

Gabriele Hoppe, MA, JoAnna Chartrand and Dyrian Benz, PsyD.

Biosynthesis is somatic psychology approach evolved by David Boadella, and includes lectures, treatment exercises, and meditations to enhance the participant's quality of life as well as to inform the participant's professional skills.

This integrative study of the practice of body-oriented psychotherapy, addresses the whole human being, which includes body, psyche, and soul, as well as the transpersonal dimensions. Participants will become acquainted with basic theories and methods that constitute some of the major somatic-psychological practices and their clinical application. Topics include body and breath awareness, self-regulation, the embodied therapist, the facets of experience, and the body as gateway to presence.

This program can be taken as part of the Santa Barbara Graduate Institute Embodied Psychotherapy Certificate Program in Relational Somatic Psychology. See special programs section at back of catalogue.

Next Segment of Embodied Psychotherapy Certificate Program: June 21-26, 2009 Body and Self in Relationship (SOM648c) with Diana Fosha, PhD.



Gabriele Hoppe, MA has been an international trainer of Biosynthesis, teaching in Europe, Israel, Brazil and the United States. She trained with Dr. David Boadella and Dr. Silvia Specht-Boadella in Switzerland. She is also a teacher of the German Acupuncture Society. She has co-created with acupuncturist and author Gabriel Stux, "Energy Medicine and Therapy" which is a unique combination of Chinese Medicine and

Biosynthesis. Gabriele's specialty focus on prenatal and perinatal psychology and early developmental issues. She has trained extensively in the work of Moshe Feldenkrais and Eutonie, in addition to training with Chuck Spezzano and Carl Simonton.

JoAnna Chartrand has been a European trained Somatic Psychology educator since 1980. Her specialty is in Somatically-Based, Transpersonal and Relational Psychology along with Trauma work. Principles from the Family Constellation work also strongly influence her work. She has been a student of the Diamond Approach, a psycho-spiritual approach, since 1992 and integrates the concepts and insights of that method in her work. She co-leads trainings in the Family Constellations approach by Bert Hellinger and is the co-director of The Constellation Institute of CA. She is an affiliate of the Santa Barbara Graduate Institute and co-teaches Relational Somatic Psychology.

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