

TRAINING/INTENSIVE IN PRIMAL INTEGRATION

Led by Esta Powell and Bob Holmes

Columbus, OH

April 7-11, 2008

The training is designed for Primal Integration facilitators, those who want to enhance their skills as a "buddy," therapists interested in trauma treatment, or anyone who wishes to expand their experience in feeling-focused, regressive psychotherapies, the training includes:

- 45 training hours with certificate
- Demonstration/therapy sessions with Esta and Bob.
- Daily co-therapy sessions in safe, supervised dyads.
- Post-session discussion with supportive, constructive feedback.
- Structured discussion on important aspects of Primal Therapy, such as, safety and containment; client-oriented approach; working with shock; specifics of healing first-line trauma; transference issues; incorporating techniques from other modalities, such as Gestalt, Psychodrama, Inner Child Work, etc.
- Attention will be paid to group dynamics.

Full five-day group will run from Monday, 9 am to Friday, 6 pm. Arrival on Sunday and departure on following Saturday. Group size limited to 8 participants. Some experience in Primal or other experiential modalities is desirable. However, anyone interested is welcome to apply. The \$980 cost includes meals and dorm style accommodations; \$920 if paid in full by March 1, 2008. \$200 non-refundable fee is required upon registration.

This is the first in a series of training modules that are currently being developed.

For more information, to register please contact Esta: primalesta@yahoo.com (614-893-3527) or Bob: link.2.holmes@sympatico.ca (1-877-258-9315).

Training is designed for:

- Primal Integration Facilitators
- Experienced primalers who wish to train as Primal Integration Facilitators
- Psychotherapists who are interested in trauma treatment and/or feeling-focused, regressive therapies
- Professionals from related disciplines (bodywork, spiritual counseling, personal coaching, nursing) who want to learn how effectively deal with strong emotional expressions
- People interested in primal therapy who would like to improve their buddy/peer facilitation skills

Admissions

In order to assess your suitability for this training we require 2-3 page biography, which should include:

- Contact information
- Life history
- Personal therapy experience
- Brief medical history
- Academic/training background
- Personal interest for this training

30-45 min interview with Esta or Bob. After reviewing your bio we will contact to schedule a short phone interview. During the training you will be asked to share a short version of your bio with other trainees, so they can be more effective in facilitating your work. All information about you will be held in the strictest confidence.

Schedule

Sunday - Arrivals

Monday - Friday:

8:00 - 9:00 Breakfast

9:00 -10:30 Demo sessions with Esta and Bob

10:30 - 2:00 Structured discussions on selected topics

12:00 - 1:00 Lunch

1:00 - 5:00 Peer facilitated sessions with supervision and constructive feedback

5:00 - 7:00 Dinner and free time

7:00 - 9:00 Study and/or peer facilitated work

Saturday - Departures

Suggested topics for discussion:

- Primal theory;
- basic facilitation techniques;
- safety and containment;
- client-oriented approach;
- working with shock;
- sub-personalities/ego states;
- specifics of healing first-line trauma;
- transference and counter-transference issues;
- incorporating techniques from other modalities, such as Gestalt, Psychodrama, Inner Child Work, working with dreams, etc.