

This is your invitation to participate in

The Grof Transpersonal Training in Holotropic Breathwork™ & Transpersonal Psychology

In Australia for the first time 1997 - 98

With Tav Sparks and some teaching by Stanislav Grof M.D.

During their 1996 Australian tour there was huge interest in the lectures and experiential workshops lead by Dr. Grof and Tav Sparks. We are happy to announce that they and the Grof staff have agreed to offer the full training course here in Australia over a two-year period, beginning February 1997.

Since 1976, when Stanislav Grof and Christina Grof jointly created the practice of Holotropic Breathwork, they have used this approach in hundreds of workshops in North and South America, Europe, Australia and Asia. In response to an increasing demand for training, they founded Grof Transpersonal Training (GTT), an organisation based in Mill Valley, California, that offers a comprehensive educational program. GTT provides information and teaches facilitating skills, but does not license participants to conduct therapy.

Holotropic Breathwork mediates access to all levels of human experience, including emotionally relevant childhood memories and other biographical issues, sequences of psychological death and rebirth, and a broad spectrum of transpersonal experiences. In experiential sessions, participants alternate in the roles of experiencers and assistants to their partners. The theory and practice of Holotropic Breathwork is described in Stanislav Grof's books *Beyond the Brain* and *The Adventure of Self-Discovery*, both published by Suny Press, USA.

Holotropic Breathwork™

Holotropic Breathwork™ (from the Greek *holos* = whole, and *trepein* = to move in the direction of, so it means literally "moving towards wholeness") is a powerful means of self-exploration and healing, combining insights from modern consciousness research, depth psychology and a range of spiritual practices. It consists of breathing, evocative music, focused release work, mandala drawing and group discussion. Special emphasis is placed on integration of breathwork experiences in a supportive atmosphere.

Psychotherapists have found it to be an excellent means for the expression and release of past trauma, giving people the chance to "complete" traumatic episodes, resulting in natural, self-activated healing with the generation of new attitudes and perspectives.

It has been used successfully in helping people overcome alcohol and other drug dependence, anxiety and depressive states, stress, and creativity blocks.

Prerequisites

Before applying to the training program, it is ideal for candidates to experience at least five Holotropic Breathwork sessions in workshops conducted by Stanislav Grof or any of the trained holotropic facilitators. This provides sufficient experience of the breathwork in the role of breathers, "sitters" and participants in processing groups to be able to decide whether to commit to the training. In Australia there are at present only three Certified facilitators: Mary Madden in Toowoomba, Queensland, Martyn Chambers in Melbourne and Pauline Rea in Perth. The training organisers can provide their contact numbers.

Course Structure

The basic training program consists of 150 hours of general experience with the Holotropic Breathwork, seven six-day modules (350 hours), 10 hours of individual consultation, and a two week certification seminar. Those wishing to run their own workshops will be required to complete four apprenticeship sessions at workshops. The 150 general hours can be accumulated in any programs conducted by Stanislav Grof, the training staff, or any certified facilitator. The hours of the prerequisite sessions count retroactively as part of these general hours. While Stanislav Grof will be present at some of the modules, Tav Sparks will lead most of the training in Australia with other staff members. The theoretical and experiential training in Holotropic Breathwork is conducted in the broad context of transpersonal psychology, a discipline integrating modern science and the great spiritual traditions of the world.

Stanislav Grof, MD

Dr. Stanislav Grof has been a psychiatrist and psychiatric researcher exploring non-ordinary states of consciousness for nearly 40 years.

One of the founders, with Maslow and Sutich, of transpersonal psychology, and one of its chief theoreticians, Dr. Grof has taken psychology into radically new and far-reaching realms.

Dr. Grof was involved in pioneering LSD research in the 1950s and 1960s in Czechoslovakia. Later in the USA he was Assistant Professor at Johns Hopkins University and Chief of Psychiatric Research, Maryland Psychiatric Research Centre. Following that he was Scholar-In-Residence at the Esalen Institute for fourteen years.

In 1976, Dr. Grof and his wife, Christina, developed Holotropic Breathwork, a safe, drug-free technique by which individuals can tap the power of transcending normal consciousness while retaining individual control over the process.

Dr. Grof is the author of *Beyond the Brain, The Adventure of Self-Discovery, Books of The Dead, The Holotropic Mind*, and with Christina Grof: *The Stormy Search for the Self, Beyond Death* and editor of: *Spiritual Emergency, Human Survival and Consciousness Evolution, Ancient Wisdom and Modern Science*.

Tav Sparks

Tav Sparks is an international consultant, lecturer, and writer living in Mill Valley, California. Since 1985, he has led numerous workshops in Holotropic Breathwork and in transpersonal approaches to wellness and recovery. Certified by Stanislav and Christina Grof, he facilitates and teaches worldwide in the Grof Transpersonal Training Program for Holotropic Breathwork.

Formerly an addictions therapist, Tav has been an instrumental theorist in the emerging field of transpersonal approaches to recovery. He is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and The New Psychology*. In addition to workshops and writing, he was program coordinator for the 1990 and 1991 International Transpersonal Association (ITA) conferences on transpersonal addictions recovery and the 1995 ITA conference *Spirit In Action: Awakening to the Sacred in Everyday Life*. He is also a member of the ITA Board of Directors.

The Grof Transpersonal Training Australian Course Information

The Course consists of:

- seven 6-day Modules (350 hours)
 - 150 hours general experience
 - 10 hours private consultations
 - two-week Certification Workshop
- Also, if you wish to lead workshops:
- 4 sessions of apprenticeships at workshops.

Module cost:

\$1,275 (Australian dollars)
Includes tuition, food and accommodation
(five nights - twin share - motel style).
Does not include the 2 nights between modules.

Dates:

Six-day Module: 2 - 7 February 1997
Topic: *Spiritual Emergency: Understanding & Treatment of the Crises of Transformation*
With Stanislav Grof and Tav Sparks

Six-day Module: 9 - 14 February 1997
Topic: *The Experience of Death & Dying: Psychological, Philosophical, Spiritual Aspects*
With Stanislav Grof (2 days) and Tav Sparks

Two 6-day Modules: early September 1997
With Tav Sparks and staff

Two 6-day Modules: January or February 1998

6-day Module: Date to be decided

Two-week Certification Workshop:
August or September 1998

Venue:

Tranquil Park Maleny Resort
Maleny, Queensland

It has spectacular views over the Glasshouse Mountains, a heated pool and tennis court. The area provides many attractions for the day off between modules, including: rainforest walks, sailing, many art and craft galleries.

Once enrolled as a trainee, you will be kept up to date with module dates and topics, and can choose which ones you wish to attend. Full attendance is necessary for certification.

PLEASE NOTE: *Contraindications for Holotropic Breathwork are pregnancy, heart disease and other cardiovascular problems, epilepsy, glaucoma, or a history of severe emotional disorder or psychiatric hospitalisation. Call for more information.*

For Course Details and Application Forms contact:
The Australian organisers of the Grof Transpersonal Training

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