



## The path from apprentice to Master in Bodydynamic System:

This is a guide for our students to clarify the prerequisites needed in order to attain certified Bodydynamic titles and become teachers.

### Prerequisites for being a Certified Bodydynamic Therapist

Besides the completion of attendance to our course of studies, foundation and practitioner training, you need to successfully pass 7 exams and have done at least the hours of therapy and supervision as described below:

- **The 7 exams:**

**Foundation:**

1: Foundation – answer 100 questions test with a minimum score of 70/100

**Practitioner:**

2: Own Life story

3: Psycho motor anatomy exam

4: Full Bodymap reading exam

5: Aquarium exam

**At this level, you are Bodydynamic Practitioner and get a proof of participation.**

6: Self-therapy thesis - within ½ year

7: Client thesis with video supervision\* - within 2 years

\*The specifics for the final thesis are given to you from your coordinator or your teacher

**At this level, you are a certified Bodydynamic Therapist and get a diploma.**

**Hours of therapy and supervision:** as described in the studies outline:

**Inside the education are:**

- Total hours (45 min) of therapy during Foundation is 45 and during Practitioner is 109.
- Total hours (45 min) of supervision during Foundation is 37 and during practitioner 121.

**Outside the trainings** the summary is minimum of hours needed,

Therapy hours: 80 x 45 min

Supervision hours: 80 x 45 min

### Clarifications of Therapy and supervision hours:

**Individual Therapy** is carried out by an educational therapist and must be at least 80 sessions (each 45 minutes) – and they can be taken individually or in groups. At least 60 sessions must be taken as your own individual therapy (can be done in groups) and 20 sessions can be attendance in others having individual therapy in group.

These therapy sessions should be done with an educational therapist, assigned to your training from Bodydynamic International.

In Bodydynamic it is recommended to have 90 minutes' therapy sessions that count as 2 therapy hours. The same applies for supervision hours.



**Supervision** is carried out by an educational supervisor approved by the Bodydynamic International. Ideally, the supervisor is not a teacher in training, but this requirement, we cannot always respond fully.

The student must receive a minimum of 80 sessions (1 session = 45 minutes).

At least 20 of the sessions with the supervisor alone, and at least 40 sessions in small groups (2-4 participants).

40 of the sessions has to be on own cases – the 20 sessions with supervisor alone and 20 sessions in the group. The rest of the 80 sessions (20 sessions) can be alone with supervisor or in small group with educational supervisor with own cases or others cases.

Therapy/ supervision previously received from another approach: If you already have therapy and/or supervision hours from another approach, then you need to ask your main teacher of your Practitioner training. If the teacher decides to count these hours, then maximum of 25% of the summary that is 20 therapy sessions from another approach could count in the summary.

Video Supervision: is part and prerequisite for your final assignment. It is 3 clock hours of supervision specifically about the client you will make your final thesis. You need to record 2 clock hours of sessions in video of you working with the specific client, give it to your supervisor and do 3 supervision hours about it. This is prerequisite for 7. Final assignment.

As the prerequisites for being member of local Body Psychotherapy union, Psychotherapy unions and EABP/ EAP are different and changes over time, they will not be described here.

### **Educational Therapist**

You can be appointed by International as Educational Therapist up to Practitioner level of a specific training if you are certified Bodydynamic Therapist or in process of being certified and agree to our requirements such as:

- In the sessions with your students you use Bodydynamic only and not other method you know
- For the students you get supervision with a Bodydynamic supervisor.
- Attending in any updates for practitioners that take place.
- In case you haven't finish your final thesis, you need to talk with your main teacher and commit to schedule of finishing it.
- Being EABP member (or your national association if exists)

To be educational therapist for Analyst level, you have to be Certified Bodydynamic Therapist and Analyst.



## Certified Bodydynamic Analyst:

After becoming a certified Bodydynamic Therapist you can continue developing in Bodydynamic and become a Certified Bodydynamic Analyst.

**The Specialist Trainings** (previously called Master Classes) you need to finish are:

1: Shock Trauma Process PTSD I, 3 x 5 days

Shock Trauma Training for Professionals II, 3 x 5 days

2: Full Bodymap – 2 x 5 + 1 x 2 days if small group (max 10) – 2 x 6 days + 1 x 3 days (over 10 – max 20)

Prerequisite: You can only attend if you have passed all 6 exams from Practitioner training and being in ongoing Bodydynamic therapy and supervision. Full testing and Bodymap reading exam.

3: Reorienting Birth for professionals – 4 days + 4 days follow up.

(Previously called Rebirthing for Professionals)

## Assistant to Bodydynamic trainings

A Certified Bodydynamic Therapist or in process of being certified can apply and be considered as assistant to our trainings. Being assistant is prerequisite for teaching in any of our trainings. If you are accepted, you will be asked to sign a contract with Bodydynamic International ApS with certain rules you have to follow.

## Bodydynamic Supervisor – Bodydynamic educational Supervisor

A Certified Bodydynamic Therapist or in process of being certified can attend the training to become supervisor in Bodydynamic. You also need to attend Bodydynamic supervision as a supervisor.

To be educational supervisor for Practitioner level, you have to be Certified Bodydynamic Therapist and taken the Bodydynamic Supervision education.

To be educational supervisor for Analyst level, you have to be Certified Bodydynamic Therapist and Analyst and taken the Bodydynamic Supervision education.

## Bodydynamic are member of EABP and the Danish Association of Psychotherapy.

There we have committed ourself to follow certain standards for **teachers** in Bodydynamic.

It is required to have ongoing therapy and supervision (60 hours of supervision a year) – this can both be with a supervisor and colleague supervision.

Attending conferences related to Body Psycho Therapy or Psychotherapy, updating yourself by reading articles, new books and researches, attend at least 1 Bodydynamic Teacher update a year and having your own business as therapist.

## Teacher at Foundation trainings:

A Certified Bodydynamic Therapist (or in process of being certified) can apply and be considered as a co-teacher at Foundation trainings, after been assistant in a Bodydynamic Foundation Training.

If you are accepted, you will be asked to sign a contract with Bodydynamic International ApS with the rules that apply to the job.

- Prerequisite master classes: 2: Working with Groups I, II, III



### Teacher at Practitioner trainings:

A Certified Bodydynamic Therapist (or in process of being certified) can apply and be considered as a co-teacher/teacher at Practitioner trainings, after been assistant in a Bodydynamic Practitioner Training.

To be considered as a co-teacher to Practitioner training, you must be in process of being an analyst. If you are accepted, you will be asked to sign a contract with Bodydynamic International ApS with the rules that apply to the job.

After getting enough experience as a co-teacher and got certification as Bodydynamic Analyst you can be considered as a teacher of practitioner trainings.

### Teacher at Shock Trauma trainings:

Shock Trauma has a personal part and professional part

To be consider as a co teacher of Shock Trauma trainings, you have to

- be in a process of being a certified Bodydynamic Therapist,
- attended Shock Trauma process and professional training (PTSD I, II)
- been an assistant at PTSD I, II, or been at the special teacher training in Shock Trauma
- sign a contract with Bodydynamic International ApS with the rules that apply to the job

To be consider as a teacher at Shock Trauma trainings

- you have to be a certified Bodydynamic Therapist
- attended Shock Trauma process and professional training (PTSD I, II)
- been an assistant at PTSD I, II, or been at the special teacher training in Shock Trauma
- sign a contract with Bodydynamic International ApS with the rules that apply to the job
- Prerequisite master classes: 1: Working with Groups I, II, III