



To be a Bodydynamic Therapist + Analyst + Supervisor

Besides the completion of attendance to our course of studies, foundation and practitioner training, you need to successfully pass 7 exams and have done at least the hours of therapy and supervision as described below:

- **The 7 exams:**

Foundation:

1: Foundation – answer 100 questions test with a minimum score of 70/100

Practitioner:

2: Own Life story

3: Psycho motor anatomy exam

4: Full Bodymap reading exam

5: Aquarium exam

At this level, you are Bodydynamic Practitioner and get a proof of participation.

6: Self-therapy thesis - **within ½ year after**

7: Client thesis with video supervision* - **within 2 years after**

The specifics for the final thesis are given to you from your supervisor or your teacher.

Payment for 6 + 7 is not part of the tuition fee. The cost of 6 is 200 Euro and 7 is 300 Euro + the fee for Supervisor and examiner attending the oral exam – stipulated in the thesis paper.

A Bodydynamic therapist also must have the acquired hours of both Therapy and Supervision described later.

At this level, you are a Bodydynamic Therapist and get a diploma.

Hours of therapy and supervision: as described in the studies outline:

Inside the education are:

- Total hours (45 min) of therapy during Foundation is 45 and during Practitioner is 109.
- Total hours (45 min) of supervision during Foundation is 37 and during practitioner 121.

Outside the trainings the summary is minimum of hours needed,

Therapy hours: 80 x 45 min

Supervision hours: 80 x 45 min

Clarifications of Therapy and supervision hours:

Individual Therapy is carried out by an educational therapist and must be at least 80 sessions (each 45 minutes) – and they can be taken individually or in groups. At least 60 sessions must be taken as your own individual therapy (can be done in groups) and 20 sessions can be attendance in others having individual therapy in group.

These therapy sessions should be done with an educational therapist, assigned to your training from Bodydynamic International.

In Bodydynamic it is recommended to have 90 minutes' therapy sessions that count as 2 therapy hours. The same applies for supervision hours.



Supervision is carried out by an educational supervisor approved by the Bodydynamic International. Ideally, the supervisor is not a teacher in training, but this requirement, we cannot always respond fully.

The student must receive a minimum of 80 sessions (1 session = 45 minutes).

Basic rule is that you must have 60 sessions of your own cases supervised. At least 20 of the sessions with the supervisor alone, at least 40 sessions in small groups (2-4 participants).

Therapy/ supervision previously received from another approach: If you already have therapy and/or supervision hours from another approach, then you need to ask your main teacher of your Practitioner training. If the teacher decides to count these hours, then maximum of 25% of the summary that is 20 therapy/supervision sessions from another approach could count in the summary.

Video Supervision: is part and prerequisite for your final assignment. It is 3 clock hours of supervision specifically about the client you will make your final thesis. You need to record 2 clock hours of sessions in video of you working with the specific client, give it to your supervisor and do 3 supervision hours about it. This is prerequisite for 7. Final assignment.

As the prerequisites for being member of local Body Psychotherapy union, Psychotherapy unions and EABP/ EAP are different and changes over time, so they will not be described here.

Educational Therapist

You can be appointed by Bodydynamic International as Educational Therapist up to Practitioner level of a specific training if you are a Bodydynamic Therapist with a diploma and agree to our requirements such as:

- In the sessions with your students you use Bodydynamic only and not other method you know
- For the students you get supervision with a Bodydynamic supervisor.
- Attending in any updates for practitioners that take place.
- Being ABP member (and your national association if exists)

To be educational therapist for Analyst level, you have to be Bodydynamic Therapist and Analyst – always be a level higher than the client/student.

Bodydynamic Analyst:

After becoming a Bodydynamic Therapist you can continue developing in Bodydynamic and become a Bodydynamic Analyst.

The Specialist Trainings (previously called Master Classes) you need to finish are:

1: Shock Trauma Process Training for Professionals, 6 x 5 days

2: Full Bodymap – 4 x 4 days (max 10 participants) – 3 x 5 days + 1 x 4 days (if more than 10)



Test exam at the end of the training.

Prerequisite: You can only attend if you have passed all 6 exams from Practitioner training and being in ongoing Bodydynamic therapy and supervision.

3: Reorienting Birth for professionals – 4 days + 4 days supervision follow up.
(Previously called Rebirthing for Professionals)

Bodydynamic Supervisor – Bodydynamic educational Supervisor

A Bodydynamic Therapist or in process of writing the Client Thesis can attend the training to become supervisor in Bodydynamic. You also need to attend Bodydynamic supervision as a supervisor.

To be educational supervisor for Practitioner level, you have to be Bodydynamic Therapist and taken the Bodydynamic Supervision education.

To be educational supervisor for Analyst level, you have to be Bodydynamic Therapist and Analyst and taken the Bodydynamic Supervision education – **always be a level higher than the client/student.**

Bodydynamic are accredited member of the Danish Association of Psychotherapy.

There we have committed ourselves to follow certain standards for **educational therapist, supervisors and teacher's** in Bodydynamic and you have to be member of ABP (Association of Bodydynamic Psychology) and a psychotherapy association locally.

It is required to have ongoing therapy and supervision (60 hours of supervision a year) – this can both be with a supervisor and colleague supervision.

Attending conferences related to Body Psycho Therapy or Psychotherapy, updating yourself by reading articles, new books and researches and having your own business as therapist.