

Training Barcelona 2015



Sexological Bodywork Somatic Sex Education and Coaching

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What is Sexological Bodywork

Sexological Bodywork is a new body-based approach that addresses the area of human sexuality. Its aims is to create spaces in which individuals, couples and groups can learn about their interpersonal relationships, their intimacy, sexuality and eroticism in order to:



- **deepen** their capacity to perceive body sensations and live a sexuality that is more connected to their bodies (erotic embodiment),
- **establish** deeper bonds in their intimate encounters, and
- **live and regulate** their sexual experiences more consciously (sexual empowerment).

The most important methods used in Sexological Bodywork include breathwork, conscious touch, Taoist erotic massage, mapping techniques, scar tissue remediation and orgasmic yoga coaching.

One of the somatic realms that Sexological Bodyworkers introduce to our students is a state of arousal that is free of fantasy, unfinished emotional business, dogmatic beliefs or other cultural or social caveats. In this meditative state, an individual becomes aware of the body as a source of wisdom and freedom. One of the ways to access this fecund state is by actively receiving a Taoist erotic massage. Helping others access and make use of a variety of erotic states is foundational to the education we offer.

Sexological Bodyworkers believe that sexual health and erotic education are basic human rights. - A Code of Ethics defines the basis for all professional activities of Sexological Bodyworkers.

Certification Training Barcelona 2015



The training is experience-based. We understand that it is our own experiences that best prepare us to accompany others in their erotic development. The methodology used in the training is based on Gestalt principles (humanistic psychology).

This training, which is offered jointly between the Centre for Gestalt Therapy Espai Gestalt, Barcelona, and the International Institute for Sexological Bodywork in Zurich, is conducted in both English and Spanish.

Certification

Upon completion of all requirements, participants are awarded the title "Certified Sexological Bodyworker". This certification gives them the right to become members of the global association of Sexological Bodyworkers: "The Association of Certified Sexological Bodyworkers" (ACSB).

Training structure

Introductory workshop

This workshop gives an introduction to the general approach and the methods used in Sexological Bodywork. The participation in one of the introductory workshops is recommended to all persons interested in taking part in the Sexological Bodywork Certification Programme.

Please refer to the websites of Sexological Bodywork Spain (information in Spanish) and the International Institute for Sexological Bodywork, Zurich, for more details about the next introductory workshops.

www.sexological-bodywork.es
www.iisb.ch

Feel free to contact us for more information.

Training 2015

Module 1: Online group study (part 1)

The first part of the training comprises seven weeks of online group study, which is facilitated by an online learning platform. During this time the participants will explore mindful somatic practices with themselves and experience Orgasmic Yoga coaching (without physical contact with other persons). The experience-based somatic learning is the core of the online training. Participants are required to watch video demonstrations and read articles about somatic sexology during this module.

During the entire training a coach (Sexological Bodyworker) will be available to accompany students, and answer any question about assignments, study material and their personal process. The online platform includes a forum through which students will share their experiences and learnings with the class at least once a week.

Participants will need approx. 10 to 15 hours per week to fully participate in the online training.

Module 2: Residential intensive 1

After the first online module, the participants and faculty will meet personally for an intensive workshop. During the week participants will deepen their experience of the somatic practices they have learnt in the online training. Special attention will be given to facilitate the integration of personal processes. Moreover, the modalities with which the participants will work in the second part of the online group study will be introduced.

This intensive workshop will take place in the country house "Els Elements" close to Manresa (Barcelona) in the middle of nature.

Module 3: Online group study (part 2)

The second part of the online group study follows the same structure as module one with a focus on somatic practice. Now the students focus more on working with other persons (volunteers with whom they can practise the different methods). Again, they share their personal experiences and learning with the others through the online forum. Their coach will continue to be available for orientation and supervision.

Module 4: Residential intensive 2

This second residential intensive workshop will focus on developing the participants' capacity to work with clients using the different methods of Sexological Bodywork, learning in which situations to use which methods. Special emphasis will be given to topics as establishing an adequate setting with the client and managing limits within sessions. The workshop will also take place at the country house "Els Elements".

Module 5: Supervised practice

In order to obtain certification, the participants need to achieve 50 points, which can be earned by doing sessions with individuals or couples or workshops with groups. The practice sessions are supervised by a coach.

Content of the training

During the training the participants will get acquainted with a number of methods that use mindful touch with other persons within a therapeutic or training context – not only in individual sessions but also in group settings.

Methods:

- **Attitude of presence/mindfulness:** The foundation of our work is to train the attitude of being fully present in the own sexual and intimate experience. It is important to be aware when you disconnect from your erotic experience and to create personal resources to reconnect to and deepen the body sensations and the erotic encounter – with oneself and the other. In this way, one can learn to access consciously states of erotic trance.
- **Breathwork:** Being conscious of breathing is a key element for being present and enjoying one's sexuality. In the training different breathing techniques and their potential for regulating the erotic experience are taught.
- **Identifying needs, desires and personal limits:** another essential element for being present in the intimate encounter. We invite and remind our participants during the whole training to cultivate their awareness and expression of their own limits.
- **Conscious touch and mapping techniques:** techniques that help you get more familiar with your own body and its erotic potential (e.g. body mapping, vaginal mapping).
- **Whole body massage:** bodywork that uses different touch qualities to connect with the person's energy and explore personal issues on a body level.
- **Taoist erotic massage:** intimate massage where the receiver has an active role in order to get deeper into the erotic experience, using breathing, voice, movement and focused attention.
- **Scar tissue remediation:** massage techniques that help bring back the sensitivity to scar tissues.
- **Orgasmic yoga:** a number of self-love practices that train erotic mindfulness and the capacity to be present in one's body sensations, including sexual arousal.
- **Masturbation coaching:** an approach based on Authentic Movement that helps get rid of limiting habits and deepen the erotic experience
- **Core erotic theme:** a path for exploring individual arousal patterns that brings more awareness about one's eroticism and facilitates transformation processes.

Dates

Training Barcelona 2015

Online group study (part 1):
March 2 to April 19

Residential intensive 1:
April 20 to 26

Online group study (part 2):
April 27 to June 21

Residential intensive 2:
June 22 to 28

Supervised practice:
approx. July to December

Location



The residential intensives (modules 2 and 4) will take place in “Els Elements”, a country house that is well equipped for personal growth retreats. It is located close to Manresa (near Barcelona) in the middle of nature,

Apart from the workspace it offers several recreational spaces inside and outside the house (including a small outdoor swimming pool).

Accommodation in rooms with 3 to 5 beds, with some double rooms available.

During the residential workshops delicious mediterranean food (mainly vegetarian), carefully prepared to nourish your body and soul, will be served.

Trainers



Peter Kogelbauer

Certified Sexological Bodyworker, Gestalt Coach, Ludotrainer (game therapist). Trainer in communication, emotional intelligence and group processes. Founder of Sexological Bodywork Spain.

Austrian, has lived in Spain for 12 years.

Gives trainings, workshops and individual sessions where he combines Sexological Bodywork with the Gestalt approach.



Didi Liebold

Certified Sexological Bodyworker, passionate masseur, sexual pedagogue. Accompanies people with touch, breathing, movement and communication on their path towards connecting themselves more closely with their bodies. He gives courses on the topics of tantric massage, sexological bodywork, and sexuality. Founder of the International Institute for Sexological Bodywork in Zurich (www.iisb.ch).



Janine Hug

Certified Sexological Bodyworker, passionate masseuse in Lomi Lomi and Tantra, tantric massage therapist, adult educator. Provides people the opportunity to perceive themselves through sensuous touch and to get to know their bodies better in massages. She gives various courses in the areas of tantric massage, sexological bodywork & bodywork. Co-director of the International Institute for Sexological Bodywork in Zurich.

Assistant teachers



María Zat

Certified Sexological Bodyworker, Gestalt therapist, facilitator of Biodanza. Trained in tantric massage (IISB) and family constellations. Has received training in osteopathy (Method Poyet and Bioenergetic Cellular Osteopathy). Energetic practices of Tai-Chi and Gi Gong and Tao Yin with Renu Li.

Her approach is based on cultivating a state of presence through movement, breath, dance and massage as a path for integration on an emotional, sexual and muscular level.



Shelley Clements

Certified Sexological Bodyworker, somatic sex educator, Bachelor in Psychology. Trained in counselling and hypnotherapy. Applied Behavioural Analysis Therapist. Member of the Somatic Sex Educators Association of Australia. Gives trainings and therapeutic workshops as well as individual sessions on sexuality in Sydney, Australia. Founder of Australian Sexology Services.

Participation fee

€ 2,900 normal fee

€ 2,600 early bird fee (for reservations made before December 2, 2014)

The participation fee includes access to all study material in the online forum, texts and video demonstrations – and access to the “The New School of Erotic Touch”, the largest online platform for Sexological Bodyworkers, during one year.

The fee does not include textbooks or transport, accommodation and meals during the residential workshops. - The accommodation during the residential workshops in the country house “Els Elements” is € 45 / day (includes full board).



Participants and faculty of the training 2014

Directed to

Therapists, somatic coaches, masseurs, sexual health professionals and other persons interested in accompanying persons on their path of personal growth in the area of sexuality and intimacy.

Further información and registration

If you would like to receive additional information about this training programme, or if you would like to register, please contact:



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