

FOUNDATION TRAINING SYLLABUS

CONTENT, PURPOSE, LITERATURE

COURSE 1

CONTENT

- Bodydynamic Circus and History
- Bodydynamic Basic concepts 9.1, 9.2, 9.7
- Existence Structure
- Boundaries
- Bodyknot
- Group Division for training groups

Purpose of the FT-1

- To get the group to know each other and thus create confidence, including the question of ethical guidelines in relation to this course.
- To give students an understanding of the primary models in Bodydynamic system and a basic understanding of how the character structure is formed.
- To introduce students to the method of learning to read bodies.
- To give students an understanding of character structure including, Skin Boundaries, Existence and birth importance.
- To give students an introduction to Bodyknot model (Bodydynamic's communication model) and how this can be used in the therapy process.
- To form the training groups.

LITERATURE

- Ian McNaughton: Body, Breath and Consciousness, North Atlantic Books, 2004

Recommended literature:

- Peter Bernhardt: individuation, cohesion and the body's resources: An Interview with Lisbeth Marcher. S. 20 to 32 in Eric Jarlnæs (ed.): The importance of belonging together. Kreatik, 1995.
- Peter Bernhardt / Marianne Bentzen / Joel Isaacs: Waking the Body Ego. Part 1 & 2: (Bodydynamic Analysis: Lisbeth Marcher's Somatic Developmental Psychology). Psycho Motor Development and Character Structure. Revised Edition (Part 1 pp. 131-160, Part 2

p.161-204). In Ian Macnaughton (ed): Body, Breath & Consciousness – A Somatic Anthology. North Atlantic Books, 2004. (Primarily Part 1)

COURSE 2

CONTENT

- Need Structure & demonstration
- Autonomy Structure & demonstration
- Group Process
- Body Reading 9.3

Purpose of the FT-2

- Getting students to understand and comprehend how nature structures Needs and Autonomy are formed and what it takes to stay in contact in contact situations.
- To give students an understanding of the personal space boundary formation, with emphasis on personal experiences of their own space.
- To look at issues from the working group, training therapist skills and body reading.

LITERATURE

* Konrad Lorenz: dog's life. Schultz, 5th edition, 1974 (Section: Truce and grilles and fences)

COURSE 3

CONTENT

- Will Structure & demonstration
- Love / sexuality structure & demonstration
- Body Reading 9.3
- Group Process

Purpose of the FT-3

- To give students an understanding and fortitude of how nature structures and forms Will, Love and Sexuality and how to meet these structures in contact situations.
- To train the body reading and group process.

LITERATURE

- Konrad Lorenz: The back of the mirror, Schultz the 1976th
 - Daniel Goleman: Emotional Intelligence. Copenhagen: Borgen, 1997
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COURSE 4

CONTENT

- Structure & demonstration
- Solidarity / performance structure & demonstration
- Body Reading 9.3
- Group Process
- Evaluation plus exam
- End

Purpose of the FT-4

- To understand and grasp the character structures Meaning and Solidarity / performance, learn something about the teenage period, train, body reading, group process and therapy training
- To conduct examination and evaluation

LITERATURE

- Ulla-Britta Bruun. Preschooler psychology. 3rd edition, Gyldendal the 1990th
- Jean Piaget: The child's psychological development. Hans Reitzel, 1992 (end of the book – about cognitive development)
- Erik Erikson: Identity – Youth and crises. Hans Reitzel, Copenhagen. The 1992nd