



TRANSPERSONAL TRAINING

México

**INTERNATIONAL CERTIFICATION
IN TRANSPERSONAL PSYCHOLOGY**

&

HOLOTROPIC BREATHWORK

jtsc

Official Certification Program in Transpersonal Psychology and Holotropic Breathwork

Training program to become a Transpersonal Psychology professional and Certified Facilitator of Holotropic Breathwork™.

The training is offered in Modules-Seminars in bi-annual Format, imparted by **Grof Transpersonal Training USA** and invited eminent Professors, international leaders within Psychology, the Transpersonal, and related fields.

In addition to the practice and Theoretical Framework, some of the topics offered in the training include *Celtic Shamanism; Analysis of Jung's Red Book; Recovery from addictions; The Holotropic Experience*, and others.

The 6 days modules are offered in form of a retreat, where time is spent with people from all over the world, interested in Holotropic Breathwork and its benefits, where you have the opportunity to deepen the breathwork practice and the personal process.

Belonging to the biggest global community of professionals and practitioners of Holotropic Breathwork.



The program of GTT USA offers a theoretical teaching and practical training in Holotropic Breathwork within the Transpersonal Psychology framework.

The certification allows approaching this technique of self-exploration and experiential psychotherapy developed by Stanislav and Christina Grof (1941-2014), whose central focus is the study of amplified states of consciousness (ASC), as well as the activation of the natural inner healing wisdom of the psyche itself.

Training Program

The modules offers a flexible format for each participant to adapt it to his/her own process, pace and availability; moreover, there are two tracks to become certified:

Education and Practitioner

- ▶ **Education:** for those applicants who seek to become certified Facilitators of Holotropic Breathwork.

Where in addition to taking the seven modules, a series of supervision requirements must be completed, as well as participating in certain number of Holotropic Breathwork workshops -in this case the participation in workshops prior to the beginning of the certification can be taken into account -. Carrying out practices, etc.

- ▶ **Practitioner:** for those who wish to further explore the technique as a self-development tool in a context of deeper immersion than the workshops. Those who choose this track can work as "floaters" in modules and as apprentices in workshops and modules.

Format of the Certification

- ▶ The training implies a very deep and hard personal work, so the minimum time to complete it is 2 years.
- ▶ It is possible to participate in any module without the need of completing the training or becoming a facilitator; you can also attend as many modules as you wish and in the order of your preference.
- ▶ The certification is international and the GTT USA schedule offers modules in several countries in the world where the training is currently active, such as: United States, Australia, Czech Republic, Spain, Ukraine, Russia and Slovenia; and from 2016 on, Austria, England, India and Mexico.
- ▶ The modules are offered in a residential environment, in groups of moderate size from 40 to 70 people. We look for places where the lodging is both comfortable and economic, preferably near nature, in an enabling environment for introspection and personal work.
- ▶ The complete training consists of seven non-serial modules, four of which are mandatory and three elective, in addition to a closing intensive module of two weeks.

Certification Format

Mandatory modules

1. **The Holotropic Paradigm:** The psyche, the inner Healer and moving towards wholeness.
2. **Spiritual emergencies:** Understanding and treatment of Transformational Crisis.
3. **The Power Within:** The practice of Holotropic Breathwork and focused Body Work.
4. **Music and Transcendence:** Holotropic music, history, theory and practice.

Certification Format

Elective Modules

Elective modules are offered covering several related topics, three of them can be chosen by personal interest to meet this requirement.

They are programmed according to the general interest of the participants.

- ▶ Celtic Shamanism with Caith Brannigan (England)
- ▶ Inside the World of Jung's Red book with Monika Wikman.
- ▶ The Architecture of Psychopathologies with Diane Hauge
- ▶ Trauma and Transformation with Kylea Taylor
- ▶ Ecstatic Remembrance with Jai Uttal
- ▶ The Spiritual Quest, attachment and addictions with Christine Calvert.

Applicants' Profile

The program is aimed at the general public who wishes to explore this development path.

While it is especially useful for psychologists, psychiatrists, doctors and therapists, belonging to these professions is not a pre-requisite to take the training. It is not necessary either to have previous experience in breathing techniques or in Holotropic Breathwork.

Since the certification is international, the conviviality may include people from all over the world with a common interest for Holotropic Breathwork.

In addition to deepening in the breathing work and the personal development journey, the certification opens the door to be a part of the global community of breathers and to bond with Holotropic Breathwork professionals and enthusiasts.

It is necessary to take into account that in order to become a certified facilitator of Holotropic Breathwork and conduct workshops the training program must be fully completed.

México Location

**Hotel & Spa Hacienda San Miguel Regla ,
Huasca de Ocampo, Hidalgo.
México**

- **Schedule: Monday to Saturday in specific dates.**
- **Start time: Monday, 9:30 hrs. End**
- **End time: Saturday, 13:30 hrs.**

Double occupancy room*

- **Additional supplement for individual room subject to availability*
- Specific meals menu, with vegetarian and non-vegetarian options.
- The food service is considered starting from the lunch of 1st day and ends with the last day breakfast.
- Transportation option from and to Mexico City in private transportation with additional cost. (Ask about this additional service)

Participants Group

The number of places is comprised between a minimum of 20 and a maximum of 40.

In case the minimum of 20 participants is not covered, the module will be reprogrammed, or if the number of participants inscribed does not reach 20, an additional amount will be proposed in order for the module to be celebrated.

Having a maximum capacity of 40 participants, registrations will be considered in strict order of receipt.

Transpersonal Psychology

Transpersonal Psychology broadens the understanding horizon of human consciousness traditionally studied by clinical psychology, incorporating the spiritual dimension, integrating the transcendental aspect of human experience. As a psychological school of thought, it was originated in the sixties, among its founders are Stanislav Grof, Abraham Maslow and Gregory Bateson.

Transpersonal Psychology is the psychological study of transpersonal experiences and their correlates, which are understood as those where the sense of identity -the self- extends beyond (trans) the person, covering aspects of humanity, life, the psyche and the cosmos. These experiences are usually accompanied by very deep, lasting, and beneficial psychological changes, thus providing a real, broader and more objective sense of life, as well as helping to overcome and understand existential crisis; awakening a more compassionate vision for humanity and the planet, of the existence of a wide variety of human possibilities that suggest us that certain emotions, motivations, cognitive abilities and states of consciousness can be cultivated and refined to higher degrees than those considered normal until now.

The central focus of transpersonal psychology is the study of consciousness and amplified states of consciousness, that although are a phenomenon difficult to explain or accurately define with words, they involve an experience that goes beyond verbal categories and, frequently, beyond everyday life experiences, that transcend the limits of individual identity and/or space and time.

Holotropic Breathwork

Holotropic Breathwork is the most powerful and effective technique of experiential psychotherapy and self-exploration within Transpersonal Psychology. The technique, created by Stan Grof, has been tested since 1976 in several parts of the world with impressive therapeutic results, as well as of personal development and consciousness amplification.

This innovative therapy is based on the practice of a deep and natural breathing and a series of integral elements, through which the psyche is activated to enter Amplified States of Consciousness (ASC.)

Its purpose is to achieve greater self-understanding and to reach the roots of emotional and psychosomatic problems. It suggests overcoming the internal fragmentation, as well as the sense of separation between the individual and the environment.

Besides a healing and transformative power, these states have the ability to select and bring to the consciousness unconscious contents with a strong emotional charge and therefore of great psychological importance and depth. We can relive and/or connect not only with the biographical material (from the moment of birth to the present), as it is usually done in traditional psychotherapy.

Holotropic Breathwork (cont)

As well, we have access to everything related to the birth process, psychological death and rebirth sequences, and the unlimited spectrum of transpersonal phenomena (Cartography of Consciousness),

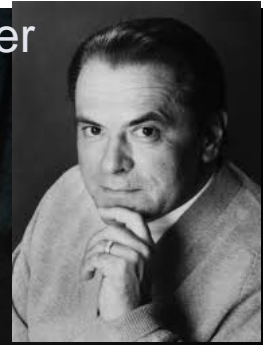
which allows for experiences and insights of invaluable curative power and personal development. When continuing with the holotropic process, the results are amazing, very deep and transcendental.

The connection, living that inner power, the absence of guilt, opening to that spiritual dimension that goes beyond the body and the ego, allow us to experience deep self-confidence.

Clinically, we observe liberations from psychopathologies that go from depression, phobia, asthma, severe stress, anxiety, etc. in an efficient and clear way, and sometimes in few sessions.

Stanislav Grof

Stanislav Grof. MD., Ph.D. Psychiatrist of Czech origin, lives in USA, pioneer researcher of Amplified States of Consciousness , investigador pionero de los Estados Amplificados de Consciencia. One of the founders of Transpersonal Psychology (Maslow, Bateson.) Chief of Psychiatry at the Psychiatric Research Center of Maryland. Assistant professor of psychiatry at Johns Hopkins University in Baltimore. Internal resident at the Esalen Institute of California.



He is currently professor of psychiatry at the California Institute of Integral Studies (CIIS).

Creator of Holotropic Breathwork and the training program in Transpersonal Psychology and Holotropic Breathwork of Grof Transpersonal Training (GTT) he imparts seminars and conferences all over the world.

He is, in addition, one of the co-founders and directors of the International Transpersonal Association (ITA).

Among his publications there are countless articles in specialized magazines.

Among his books published in Spanish by Editorial Kayros the following stand out: *Transpersonal Psychology*, *The Cosmic Game*, *The Holotropic mind*, and *The Healing Power of Crisis*. Editorial Liebre de marzo: *The Stormy search for the Self*, and *Psychology of the Future*.

Holotrópic México

In the years 2001-2005 the first International Certification in Transpersonal Psychology and Holotropic Breathwork took place in Mexico by Dr. Grof and the Grof Transpersonal Training (GTT USA).

From this first training, two Facilitators arose, committed to bring to the community these breakthroughs and this powerful human development technique.

Holotropic Mexico emerges from their desire to transmit and share the knowledge, learning and wisdom the Holotropic Breathwork offers, and once again it embarks on this wonderful adventure and happily presents again this Training in Mexico with the desire to keep alive, in our country, the study of consciousness and the legacy of PhD. Stanislav Grof, one of the brightest minds of our generation.

Registration and Information

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