

Certification training Sexological Bodywork IISB in Berlin, summer/autumn 2018

The certification training will take place in a centrally located course center in Berlin.

In order to complete the training, participants will be required to attend an introductory course (3 days) and a face-to-face module (14 days).

Accommodation and catering costs are not included in training parts with compulsory attendance. Participants are therefore

expected to make their own arrangements. Sleeping in the course room is an option for those seeking budget accommodation.

During the training, participants will get acquainted with a number of methods using mindful touch with other persons within a therapeutic or training context. This includes not only in individual sessions, but also group settings. A distance coach will supervise the practice sessions.

Content of the training

Summer 2018

22.07.2018 – 11.11.2018

For more information on the dates of the modules, please refer to **dates and information** further below.

Introductory course

- 3 days (Friday to Sunday) Attendance of an introductory course is an important prerequisite for the certification training. The decision whether an individual meets the requirements to take part in the full training will be made after their participation at the introductory course. The fee for the introductory course will fully deducted from the certification course fee (current dates see www.sexologicalbodywork.ch)

Full training

- 14 days of face-to-face training (one 14-day module in Berlin, ca. 130 hours, one day of rest)
- 4 months of home study, online group study part 1 and 2 (time commitment ca. 10 hours per week, ca. 180 hours in total)
- Supervised practice towards certification: 50 points to be obtained with sessions and courses (time commitment ca. 120 hours)

Time commitment

Total = ca. 450 hours,
including ca. 150 hours of face-to-face training

Dates

Summer/autumn 2018 course dates in Berlin:

22.07.2018 – 11.11.2018

Online group study part 1: (10 weeks)

22.07.2018 – 30.09.2018

Face-to-face training module: (2 weeks)

01.10.2018 – 14.10.2018

Monday 10am – Sunday 5pm

Detailed times will be provided before start of the face-to-face module.

During the training, participants will get acquainted with a number of methods that use mindful touch with other persons within a therapeutic or training context. This includes not only individual sessions, but also group settings. A distance coach will supervise the practice sessions.

Online group study part 2: (4 weeks)

15.10.2018 – 11.11.2018

Supervised practice towards certification: (ca. 6 – 9 months)

50 points to be obtained with practice sessions and courses (time commitment ca. 120 hours)

Information on each module

Online group study part 1: (10 weeks)

The first part of the training comprises ten weeks of online group study, which is facilitated by an online learning platform. During this time the participants will explore mindful somatic practices with themselves and others, and experience Orgasmic Yoga coaching (without physical contact with other persons). The experience-based somatic learning is the core of the online training. Participants are required to watch video demonstrations and read articles about somatic sexology.

During the second part of the online group study, students will focus more on working with other persons (volunteers with whom they can practice the different methods). As in the first part, they share their personal experiences and learning with the others through the online forum. Their coach will continue to be available for orientation and supervision.

During the entire training a coach (Sexological Bodyworker) will be available to accompany students and answer any questions about assignments, study material and their personal process. The online platform includes a forum through which students will share with the class what they have learnt and experienced at least once a week.

Participants will need to dedicate approx. 10 hours per week to fully participate in the online training.

Practices:

- Orgasmic Yoga Praxis: conscious self-love practice
- Witnessing and coaching authentic self-love
- Conscious breathing methods
- External anal massage
- External and internal anal mapping
- Erotic Massage Dancing
- Intimate massage for people with penis and vulva
- Vulvo-vaginal mapping
- Taoist Erotic Massage
- Sexual trauma
- Scar tissue

Theory:

- Embodiment
- Somatic learning theory
- The matrix of sexual involvement
- Erotic intelligence
- Breath work
- Coaching in Sexological Bodywork Sessions
- Core Erotic Theme

Face to face training module: (14 days, including one day of rest)

After the first online module, participants and faculty will meet personally for a two-week intensive training. During this time, participants will deepen their experience of the somatic practices they have learnt in the online training. In the first week, special attention will be given to facilitating the integration of personal processes. Moreover, all the core methods and techniques will be introduced and practiced.

The second week will focus on developing participants' capacity to work with clients using the different methods of Sexological Bodywork, learning in which situations to use which methods. Special emphasis will be given to topics as establishing an adequate setting with the client and managing limits within sessions. As well, the modalities with which the participants will work in the second part of the online group study will be introduced.

Online group study part 2: (4 weeks)

This written online module supports students in integrating and processing what they have experienced during the two weeks of face-to-face training. They will also reflect on their current level of expertise.

Further important aspects include an honest self-assessment of one's own abilities and the development of a professional vision.

Theory:

- Planning the 50 practice sessions
- The invitation – how do I present myself as a Sexological Bodyworker?
- Vision and pathways into working with Sexological Bodywork professionally

50 pleasure points: Supervised real practice sessions (ca. 6 – 9 months)

In order to obtain a certification as Sexological Bodyworker IISB®, participants need to achieve 50 points by doing sessions with individuals or couples or workshops with groups.

For 25 of the sessions, participants will hand in a written record that their coach will read and comment.

Tutors



Peter Kogelbauer



Didi Liebold



Mareen Scholl



Joseph Kramer

Course fee

EUR 3100.00

Early bird discount:

EUR 2800.00 for registrations until 30 April 2018

Consultation and registration

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For more information about our trainings please refer to
www.sexologicalbodywork.ch