

Life Energy Therapy® Training In Cologne 2021

What is Life Energy Therapy?

Life Energy Therapy, a spiritual oriented body psychotherapy, founded by Stéphane Sabetti, is based on the integration of life energy concepts from the far east (called chi or ki) and western concepts of psychotherapy, especially body psychotherapy.

Life energy is understood as an universal force, which pervades all levels of our being: physical, psychological, emotional and spiritual.

Central issues of the training in Life Energy Therapy®

This training provides the knowledge about the specific qualities and possible uses of life energy for personal development and psychotherapeutic processes.

Build on a profound knowledge about classical psychological dynamics (depth psychology) and body psychotherapeutic concepts, life energy therapy is specialized on diagnosing psychological problems as consequences of energy movements.

The body is understood as an energy transformer into the physical being. It shows on different levels (form, movement, voice etc.) how the flow of life energy is.

In the training you learn

- to diagnose the flow of life energy in and through a person
- to connect this to psychological issues and the meaning for the person
- to intervene physically, verbally and energetically to support the free flow of energy
- to recognize held areas, blockages and disabling patterns and to support to come beyond these.

A central issue in this work is the transpersonal process. This means on the one hand to support the client to come into a „letting through“ process, where old patterns, beliefs and held emotions can come through a healing channel. On the other hand it's the task of the therapist to follow the movement of the energy. The client is the specialist and there is a healing resource inside her-/himself, which has to be discovered. As LET- psychotherapists we're facilitators for this process.

The learning is how we can support the client to come into his own frequency of vibrations, which is a manifestation of life energy on the physical level. Instead of stressing the body we find the resonance point in the person by charging the system with awareness, and smaller or dynamic movements.

The structure of the training

The training courses are providing a profound knowledge about body psychotherapeutic basics as well as about energy concepts, change dynamics, new sciences, transpersonal concepts and spiritual understanding. Theory is accompanied by demonstrations, practice with each other in the training group, supervision by the course leaders and, at an advanced stage of training, by live or video supervisions with your own clients. The training is projected for about 3 years and will take place during weekends in the In flow-Institute in Cologne.

Prerequisites: curriculum vitae
Initial interview
Emotional stability
Own experience with Life Energy Therapy min. 3 h. indiv. or 5 h. group
Legality for practicing as psychotherapist in the own country, finished or in process.

Entitlement: Life Energy Therapist/Bodypschotherapy allowed to use the title
Life Energy Therapy®

Course leaders: **Widmantas Skutta**, director of the In flow-Institute in Cologne.
Teacher in Life Energy Therapy, Instructor in Process Inquiry. Trained by Stéphan Sabetti, founder of Life Energy Process.
Further education in Transactional Analysis and eastern martial arts.
Practice as psychotherapist, coach and organizational consultant.

Pia Brunner: Group leader in Life Energy Process, educated in Dansergia®, Acquasus Pool work®).
Further education as yoga therapist, sport -and swimming teacher, Dipl.Pedagogist.
Works in psychiatric clinics and in own practice with dance -/ movement therapy, and yoga therapy.

Start: First quarter of 2021

More informations?

Contact In flow-Institute, Weißhausstr.25/Nebeneingang, D-50939 Köln,
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Training courses in Life Energy Therapy®
(sequence may change)

	Day
	Theory/Practice
Intro into training	1/2
Roots of energywork and body psychotherapy	1/2
Energyconcepts	1
Basics of casework	1/2
Psychodynamics	1
Connection between body, psyche, emotions	1
Introduction to energy- and bodypsychotherapy	1+1
Multirealities in therapy	1
<u>New sciences and Life Energy Therapy:</u>	1
Chaostheory, brainresearch and neurobiology	
Phases of change, energyflow concepts	1+1
Body expression, character, body diagnosis	1+1
Psych.th.energie diagnosis (movements, breath, voice etc.)	1+1
Technics and interventions in body psychotherapy	1+1
Working with the energyfield/field between therapist+client	1+1
Transpersonal und spiritual dimensions	1
Integration of systemiic /social connections	1
Dynamic of psychotherapeutic process	1+1
Letting through/Working through	1+1
Hands-on technics	1
Integration of music, dance- and voice	1+1
Psychopathology: diagnosis, options and limitations	1
Intense practical training 4 x 2 days	8
Completion	1
Total	37,5/ 18,75 WE (ca. 3 years)

Hours.:	Individual therapy hours:	30
	Group hours internal (incl. in the weekends):	80
	Group/Workshop, external:	10
	Supervision-indiv.	20
	supervised casework/invivo or video:	10
	Supervision after completion	5 over 2 years

Costs: Trainingday á 170 Euro

Also necessary: Integrative Paper (clinical paper before completion)
If necessary practicum in the psychotherapeutic field

Legality for practicing as psychotherapist in own country, finished or in process.