

Bodynamic Therapist Training – Supervision Requirements and Guidelines for Students/Supervisees

Below are the rules and guidelines regarding the supervision process that **must** be followed during the training to become a Bodynamic Therapist.

The supervision topics and cases should be related to applying the Bodynamic system in a professional context; other methods or systems should not be included or worked on in this context. It is external educational supervision within a training context.

1. In the third year, after passing the anatomy examination, the student should seek out a Bodynamic supervisor and establish a supervision group with a minimum of two other students. If the student does not have any clients yet, they can focus on exploring the application of the Bodynamic system in various professional contexts and roles. However, it is recommended to start the supervision process as early as the second year of the practitioner training.
2. The choice of supervisor and the composition of the supervision group must be communicated to the main teacher for approval. The supervision occurs within an educational context, and it may involve communication between the main teacher, the student, and the supervisor to facilitate and enhance the student's learning process.
3. During the third year, the student must accumulate a minimum of 10 hours of supervision for their own cases. Of this total, at least 5 hours should be completed within the supervision group.
4. Upon completion of the Practitioner Training, the student is required to fulfill all mandatory supervision hours within two years from the end date of the last module of their training.
5. It is essential that the student maintains consistency in their choice of supervisor and adheres to the supervision contract throughout the entire supervision process. If they have a valid reason to change supervisors, they must notify both the main teacher and the current supervisor of their request. A minimum of 70% of the supervision hours must be completed with the same main supervisor who will be guiding the student through the writing process of their final assignment.
6. The video documentation of the therapy should be from sessions with at least three different clients, one of which must be from a session with the client who is the subject of the final written assignment (including a Bodymap). If the student has two different supervisors for individual and group supervision, then two of the video supervision hours need to be completed with the main/individual supervisor, and at least one of these two hours must be from a session with the client who is the subject of the final written assignment.
7. Cases revolving around or with a focus on shock trauma therapy should only make up a total of 20% of the supervision hours. The remaining 80% of the hours should focus on standard Bodynamic therapy.
8. If the student has previously received supervision in another educational program and can provide documented evidence, they may apply for a 25% (maximum)

reduction in the mandatory hours required for their personal cases (a total reduction of 10 hours out of 40 hours). These reduced hours will be subtracted from the fifth category mentioned below.

9. The supervisor must be kept informed about the latest educational requirements regarding the content of supervision, as well as for the final written assignment and examination. This information will be provided to students by the main teacher and coordinator.
10. To maintain accurate records, students are required to document their supervision hours annually using the online link provided by the main teacher or coordinator. Additionally, upon completing the supervision process, students must obtain written confirmation of their attendance from the supervisor, which should be submitted alongside their final assignment.
11. The mandatory hours are the minimum requirements. The supervision process can last longer if the supervisor or main teacher determines that additional hours are needed before the student is ready to graduate.
12. The student will be provided with a document that the supervisor will be asked to fill out at the end of the supervision process, documenting that the student has met the requirements to a satisfactory degree.

Mandatory Supervision Hours

Below are the minimum required hours you must complete during your training to become a Bodydynamic Therapist.

Bodydynamic supervision categories	Hours
1. Individual supervision alone with your supervisor	15
2. Observing and discussing your colleagues' work on their cases within a supervision group	20
3. Receiving feedback on your cases in a group setting while your colleagues observe	10
4. Analyzing three hours of therapy video recordings featuring your educational clients	3
5. Tailored to your preference, you can choose to work individually with your supervisor or participate in a group session with colleagues observing (choose/distribute freely between category 1 and 3 above)	12