

Bodynamic Therapy Hours Requirement

As part of the Bodynamic Practitioner training, students must actively engage in Bodynamic therapy to develop personal and professional growth if they want to become a Bodynamic Therapist. Below are the detailed therapy hours requirements that the student must meet during their practitioner training in order to become a Bodynamic Therapist:

- **Annual Requirement:** Each year, students must complete at least 10 hours of Bodynamic therapy under the guidance of a qualified therapist.
- **Total Requirement:** Over the course of the training, a total of 60 therapy hours are required. Of these, 45 hours must focus on the student's personal development process, either individually or in group settings. Students have the flexibility to allocate the remaining 15 hours to either further personal therapy or observing another student's therapy sessions.
- **Early Completion:** If a student completes the 60-hour requirement within the first two years and achieves a satisfactory therapy process closure, as agreed upon by the educational therapist, no additional therapy hours are required in the third year.
- **Therapist and Teacher Feedback:** The main teacher may recommend additional focus areas to the therapist, potentially extending therapy beyond the initial 60 hours to ensure readiness for Bodynamic Therapist certification. The therapist can also inform the main teacher at the end of the therapy if he thinks that the student needs to work more on certain topics before he is ready to become a Bodynamic Therapist (in some cases, this can extend beyond the mandatory hours).
- **Therapist Consistency:** Students typically work with the same therapist throughout their training. To change therapists, students must submit a formal request, including reasons, to both the main teacher and the current therapist.
- **Documentation:** Before modules 5, 10, and 15, students are required to submit a Therapy Attendance sheet, detailing completed therapy hours.

Reduction of Mandatory Hours:

- **Previous Therapy in Another Context:** Students who have received therapy outside of the Bodydynamic system can apply for a reduction of 25% of the mandatory hours, equaling 15 hours. This application will be considered based on the relevance and depth of the previous therapy to the Bodydynamic practitioner training.
- **Prior Bodydynamic Therapy:** Similarly, students who have undergone Bodydynamic therapy before enrolling in the practitioner training can apply for a reduction of 25% of the mandatory hours, totaling a reduction of 15 hours. This acknowledges the value of their prior engagement with Bodydynamic principles and therapy.