

What is Foundation training in Bodydynamic and how can I use it in my daily life?

Bodydynamic's Foundation is a training divided in 3 seminars, 6 days each. We will work with all the different developmental stages that we go through in our childhood, both in motoric and psychological level.

When we are adults, a lot of our behaviors and our ways of interacting, are patterns and structures that we have created during our childhood/ teen years, in relationship to our parents, our family and our friends. They are not only manifesting in the way we communicate, the also a part of our body posture.

By taking the Bodydynamic's Foundation training you will:

Get the possibility to meet your child in a more balanced and connected way and support it to establish and grow its own dignity

You will be taught how you can see, understand and meet your partner better

You will be taught how to understand the different dynamics of conflict that arises in your workplace and what role you play in it

You will be able to see and sense more clearly that who you are and what you do are two different things

You will be taught how to understand why we need to create unhealthy alliances and what we could do to change it

You will strengthen your ability to meet others from a more open place within you and be able to understand and sense what is behind people's reactions.

You will get a lot of knowledge of how social behavior, body movement and posture are weaved in together

You will be taught and given the possibility of a way to communicate without judgment

You will have the possibility to heal some of the group traumas you might had during the school time and teenage years

Foundation training is a training that can be taken by everyone and used in every aspect of your life,

to be a better parent,

to have a more fulfilled partnership , marriage or relationship,

to be a more effective leader who can take leadership from within

to experience yourself more complete and safe in your role as a teacher or therapist

in all to raise your ability to be a more satisfied human being with more dignity, connection and greater empathy to yourself and others

The foundation training is also a prerequisite for Bodydynamic's practitioner training

The outline of the training includes the character structures, the character positions as well as the basic meanings to understand contact and communication as it is presented through the system: mutual connection, dignity, boundaries, centering, grounding, bodyknot, contracts and working with family alliances.

Bodydynamic Somatic Developmental Psychology is probably the most body-oriented and comprehensive developmental psychology and character structure model there is. Therefore, I highly recommend the Bodydynamic foundation level training as a must to all those who are serious about being a body-oriented therapist.

Raja Selvam, PhD, Senior Trainer, Somatic Experiencing

The Bodydynamic model of Seven Developmental Stages is the most sensible, comprehensive, easily applicable and accessible personality theory that I have ever encountered. I draw from this incredibly valuable framework every day. In my opinion, it would be hard to find a better training in developmental psychology anywhere.

Babette Rothschild, MSW, LCSW, Author, *The Body Remembers: The Psychophysiology of Trauma and Trauma treatment*

The training will be in English language. The main teacher is the co-founder and CEO of Bodydynamic, Ditte Marcher. The full cost of the training is 1800€. The registration fee is 300€ and you can pay in the first day of each seminar 3X500€. Registration fee is a prerequisite to make the reservation. For paying all the seminar up front before the start you get a 10% discount.

The dates of the three seminars are:

17 -22/11/2015

05 -10/01/2016

24 – 29/05/2016

The time schedule is:

Tuesday 16:00 – 21:00

Wednesday, Thursday and Friday 15:00- 22:00

Saturday 09:00 – 19:00

Sunday 09:00 – 16:00