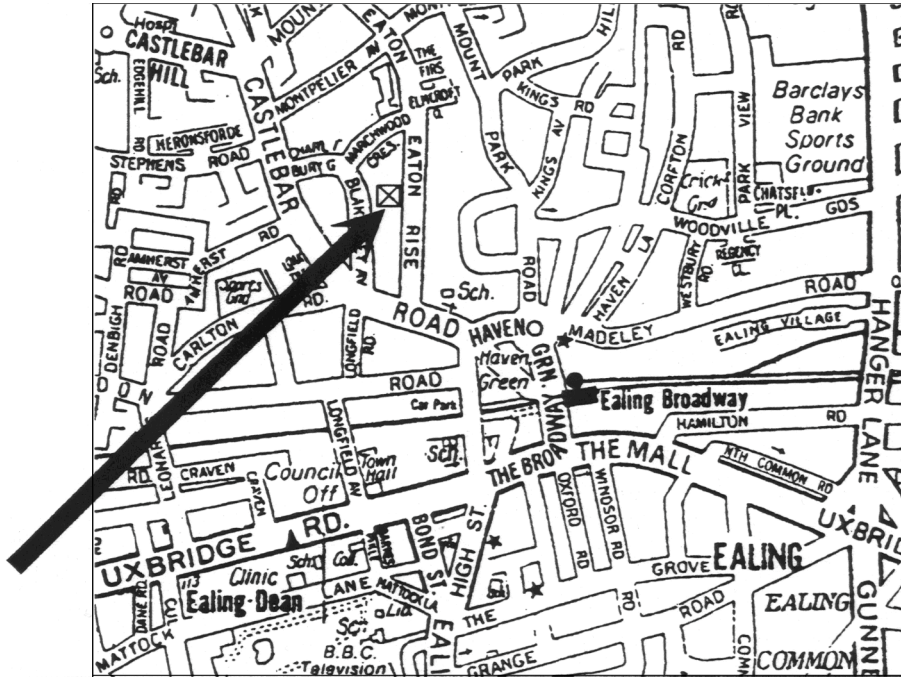


## HOW TO GET TO THE CENTRE

### 26 Eaton Rise:

The CHIRON CENTRE in Eaton Rise is easily accessible by public transport.



#### **TUBE and TRAINS:**

London Underground (District Line and Central Line) and BR trains from Paddington go to Ealing Broadway Station. The Centre is 5 minutes' walk from Ealing Broadway.

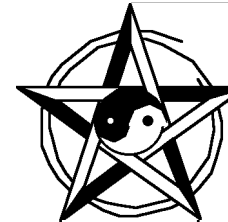
#### **BUS ROUTES:**

E1, E2, 65, 83, 112, 207, 274, 297.

26 Eaton Rise  
LONDON W5 2ER  
Tel.: 020 8997 5219

# CHIRON

*Centre for Body Psychotherapy*



## **BIODYNAMIC MASSAGE TRAINING**

**One-year Certificate  
Course**

**2009/2010**

26 Eaton Rise, Ealing  
LONDON W5 2ER  
Tel.: 020 8997 5219  
email: [chiron@chiron.org](mailto:chiron@chiron.org)  
Website: [www.chiron.org](http://www.chiron.org)



Chiron is offering a one-year course in Biodynamic Massage which will lead to a Certificate in Biodynamic Massage after successful completion of the first year and will allow the certificate holders to start working with clients (with appropriate supervision). A holistic Anatomy module complements this course. This will be the last year these modules will be offered.

### **What is Biodynamic Massage?**

Biodynamic Massage is an integrative and in-depth form of bodywork. It comprises a broad range of massage techniques for working with bone, muscle and connective tissue and more subtle forms of the human energy field to restore the free flow of the life force and thus encouraging the body's innate capacity for self-regulation. Biodynamic Massage is based on the understanding and belief that the body reflects the totality of our life, the sum of our experience and how we relate to ourselves and to the world.

Habitual ways of being determine our muscle tone and shape our posture, which in turn affects our emotional/mental states, our breath, energy levels, nervous system and health. Biodynamic Massage aims to undo the holding patterns that restrict free and spontaneous self-expression, and to tone and strengthen frozen and collapsed tissues for building the body into a stronger container for emotional charge and higher levels of energy.

Biodynamic Massage has a relational approach with a commitment to meeting each person where they are and each session will take into account the client's emotional state at the time of arrival. The Biodynamic Massage Therapist is trained to be finely tuned to facilitate an energetic process and to respond appropriately to the client on a verbal level as well as non-verbally. The Biodynamic Massage therapist will stimulate the client to be a discoverer, an adventurer, an investigator of his or her own body/mind to promote and support the joy and pleasure of discovery.



## **Biodynamic Massage**

**Dates:** 9 weekends - Term 1: 21/22 Nov. '09; 5/6 Dec. '09

Term 2: 16/17 Jan. '10; 13/14 Feb. '10; 13/14 March '10

Term 3: 17/18 Apr. '10; 15/16 May '10; 19/20 June '10; 10/11 July '10

**Times:** 10am - 5.30pm

**Fee:** £1,320 (and additional £85 for a stethoscope)

**Facilitator:** Monika Schaible, UKCP registered Body Psychotherapist  
Monika is a long term member of the Chiron staff and has a private practice in West London. She has specialised in biodynamic massage and its integration into a relational psychotherapeutic process.

## **Anatomy**

**Dates:** 12 Wednesday evenings from 7pm - 9.15pm (altogether 30 hours of teaching). The course will start on 13 January '10 and meetings will continue to take place fortnightly, over two terms.  
The dates are:

Spring Term: 13 Jan '10; 27 Jan. '10; 10 Feb. '10; 24 Feb. '10; 10 March '10 and 24 March '10

Summer term: 21 April '10; 5 May '10; 19 May '10; 2 June '10; 16 June '10 and 30 June '10

**Fee:** £370

**Facilitator:** Kathrin Stauffer, PhD, UKCP registered Body Psychotherapist

Kathrin was born in Switzerland and originally worked as a biochemist. She is a member of the training staff at the Cambridge Body Psychotherapy Centre with many years' experience in teaching biodynamic massage training courses. She lives in Cambridge where she also has a private practice.



### About the Chiron Centre for Body Psychotherapy

The Chiron Centre was established in 1983 and aims to provide a body oriented approach to body psychotherapy. Biodynamic Massage is an integral part of the Chiron work. In September 2004 we ceased to offer the full five-year body psychotherapy training, leading to accreditation with UKCP. However, Chiron continued to offer short term courses, group psychotherapy and a professional development programme for qualified counsellors and psychotherapists. In addition we run two clinics and provide a referral service for individual psychotherapy and biodynamic massage. For further details of any the above, please contact the office. If you want to read more about our work, please visit our website: [www.chiron.org](http://www.chiron.org).

### Practical Information

If you are interested in enrolling please ask for an application form for the training in Biodynamic Massage. After we receive your completed application form together with the application fee of £40 (cheque payable to Chiron) you will be invited for an assessment interview. Once you've been accepted you'll be asked to register and pay a deposit of £120 to secure a place. The remaining fee can be paid by monthly standing order or in three instalments - one a term.



### Training in Biodynamic Massage leading to Certificate Level

In the one-year Certificate course students learn practical methods, biodynamic theories and professionalism in order to work confidently and responsibly with clients.

#### Practical Methods:

- This includes harmonising and provocative massage techniques, intentionality, body awareness, energetic perception, somatic resonance, developing a therapeutic presence, quality of touch, verbal facilitation skills.

#### Theory:

- History of Biodynamic Massage; theoretical assumptions of Biodynamic Psychology
- Biodynamic view of the person
- Flow of life force
- Psychoperistalsis
- The emotional vaso-motoric cycle
- Introduction to character structure theory (Reich and neo-Reichians) and basic body readings
- Introduction to relational dynamics

#### Professionalism

- Code of Ethics and Practice
- Confidentiality
- Setting up a private practice
- Supervision, Self-care.



## History of Biodynamic Massage

Gerda Boyesen developed Biodynamic Massage in Norway, where she studied psychology. She had been involved in Reichian analysis with Ola Raknes. Her interest in and pursuit of Reichian Vegetotherapy led her to train as a physiotherapist. In a psychiatric hospital in Oslo she met the chief physiotherapist, Adel Bülow Hansen, who had developed a neuro-muscular massage technique for psychiatric patients with predominantly hypertonic musculature, which co-ordinates the muscular system, breathing, relaxation and emotional release. Lillemor Johnson, who also trained at the Bülow Hansen Institute, developed a successful way of toning hypotonic muscles. Those two strands of massage methods formed the basis for Biodynamic Massage. Gerda Boyesen continued to refine these massage methods and added her own discovery of psycho-peristalsis as a means of self-regulation through vegetative discharge and her own theory about the meaning of the body's fluid system. Biodynamic Psychology is the integration of her understanding of Reichian bodywork, psychology and the massage methods from the Bülow Hansen Institute in Oslo.

Throughout the last 25 years at Chiron Biodynamic Massage has been developed and updated in a variety of ways, particularly through the increased attention given to the relationship between client and massage therapist.

## Training Requirements

Students need to write 20 short reports on massage sessions and an end-of year essay. Students are also required to have a minimum of 20 sessions of personal Biodynamic Massage therapy sessions from fully qualified therapists. It is expected that students will practice massage outside and in addition to the actual course time.

A book list is available.

In order to qualify for the Biodynamic Massage Certificate, students will also need to complete Chiron's Holistic Human Biology module. This year-long module of 30 teaching hours extends and grounds the experiential work through the study of anatomy and physiology. Exemptions from the Anatomy module are possible.



## Holistic Human Biology (Anatomy) Module

This module complements the biodynamic massage course. It provides background knowledge of the biological understanding of the human body that complementary practitioners have to be familiar with, and also creates links with the psychotherapeutic and biodynamic ways of thinking.

Whilst the syllabus covers all the organ systems, there is space for more in-depth discussion of topics that are of special importance to biodynamic massage therapists:

- the autonomic nervous system as the main agent of self-regulation, including dysfunctional states like stress and chronic pain
- joints and their action in movement as expression of authentic self
- muscles and ego-strength
- connective tissue and its role in the containment of conflicting feelings
- digestion and its function in emotional wellbeing
- immunity and its relationships with the nervous system, the endocrine system and emotional states

The module consists of 15 two-hour sessions. Participants are expected to spend some time studying between sessions.

## Qualification

After successful completion of the one-year massage course, plus Holistic Human Biology, students can apply for the Chiron Certificate in Biodynamic Massage. This, along with insurance and membership of AHBMT (The Association of Holistic Biodynamic Massage Therapists), enables you to practise as a massage therapist. The association provides a supportive network for practitioners, offering workshops and other activities, and publishes a bi-annual newsletter for its members.