



TRANSPERSONAL TRAINING

presents

a special training workshop

Spiritual Emergency: The Understanding and Treatment of the Crisis of Transformation

A six-day workshop with

Stanislav Grof, M.D.

with Diane Haug and GTT Staff

February 9-14 - Yucca Valley, CA

The first two days will be taught by Stan Grof, and includes discussion of the concept of Spiritual Emergency, its manifestations and forms, historical and anthropological perspectives, treatment strategies, and work with family and friends.

Following Stan's two days of teaching, the workshop will be led by senior GTT teacher Diane Haug. Included are four Holotropic Breathwork sessions, as well as art, music, dancing, & integration. This special event is part of the GTT training, but may also be taken by non-training participants. Some prior experience of Holotropic Breathwork may be needed.

Stanislav Grof, M.D., is a psychiatrist with forty years of experience researching non-ordinary states of consciousness. He was born in Prague, Czechoslovakia, where he also received his scientific training. His professional career includes seven years as Assistant Professor at the Johns Hopkins University, and Chief of Psychiatric Research at the Maryland Psychiatric Research Center, as well as fourteen years as Scholar-in-Residence at the Esalen Institute. He is one of the founders and chief theoreticians of transpersonal psychology and a founder of the International Transpersonal Association. Among his publications are over 100 articles in professional journals and the books *Psychology of the Future*; *The Cosmic Game*; *The Adventure of Self-Discovery*; *Beyond the Brain*; *Realms of the Human Unconscious*; *The Human Encounter with Death*; *LSD Psychotherapy*; *Beyond Death*; and *The Stormy Search for the Self* (the last two with Christina Grof).

Diane Haug, MA LPCC, a senior member of the Grof Transpersonal Training staff, is a psychotherapist living in rural northern New Mexico. Her background includes a decade of work with the dying, as well as a seven year cycle living alone, in voluntary simplicity in a wilderness setting. Diane has had a wide variety of experiences with traditional healers from North America, Brazil, and Peru. She is also interested in contemporary neo-shamanic practices. She weaves together ritual, deep experiential work, intimacy with the natural world, and mask making around the theme of shamanism.

\$1125 double or \$1200 single includes 5 nights lodging and all meals. For information or to register contact Grof Transpersonal Training, phone: 415 383-8779, email: gtt@dnai.com website: www.holotropic.com CEU's available.

LIFE AFTER CERTIFICATION: LIVING THE HOLOTROPIC PERSPECTIVE



APRIL 2-7, 2001

A FIVE-DAY RESIDENTIAL TRAINING IN DENMARK
LED BY
DIANE HAUG & TAV SPARKS

IN MANY WAYS, COMPLETING THE GROF TRAINING IS ONLY THE BEGINNING. MUCH OF THE REAL LEARNING COMES WITH THE CHALLENGE OF CONTINUING TO PRACTICE. BASED ON THE FEEDBACK OF MANY PEOPLE WHO HAVE COMPLETED THE TRAINING, THERE SEEMS A REAL NEED AND DESIRE TO STAY CONNECTED TO THE COMMUNITY FOR THE PURPOSE OF SHARING INFORMATION, SKILL BUILDING, SUPERVISION, PROBLEM SHARING, CONTINUED WORK ON ONESELF, AND ONGOING CONTACT WITH THOSE WE'VE SHARED SO INTIMATELY.

BASED ON THE SUCCESS OF THE LAST TWO, GTT IS SCHEDULING ANOTHER ADVANCED TRAINING, THIS TIME IN DENMARK. OPEN TO ALL CERTIFIED PRACTITIONERS, THIS FIVE-DAY EVENT MEETS THE RECOMMENDED CONTINUING EDUCATION REQUIREMENT FOR CERTIFICATION LEVEL TWO. SPECIAL TOPICS WILL INCLUDE THE FOLLOWING:

DEATH/REBIRTH AND THE DAILY CONSCIOUS PROCESS
WORKING WITH COEX'S
THE YOGA OF RELATIONSHIP
WORKING WITH CHALLENGING CLIENTS
BURN-OUT
ETHICS
RESEARCH
LATEST IN THEORY AND PRACTICE
'DOING NOT DOING'

IN ADDITION TO OUR FOCUS ON THE PRACTICE OF HOLOTROPIC BREATHWORK, WE WILL BALANCE THE WEEK WITH OBSERVED SILENCE, TIME IN NATURE, AN EXPANDED USE OF ART MATERIALS, MOVEMENT, AND FILM.

COMMENTS FROM PARTICIPANTS:

'THE COMING TOGETHER OF CERTIFIED PRACTITIONERS FROM OLD TO NEW WAS FABULOUS! TO BE TOGETHER IN DISCUSSIONS, BREATHWORK AND INFORMALLY WAS SO FRUITFUL AND ENJOYABLE'
'IT MORE THAN MET MY EXPECTATIONS. I WILL COME TO ANOTHER.'
'I TRULY BELIEVE THIS EVENT SHOULD BE HELD ON A YEARLY BASIS'

THIS YEARS EVENT WILL BE HELD AT "HOS ANNETTE" ON THE BEAUTIFUL ISLAND OF LANGELAND. HOS ANNETTE IS A LOVELY, INTIMATE FARMHOUSE IN THE COZY VILLAGE SNOEDE, WITH MANY SMALL ROOMS FOR GATHERING AND NEARBY BEACHES AND WOODS. LANGELAND IS ONE OF THE MOST BEAUTIFUL PARTS OF DENMARK, KNOWN FOR ITS OLD VILLAGES AND THE TRANEKAER CASTLE, WITH ITS FAMOUS TICKON, CONTAINING SCULPTURES MADE WITH LIVING TREES. 180 KM FROM COPENHAGEN, 230 KM FROM AARHUS AND 40 KM FROM SVENDBORG, IT IS EASILY REACHED BY CAR, OR TRAIN AND BUS.

WHEN: EVENING OF MONDAY, APRIL 2 TO LUNCHTIME ON SATURDAY, APRIL 7
WHERE: HOS ANNETTE, TRANEKAER, DENMARK
COST: US\$900 INCLUDES FIVE NIGHTS SHARED ROOM AND ALL MEALS
TO REGISTER: CONTACT KAREN HELLE GRUE
phone (45) 32 54 94 35 or fax (45) 32 95 94 35 or email k_grue@post10.tele.dk



Transpersonal Training presents a six-day workshop*
with Holotropic Breathwork on the special topic:

Trauma & Transformation

May 8-13, 2001
Sedona, Arizona

Trauma Survivors often choose to do deep, healing, experiential work such as Holotropic Breathwork™. Alternately, sometimes breathwork participants uncover and then work to resolve traumatic incidents in the course of personal exploration through breathwork.

Holotropic Breathwork practitioners-in-training, interested therapists, and those who are using breathwork for their own personal development can benefit from learning how to support the work of each person's "inner healer".

While trauma and dissociation are subtopics in most of the modules in the Grof Transpersonal Training, in this module, trauma itself and transformation get the spotlight. Discussions may include such topics as: how dissociation and trauma relate to addiction, spiritual emergency, psychopathology, birth trauma, death and rebirth cycles, shamanism, nonordinary or holotropic states of consciousness, and the practice of Holotropic Breathwork.



Ingrid Pacey



Kylea Taylor



Mary-Louise Gould

The presenters are Certified Holotropic Breathwork™ Practitioners who have a combined total of almost 40 years' experience working with trauma survivors in Holotropic Breathwork groups. In this residential workshop they share what they have learned through facilitating Holotropic Breathwork for persons with trauma histories.

Grof Transpersonal Training
CEUs approved by CA BBSE for licensed California therapists
gtt@holotropic.com / 415-383-8779

*Trauma & Transformation**

This workshop is designed both for professional training and for personal exploration. In addition to case presentations and discussions, each participant will participate in four Holotropic Breathwork sessions, involving the body, emotions, and spirit, as well as the mind. This workshop offers the possibility to experience the transformative effects of deep personal inner work and personal creativity in the safe setting of a caring community. Discussion and course content may include:

- Historical perspectives on trauma and abuse; social incidence, and impact
- Psychophysiology of post-traumatic stress and its relevance to breathwork
- Diagnoses along the continuum of dissociation; assessment of severity of dissociation
- State-Specific memory and altered states
- The role of psychospiritual crisis (spiritual emergency) and nonordinary states of consciousness in trauma recovery
- The relationship of trauma to addiction, self-abuse, and violence
- Holotropic Breathwork as an adjunct to therapy
- Treatment approaches that complement Holotropic Breathwork
- Trauma recovery as a transformative rite of passage
- Facilitating and integrating Holotropic Breathwork experiences for people transforming 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
- The role of art and of community in the transformation of trauma

Kylea Taylor, M.S., M.F.T. is a senior trainer with the Grof Transpersonal Training. She is the author of *The Breathwork Experience*, *The Ethics of Caring*, and *The Holotropic Breathwork Workshop Manual*. She is a California licensed Marriage and Family Therapist (#34901) and has worked in the addiction field for 30 years. She has a private therapy and consulting practice in Santa Cruz, CA. **Mary-Louise Gould, Ed.M., L.C.P.C.** has a private counseling practice in South Thomaston, Maine, where she uses Holotropic Breathwork, EMDR, meditation, and other adjunctive modalities with her clients. She is also consultant to the State of Maine's Department of Mental Health, Mental Retardation, and Substance Abuse Services, in the Office of Trauma Services as the Provider Support Coordinator. **Ingrid Pacey, M.B., B.S. FRCP (C)** is a psychiatrist in private practice in Vancouver, B.C. Canada. She has worked with trauma survivors, including those diagnosed with Dissociative Identity Disorder, individually and in groups for over twenty-five years and for twelve years using Holotropic Breathwork. She presented at the Association for Transpersonal Psychology Conference in August 2000 on "Holotropic Breathwork and the Trauma Survivor: The Wisdom of the Inner Healer."

*This is an optional module which can be applied to course credit for certification as a facilitator of Holotropic Breathwork. It is not necessary for a participant to be enrolled in the Grof Transpersonal Training in order to attend this workshop. Relative contraindications for this workshop are pregnancy, severe heart disease, or history of severe emotional disorder or psychiatric hospitalization. If you have any questions about these conditions, call us before attending. Cost varies by room choice and starts at \$1035, which includes five nights comfortable lodging and meals. CEUs available for this course.

Grof Transpersonal Training
38 Miller Ave, PMB 516, Mill Valley, CA 94941
Tel 415-383-8779 / Fax 415-383-0965 / Email GTT@holotropic.com
www.holotropic.com



Transpersonal Training

Presents a very special six-day workshop

THE DIRECT PATH

Creating a Journey to the Divine Using the World's Mystical Traditions

Two days of practice, stories and discussion with
dynamic teacher and bestselling author

ANDREW HARVEY

and four days of Holotropic Breathwork led by GTT director **Tav Sparks**

"The Divine is always inside us and around us," Harvey writes, "longing to pour its powers and graces into us... (for) the possibility of an integrated humanity and healed nature." Andrew Harvey will share with us his deep wisdom and practice for direct experience of the Divine. This special event is both part of the GTT training and is also open to non-training participants. You do not need prior experience of Holotropic Breathwork to attend.

Along with Holotropic Breathwork, the workshop will include art, music, dancing, and integration.

October 14-19, 2001, at The Columbine Inn & Conference Center, Taos Ski Valley, NM.

Cost is \$1100 for a double room & \$1280 for a single, which includes five nights comfortable lodging and meals.

Grof Transpersonal Training. Phone: 415 383-8779; fax: 415 383-0965; email: gtt@holotropic.com; website: holotropic.com



ANDREW HARVEY was born in South India in 1952 and educated at Oxford University in England. At age 21 he became the youngest person ever to be awarded the Fellow of All Souls College, England's highest academic honor. He became disillusioned with the academic life and traveled the globe to study world religions. Andrew has written and edited over 30 books, among them *A Journey to Ladakh*; *The Way of Passion: A Celebration of Rumi*; *Son of Man*; and most recently *The Direct Path: Creating A Journey to the Divine Through the World's Mystical Traditions*.

TAV SPARKS is director of GTT. For the past six years, he has led over half of the training modules in the US and worldwide, and has been part of the training faculty since it began in 1990. He is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology* and the training manual *Doing Not Doing: A Guide to Holotropic Breathwork*.

REGISTRATION FORM - THE DIRECT PATH with Andrew Harvey and Tav Sparks

☐ I would like to hold a space ☐ My \$200 deposit is paid by check (made out to "Grof Transpersonal Training")
☐ My \$200 deposit is paid by Visa or Mastercard

A full registration form, room choice and travel information will be sent to you upon receipt of deposit.

Card # _____ Expiration _____ Signature _____

Name: _____ Address: _____

City, State, Zip: _____ Phone _____ E-mail _____

Send to: GTT; 38 Miller Ave, PMB 516; Mill Valley, CA 94941
phone: 415 383-8779 fax: 415 383-0965 email: gtt@dnai.com

Cancellation Policy: \$50 of your \$200 deposit is a non-refundable processing fee. The balance of the deposit (\$150) is refundable if requested in writing by 15 days prior to the workshop. After that time, deposits will not be refunded.



Transpersonal Training
PRESENTS

ECSTATIC REMEMBRANCE

Chanting With Jai Uttal & Geoffrey Gordon

A Six-day Workshop with Holotropic Breathwork

Embark on a vocal journey through the sounds of ancient India. With call and response chanting, vocal and rhythmic exercises, and storytelling, a space of invocation, prayer and heartfelt expression is created. The chanting begins as a faint spark and is fanned into a flame of 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.

This special event is both part of the GTT training and is also open to non-training participants who wish to experience two powerful practices in one event. No prior experience of Holotropic Breathwork is needed. Jai and Geoffrey's presence will be interwoven throughout the week. **Also part of the workshop: four sessions of Holotropic Breathwork, art, music, dancing, and integration led by GTT director Tav Sparks and staff.**

**November 11-16, 2001, at Institute of Mental Physics in Yucca Valley, California
immediately following the Insight and Opening retreat.**

Cost of \$1085 is for five nights lodging (double or triple) and catered meals. Singles also available.

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JAI UTTAL, sacred composer, recording artist, multi-instrumentalist and intoxicating vocalist, combines influences from India with American rock and jazz, creating a stimulating and exotic multi-cultural fusion that is truly world spirit music. Jai recently released his fourth CD, *Shiva Station*, featuring his band, The Pagan Love Orchestra. Jai and Geoffrey have been offering chanting workshops internationally for the past



GEOFFREY GORDON was composer-in-residence on the Sarah Lawrence College Dance faculty 1985-90. He is a featured percussionist on many film scores, working closely with noted composer Carter Burwell. He appeared on stage in the original *M. Butterfly* on Broadway, and in *Juan Darien*. He's taught on workshop faculties with Ram Dass and Gabrielle Roth and has recorded and performed with Robbie Robertson, Jai Uttal, Rita Coolidge and Walela, Tulku, David Torn and many others.

TAV SPARKS is the primary GTT faculty member assisting Stanislav Grof. He leads about half of the US and world training modules, and has been part of the training faculty since it began in 1990. He is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology* and the training manual *Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork*.

REGISTRATION FORM - ECSTATIC REMEMBRANCE: CHANTING WITH JAI & GEOFFREY

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Name: _____ Address: _____

City, State, Zip: _____ Phone _____ E-mail _____

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