

## DESCRIPTION OF GTT MODULES

### REQUIRED MODULES

#### **The Power Within: The Practice of Holotropic Breathwork**

In this module, Holotropic theory comes alive. It's where we experience the essence of the practice first hand. We not only discuss the principles that support and inform the practice of Holotropic Breathwork. But we go beyond theory to show why Holotropic Breathwork is such a special method for personal exploration and healing. This is a unique opportunity to move to deeper levels of your own inner process and also to learn what's behind the Holotropic approach to working with others. As you become acquainted with accompanying others on their journeys, you will also discover how to translate the Holotropic theory into a tool for enriching your everyday living experience.

Topics include: 1) the power of the Inner Healer; 2) the Holotropic Breathwork lineage; the history of the healing potential of non-ordinary states; 3) the importance of facilitator presence; 4) an inside look into the framework of a Holotropic Breathwork session; 5) how to encourage and support the integration of the Holotropic experience; and 6) Holotropic bodywork, including: its history, theory and practice, - demonstration of bodywork, - hands-on work by participants, - discussion of specific challenging situations that facilitators encounter, - ongoing exploration of the way Holotropic Breathwork can change our everyday life.

#### **Music and Transcendence**

This module is an exciting and transformative journey through the world of music. Sound and rhythm have always been vital creative and spiritual tools for transformation. Music has even been called the language of the soul. This is a special opportunity to learn first hand the music structure that defines Holotropic Breathwork in such a special way. In addition we'll also explore other exciting strategies that help make the Holotropic perspective an essential tool for everyday living.

This module covers: 1) Holotropic music: its history, theory and practice: detailed discussion of three-part music structure, with demonstration of specific pieces for each section, the sound system quality & power requirements; 2) Holotropic group work; its history, theory and practice; discussion of common group experiences & challenging situations; 3) COEX systems: how we work with multi-level patterns; 4) Demonstration of relaxation; 5) Facilitator self-care; 6) Practical workshop information--venue; pricing; promotion; brochure; and types of workshops.

#### **The Architecture of Psychopathology**

This module explores the traditional understanding of various forms of psychopathology of psychogenic origin, as well as the new insights into their nature and dynamics that have emerged from experiential psychotherapy and the work with non-ordinary states of consciousness. This work has revealed that psychogenic disorders cannot be adequately explained in the context of biographical models, but have also significant perinatal and transpersonal dimensions. This module includes discussions of various phobias, inhibited and agitated depression, suicidal behavior, obsessive-compulsive neurosis, conversion hysteria, sexual dysfunctions and deviations, impulsive disorders, psychosomatic illnesses, and addictions.

#### **Spiritual Emergency: Embracing Unexpected Transformation**

Understanding spiritual emergency is one of the major contributions of the Holotropic perspective. Whether you are a professional or a layperson, someone interested in working with people in transformation crises, or primarily in your own growth, this module offers a rich experience and valuable information. In addition to differentiating between psychosis and spiritual emergency, we'll also explore the intensely practical aspects of who, in these kinds of crises, can benefit from Holotropic Breathwork, and how best to work with them in their emergencies. The workshop includes discussion of the concept of spiritual emergency, its manifestations and forms, historical and anthropological perspectives, treatment strategies, and work with family and friends.

## **ELECTIVE MODULES**

**(New elective modules may be added from time to time)**

### **Psychology of the Future: Lessons from Modern Consciousness Research**

Psychology of the Future offers, in one seminar, a comprehensive, exciting overview of Stan Grof's four-decade exploration into non-ordinary states of consciousness. He will share his unparalleled experience that challenges the basic assumptions of science and psychology and continues to inspire therapists, seekers, and teachers worldwide.

Grof will review these remarkable findings and explore the major revisions we would have to make in our understanding of consciousness, the human psyche, and the nature of reality. These radical changes in our thinking would fall into the following categories: Cartography of the Human Psyche; Architecture of Emotional and Psychosomatic Disorders; Effective Therapeutic Mechanisms; Strategy of Psychotherapy and Self-Exploration; Role of Spirituality in Human Life; The Nature of Reality: Psyche, Cosmos, and Consciousness; Relevance of Archetypal Psychology and Astrology for Psychiatry

### **Transpersonal & Holotropic Perspectives of the Schools of Depth Psychotherapy (with Stan Grof)**

In this module, presented in our training for the first time, we will review the history of depth psychology and the lives and work of the founders of its major schools (Franz Mesmer, Sigmund Freud, Carl Gustav Jung, Wilhelm Reich, Alfred Adler, Otto Rank, Sandor Ferenczi, Melanie Klein, and others). Matthew Stelzner, the resident astrologer of this module, will bring in the astrological perspective and discuss the correlations between the lives and ideas of these pioneers and major aspects in their natal charts and important transits. We will critically examine, which ideas in depth psychology and psychotherapy have been validated by modern consciousness research and which of them have been refuted, revised, and transcended. An attempt will be made to outline a blueprint for psychology and psychotherapy of the future integrating those insights about consciousness and the human psyche that have withstood the test of time.

### **Further Frontiers of Science and the Cosmic Game (with Stan Grof)**

In non-ordinary states of consciousness, such as those that occur during systematic meditation practice, shamanic rituals, psychedelic sessions, deep experiential therapy, and spontaneous psychospiritual crises ("spiritual emergencies"), people often encounter experiences that bring profound philosophical and spiritual insights into human nature and the nature of reality.

These insights revolve around such fundamental problems of existence as the mystery of the creative principle in the universe (God), the dynamics of the process of creation, the nature and function of the archetypal realm, the dilemma of good and evil, the "taboo against knowing who we are", karma and reincarnation, the role of consciousness in the universe, the relationship between consciousness and matter, and the purpose and meaning of human life.

In this workshop, the understanding of existence that has emerged from the study of non-ordinary states of consciousness will be compared with various spiritual and esoteric systems and with the revolutionary developments in Western science, usually referred to as the new paradigm.

### **The Experience of Death and Dying: Psychological, Philosophical and Spiritual Aspects (with Stan Grof)**

Accompanied by slides, Stan will explore with the group observations from various areas of modern consciousness research. Thanatology, anthropological shamanic studies, psychedelic research, experiential psychotherapies, and work with people in psychospiritual crises (spiritual emergencies) all have important implications for understanding the psychospiritual aspects of death and dying. Focus will be on such topics as the process of psychological death and rebirth, psychedelic therapy with terminal cancer patients, the shamanic initiatory crisis, aboriginal rites of passage, ancient mysteries of death and rebirth, near-death experiences, survival of consciousness after death, instrumental transcommunication, karma and reincarnation, and eschatological mythologies. Using a cross-cultural selection of slides, Stan will explore the ancient books of the dead - the Egyptian *Pert em Hru*, Tibetan Bardo Thödol, the Mayan Ceramic Codex, the Aztec Codex Borgia, and the European *Ars Moriendi*.

### **Birth, Death, and Transcendence in Psychotherapy (with Stan Grof)**

Focus on such issues as psychological significance of the trauma of birth, the death-rebirth process, dynamics of the perinatal and transpersonal matrices of the unconscious and their symbolic language, psychological meaning of the experience of death, and others. The seminar will include an extensive slide show illustrating the symbolism of the death-rebirth process from a cross-cultural perspective.

### **Psyche and Eros (with Stan Grof)**

This module explores the observations from modern consciousness research (psychedelic therapy, Holotropic breathwork, and the study of individuals in spiritual emergencies) that provide new insights into the complexity of human sexual experience. We will examine the perinatal and transpersonal roots of variations and deviations of sexual behavior, archetypal roots of sexuality, and transpersonal forms of erotic experience (satanic, oceanic, and tantric sex). Special attention will be paid to Tantric science, art, and ritual.

### **The Roots of Violence and Greed: Psychospiritual Perspective on the Current Global Crisis**

Since time immemorial, violence and greed have been important forces driving human history. With technological progress and exponential population growth in the twentieth century, they have become a threat for survival of life on our planet. It is imperative to gain a deeper understanding of the roots of these forces in the human psyche and to find ways of reducing their impact in the world. We will explore how consciousness research and transpersonal psychology offer new insights into extreme forms of human violence, greed, and social pathology, such as wars, bloody revolutions, terrorism, suicide bombing, concentration camps, and genocide. A slide presentation will demonstrate the astonishing similarities between the symbolism of posters and cartoons from the time of wars and the visions accompanying the reliving of birth and the experience of psychospiritual death and rebirth.

### **In the Arms of the Dragon: Toward a Personal Daily Holotropic Yoga (with Tav Sparks)**

Holotropic Breathwork is a powerful catalyst for change and also a blueprint for how to live in a more creative and authentic way. This workshop is specifically devoted to cultivating the Holotropic perspective into an everyday life practice. We recognize that the number one most powerful healing force resides within us. The breathwork session itself is just the beginning as we learn to focus and trust our own inner healing wisdom. We will explore how to heal patterns uncovered in breathwork; "sitting" as an archetype for interpersonal relationship; making our lives a conscious spiritual practice; awakening to creativity; using the inner healer as a guide to true personal empowerment; and the re-emergence of the epic soul – our lives as epic journeys.

### **The Spiritual Quest, Attachment and Addiction (with Tav Sparks)**

New ways to look at psychology and spirituality are offering exciting possibilities in the recovery movement, both for individual seekers and for those who work in the treatment field. This workshop explores a whole continuum, from the idea of addiction as an extreme form of attachment, which affects everyone and which is crucial to spiritual seekers of all practices, to the more articulate forms of addiction: substance, process, relationship, and more.

Through theory, discussion and experiential exercises, we'll look at (1) the disease paradigm of recovery; (2) the wellness paradigm and the transpersonal recovery center; (3) implications of perinatal and transpersonal dimensions for recovery; (4) the 12 steps as a world yoga; (5) addiction as spiritual emergency; (6) addiction as shamanic crisis; (7) recovery as a mystery school; (8) psychedelics and recovery; (9) recovery and the feminine; (10) addiction from the homeopathic perspective; (11) recovery as death/rebirth; (12) addiction and the global crisis; and more.

### **Beyond 2012: From Global Crisis to World Transformation (with Tav Sparks)**

Through lecture, discussion, and experiential practices, including Holotropic Breathwork, we will explore these new frontiers of crisis and transformation in a way that offers new possibilities of hope and redemption for the world future.

Topics include:

- Planetary evolution from the biographical, transpersonal and perinatal perspective
- Activism and personal growth: light and shadow
- Awakening to the call of service

- Death/rebirth in modern popular culture
- The re-emergence of the divine feminine
- The plight and promise of indigenous cultures
- Psychospiritual roots of violence and greed
- The seduction and glamour of world media
- Worldwide web: new frontier or spiritual trap?
- World festival and the global community
- The Holotropic perspective as blueprint for world survival
- Creative strategies to introduce the Holotropic perspective
- Transformation as a play of consciousness

### **Movie Yoga: The Holotropic Experienced Through Film (with Tav Sparks)**

This module is an exciting opportunity to experience the Holotropic in film. For years, Tav's passion and knowledge about movies have infused GTT workshops. Participants have found movie watching to be an integral part of the inner process. Based on material from his forthcoming book *Movie Yoga: How to Transform Yourself While Sitting on Your Sofa*, Tav will present a complete system of movie watching from the Holotropic perspective.

This workshop is for those who want another avenue to take the Holotropic into everyday life. Watch together, breathe together, and learn how movies can become a fun and exciting transformative practice, as you experience the perinatal journey through film. This is sure to be an adventure, so bring the popcorn and your Inner Healer.

### **The Ringbearer and Moving Toward Wholeness: Transformation in the Lord of the Rings Film Trilogy (with Tav Sparks)**

This workshop uses Peter Jackson's film adaptation of The Lord of the Rings and Holotropic Breathwork to create a deep personal experience of being a Ringbearer in the twenty-first century. The popularity of this movie demonstrates planetary culture's striving toward a new world myth, as well as our yearning to discover the deeper dimensions of what it means to be human. Interwoven through our experience of the films, we will explore: The Fellowship characters as mythic dimensions of ourselves; Joseph Campbell's Hero's Journey; Carl Jung and the realm of the archetypes; the re-emergence of the epic soul; film as catharsis and spiritual path; death/rebirth in modern popular culture; Holotropic practitioner as Ringbearer; art, ritual, dance, meditation, and role playing. Seeing the films beforehand is not required.

### **Shamanism (with Diane Haug)**

Shamanism is the most ancient of humankind's spiritual, medical, and psychological disciplines. A visionary tradition, shamanism is a practice utilizing altered states of consciousness to contact the spirits of the natural world. With life on our planet in danger and out of balance, shamanic cultures have much to teach with their respect and reverence toward nature. This module will provide a broad introduction to Shamanism as it relates to both our personal healing journey and modern psychology. In addition to using Holotropic Breathwork as an experiential tool for exploring the healing potential of non-ordinary states of consciousness, this workshop will include the use of meditation, guided journey work, movement, silent time in nature and mask making.

### **The Psychedelic Experience: Promises & Perils (with Diane Haug)**

The pioneering psychedelic research of Stanislav Grof, MD, is informing a whole new generation of scientists, some at major universities, who are again examining the enhanced wellness, healing, creativity, and spirituality inherent in the psychedelic experience. In this six-day residential retreat in the desert of Joshua Tree, CA, we will dive deep into the exciting and often challenging terrain of the current 'Psychedelic Renaissance'. Topics will include time-honored, cross cultural use, visionary technological/artistic contributions, current government supported research programs, and 'skillful means' for supporting someone in crisis. There will be opportunity for spirited discussion of the transformative power of these experiences, as well as the personal and cultural context necessary for their understanding and integration. NOTE: *The topic of psychedelic substances at this retreat is entirely theoretical.*

## **Language of the Soul: The Art & Practice of Integrating Deep Inner Experiences (with Diane Haug)**

To integrate is 'to make whole'. The value of deep work in non-ordinary states of consciousness is, in part, dependent on our ability to reflect on and work with the material we are offered. In this workshop we will explore the theme of integration from both a personal and professional perspective. In addition to Holotropic Breathwork, participants will be introduced to a variety of tools useful in further exploring the themes / issues / insights that have emerged during sessions. These will include meditation, journal writing, movement, mask-making, Soul Collage and more. This module will be highly experiential and invite participants into a realm of creative self-expression. "Although transpersonal experiences are potentially healing, their effects are often temporary unless an effort is made to stabilize the insight gained. The task, therefore, goes beyond the induction of such experiences to the task of integrating them effectively into everyday life." Frances Vaughan in "Healing and Wholeness: Transpersonal Psychology" from *Paths Beyond Ego: The Transpersonal Vision*.

## **Jung's Red Book: The World Within (with Diane Haug & Monika Wikman)**

An exciting, creative journey into *The Red Book*, Carl Jung's world of archetypes, dreams, myths, shadow, symbols, alchemy, individuation, and astrology. *The Red Book*, presented for the first time in late 2009, is considered possibly "the most influential unpublished work in the history of psychology". This masterpiece represents an extended period of Jung's deep self-exploration, what he describes as "a confrontation with the unconscious".

The workshop includes: \* An overview of Carl Jung's central themes \* The power and significance of Jung's own "spiritual emergency" \* A variety of experiential processes, including Holotropic Breathwork(TM), Jung's "active imagination", art, writing, dreamwork, film, meditation, and movement Who can benefit? \* All seekers and therapists \* Those wishing to enrich their inner lives with time-honored truths \* Anyone learning to bring Jungian principles into their everyday lives.

A special opportunity to have a personal, living experience of Jung's most ground-breaking contribution. The workshop will become the 'alchemical vessel' for your own deep personal exploration, integration, and growth.

## **The Power of Archetype: Integrating Astrology & Holotropic Breathwork**

This workshop provides an overview of the essential elements for beginning your own astrological practice, and will show how astrology can be especially useful with Holotropic Breathwork. It is designed for both the absolute beginner as well as those who are quite skilled in astrology. We will be covering the following and more, using a variety of media, and including demonstrations from participants' charts and the charts of well-known events and individuals: 1. How astrology has influenced Stan and the breathwork, and how Stan's work has influenced astrology — astrological insight into perinatal matrices. 2. Using astrology for insight into challenging breathwork experiences. 3. Astrological archetypes experienced through film clips, and through music. 4. Astrological insight into 9/11 and our current moment in history. 5. Comparing the spiritual insights gained through astrology with other wisdom traditions. 6. How to read a chart and calculate transits.

## **Ecstatic Remembrance (with Jai Uttal)**

This workshop combines two ancient technologies for entering into deep states of consciousness for inner exploration and contact with the collective unconscious. One technique is, as in each [Grof Transpersonal Training](#) module, using the breath in Holotropic Breathwork sessions. The other technique is the ancient one of chanting. Jai Uttal uses call-and-response chanting, vocal and rhythmic exercises, and storytelling to invoke a sacred space for non-denominational prayer and heartfelt expression. This is an exploration of the heart and a way of attaining ecstatic awareness by repetition and remembrance of the Divine. No previous experience is needed; this is an exploration of the heart, independent of vocal or musical technique.

## **Trauma and Transformation (with Kylea Taylor and Diane Haug)**

Deep healing work such as Holotropic Breathwork is often chosen by trauma survivors. Other participants uncover and work to resolve traumatic incidents in the course of personal exploration through Breathwork. This module engages the body, emotions, and spirit as well as the mind through case presentations, transformative inner work, community, and personal creativity. The facilitators have worked since 1988 with trauma survivors in Holotropic Breathwork groups. There will be

presentation of historical, anthropological, and psychological perspectives on trauma and abuse, including social incidence and impact, symptoms of PTSD, DSM IV diagnoses in the spectrum of dissociation, the application of state specific memory to non-ordinary states, treatment approaches that complement Holotropic Breathwork, and trauma recovery as a transformative rite of passage. Special attention will be given to ways of facilitating and integrating Holotropic Breathwork experiences to transform the pain of trauma, self-care in the prevention of vicarious traumatization for the practitioner, especially if the practitioner is also a survivor of trauma, and the role of art and of community in the transformation of trauma.

### **Cosmos & Psyche (with Richard Tarnas)**

As Jung suggested, astrology possesses an extraordinary capacity to illuminate the archetypal dynamics of the human psyche. During their thirty-year collaboration, Rick Tarnas and Stan Grof have repeatedly seen consistent correlations between specific planetary positions and a wide range of psychological states. Besides providing invaluable insight into both the timing and the archetypal character of personal transformation, these correlations suggest that the relationship between the cosmos and the human psyche is very different from the conventional disenchanted worldview. Topics of this module will include: precise descriptions between the timing of individual psychological transformation and planetary transits; the phenomenon of synchronicity; instructions for calculating and evaluating one's own transits; a look at major past and current planetary alignments; and coinciding archetypal patterns in history and culture. Rick will address the relevance of this work to the depth psychology tradition initiated by Freud and Jung, and present an overview of the evolution of the Western mind as illuminated by this "return of soul to the world."

Participants will get both a theoretical framework and practical information that can be immediately useful in their own lives. Prior background in astrology, though useful, is not necessary.