



TRANSPERSONAL TRAINING

INFORMATION PACK

Grof Transpersonal Training

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Dear Applicant,

In this packet you will find information and supplemental materials to accompany the Application to Grof Transpersonal Training. Applying is not required in order to attend modules. It is only needed if you wish to move toward becoming a certified Holotropic Breathwork practitioner. Modules attended before applying will still count toward your certification, but we encourage you to apply to the program between your first and fourth module.

Thank you for your interest in applying for the Holotropic Breathwork practitioner-training program. This international training program is the only training offering certification in Holotropic Breathwork available in the world. Trainings are offered throughout the year in the USA, Russia, Australia, South America, Spain, England, Slovenia, Ukraine and other places. For a complete schedule of trainings, please visit www.holotropic.com.

Please read through this information packet carefully. If you have any questions about the training program or would like more information, please contact us using the contact information above.

You may submit your application at any time, however the ideal time would be after attending one or two GTT modules, and before your fourth or fifth module, or whenever you are sure you would like to move toward certification. We ask that it be submitted no later than 6 months before applying to attend the two-week certification intensive, as it can become confusing when applying for both the training and the certification intensive at the same time.

Warmly,

Tav and Cary Sparks, Directors, and the GTT team

Please note that you may not offer Holotropic Breathwork workshops or events until you have completed the training requirements and have been certified as a Holotropic Breathwork Practitioner by GTT.

Table of contents	Page no.
GTT Requirements for Certification	4-5
Continuing Professional Development	6
Description of GTT modules	7-13
Principles of Holotropic Breathwork	14-15
Letter from Stan and Christina Grof explaining the two-year minimum requirement	16-17
GTT Floating and Apprenticing Guidelines	18
Required Reading	19
Approved facilitators for music consultations	20
Record of training requirements	21 & 22

GTT REQUIREMENTS FOR CERTIFICATION IN HOLOTROPIC BREATHWORK

The Grof Transpersonal Training program for certification in Holotropic Breathwork consists of a set of requirements that must be met in order to become a certified HB practitioner.

The requirements include attending six-day training modules; participating in workshops with certified HB facilitators; individual consultations with certified HB practitioners; attending a closing intensive; and (for those who wish to lead workshops) apprenticing at workshops led by certified practitioners.

The specifics of these requirements are as follows:

I. Modules: a total of seven six-day modules as a participant. Four are mandatory topics and three on elective topics. Modules can be taken in any order.

Mandatory modules are:

- The Power Within (formerly The Practice of Holotropic Breathwork, Part A)
- Music and Transcendence (formerly The Practice of Holotropic Breathwork, Part B)
- The Holotropic Paradigm: The Psyche, The Inner Healer and Moving Towards Wholeness
- Spiritual Emergency: Embracing Unexpected Transformation

Elective modules are offered on a variety of topics. You may choose three elective modules in order to meet this requirement.

II. Breathwork Sessions in Addition to Required Modules

Ten experiences of Holotropic Breathwork in a workshop setting, led by a certified Holotropic Breathwork practitioner and where you are both a sitter and a breather. This workshop should include preparation by the facilitator and integration of the experience.

For a list of certified practitioners, contact the GTT office. A partial list is also available on the website of the Association for Holotropic Breathwork International (AHBI) www.breathwork.com.

Attending additional modules beyond the seven required can also fulfil this requirement.

III. Individual Consultations

Ten hours of individual consultations with certified Holotropic Breathwork practitioners over the course of your training. These are arranged by you with the practitioner directly, for an agreed-upon fee. GTT staff members generally charge \$75 per hour.

At least five of these consultation hours should be with a member of the facilitator team during a training module. The purpose of these consultations is to provide personal guidance in the training, feedback about your progress and recommendations for any additional personal work we might expect you to do.

Four consultations can be with any certified HB practitioner of your choice, including but not limited to GTT staff members. During these sessions, you will have the opportunity to discuss issues related to your personal process, as well as practical aspects of Holotropic Breathwork. It is not necessary that you do all six of these hours with the same facilitator.

One consultation will be specific to your music set. In this consultation you will go through the music set you have put together. This consultation can be arranged after you have attended the Music and Transcendence module and by the time you have completed all the requirements in order to attend certification. Please contact GTT for a list of staff approved to undertake music consultations.

IV. Apprenticing

You will need to complete a minimum of four apprenticeships in order to complete your training. Apprenticing is the opportunity to experience facilitation at a module or workshop under the supervision of certified Holotropic Breathwork practitioners.

You can apprentice in workshops facilitated by a certified Holotropic Breathwork facilitator (with their agreement and support) any time after the completion of five modules, one of which is the bodywork module.

Should you wish to gain more experience of apprenticing, you may also apply to join the GTT Apprentice Program once you have completed seven GTT modules (including the bodywork module).

V. Two Years in Training

In the interest of your personal growth as well as your growth as a facilitator, we require a minimum of two years in the training, beginning from the time you take your first GTT module. For clarification, please see the letter from Stan and Christina Grof on page 15 of this pack.

VI. Closing Certification Intensive

Approximately every year, alternating between the US and Europe, we offer the certification intensive for those who have completed all the requirements stated above, and who also meet the criteria (listed on page 22) for becoming a Holotropic Breathwork practitioner.

This special two-week intensive is a culmination of your personal and collective journey through the training. You will also have the opportunity to demonstrate your proficiency as a practitioner. When applying for the certification intensive you will be asked whether you are applying to become a certified practitioner of Holotropic Breathwork (practitioner track) or whether you are applying to mark the completion of the training requirements (educational track).

VII. Recommendation for certification from a certified facilitator

When you have completed the training requirements and you are ready to apply for the closing certification intensive, we will ask you to provide a recommendation from a certified facilitator who is familiar with you from the training or from HB workshops. The facilitator will be asked whether they are recommending you for the practitioner track or the educational track. We suggest that you consider having a consultation with this person in order to discuss your certification application.

You will need to submit your application for the training program before you apply for certification.

Participants who successfully complete this program will be given a certificate confirming that they have completed training in Holotropic Breathwork and Transpersonal Psychology. This certificate in itself does not represent a therapeutic license; certified practitioners conducting therapy must meet the requirements for practice in their respective states or countries.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

Once certified as a Holotropic Breathwork facilitator, continuing professional development will be required in order to maintain your status as a certified HB facilitator. CPD helps to ensure the highest quality practice of Holotropic Breathwork (HB) among those who provide this work to others and contributes to the recognition of HB as a credible and well-founded contemporary psycho-spiritual practice.

The CPD requirements are as follows:

- 1 Certified practitioners will experience a full HB session as a breather, either in a workshop or with a qualified sitter, at least twice a year.
- 2 They will attend at least one GTT sanctioned module as an apprentice, participant, staff member, or floater; OR will attend an advanced training once every three years.
- 3 Facilitators will be responsible for submitting written notice of meeting the CPD requirement every three years.
- 4 Those who do not meet the CPD requirement will have their certification suspended until the requirements have been met as outlined above.

In addition to the above, GTT strongly recommends that all facilitators have a systematic daily psycho-spiritual practice of some kind. Those of us who have been certified for many years, and work with others, agree that this is a basic minimum to retain our ability to be effective practitioners and to support others in their inner work.

This minimum requirement demonstrating our commitment to ongoing impeccability of practice reflects the maturity of HB as a high quality psycho-spiritual discipline.

Description of GTT Required Modules

The Power Within: The Practice of Holotropic Breathwork

In this module, the Holotropic paradigm comes alive. Participants experience the elements of Holotropic Breathwork focused release work. We discuss principles, then go beyond theory to show why Holotropic Breathwork is such a special method for personal exploration and healing. While learning to accompany others on their journeys, you will also discover how to translate 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 focused release work, including: its history, theory and practice, demonstration, opportunities for participants to practice, discussion of specific challenging situations that facilitators encounter, and ongoing exploration of the way Holotropic Breathwork can change our life perspective.

The Holotropic Paradigm: The Psyche, The Inner Healer and Moving Towards Wholeness

This module offers an exciting exploration of the philosophy, principles, and strategies underlying the experience and practice of Holotropic Breathwork. Topics covered include 1) the power of the Inner Healer and moving towards wholeness; 2) presence: the disciplines required to become an effective Holotropic Breathwork practitioner; 3) COEX's: how the Inner Healer orchestrates transformation through our experiences of the psyche; 4) exploration of the frontiers of the psyche through Movie Yoga; 5) session stories: valuable teachings from practitioners through their work with breathers; 6) open forums focusing on every facet of the Holotropic experience; 7) dance, medication, music journeys and nature celebration.

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 includes: 1) Holotropic music: it's history, theory and practice, detailed discussion of the three part structure of a Holotropic Breathwork music set; with demonstrations of specific pieces for each section; 2) Holotropic group work: it's history, theory and practice, discussion of common group experiences and 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, types of workshops.

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 transformational crises, or primarily in your own growth, the 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. This workshop includes a discussion of the concept of spiritual emergency, its manifestations and forms, historical and anthropological perspectives, treatment strategies and work with family and friends.

Description of GTT Elective modules

(New elective modules are added from time to time)

The Spiritual Quest, Attachment and Addiction (with Tav Sparks, Christine Calvert, or Rob Park)

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.

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 & Pitfalls (with Diane Haug)

The pioneering research of Stanislav Grof, MD is informing a new generation of psychedelic researchers and therapists who are again examining the enhanced wellness, healing, creativity, and spirituality inherent in the psychedelic experience. During this retreat we will explore topics including the time-honored, cross-cultural use of psychoactive substances; the early pioneers of psychedelic therapy; the healing potential, as well of perils, in working with strong psychoactive catalysts; harm reduction; guidance for supporting others in a substance-related crisis; and government supported research projects worldwide. The topic of psychedelics will be entirely theoretical. However, this will be an excellent opportunity to experience non-ordinary states of consciousness through the vehicle of Holotropic Breathwork.

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: 1) An overview of Carl Jung's central themes; 2) The power and significance of Jung's own "spiritual emergency"; 3) A variety of experiential processes, including Holotropic Breathwork; 4) Jung's "active imagination", art, writing, dream work, film, meditation, and movement. This workshop will be enriching for all seekers and therapists, those wishing to enrich their inner lives with time honored truths and anyone learning to bring Jungian principles into their everyday lives. This is a wonderful opportunity

to have a personal, living experience of Jung's most groundbreaking contributions. The workshop will become the alchemical vessel' for your own deep personal exploration, integration, and growth.

Jung, Alchemy and the Transformation of Consciousness (with Diane Haug and Monika Wikman)

In this module, we will explore the world of archetypes, dreams, myths, shadow, symbols, alchemy, individuation, and astrology. It will be a rich, creative journey into the depths of the psyche and the reality of the psychoid, through the work of Carl Jung and alchemy. The retreat will be highly experientially, to intricately support and illuminate our own transformational processes. We will dive in through living mythic material and symbols that informed Jung and the ancient alchemists. We will also turn to the issues of current times that seek our attention -- for transformation in this pregnant darkness — at individual and collective levels. The focus our time together will include 1) An overview of Carl Jung's seminal contributions to psychology 2) the power and significance of Jung's own "spiritual emergency" rooted in and supported by his discovery of the ancient alchemists 3) and deep personal exploration into these alchemical processes using a variety of experiential modalities including Holotropic Breathwork, Jung's active imagination, writing, art, dream work, film, meditation, and movement.

Celtic Shamanism – Vessels of the Soul's Wisdom (with guest teacher Cait Branigan)

As a framework for understanding this form of shamanic teaching, Cait uses "The Three Cauldrons," the repositories of our vital essence, our life force, and our spirit. They contain our soul's vitality, creative energies, and experiences as it travels through life. They fuel our vocation and capacity for wisdom. Through art, sound and dance, participants will have the opportunity to explore shamanism as a spiritual practice and the role of the shamanic journey. Our aim is to ensure the clear and free-flowing nature of our essence and energy through the body. We will explore each Cauldron using journey, chant, and ceremony to discover that which lies within. Participants will also develop the ability to use shamanic techniques to help access and express their own sources of inspiration for use in living creatively, freely, and fully from the heart.

The Art and Practice of Integration (with Mireya Alejo)

"*Integration*" is a vital component of Holotropic Breathwork practice, as well as any other work in expanded states of consciousness. We are often reminded that *preparation, session & integration* are all necessary components of any complete transformational experience. Exploration with Holotropic states has impact on the totality of our being and our lives on physical, mental, emotional, environmental and spiritual levels. Giving attention to integration offers the potential *to* enrich our life experience by allowing us to digest, embody and apply to our daily lives the insights and lessons learned while doing in-depth exploratory work. We will create a safe, supportive, sacred, contemplative, and playful container, that will invite spaciousness for absorbing, being with, and processing what occurs before, during and after Holotropic sessions. The week will be highly experiential and offers valuable tools to support the integration of your personal Holotropic practice. This is a not-to-be-missed opportunity for facilitators and any seekers, and offers exciting, creative ways to support groups and individuals through the integration process. In addition, there will be four Holotropic Breathwork sessions, two as a 'breather' and two as a 'sitter', along with valuable time for group sharing.

The Power of Trust and Connection: Transforming Through Compassion (with Diana Medina)

If one has compassion for self, the natural consequence is to have compassion for others. Many of us have a core imprint that “I am not safe and I can’t trust”. The challenge for us to trust and connect with our deepest selves greatly impacts on our ability to trust and connect with others. This makes it difficult for us to risk reaching out when we need support. A daily practice of mindfulness and compassion for self and others is a crucial step towards healing traumas that make it so hard for us to trust and feel safe. In this module we will explore: a variety of simple daily practices, which can transform our relationship to ourselves; the exciting scientific research of Kristin Neff and Paul Gilbert, which connects neurobiology with our ability to be nurtured; practices of self-compassion that help to shift our neurobiological pathways and heal our instinctual response, changing it from “I don’t trust” to “I can trust and feel safe”; how self-compassion can deepen our ability to support others.

Sacred Geometry, Mandala and Consciousness – New Frontiers of the Holotropic Paradigm (with guest teacher Geoff Fitzpatrick)

When we actually construct sacred patterns in a meditative way, we begin to embody qualities of the creative principle behind them. We learn to resonate with these underlying patterns and come into alignment with the sacred mandala of the self, the inner intelligence always moving us toward wholeness. In addition to Holotropic Breathwork, meditation, dance, ritual, and music journeys, you will: create your own sand mandalas with the tools and techniques developed by Tibetan Buddhist monks; learn about a ‘Grand Pattern’ underlying all of existence, from the shape of our DNA to the movements of the planets and the form of the galaxy; experience how sacred geometry can be harnessed to open a pathway between your everyday awareness and the deeper, hidden aspects of your being, as well as between your truest self and the world; experience the archetypal ritual of creation, impermanence, and destruction used by Tibet and other cultures for thousands of years; come into alignment with a pattern of order that binds all of reality together in the most beautiful tapestry imaginable.

Being ‘On Country:’ Exploring Our Ensouled Relationship with Place and Belonging (with Vicky Nicholson)

We invite you to celebrate with us an exciting journey into the mysteries and power inspired by the Australian Aboriginal wisdom tradition. Being “on country” is based on a special relationship between our natural surroundings—place—and belonging. Belonging means being present with ourselves, as well as those closest to us (our clan, tribe, family, neighbour, nation). But it is also about being engaged in a colossal cosmic setting -- what we call the transpersonal dimensions of our being.

Along with the powerful practice of Holotropic Breathwork, this workshop offers a variety of exciting explorations in the natural world, and within our own being. Through the emergence of what we call “our stories”, we can learn to listen deeply to what is most meaningful to us as individuals within a greater whole.

Storytelling has long been a sacred tradition of indigenous peoples from all lands. It is essential to the health and wellbeing of the collective to which they belong, and to a co-creative process of bringing the universe into being. Along with our deep inner journeys via the breath, we will also spend time outdoors engaging with our natural surroundings. Join us in an adventure of self-remembering—on country—in this exciting new module to deepen our connections of self with world.

Being and Becoming: The Journey Towards Wholeness (with Holly Harman)

In this highly experiential module the Holotropic Perspective comes alive as we explore the language, method and structure of the Holotropic perspective and how we support and integrate the experiences of expanded states of consciousness. Each participant will experience two Holotropic Breathwork sessions as a “breather” and two as a “sitter.” In addition to Holotropic Breathwork sessions we will offer an overview of Stan Grof’s map of the psyche, deepening our understanding of the perinatal through the experience of film (Movie Yoga™). We will also use journeying to music, body awareness exercises and reflective time in nature as we develop our understanding of what it is to be present to our own experiences and to develop our capacity to be fully present to others.

Trauma and Transformation: A Holotropic Perspective (with Jean Farrell)

Trauma is the Greek word for wound, a wounding. We all have wounding’s; from birth to death, and even before birth. These can be demanding in their intensity, in their impact on us, and in our relationship with ourselves, others, and our environment. The module will focus on the impact of trauma on physical, emotional and psychological well being. We will explore holotropic strategies that can be beneficial in working with these challenging issues. Our approach will be largely experiential and interactive. Each participant will experience two Holotropic Breathwork sessions as a “breather” and two as a “sitter.” Drawing on our personal experience, we will also engage in creative exercises with art materials, writing and movement. Topics will include: the use of survival strategies and ego defence mechanisms; their effectiveness and limitations; how Holotropic Breathwork can work to integrate and transform trauma; looking at related approaches, such as Peter Levine, Bessel van der Kolk, and Pat Ogden; EMDR; TRE; EFT; and recent research with MDMA; the power of Presence; understanding Grof’s perinatal and transpersonal levels of our being; and the impact of generational links as part of the transpersonal.

This module will not only be useful in our own journey towards wholeness, but will enhance our ability to be present with others - as companions, therapists and facilitators - as they work with their own trauma.

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 book *Movie Yoga: How Every Film Can Change Your Life*, 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.

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.

In the Arms of the Dragon: Toward a Moment-to-Moment Holotropic Practice (With Tav Sparks)

Holotropic Breathwork is well known as a powerful catalyst for transformation. This special workshop unveils a radical new application of the Holotropic Perspective. A blueprint for how to enhance our daily life experience in more creative and authentic ways. Deep work in expanded states of awareness reveals that the most powerful healing force available already resides within us – what we call the Inner Healer. This same force is also the guide for showing each seeker her or his unique way of manifesting a constant, vibrant life trajectory of fulfillment. Through breathwork, dance, art, meditation, and other practices, we will explore:

- 1) How to work with and heal patterns uncovered in breathwork
- 2) 'Sitting' for our breathing partner as an archetype for interpersonal relationship
- 3) Transforming our lives into a creative, conscious spiritual practice
- 4) The key to awaken a joyful force of inner creativity
- 5) How to use our Inner Healers as guides to true personal empowerment
- 6) The reemergence of the epic soul and living lives as epic journeys

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 reemergence 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.

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.

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*.

The Art of Living and Dying – A Dance to the Music of Time (with Jean Farrell)

Join us for an in-depth exploration of the fascinating human journey, from conception to death and rebirth. In embarking on this adventure, we may begin to "DANCE" with the music of time, rather than moving through life, resisting the flow toward death. Such a shift gives us the opportunity to fulfil our deepest life purposes, and let go consciously of what keeps us from embracing this crucial process of transformation. By viewing life and death through the lens of Holotropic Paradigm, we are able to explore, in depth, the triple dynamic and experience of *death-birth-rebirth*. We will draw upon some of the world's leading paradigms of the death/rebirth process, including: The work of Stephen Levine and Elizabeth Kubler Ross; the shamanic practice of working with mortality; the contributions of Ralph Metzner and Timothy Leary, including their references to the Tibetan Book of the Dead. We will also explore the fascinating and powerful impact of near-death experiences on our everyday experience of living.

This unique journey in facing our mortality offers us a profound opportunity to enrich our own unique life journey. The process will be deeply experiential. In addition to Holotropic Breathwork® sessions, the week's inner adventures will involve creative exercises, including art, as well as participation in other modalities of psychospiritual journeying.

PRINCIPLES OF HOLOTROPIC BREATHWORK

BY STANISLAV AND CHRISTINA GROF

THEORETICAL POSITION:

A broad understanding of the human psyche that includes the biographical, perinatal, and transpersonal dimensions. Phenomena from all these domains are seen as natural and normal constituents of the psychological process; they are accepted, and supported without preference.

Recognition of the fact that non-ordinary states of consciousness induced by Holotropic Breathwork as well as similar states occurring spontaneously, mobilize intrinsic healing forces in the psyche and the body. As the process is unfolding, this “inner healer” manifests therapeutic wisdom which transcends the knowledge that can be derived from the cognitive understanding of an individual practitioner or from any specific school of psychotherapy or bodywork.

PRACTICAL APPROACH:

The basic elements in Holotropic Breathwork are deeper and accelerated breathing, evocative music, and facilitation of energy release through a specific form of bodywork. This is complemented by creative expression, such as “mandala” drawing, and discussion of the experience. Holotropic Breathwork can be conducted on a one to one basis, or preferable in a group situation, where participants alternate in the role of experiencers and “Sitters”.

Before the first breathing experience, participants receive an in-depth theoretical preparation which includes a description of the major types of phenomena that occur in Holotropic sessions (biographical, perinatal and transpersonal) and technical instructions for both experiencers and Sitters. Physical and emotional contraindications are discussed and if there are any concerns, expert assessment is obtained.

Holotropic Breathing is faster and deeper than usual; generally no other specific instructions are given before or during the session as to the rate, pattern, and nature of breathing. The experience is entirely internal and largely nonverbal, without interventions. Exceptions are constriction in the throat, management problems, excessive pain or fear threatening the continuation of the session, and explicit request of the Breather.

Music (or other forms of acoustic stimulation -- drumming, nature sounds, etc.) is an integral part of the Holotropic process. Typically, the choice of music follows a characteristic pattern that reflects the most common unfolding of the Holotropic experiences: at the beginning, it is evocative and stimulating, later it becomes increasingly dramatic and dynamic, and finally it reaches a breakthrough quality. Following the culmination, it is appropriate to shift gradually to quieter music and end with peaceful, flowing, and meditative selections. Although this seems to represent the statistical average, it should be modified if the energy in the group suggests that a different pattern is indicated.

The role of the Sitter during the session is to be responsive and non-intrusive, ensure effective breathing, create a safe environment, respect the natural unfolding of the

experience, and provide assistance in all situations that require it (physical support, help during bathroom breaks, bringing tissues or a glass of water, etc.) It is important to remain focused and centered while facing the entire spectrum of possible emotions and behaviors of the Breather. Holotropic Breathwork does not use any interventions that come from the intellectual analysis or are based on a *a priori* theoretical constructs.

It is important to leave sufficient time for the sessions, usually between two and three hours. However, as a general rule, the process is allowed to reach a natural closure; in exceptional cases, this can take a few hours. In the termination period the facilitator offers bodywork (energy release work), if the breathing has not resolved all the emotional and physical tensions activated during the sessions. The basic principle of this work is to take the clues from the experiencer and create a situation where the existing symptoms are amplified while the energy and awareness is held in this area, the subject is encouraged to express fully his or her reaction, whichever form it takes. This form of bodywork energy release work is an essential part of the Holotropic approach and plays an important role in the completion and integration of the experience.

Facilitators of Holotropic Breathwork should recognize that, when they utilize a technique which evokes a non-ordinary state in a client, there is a potential for unusually intense projections, including regressed longings for nurturing, sexual contact, or spiritual connection. These projections are often focused on the facilitator. In such cases the facilitator should be sensitive to the imbalance of power in the facilitator and client roles and take care to assist clients with such feelings as they arise. Facilitators make agreements to conduct their practice of Holotropic Breathwork in an ethical manner.

Discussion groups take place on the same day after an extended break. During these sessions, the facilitator does not give interpretations of the material, based on a specific theoretical system, including that of Holotropic Breathwork. It is preferable to ask the experiencer for further elaboration and clarification reflecting his or her insights from the session. Jungian amplification in the form of mythological and anthropological references can be very useful in the discussion of the Holotropic experiences as well as the mandalas. On occasion, references to the facilitator's own experiences in the past or experiences of other people might be appropriate.

There are many approaches that complement Holotropic Breathwork. However, whenever these are used, it should be clearly indicated that these are not a part of Holotropic Breathwork. If the practice of conducting the sessions itself departs significantly from the above descriptions, the name Holotropic Breathwork should not be used for such a procedure. We ask that it be replaced by a different term and not be associated with our names.

Stanislav and Christina Grof

LETTER FROM STAN AND CHRISTINA GROF

Dear Participants in Holotropic Breathwork Training,

Many people in training, as well as potential trainees ask us why we require a minimum of two years of continuous training in Holotropic Breathwork before certification. We feel that this issue is so important that it deserves a few words of explanation. Holotropic Breathwork has certain important characteristics that differentiate it from many other forms of self-exploration and therapy. This is closely related to the fact that we work systematically with non-ordinary states of consciousness, which presents very specific emotional and philosophical challenges.

Since it employs very natural means, such as faster breathing and evocative music, Holotropic Breathwork might appear deceptively simple to a superficial observer. In addition, this approach relies on the spontaneous healing forces within the psyche and the body. The bodywork that we use is based on the clues coming from the experiences and the interventions consist in deepening and accentuating what is happening already. There is no complex system of techniques that one has to acquire. The basic principles of the breathwork can be taught within a few hours and it is easy to come to the conclusion that nothing more is necessary. We have encountered situations where people, some of whom were professionals, attended a single weekend seminar with us and felt immediately qualified to offer their own workshops.

However as you know, a good facilitator has to have qualifications that lie far beyond a simple familiarity with mechanics. Holotropic Breathwork elicits a wide range of very unusual experiences that can be extremely dramatic. In addition, many of them are not understandable in the context of science. We have repeatedly seen that even professionals with full traditional training, who consistently see psychiatric patients in their clinical practice can have great difficulties working intimately with people in non-ordinary states of consciousness. To be able to effectively facilitate Holotropic sessions for others, we often have to go through a very profound personal transformation that has emotional, psychological, philosophical, and spiritual dimensions.

As you train to be Holotropic Breathwork facilitators, we ask you to work toward the capacity to remain unperturbed while providing support for people in all possible forms of non-ordinary states of consciousness, toward the ability to follow them wherever they have to go in their experiences, and toward maintaining trust in the intrinsic healing forces in them. We require that you do a considerable amount of deep personal work in order to reduce or eliminate certain problematic areas in the psyche, which are easily triggered when we assist in the intense emotional processes of other people. Your competence and self-confidence in this area will also grow as you observe a number of different states of mind in others and their successful resolution. For this reason, we require that you spend sufficient time in sessions guided by experienced facilitators in the modules and outside of them.

The Holotropic Breathwork training always combines theoretical lectures with experiential sessions, in which the trainees alternate in the roles of experiencers, sitters, and "floaters" or group supervisors. During the training, we also suggest that the trainees enter an apprenticeship relationship with certified facilitators to obtain additional practice and personal experience. Holotropic sessions engage deep levels of the unconscious and bring to the surface much unconscious material that requires sufficient time for integration. Personal experiences, as well as participation in the processing sessions with others, tend to bring about profound changes in our worldview, philosophy, and system of values. This aspect of the process also requires time, since

these changes are often in conflict with the beliefs and norms of the culture in which we live. For this reason, unlearning might be as important a part of the training as learning new things.

To summarize: We feel very strongly that a minimum of two years of systematic involvement with Holotropic Breathwork is a necessary requirement for training; this time limit serves the interests of your own personal and professional growth, as well as the integrity of the training program. It discourages the rapid accumulation of training modules without sufficient time for integration and offers the opportunities for additional experiences in peer groups or in apprenticeship with certified facilitators. This also means more opportunity to observe and participate in other people's process and to watch the work of facilitators. It has been our experience that most people need to be around the work for a while to undergo the necessary transformation and to begin to really trust the process.

When you have completed the modules and apply for the certification intensive, we will ask you for a written record of the work you have done in Holotropic Breathwork, with the dates and places.

With warm regards,

Stanislav Grof, M.D.

Christina Grof

GTT FLOATING AND APPRENTICING GUIDELINES

Floating

“Floating” (walking the floor during breathwork sessions) is open to those in the training who have attended at least five modules (including the bodywork module) and who would like to have the experience of working alongside GTT staff while attending the module as a participant. Floating during a module can be for two of the breathwork sessions, or for all four breathwork sessions.

If you would like to ‘float’, and you have enough modules to do so, please let the facilitator team know at the module.

(Please note: the cost is the regular cost of attending a module)

Apprenticing

Apprenticing is the opportunity to gain experience of the facilitator role within a supportive setting by working alongside GTT certified facilitators. It is also a requirement of the facilitator training program trainees apprentice a minimum of four times. (For example apprenticing at a one-day workshop where there are two HB sessions, counts as one apprenticing experience. Apprenticing at a module, or a double breathwork workshop, counts as two apprenticing experiences).

Trainees can apprentice in workshops facilitated by a certified Holotropic Breathwork facilitator (with the agreement and support of the facilitator!) any time after the completion of five modules, one of which must be the bodywork module.

For those wishing to gain further experience of apprenticing, there is also the option of applying to join the GTT Advanced Apprentices Program. Applications are welcomed from those in the training who are already certified, or who have completed seven GTT modules, including the bodywork module.

If you would like to join the advanced apprentices program, and meet the requirements to do so, please complete and return the application form at the end of this pack. GTT will be in touch once your application has been processed.

(Please note: certified apprentices cover their own expenses: travel, room and board; non-certified apprentices cover their own expenses plus a fee of \$150).

READING LIST

The following books are required reading for the GTT program for certification in Holotropic Breathwork. Additional recommended reading are any other books by Stanislav Grof, Christina Grof, Tav Sparks, Kylea Taylor, and other books listed on our website or available at our training events and workshops.

Unless otherwise noted, all books can be ordered from the GTT website (holotropic.com), from the book's publisher, or from most other bookstores.

By Stanislav Grof:

BEYOND THE BRAIN: BIRTH, DEATH & TRANSCENDENCE IN PSYCHOTHERAPY (SUNY Press, 1985)

THE COSMIC GAME: EXPLORATIONS OF THE FRONTIERS OF HUMAN CONSCIOUSNESS (SUNY Press, 2005)

PSYCHOLOGY OF THE FUTURE: LESSONS FROM MODERN CONSCIOUSNESS RESEARCH (SUNY Press, 2000)

By or edited by Stanislav Grof and Christina Grof:

HOLOTROPIC BREATHWORK: A NEW APPROACH TO SELF-EXPLORATION AND THERAPY (SUNY, 2010)

SPIRITUAL EMERGENCY: WHEN PERSONAL TRANSFORMATION BECOMES A CRISIS (Tarcher, 1989)

THE STORMY SEARCH FOR THE SELF (Tarcher, 1989)

By Christina Grof:

THE THIRST FOR WHOLENESS: ATTACHMENT, ADDICTION & THE SPIRITUAL PATH (HarperCollins, 1993)

By Tav Sparks:

THE POWER WITHIN: BECOMING, BEING, AND THE HOLOTROPIC PARADIGM (Muswell Hill Press, 2016)

DOING NOT DOING (training manual only available from GTT)

THE WIDE OPEN DOOR: THE TWELVE STEPS, SPIRITUAL TRADITION & THE NEW PSYCHOLOGY (Hanford Mead, 1993)

MOVIE YOGA (Hanford Mead, 2009)

HOLOTROPIC BREATHWORK CD SERIES (Hanford Mead, 2010)

By or edited by Kylea Taylor:

THE BREATHWORK EXPERIENCE (Hanford Mead, 1994)

CONSIDERING HOLOTROPIC BREATHWORK (Hanford Mead, 2008)

HOLOTROPIC WORKSHOP MANUAL (Hanford Mead, 1991)

THE ETHICS OF CARING: FINDING RIGHT RELATIONSHIP WITH CLIENTS (Hanford Mead, 2017)

By Richard Tarnas:

COSMOS & PSYCHE: INTIMATIONS OF A NEW WORLD VIEW (Penguin, 2006)

By Roger Walsh & Frances Vaughan:

PATHS BEYOND EGO (Tarcher, 1993)

GROF TRANSPERSONAL TRAINING

List of GTT facilitators approved for the required music consultation: (Consultation fees applicable)

Name	Country	Contact Information
Diane Haug	USA	dianeh@newmexico.com
Diana Medina	USA	medinachicaloca@aol.com
Stacia Butterfield	USA	nomadyes@me.com
Mireya Alejo	USA	mireyaam@gmail.com
Michael Stone	USA	Michael@HolotropicBreathworkLA.com
Kirsten Kairos	USA	holotropicbreathwork@kirstenkairos.com
Vicky Nicholson	Australia	vickynicholson@me.com
Juanjo Segura	Spain	info@holotropica.org
Sitara Blasco	Spain	info@holotropica.org
Holly Harman	UK	Holly@holotropicuk.co.uk
Deb Harman	UK	Deb@holotropicuk.co.uk

Record of facilitator training requirements

You may wish to track your training requirements using the below template:

Required modules	Date attended	Location
The Power Within		
The Holotropic Paradigm		
Music and Transcendence		
Spiritual Emergency		
Elective Modules		
1		
2		
3		
Repeated modules (if any)		

Required 10 workshops (In a group setting)	Date attended	Facilitated by
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Apprenticing dates (4 apprentices required)	Location	Facilitator/s
1		
2		
3		

4		
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Consultations with certified facilitators (10 required – 1 of which must be specifically for music)	Date	Facilitator
1		
2		
3		
4		
5		
6		
7		
8		
9		
Music Consultation		